

# Stand Firm/Sean Firmes

Verses by Christopher Walker  
 Spanish translation by Kathleen Orozco,  
 Rocío Ríos, and Mary Straub

Traditional Cameroon Song  
 Arranged by Christopher Walker

**REFRAIN** *Strong* (♩. = ca. 96)

Capo 3: (D) F (A) C

Melody

Stand, oh stand firm. Stand, oh  
 Fir-mes, se-an fir-mes. Fir-mes, se-an

Harmony

Keyboard

*f*

*8va ad lib*

(D) F (Bm) (A7) (D) Dm C7 F *Fine*

stand firm. Stand, oh stand firm and see what the Lord can do.  
 fir-mes. Fir-mes, se-an fir-mes y vean el poder de Dios.

*Fine*

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**\*VERSES**

Cantor(s) *mf* (D) F (G/D) B $\flat$ /F (D) F *D.C.*

1. With the Word \_\_\_ of God in your heart:
2. With your faith \_\_\_\_\_ strong in the Lord:
3. With the Spir - it of God as your guide:
4. Put your trust in the pow - er of God:
5. With \_\_\_\_\_ all \_\_\_ who trust in the Lord:
6. As you grow \_\_\_ in faith and in love:
- (1st Scrutiny) 7. Wor - ship God \_\_\_ in spir - it and truth:
- (2nd Scrutiny) 8. Walk with faith in the light of the Lord:
- (3rd Scrutiny) 9. Now be - lieve and have life in the Lord:
- (Lent/Holy Week) 10. By his blood which for sin - ners was shed:
- (Lent/Holy Week)\*\* 11. You are washed in the blood of the Lamb:
- (Easter Vigil)\*\* 12. We have life in the Bod - y of Christ:

**\*ESTROFAS**

Cantor(s) *mf* (D) F (G/D) B $\flat$ /F (D) F *D.C.*

1. Con la \_\_\_ Pa - la - bra muy \_\_\_ den - tro del \_\_\_ ser: \_\_\_
2. For - ta - lez - can su \_\_\_ fe en el Se - ñor: \_\_\_
3. Con \_\_\_ la guí - a del Es - pí - ri - tu San - to: \_\_\_
4. Pon - gan su fe en el po - der del Se - ñor: \_\_\_
5. Con - fi - en to - dos en \_\_\_ nues - tro Se - ñor: \_\_\_
6. Mien - tras cre - cen en \_\_\_ fe y a - mor: \_\_\_
- (Primer Escrutinio) 7. Y \_\_\_ a - do - ren en es - pí - ri - tu y ver - dad: \_\_\_
- (Segundo Escrutinio) 8. Que \_\_\_ ca - mi - nen con \_\_\_ fe en Su \_\_\_ luz: \_\_\_
- (Tercer Escrutinio) 9. Aho - ra crean y ten - gan vi - da en Cris - to: \_\_\_
- (Cuaresma/Semana Santa) 10. Por \_\_\_ su san - gre de - rra - ma - da por \_\_\_ to - dos: \_\_\_
- (Cuaresma/Semana Santa)\*\* 11. Los \_\_\_ re - di - me la \_\_\_ san - gre de \_\_\_ Cris - to: \_\_\_
- (Vigilia Pascual)\*\* 12. Te - ne - mos vi - da en el cuer - po de \_\_\_ Cris - to: \_\_\_

Harmony *mp* *D.C.*

Ah \_\_\_\_\_

\* After a verse in English, sing a refrain in English.

After a verse in Spanish, sing a refrain in Spanish.

Catechumens and candidates may make up their own verses describing their journey of faith.

\*\*Verses 11 and 12 are appropriate for candidates.

## Assembly Edition

**STAND FIRM/SEAN FIRMES**

Traditional Cameroon Song

Refrain

Stand, oh stand firm.      Stand, oh stand firm.  
*Fir-mes, se-an fir - mes.      Fir-mes, se-an fir - mes.*

Stand, oh stand firm and see what the Lord can do.  
*Fir-mes, se - an fir - mes y vean el po - der de Dios.*

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## Performance Notes

*Stand Firm/Sean Firmes* can be used many times during the RCIA. It is especially suitable as a song to dismiss the candidates in the period of the catechumenate and for the dismissal of the elect during the period of purification and enlightenment.

An important witness is given week by week as the catechumens or elect leave to reflect further on the Word they have just heard. The dismissal emphasizes the special status of catechumens and elect and the importance of the RCIA. For those who remain, it reminds them of the privilege of receiving the Eucharist. After the homily, the celebrant invites the catechumens or elect to come forward with their catechist, who takes the book of scriptures. The presider sends them forth to meditate further on the Word of God. Singing a blessing song that involves the assembly invites them to be active in sending the catechumens forth. Silence should be avoided during the dismissal of the catechumens.

This song can also be used as an acclamation, for instance, as a response to the First Acceptance of the Gospel by candidates for the catechumenate. This acceptance entitles the inquirers to be called members of the household of the Church. If the inquirers make their commitment individually, sing a refrain as the presiding minister moves to the next person. If they answer together, then sing the refrain twice after they have spoken.

It can also be sung while candidates, catechumens or elect are called forward from the assembly in the many rituals of the RCIA. The refrain could be sung as the elect are called forward during the First, Second and Third Scrutinies; after the intercessions and exorcism, a verse and refrain may be sung as the dismissal of the elect. There are many other ways to use this song in Mass and Celebrations of the Word of God.

— *Christopher Walker*