

Be Still, My Soul

Jane L. Borthwick, 1855 (1813-1896)

Be still, my soul: the Lord is on thy side;
Bear patiently the cross of grief or pain;
Leave to thy God to order and provide;
In every change he faithful will remain.
Be still, my soul: thy best, thy heavenly Friend
Through thorny ways leads to joyful end.

Be still, my soul: thy God doth undertake
To guide the future as he has the past.
Thy hope, thy confidence let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
His voice who ruled them while he dwelt below.

Be still, my soul: when dearest friends depart,
And all is darkened in the vale of tears,
Then shalt thou better know His love, His heart,
Who comes to soothe thy sorrow and thy fears.
Be still, my soul: thy Jesus can repay
From His own fullness all He takes away.

Be still, my soul; the hour is hastening on
When we shall be forever with the Lord,
When disappointment, grief and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still, my soul; when change and tears are past,
All safe and blessed, we shall meet at last.

Stille, mein Wille!

Katharina von Schlegel, 1752 (1697-1768)

Stille, mein Wille! Dein Jesus hilft siegen;
Trage geduldig das Leiden, die Not;
Gott ist's, der alles zum Besten will fügen,
Der dir getreu bleibt in Schmerzen und Tod.
Stille, mein Wille! Dein Jesus wird machen
Glücklichen Ausgang bedenklicher Sachen.

Stille, mein Wille! Der Herr hat's in Händen;
Hält sich dein Herz nur im Glauben an ihn,
Wird er den Kummer bald wenden und enden;
Herrlich wird endlich, was wunderbar schien.
Stille, mein Wille! Dein Heiland wird zeigen,
Wie vor ihm Meer und Gewitter muß schweigen.

Stille, mein Wille! Wenn Freunde sich trennen,
Die du so zärtlich und innig geliebt,
Wirst du die Freundschaft des Höchsten erkennen,
Der sich zum Eigentum treulich dir gibt.
Stille, mein Wille! Dein Jesus ersetzt,
Was dich beim Sterben der Liebsten verletzt.

Stille, mein Wille! Es kommen die Stunden,
Daß wir beim Herrn sind ohn' Wechsel der Zeit;
Dann ist das Scheiden, der Kummer verschwunden,
Ewige Freundschaft vergütet das Leid.
Stille, mein Wille! Nach zeitlichem Scheiden
Sehn wir uns wieder ohn' Schmerzen und Leiden.

This special first print edition gifted by the
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credits to the poet and composer.

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original music: Joel "JD" Richard Jude Jicha

Be Still, My Soul

(hymn arrangement)

♩ = 40-48

Be still, my soul:_____ the Lord is on thy side;_____

Be still, my soul:_____ thy God doth un - der - take_____

Be still, my soul:_____ when dear - est friends de - part_____

Be still, my soul:_____ the hour is haste - ning on_____

bear pa-tient-ly the cross of grief or pain; leave to thy God to or - der and pro - vide;
to guide the fu - ture as he has the past, thy hope, thy con - fi - dence let no - thing shake.
and all is dark - ened in the veil of tears, then shalt thou bet - ter know his love, his heart,
when we shall be for - ev - er with the Lord, when dis - a - point - ment, grief and fear are gone,

with ev' - ry change he faith - ful will re - main. Be still, my soul:_____

All now mys - ter - ious shall be bright at last. Be still, my soul:_____

who comes to soothe thy sor - row and thy fears. Be still, my soul:_____

sor - row for - got, love's pur - est joys re - stored. Be still, my soul:_____

thy best and heav'n - ly friend. Through thorn - y ways leads to a joy - ful end.
the waves and wind still know his voice who ruled them while he dwelt be - low.
thy Je - sus can re - pay from his own full - ness all he takes a - way.
when change and tears are past, all safe and bles - sed we shall meet at last.

Be Still, My Soul

music by Joel Richard Jude Jicha
poetic translation by Jane L. Borthwick (1813-1896)
based on poem by Katharina von Schlegel (1697-1768)

♩ = 40-48 *Lento, molto rubato*

tenderly, Be still, my soul: the Lord is on thy side; bear patiently the cross of grief or pain; leave to thy God to order and provide; with every change he faithful will remain. Be still, my soul: thy best and heavenly friend. Through thorny ways leads to a joyful end.
pensively p

Be still, my soul: the Lord is on thy side; bear

Be still, my soul: the Lord is on thy side; bear

pat-ient-ly the cross of grief or pain; leave to thy God to order and provide; with ev'-ry

pat-ient-ly the cross of grief or pain; leave to thy God to order and provide; with ev'-ry

change he faith-ful will re-main. Be still, my soul: thy

change he faith-ful will re-main. Be still, my soul: thy

best and heaven-ly friend. Through thorny ways leads to a joy-ful end.

best and heaven-ly friend. Through thorny ways leads to a joy-ful (ful) end.

Be still, my soul: thy God doth undertake to guide the future as he has the past. Thy hope, thy confidence let nothing shake.

All now mysterious shall be bright at last. Be still, my soul: the waves and wind still know his voice who ruled them while he dwelt below.

sighing,

*convincing yourself,
walking forward*

18 *p*

oh ooh oh ooh

oh Be still, my soul: thy God doth undertake to

oh ooh oh ooh

oh ooh oh ooh

24 *mp* *p* *subf* *ff*

ah Thy hope, let no - thing shake.

guide the future as he has the past, Thy hope, thy confidence, let no - thing shake.

ah Thy hope, let no - thing shake.

ah Thy hope let no - thing shake.

28 *subpp* *mp* *mf* *mp*

oh _____ ooh _____ oh _____

subpp *mf*

All now my - ster - ious shall be bright at last. Be still, my soul: _____ the

mp *mf* *mp*

Be still, my soul: oh _____

mp *mf* *mp*

Be still _____ oh _____

33 *mf* *pp*

_____ ooh _____ oh

f *p*

waves and wind still know _____ his voice who ruled them while he dwelt _____ be - low.

mf *pp*

_____ ooh _____ oh _____ ooh _____ be - low.

mf *pp*

ooh _____ oh _____ ooh _____ be - low.

Be still, my soul: when dearest friends depart and all is darkened in the veil of tears, then shalt thou better know his love, his heart, who comes to soothe thy sorrow and thy fears. Be still, my soul: thy Jesus can repay from his own fullness all he takes away.

*pleading,
mourning,
realizing*

38 *p* *pp* *mp*

Be still, my soul, be still, my soul,

Be still, my soul, be still, my soul,

Be still, my soul, be still, my soul,

mp *mf*

Be still, my soul: when dear - est friends de - part and

43 *pp* *mf* *f* *mp*

— be still, shalt thou know his love, his heart.

— be still, shalt thou know his love, his heart.

— be still, shalt thou know his love, his heart,

f *ff* *3* *mp*

all is dark - ened in the veil of tears, then shalt thou bet - ter know his love, his heart,

48

Be still, my soul: thy

Be still, my soul: thy

who comes to soothe thy sor-row and thy fears. Be still, my soul: thy

who comes to soothe thy sor-row and thy fears. Be still, my soul: thy

53

Je - sus can re - pay from his own full-ness all he takes a - way.

Je - sus can re - pay from his own full-ness all he takes a - way.

Je - sus can re - pay from his own full - ness all he takes a - way.

Je - sus can re - pay from his own full-ness all he takes a - way.

Be still, my soul: the hour is hastening on when we shall be forever with the Lord, when disappointment, grief, and fear are gone, sorrow forgot, love's purest joy's restored. Be still, my soul: when change and tears are past, all safe and blessed we shall meet at last.

***anxious,
excited,
surprised***

♩ = 50-58

Larghetto più mosso

58 ***f*** ***accel.*** ***Larghetto più mosso***

Be still, my soul: the hour is hastening on when

Be still, my soul: the hour is hastening on when

Be still, my soul: the hour is hastening on when

Be still, my soul: the hour is hastening on when

63 ***subp*** ***3***

we shall be for-ev-er with the Lord, when dis-ap-point-ment, grief and fear are gone,

we shall be for-ev-er with the Lord, when grief and fear are gone,

we shall be for-ev-er with the Lord, when dis-ap-point-ment, grief and fear are gone,

we shall be for-ev-er with the Lord, when grief and fear are gone,

Tempo Primo
absolutely astonished

67 *sempre* **p**

sor - row for - got, love's pur - est,
 sor - row for - got, love's pur -
 sor - row for - got, love's pur - est
 sor - row for - got, love's pur est

72 **f**

love's pur - est joys re - stored.
 est, love's pur - est joys re - stored.
 joys, love's pur - est joys re - stored.
 joys, love's pur - est joys re - stored.

*calm,
warm,
full*

75

mf

Be still, my soul: when change and tears are past, all

mf

Be still, my soul: when change and tears are past, all

mf

Be still, my soul: when change and tears are past, all

mf

Be still, my soul: when change and tears are past, all

rit. al fin

80

p

safe and bles - sed we shall meet at last.

p

safe and bles - sed we shall meet at last.

p

safe and bles - sed we shall meet at last.

p

safe and bles - sed we shall meet at last.

Handwritten musical score for the hymn "Be still, my soul". The score is written on three staves: a treble staff, a vocal staff with lyrics, and a bass staff. The key signature is one sharp (F#) and the time signature is 4/4. The lyrics are: "Be still, my soul, be still my soul, be still, be still." The music is written in a simple, handwritten style. The treble staff contains the melody, the vocal staff contains the lyrics, and the bass staff contains the accompaniment. The lyrics are written in a cursive script. The score is enclosed in a hand-drawn rectangular box.

Be still, my soul, be still my soul, be still, be still.

A letter from the composer

Dear Beautiful Human:

I don't know about you, but I have experienced a lot of anxiety and depression in my lifetime ever since... um... birth, probably. As a young person facing frequent prejudice-based violence and verbal abuse both at school and at home, Jane Borthwick's words provided much-needed comfort: "the Lord is on thy side; bear patiently the cross of grief or pain...". My God remained faithful through my suffering and bolstered my confidence and motivation to survive, work hard, and let God give me hope for a mysterious but bright future. As an adult, through the deaths and departures of my closest friends, I was reminded that I may still discover divine love to fill the emptiness as I await our reunion beyond the "vale of tears." The final stanza of the poem has always been nearly inconceivable to me but is a description of something we must all seek. Can you imagine existing with a complete absence of disappointment, grief, and fear? Can you imagine what it would be like if you were incapable of remembering the feeling of sorrow? This is the promise of "love's purest joys" that we will receive after passing from this broken world. It is also a heaven we can create here on earth if only we all attempt to embrace one another. When we meet in a place that is safe for everyone, this is how we shall be blessed.

I discovered this poem as most choristers do, by performing one of the many versions set to the music of Jean Sibelius' "Finland, behold, thy daylight now is dawning..." from the 1899 tableaux *Finlandia*. While I love the tune, it was not written for Jane Borthwick's poetry. Therefore, I set myself the daunting task of crafting an original tune inspired by these beautiful words. After hard contemplation and a great many scribbles, I considered how I speak or sing these words to myself when I am in a state of extreme anxiety or depression. Obviously, this must be a blues song (with a bit of pentatonicism and modalism). So, when you are upset, triggered, anxious, fearful, depressed, or despairing, try to calm the tumult within you. When you have a severe case of the blues, tell yourself as I do: "Be still, my soul."

With Love,
Joel "JD" Jicha