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**Tristis Est Anima Mea**  
SATB

Robert Benson

# TRIN<sup>✠</sup>TAS

EXCELLENCE IN SACRED CHORAL MUSIC

## Tristis Est Anima Mea

Robert Benson

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# Tristis Est Anima Mea

Text from *Liber Responsorialis*

Robert Benson

*Moderato e sostenuto* (♩ = ca. 70)

Soprano  
Alto

*pp*

Tri - stis, tri - stis, tri - stis est

Tenor  
Bass

*pp*

Tri-stis, tri-stis, tri-stis, tri-stis, tri - stis est

7

*p cresc.* *mp*

á - ni - ma me - a, us - que, us - que ad

á - ni - ma me - a, *p cresc.* us-que, us-que, us-que, us-que, *mp* ad

14

*mf* *p*

mor - tem, ad mor - tem: su - sti - né - te hic, —

mor - tem, ad mor-tem, mor - tem. *mf* *p*

22

*mp cresc.* *mf* *mp*

su - sti - né - te hic, et vi - gi - lá - te, vi - gi - lá - te

*mp cresc.* *mf* *mp*

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29 *mf*

me - cum: nunc vi - dé - bi - tis, nunc vi - dé - bi - tis,

*mf*

35 *poco agitato*

nunc vi - dé - bi - tis tur - bam, quae cir - cum -

*poco agitato*

40

dá - bit me, cir - cum - dá - bit me, cir - cum - dá - bit me.

46 *più mosso*

Vos fu - gam ca - pi - é - tis et e - go va - dam im - mo -

*più mosso*

51 *f marcato*

lá - ri pro vo - bis. Ec - ce! Ec - ce! Ec -

*f marcato*

*ff*

57 *f* *sub. mp*

ce ap - pro - pín - quat ho - ra, ap - pro - pín - quat

*f* *sub. mp*

62 *unis.*

ho - ra, et fí - li - us hó - mi - nis tra -

*unis.*

67 *ff div.*

dé - tur in ma - nus pec - ca - tó - rum.

*ff div.*

### Translation

*Tristis est anima mea usque ad mortem:  
sustinete hic, et vigilate mecum:  
nunc videbitis turbam,  
quæ circumdabit me.  
Vos fugam capietis, et ego vadam  
immolari pro vobis.  
Ecce appropinquat hora,  
et Filius hominis tradetur  
in manus peccatorum.*

*My soul is sorrowful even unto death.  
Stay you here, and watch with me.  
Now ye shall see a multitude,  
that will surround me.  
Ye shall run away, and I will go  
to be sacrificed for you.  
Behold the hour is at hand,  
and the Son of Man shall be betrayed  
into the hands of sinners.*

*Uses: Thursday of the Lord's Supper at the Evening Mass (Holy Thursday) and Friday of the Passion of the Lord (Good Friday).*