

Mountains and Valleys

Words: Helen Wiltshire

Music: Norman Inglis

The musical score is written for piano and voice. It consists of three systems of music. Each system has a vocal line on a treble clef staff and a piano accompaniment on a grand staff (treble and bass clefs). The key signature is three sharps (F#, C#, G#) and the time signature is 4/4. The lyrics are: 'Stand up - on the moun - tain peak; hear the grav - id still - ness speak; watch the gold - en dawn a - wake; think of jour - nays love may take; pause to breathe the mis - ty air; see God's glo - ry dwell - ing there.' There are dynamic markings 'V' (Vibrato) above the vocal line at the end of the first, second, and third phrases. There is also a '(VI)' marking above the first measure of the first system.

1 Stand upon a mountain peak;
hear the gravid stillness speak;
watch the golden dawn awake;
think of journeys love may take;
pause to breathe the misty air;
see God's glory dwelling there.

2 Hear the words of blessing fall;
sense a presence, touching all;
feel joy stirring deep within;
see transfigured life begin;
pause to breathe a thankful prayer;
see God's glory dwelling there.

3 Gaze upon the world below;
hear the cries of human woe;
take the path to valleys deep;
share the grief of all who weep;
pause to offer love and care;
see God's glory dwelling there.

4 Live with mindfulness and grace;
name each vale as sacred space;
share the warmth of love divine;
see shekinah's beauty shine;
love the complex world we share;
know God's glory dwelling there.

(shekinah – presence, blessing and glory of God)