

Sponsored by the Rev. Nancy Haley in honor of the Unitarian Universalist Society of Iowa City,  
in celebration of ten years as a GLBT Welcoming Congregation

# All Lifted Hearts

Words:  
Kendyl Gibbons

from *Sources: a Unitarian Universalist Cantata*  
Third movement - Wisdom from the world's religions  
which inspires us in our ethical and spiritual life

Music:  
Jason Shelton

Reverently ♩ = 84

Piano



*mp* (pedal freely)

The piano introduction consists of two staves. The right hand plays a series of chords and arpeggiated figures, while the left hand plays a steady eighth-note accompaniment. The tempo is marked as 84 beats per minute.

7 solo: *mp* **A**

Cong. Ma ny win-dows, one light; Ma ny wa - ters, one sea;

7 Pno.



This section features a congregational solo on a single staff and piano accompaniment on two staves. The solo begins at measure 7 and is marked *mp*. The piano accompaniment continues from the previous section. A box labeled 'A' is placed above the solo staff.


13 congregation: **B**

Cong. All lif-ted hearts — are free. Ma ny win-dows, one light; Ma ny

13 S/A Ma ny win-dows, one light; Ma ny

13 T/B Ma ny win-dows, one light; Ma ny

13 Pno.



This section includes congregational and piano accompaniment. It starts at measure 13. The congregational part is divided into four staves: Congregation (Cong.), Soprano/Alto (S/A), Tenor/Bass (T/B), and Piano (Pno.). The lyrics are: "All lif-ted hearts — are free. Ma ny win-dows, one light; Ma ny". A box labeled 'B' is placed above the Congregation staff.

19

Cong.      S/A      T/B

wa - ters, one sea;      All      lif - ted hearts — are free. \_\_\_\_\_

19

19

Pno.

**C** Cue: Narration 1

25

Pno.

31

Pno.

All Lifted Hearts

D

*mf*

Cong. *mf* Ma ny win-dows, one light; Ma ny

S/A Ma - ny win - dows,

T/B Ma - ny win - dows,

Pno. *mf*

Cong. wa - ters, one sea; All lif-ted hearts are free.

S/A hearts are Ma - ny wa - ters, All lif-ted hearts are free.

T/B Ma - ny wa - ters, All lif-ted hearts are free.

Pno. *mp*

E Cue: Narration 2

Pno.

54

Pno.

60

Cong.

S/A

Pno.

*mf*

Ma ny

Ma ny

**F**

65

Cong.

S/A

T/B

Pno.


win - dows, one light; Ma-ny wa - ters, one sea;


win - dows, one light; Ma-ny wa - ters, one sea;


Ma - ny win - dows, Ma - ny wa - ters,

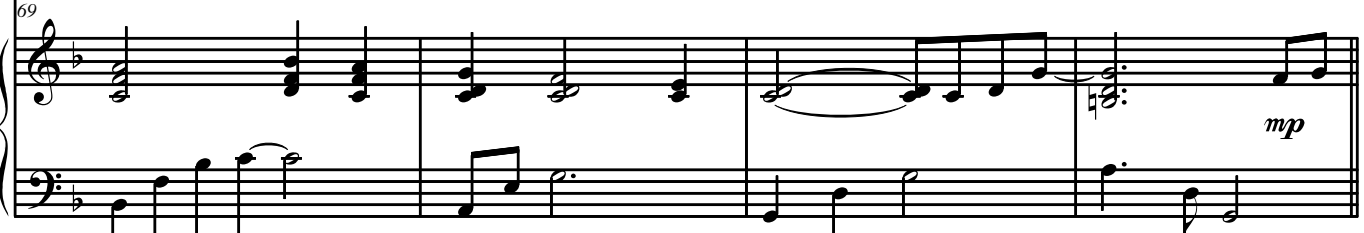
*mf*

69

Cong. 


S/A 

T/B 


Pno. 

**G** Cue: Narration 3

73

Pno. 

79

Pno. 

*mf*

85

Cong. *Ma ny win-dows, one light; Ma ny*

S/A *Ma - ny win - dows,*

T/B *Ma ny win-dows, one light; Ma ny*

Pno. *mf*

91

Cong. *wa - ters, one sea; All lif ted hearts\_ are free.*

S/A *Ma - ny wa - ters, All lif ted hearts are free.*

T/B *wa - ters, one sea; All lif ted hearts\_ are free.*

Pno. *mp*

Cue: Narration 4

97

Pno.

103

Pno.

*mf*

*f* [ J ]

Detailed description: This block contains the piano accompaniment for measures 103 through 108. The music is written for a grand piano (Pno.) in a two-staff system. The key signature has one flat (B-flat major or D minor). The tempo and dynamics are marked as mezzo-forte (*mf*) and forte (*f*). A 'J' time signature is present in measure 106. The right hand features a melodic line with eighth and sixteenth notes, while the left hand provides a steady accompaniment with quarter and eighth notes.

109

Cong.

Ma ny win-dows, one light; Ma ny

Detailed description: This block shows the congregation vocal line for measures 109 through 114. The music is written on a single staff in a treble clef. The lyrics are: "Ma ny win-dows, one light; Ma ny". The melody is simple and consists of quarter and eighth notes.

109

S/A

Ma - ny win - dows,

Detailed description: This block shows the soprano/alto (S/A) vocal line for measures 109 through 114. The music is written on a single staff in a treble clef. The lyrics are: "Ma - ny win - dows,". The melody is simple and consists of quarter and eighth notes.

109

T/B

Ma - ny win - dows,

Detailed description: This block shows the tenor/bass (T/B) vocal line for measures 109 through 114. The music is written on a single staff in a bass clef. The lyrics are: "Ma - ny win - dows,". The melody is simple and consists of quarter and eighth notes.

109

Pno.

*f*

Detailed description: This block contains the piano accompaniment for measures 109 through 114. The music is written for a grand piano (Pno.) in a two-staff system. The key signature has one flat. The tempo and dynamics are marked as forte (*f*). The right hand features a melodic line with eighth and sixteenth notes, while the left hand provides a steady accompaniment with quarter and eighth notes.

115

Cong.

wa - ters, one sea; All lif-ted hearts are free.

Detailed description: This block shows the congregation vocal line for measures 115 through 120. The music is written on a single staff in a treble clef. The lyrics are: "wa - ters, one sea; All lif-ted hearts are free.". The melody is simple and consists of quarter and eighth notes.

115

S/A

Ma - ny wa - ters, All lif-ted hearts are free.

Detailed description: This block shows the soprano/alto (S/A) vocal line for measures 115 through 120. The music is written on a single staff in a treble clef. The lyrics are: "Ma - ny wa - ters, All lif-ted hearts are free.". The melody is simple and consists of quarter and eighth notes.

115

T/B

Ma - ny wa - ters, All lif-ted hearts are free.

Detailed description: This block shows the tenor/bass (T/B) vocal line for measures 115 through 120. The music is written on a single staff in a bass clef. The lyrics are: "Ma - ny wa - ters, All lif-ted hearts are free.". The melody is simple and consists of quarter and eighth notes.

115

Pno.

*mp*

Detailed description: This block contains the piano accompaniment for measures 115 through 120. The music is written for a grand piano (Pno.) in a two-staff system. The key signature has one flat. The tempo and dynamics are marked as mezzo-piano (*mp*). The right hand features a melodic line with eighth and sixteenth notes, while the left hand provides a steady accompaniment with quarter and eighth notes.

K

*Spoken chant - in a meditative tone*

121

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa-co, Mir...

Pno.

125

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa - co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa - co, Mir...

Pno.

L

129

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi - yi; Pax, Pa-co, Mir...

Pno.



133

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi-yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi-yi; Pax, Pa-co, Mir...

Pno.

**M**

137

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi-yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do - hi-yi; Pax, Pa-co, Mir...

Pno.

141

S/A

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do hi-yi; Pax, Pa-co, Mir...

T/B

Shan ti, Sha lom; Ha - si-ti, Sa laam; Hei wa, Do hi-yi; Pax, Pa-co, Mir...

Pno.

*Red.* (hold through end)

145

S/A

Peace... *Whisper. Each person repeat at your own pace.* *Repeat and fade*

145

T/B

Peace...

145

Pno.

*Repeat and fade*

Third Source: Wisdom from the world's religions which inspire us in our ethical and spiritual life...

Refrain: Many windows, one light;  
Many waters, one sea;  
All lifted hearts are free.

(1)

Narrator 1. In the Talmud of the Jewish tradition, the sage Hillel said:  
What is hateful to you, do not do to others.  
This is the whole of the Law; all the rest is commentary.

Narrator 2. In the Hindu legend of the Mahabharata, the divine Krishna declared:  
This is the sum of duty: Do nothing unto others which would cause you pain  
if done to you.

1. It is written; it is taught; may it be so.

Many windows...

(2)

2. In the Gospel of Matthew in the Christian scriptures, the messiah Jesus says:  
Whatever you wish that others would do to you, do so to them.

1. In the Buddhist text of the Udanavarga, the student is urged:  
Hurt not others in ways that you yourself would find hurtful.

2. It is written; it is taught; may it be so.

Many windows...

(3)

1. In the Muslim Hadith of al Nawawi, the prophet Mohammed teaches:  
No one of you is a believer until he desires for his brother that which he  
desires for himself.

2. In the T'ai Shang treatise of Taoism, the seeker is instructed:  
Regard your neighbor's gain as your gain, and your neighbor's loss as your  
own loss.

1. It is written; it is taught; may it be so.

Many windows...

(4)

2. In the ancient wisdom of Shinto there is a saying:  
The heart of the person before you is a mirror. See there your own form.

1. The Oglala Lakota spiritual leader Black Elk wrote:  
All things are our relatives; what we do to everything, we do to ourselves.

2. It is written; it is taught; may it be so.

Many windows...

Shanti, shalom; hasiti, salaam; heiwa, dohiyi; pax, paco, mir...  
Peace...

Pronunciation guide:

Shahn-tee (Hindi), shah-lohm (Hebrew); hah-see-tee (Kurdish),  
sah-laam (Arabic); hey-wah (Japanese), doh-hee-yee (Cherokee);  
pahcks (Latin), paht-soh (Esperanto), meer (Russian)