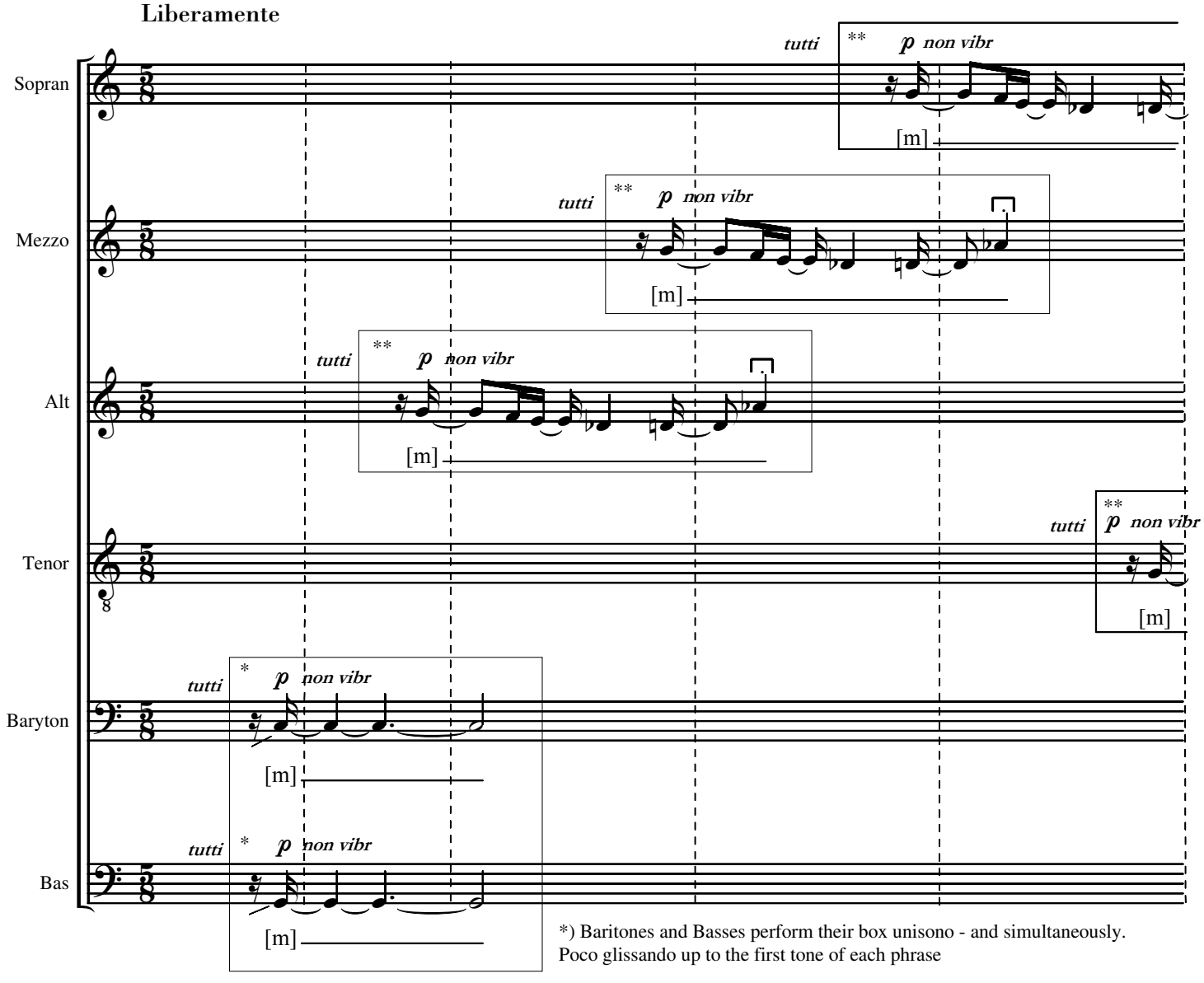
Spiritual Exercises

Poem: St. John of the Cross (1542–1591)
Music: Carl Unander-Scharin, 2005



*) Baritones and Basses perform their box unisono - and simultaneously.
Poco glissando up to the first tone of each phrase

**) Sopranos, Mezzos, Altos and Tenors perform their box individually.

Text: From The Collected Works of St. John of the Cross, translated by Kieran Kavanaugh and Otilio Rodriguez
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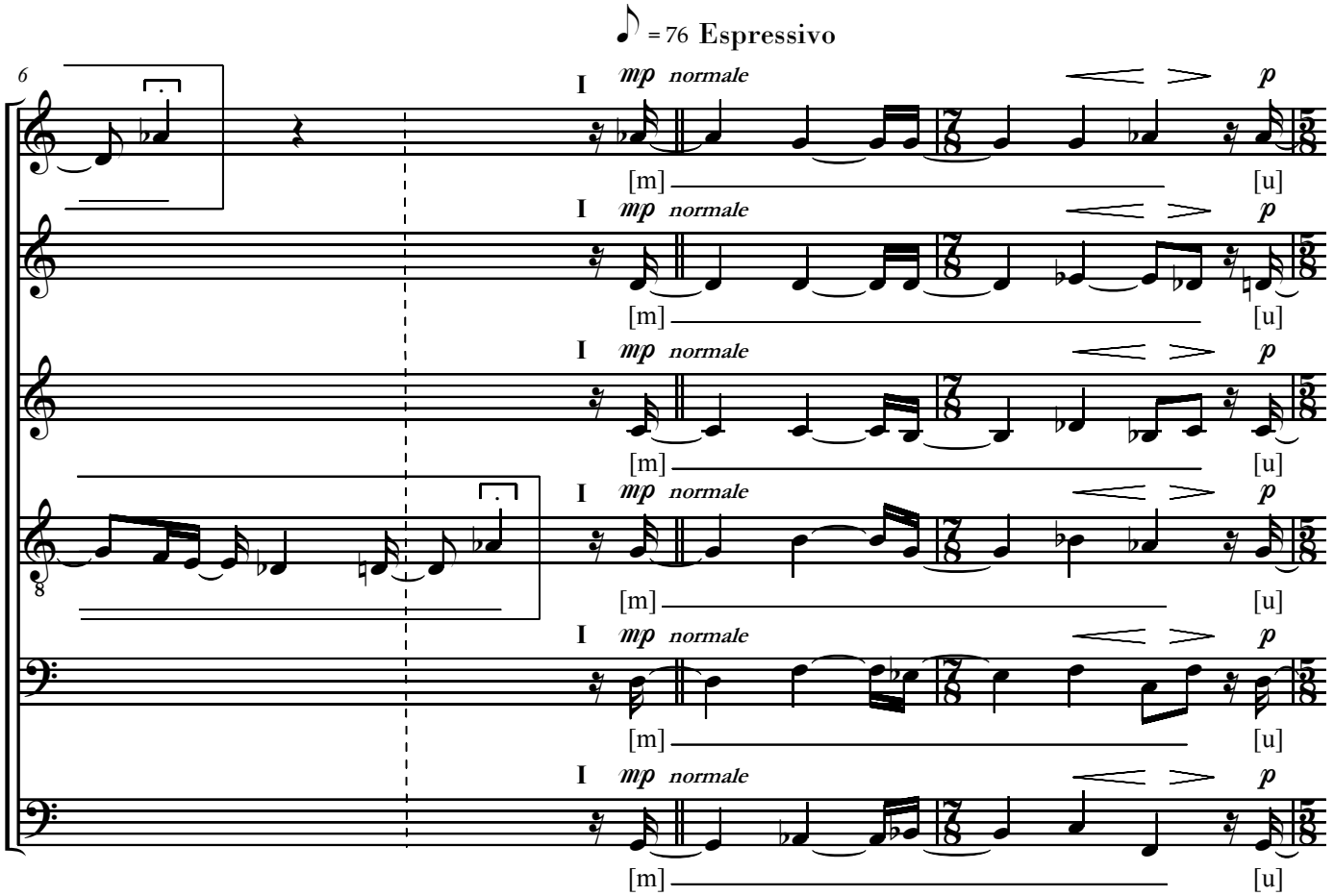
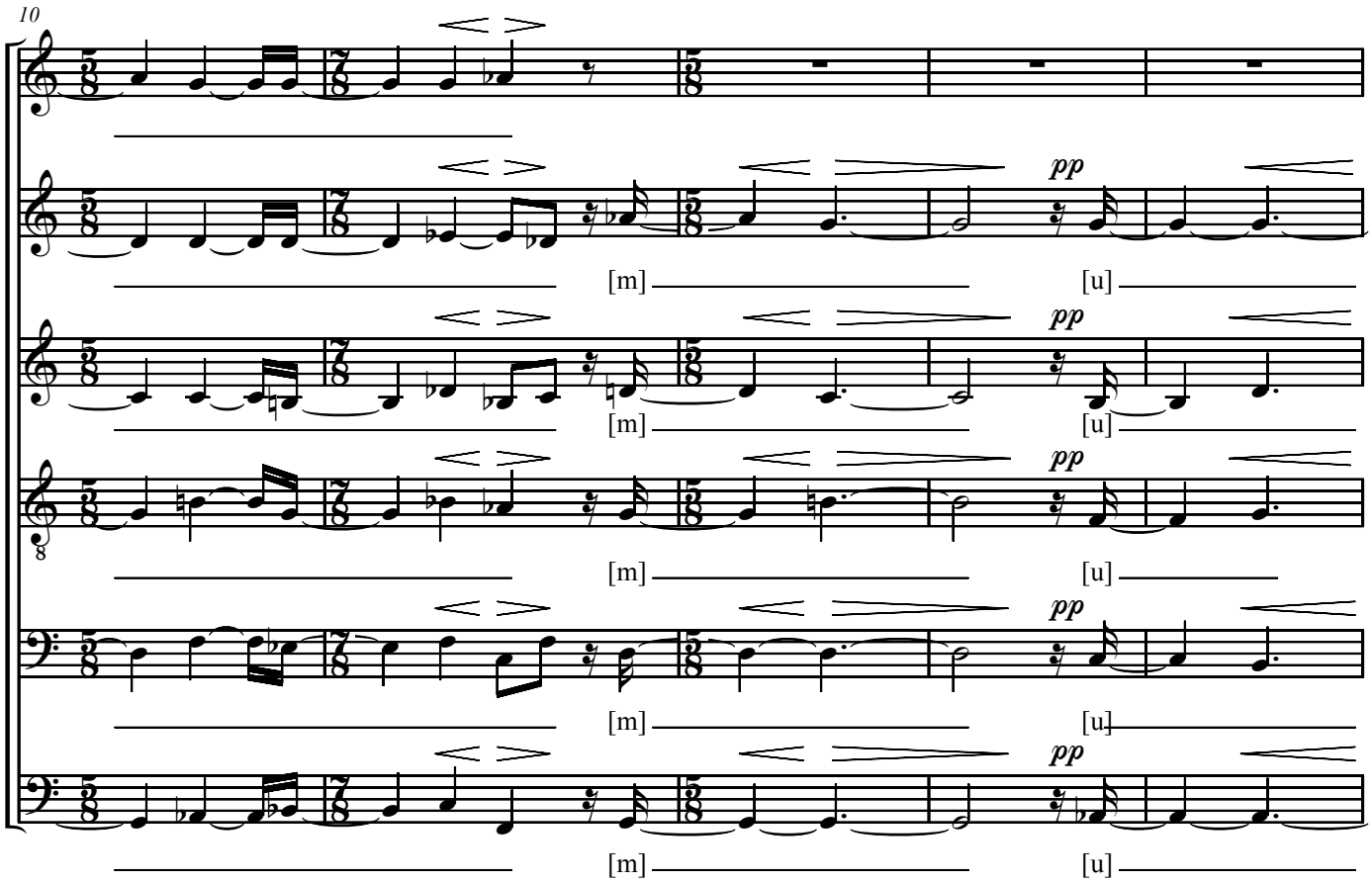
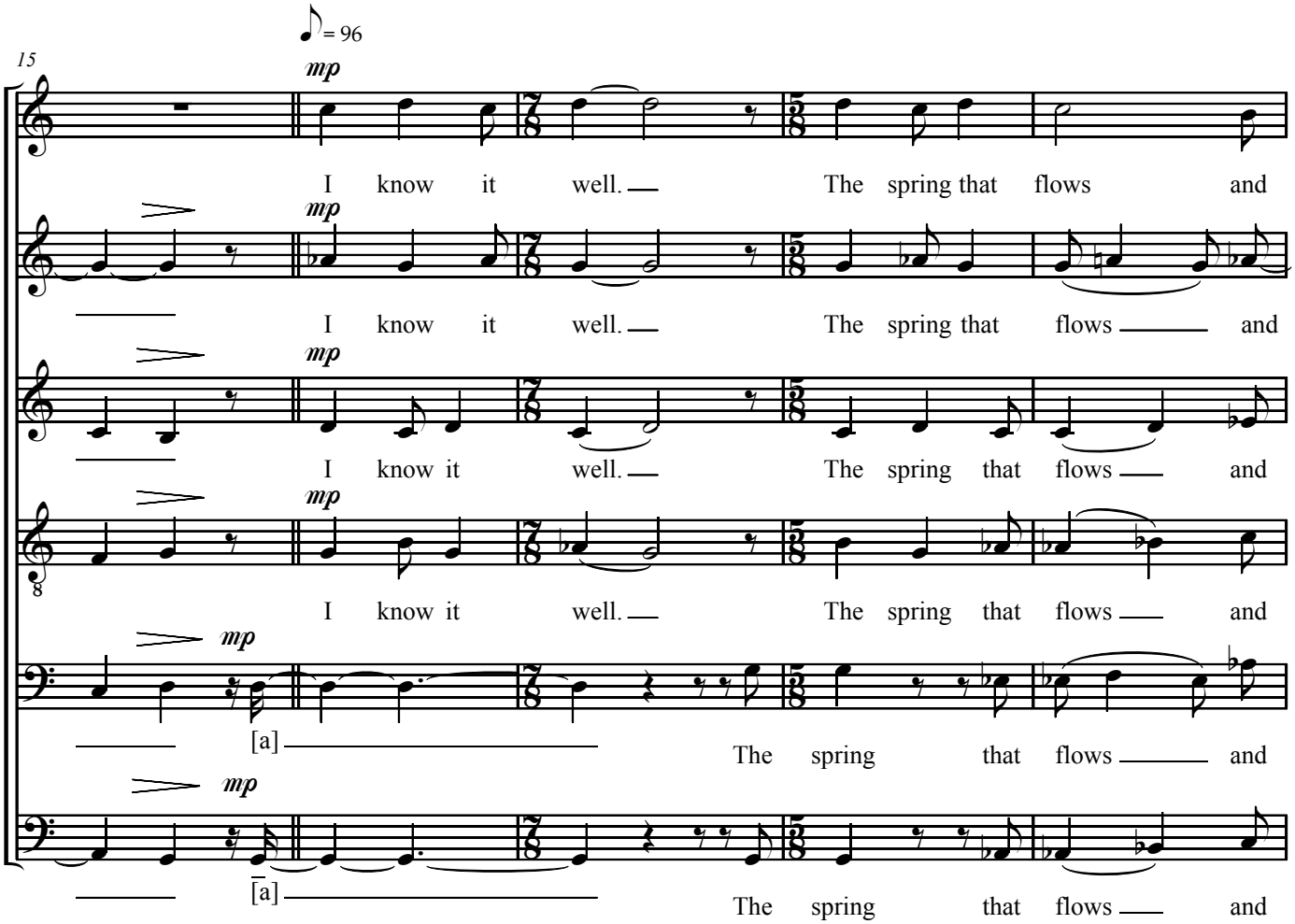
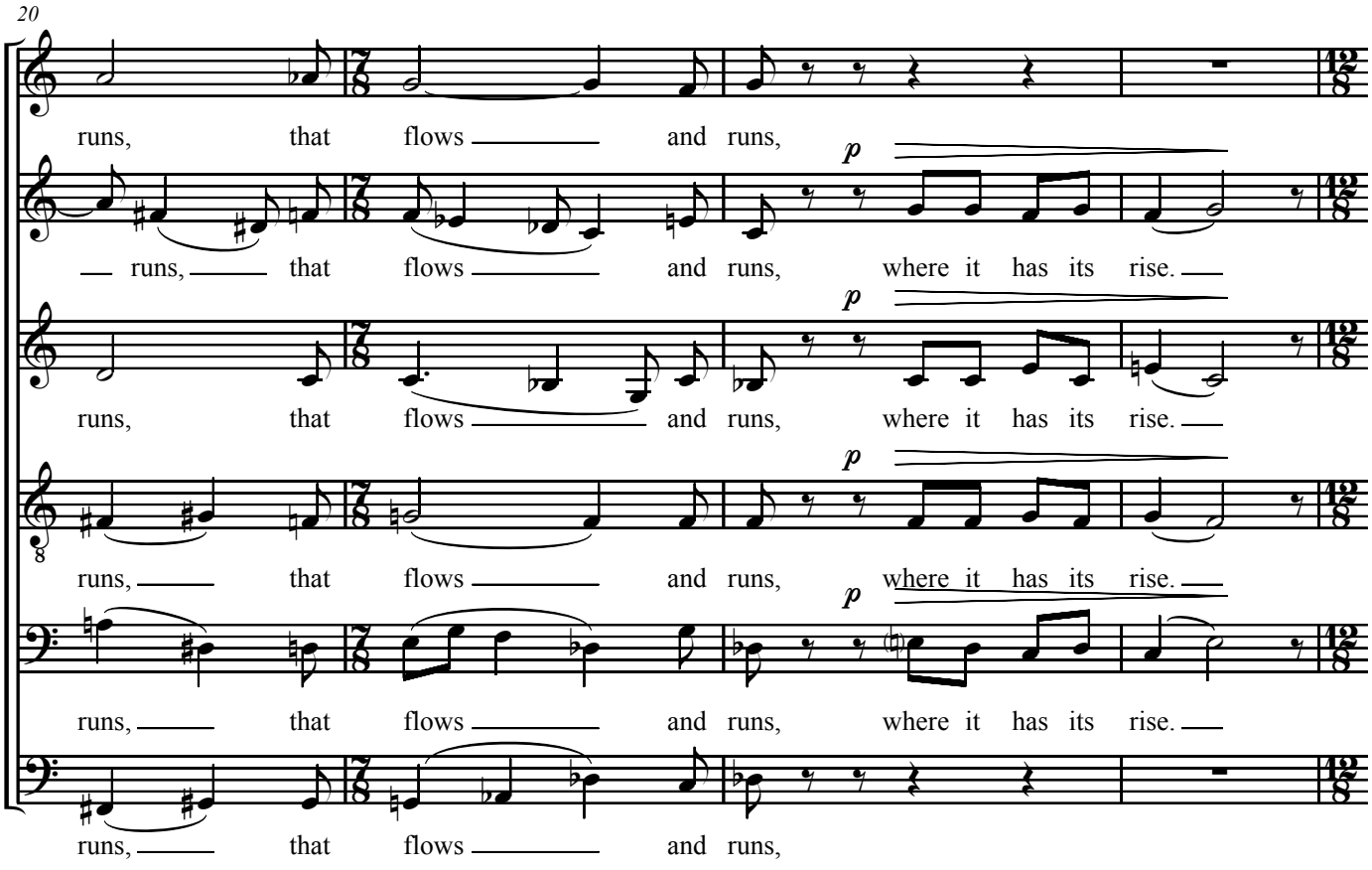
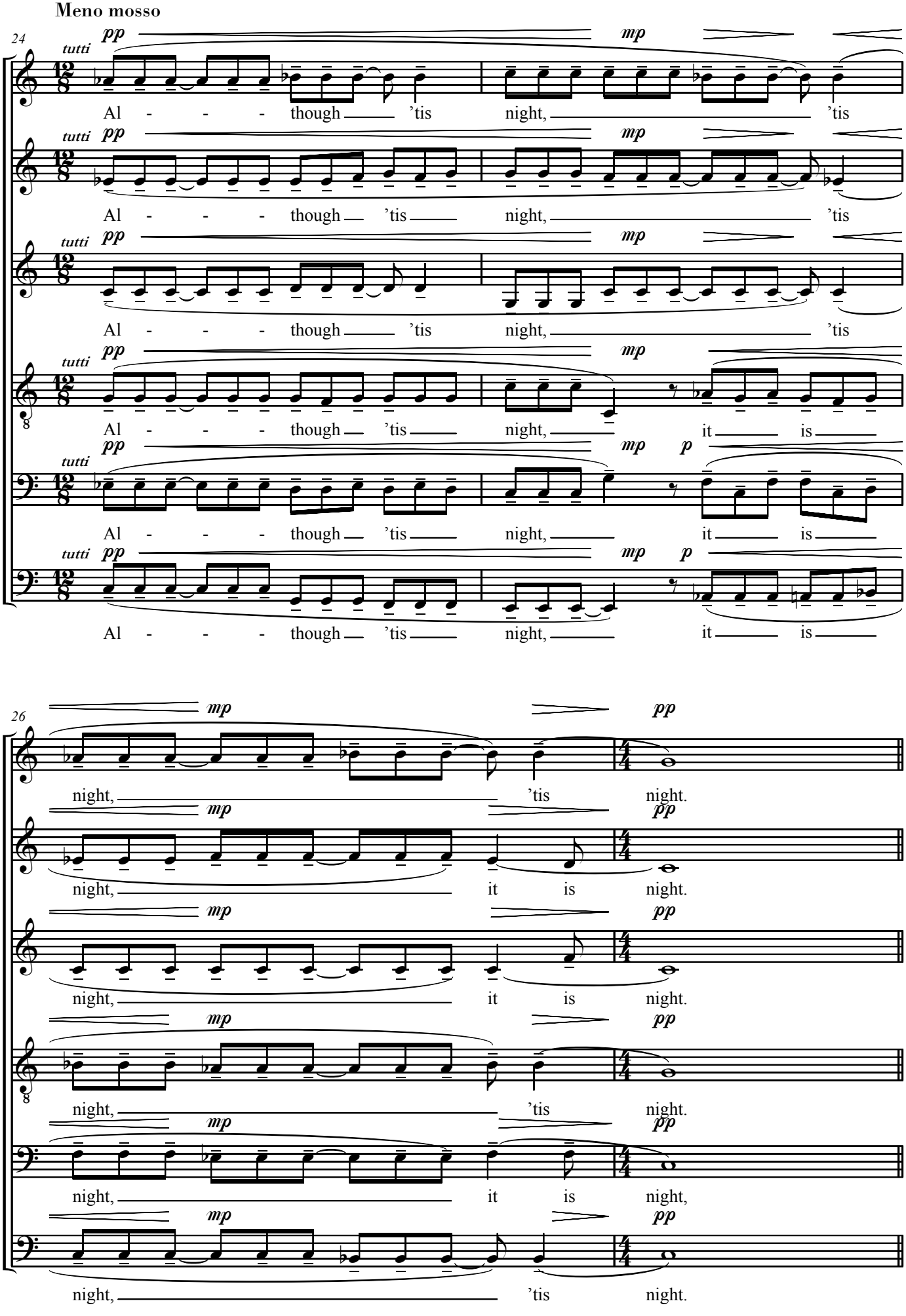
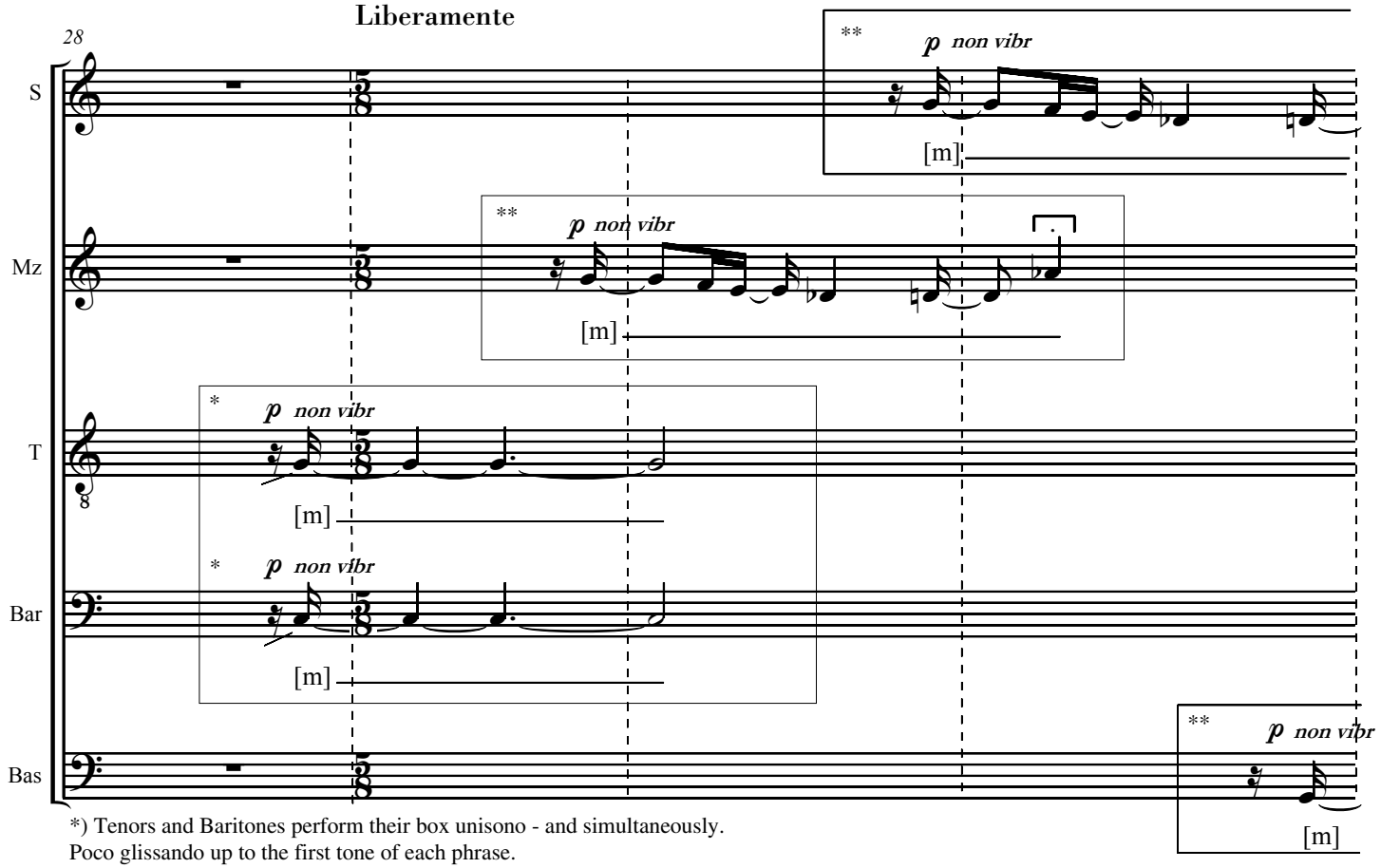

♪ = 76 Espressivo
6
S
Mz
A
T
Bar
Bas
I
mp normale
p
[m]
[u]


10
S
Mz
A
T
Bar
Bas
pp
[m]
[u]


15
♪ = 96
S
Mz
A
T
Bar
Bas
mp
I know it well. The spring that flows and
I know it well. The spring that flows and
I know it well. The spring that flows and
I know it well. The spring that flows and
[a] The spring that flows and
[a] The spring that flows and

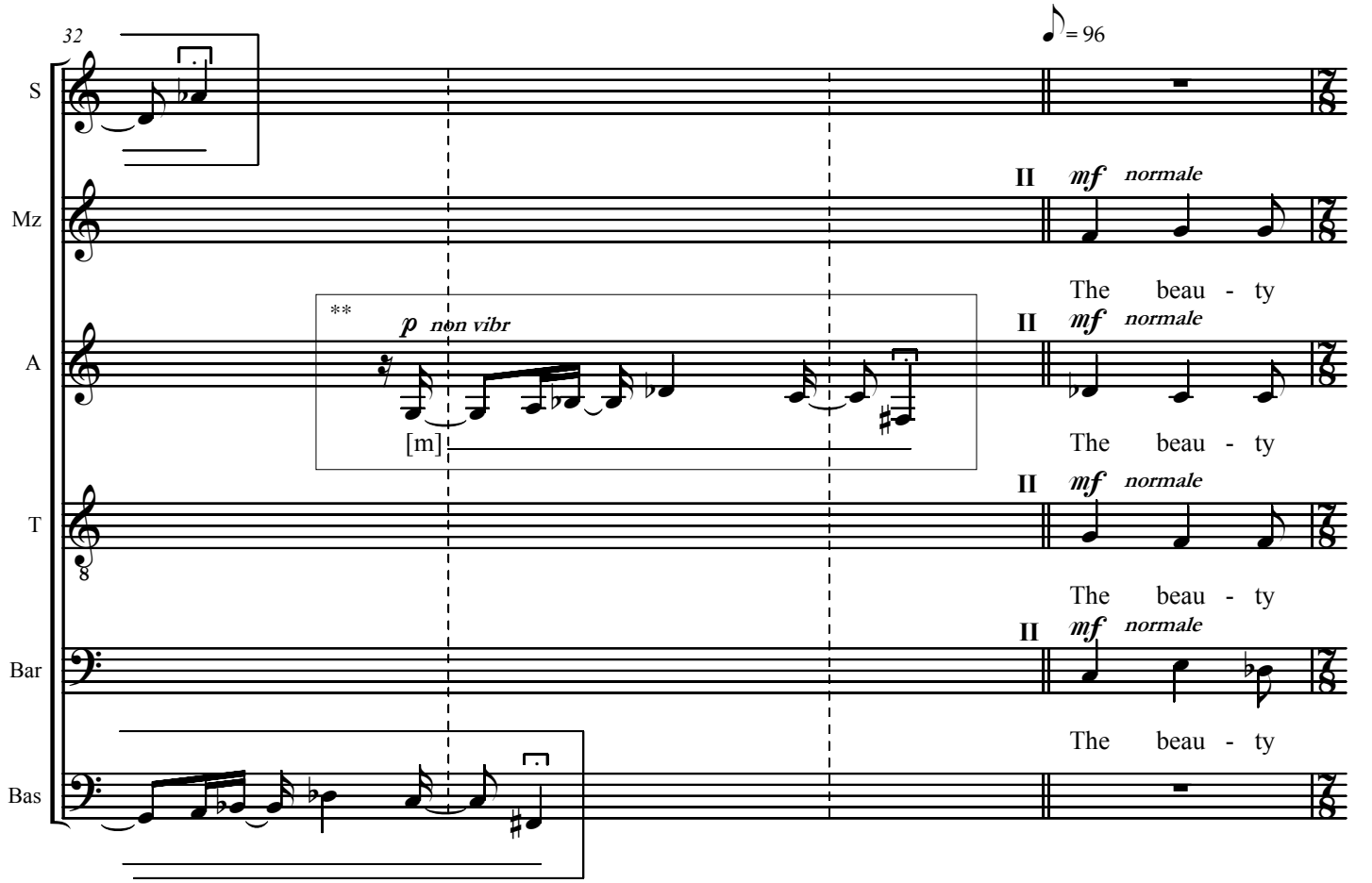

20
S
Mz
A
T
Bar
Bas
p
runs, that flows and runs,
runs, that flows and runs, where it has its rise.
runs, that flows and runs, where it has its rise.
runs, that flows and runs, where it has its rise.
runs, that flows and runs, where it has its rise.
runs, that flows and runs,

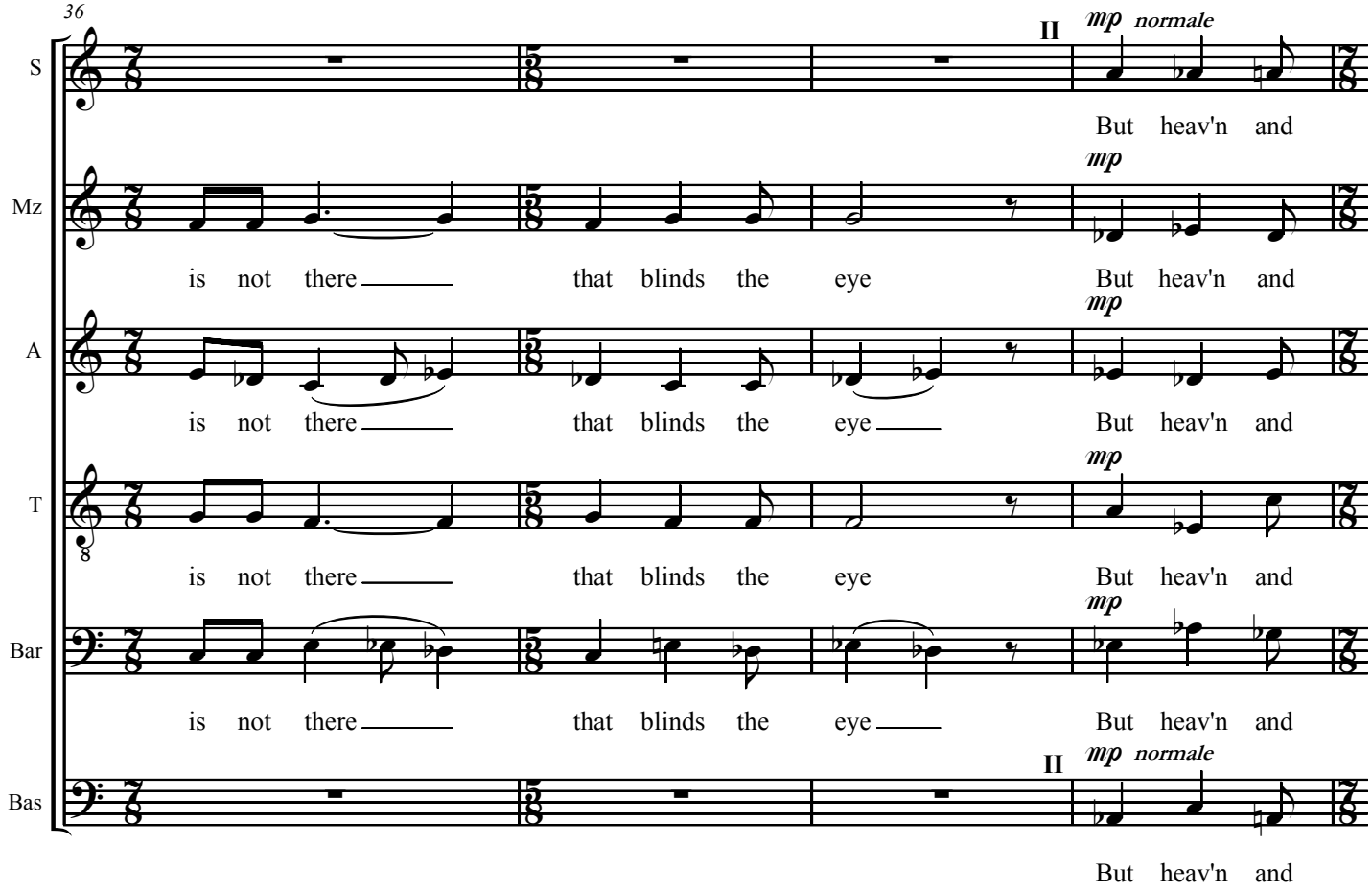

Meno mosso
24
tutti
pp
mp
S
Mz
A
T
Bar
Bas
Al - - - though 'tis night, 'tis
Al - - - though 'tis night, it is
p
26
night, 'tis night.
night, it is night.
night, it is night,

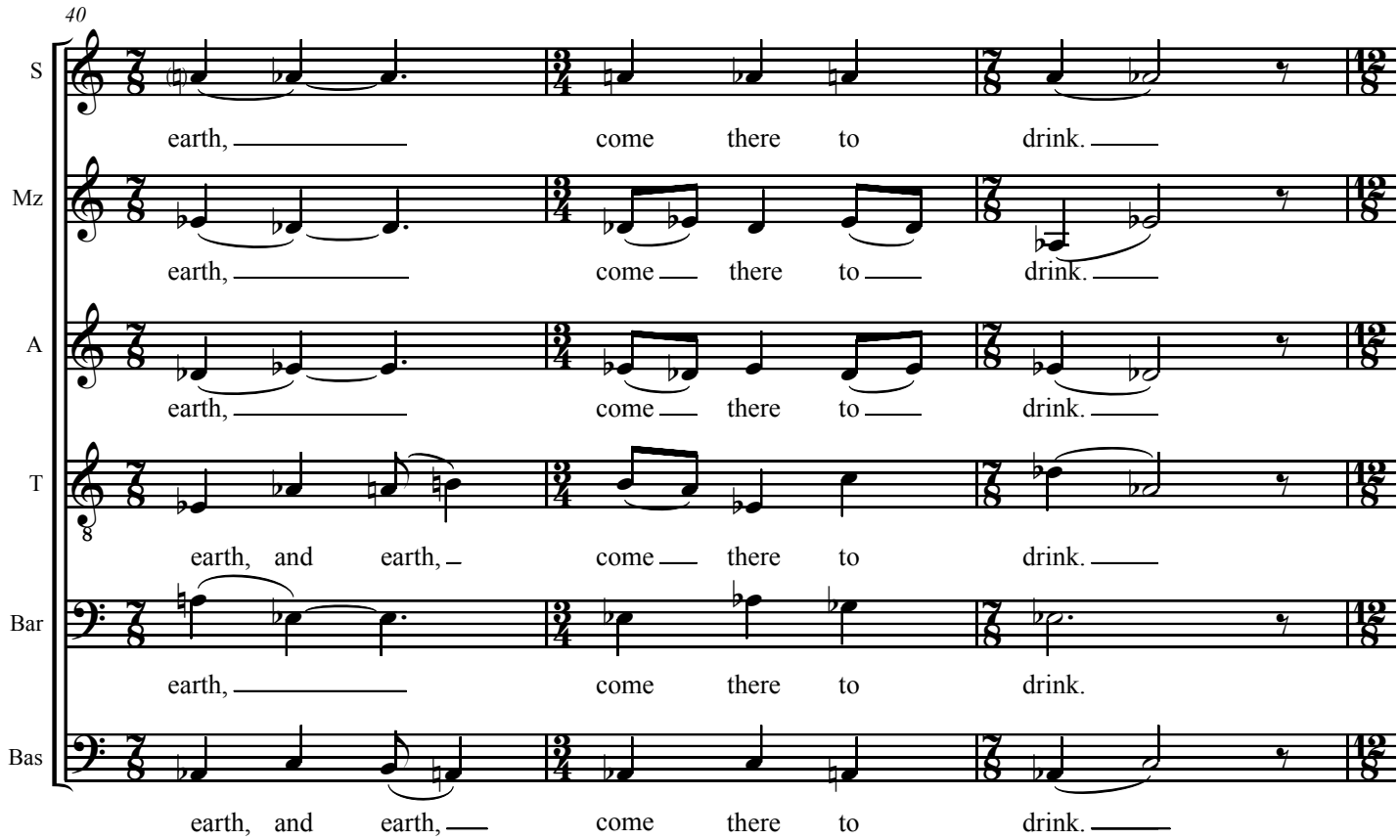


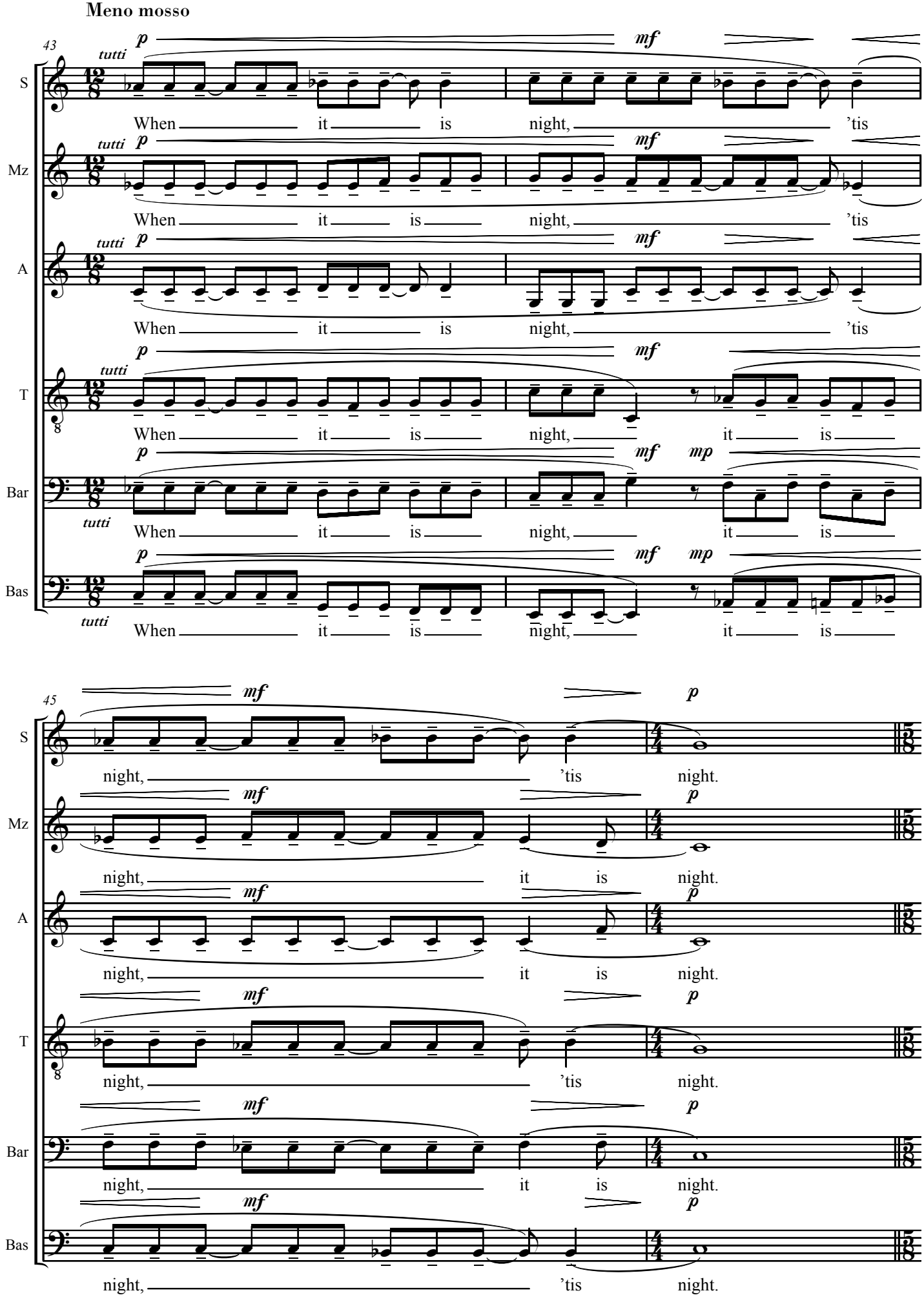
*) Tenors and Baritones perform their box unisono - and simultaneously.
Poco glissando up to the first tone of each phrase.

**) Sopranos, Mezzos, Altos and Basses perform their boxes individually.

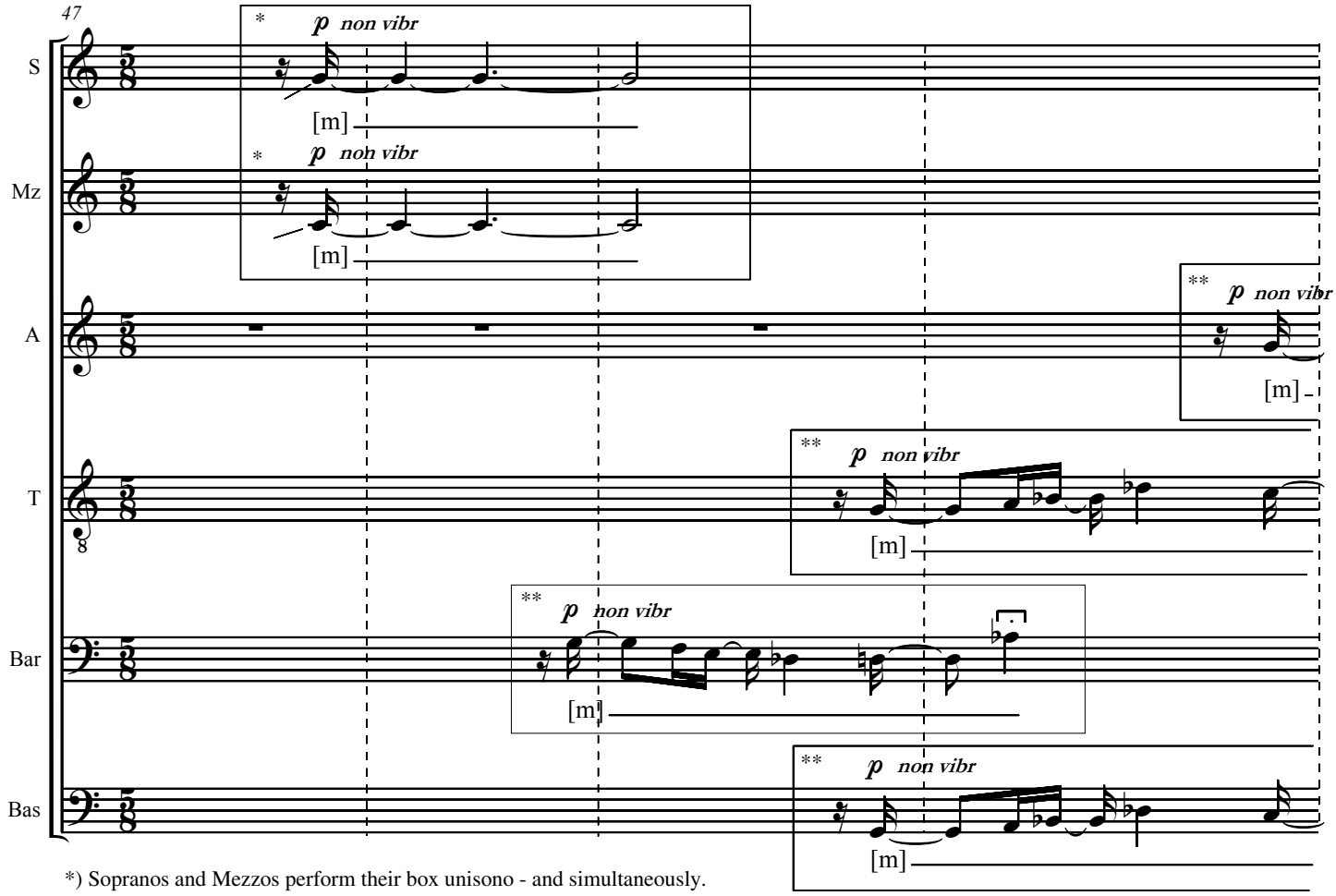



36
S
Mz
A
T
Bar
Bas
II
mp normale
But heav'n and
mp
is not there that blinds the eye But heav'n and
mp
is not there that blinds the eye But heav'n and
mp
is not there that blinds the eye But heav'n and
mp
is not there that blinds the eye But heav'n and
II
mp normale
But heav'n and

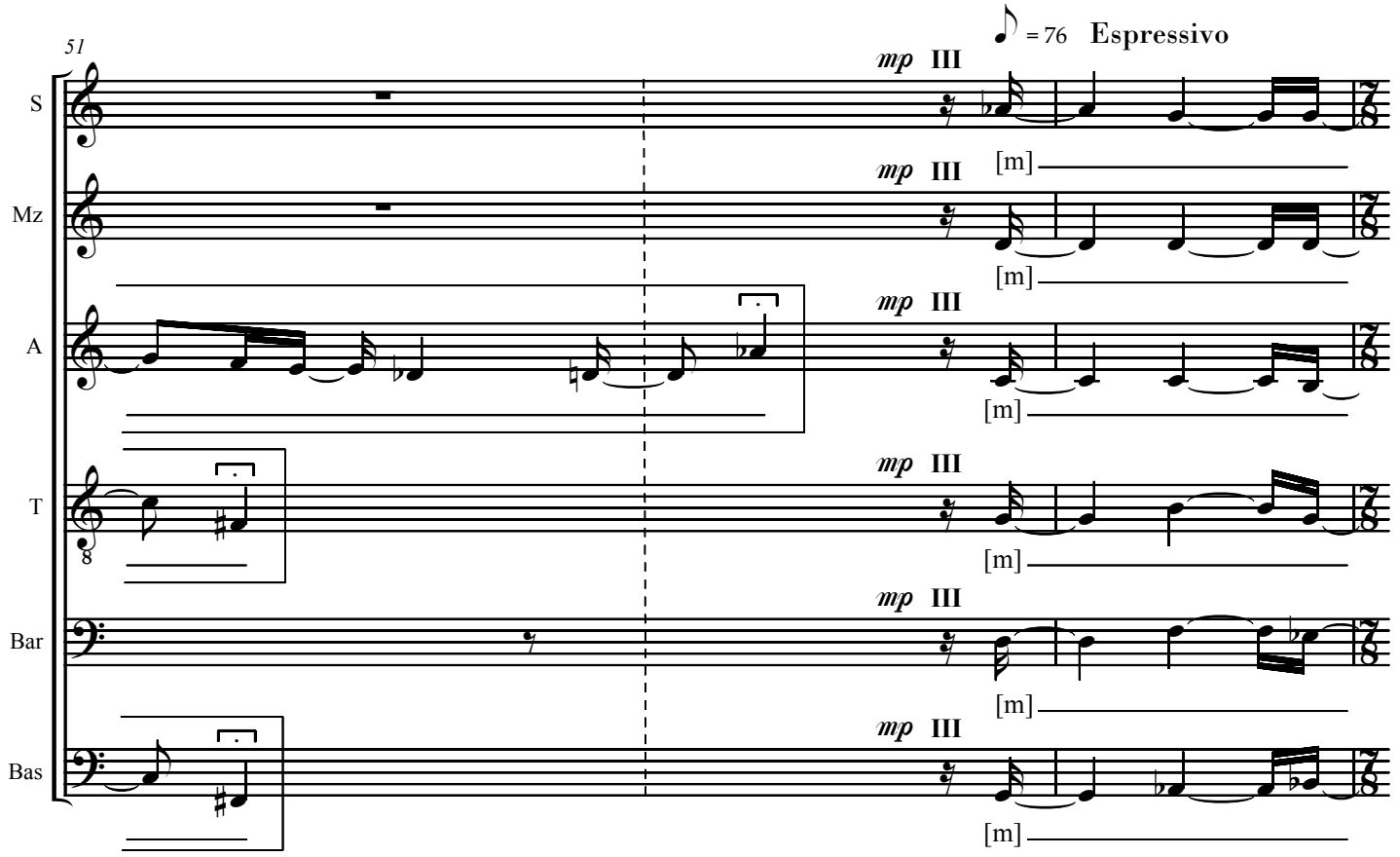

40
S
Mz
A
T
Bar
Bas
earth, come there to drink.
earth, come there to drink.
earth, come there to drink.
earth, and earth, come there to drink.
earth, come there to drink.
earth, and earth, come there to drink.

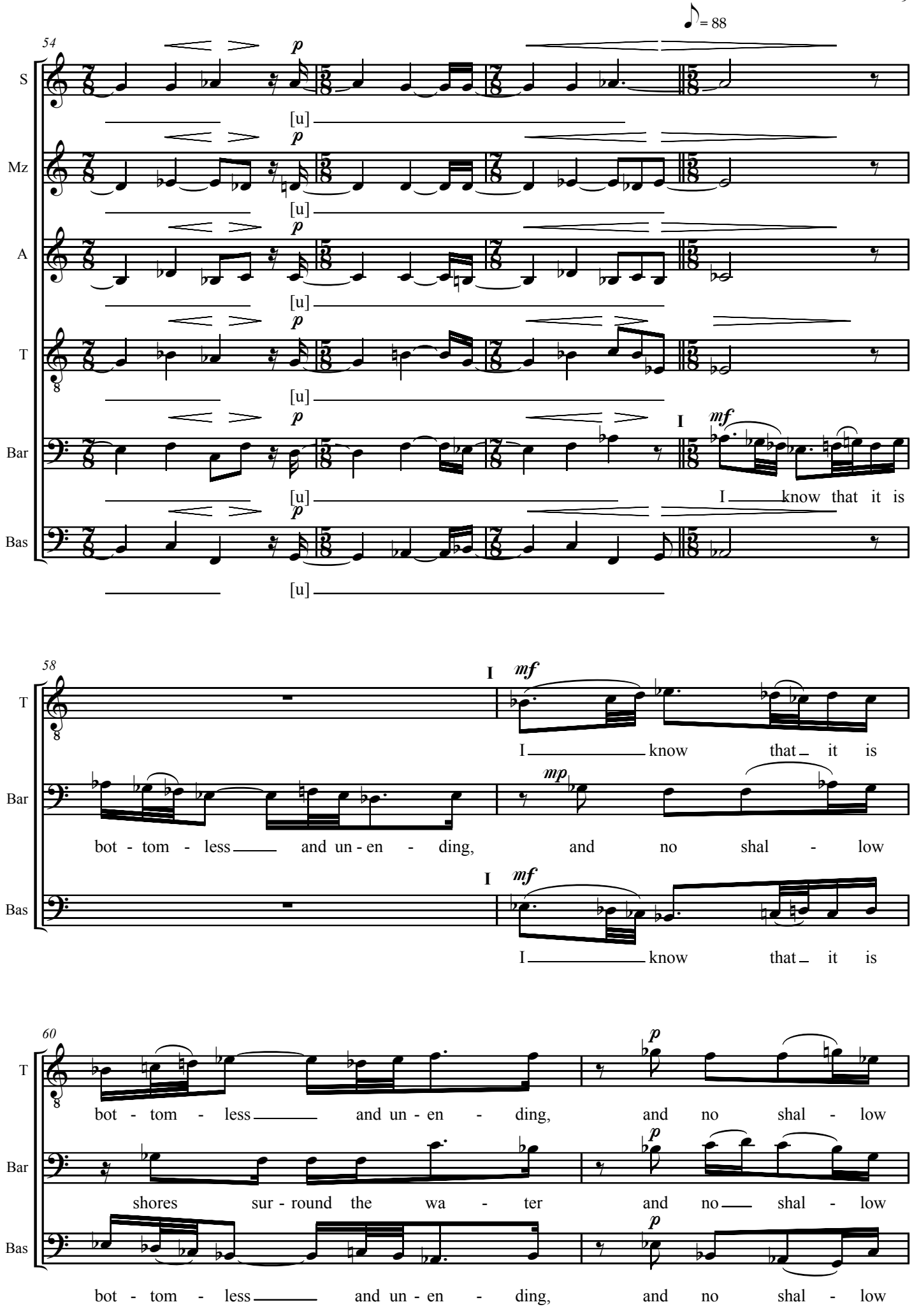

Meno mosso
43
tutti
p
mf
S
When it is night, 'tis
Mz
When it is night, 'tis
A
When it is night, 'tis
T
When it is night, it is
mp
Bar
When it is night, it is
Bas
When it is night, it is
45
night, 'tis night.
night, it is night.
night, it is night.
night, 'tis night.
night, it is night.
night, 'tis night.

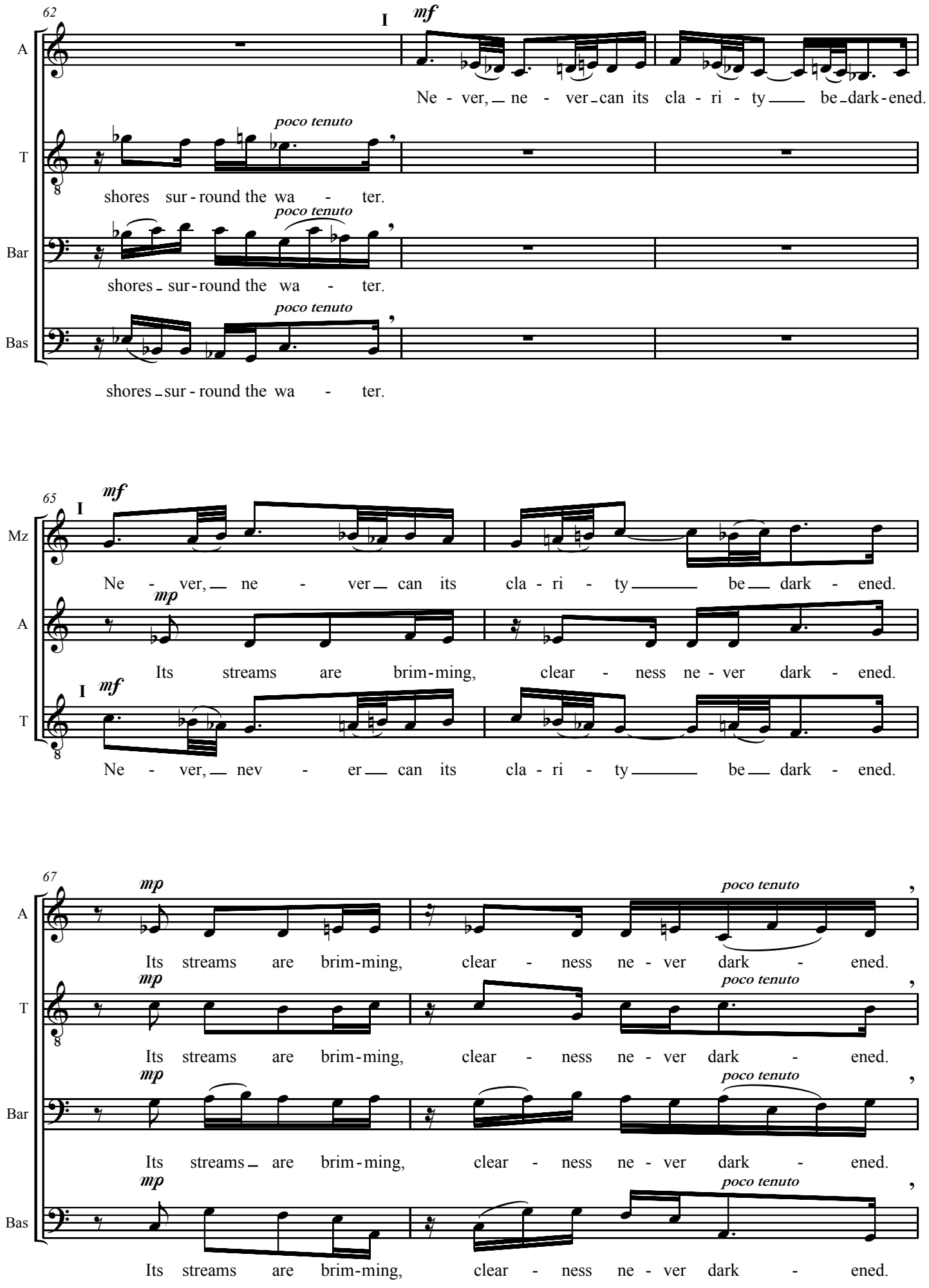
Liberamente

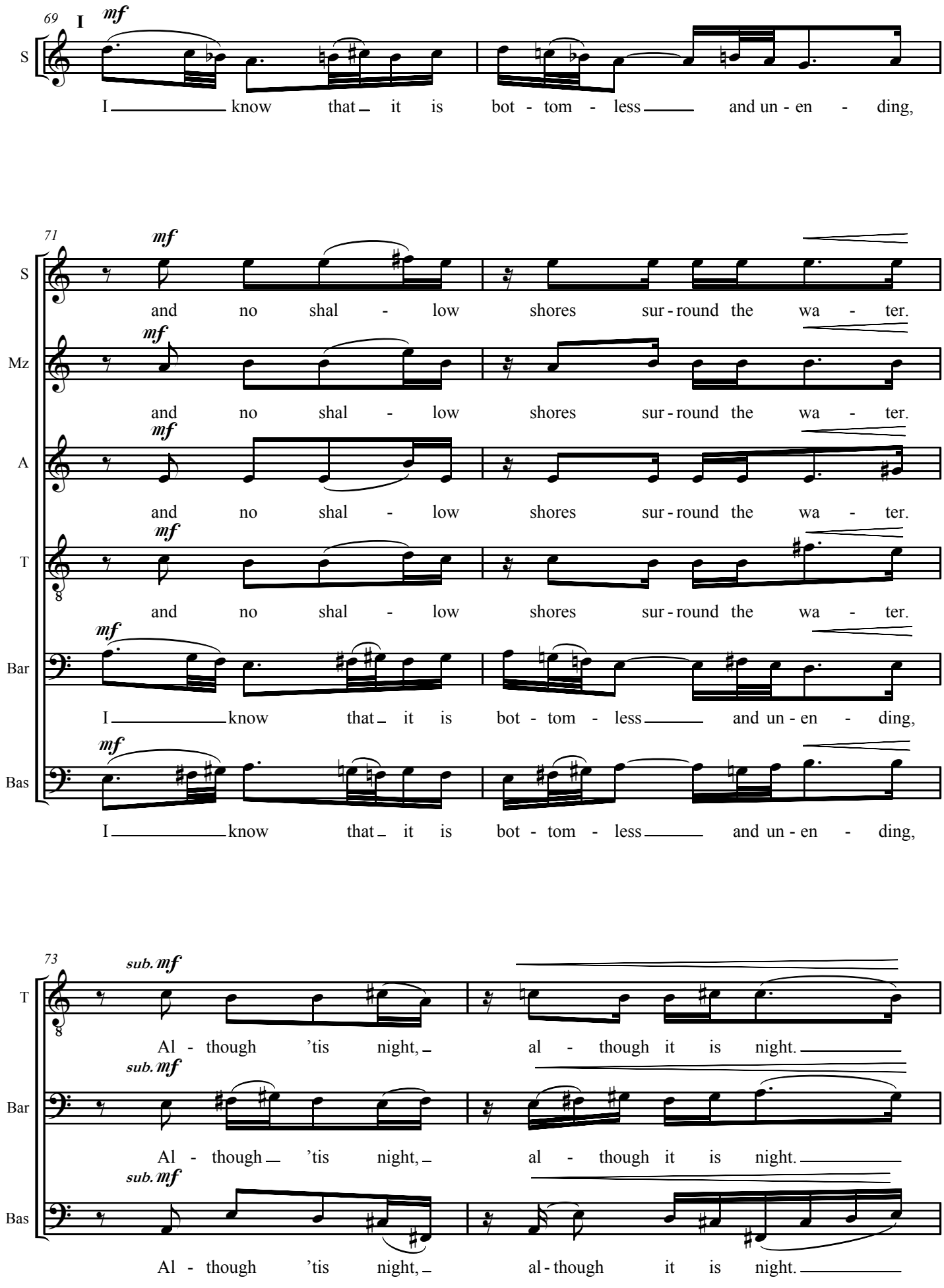


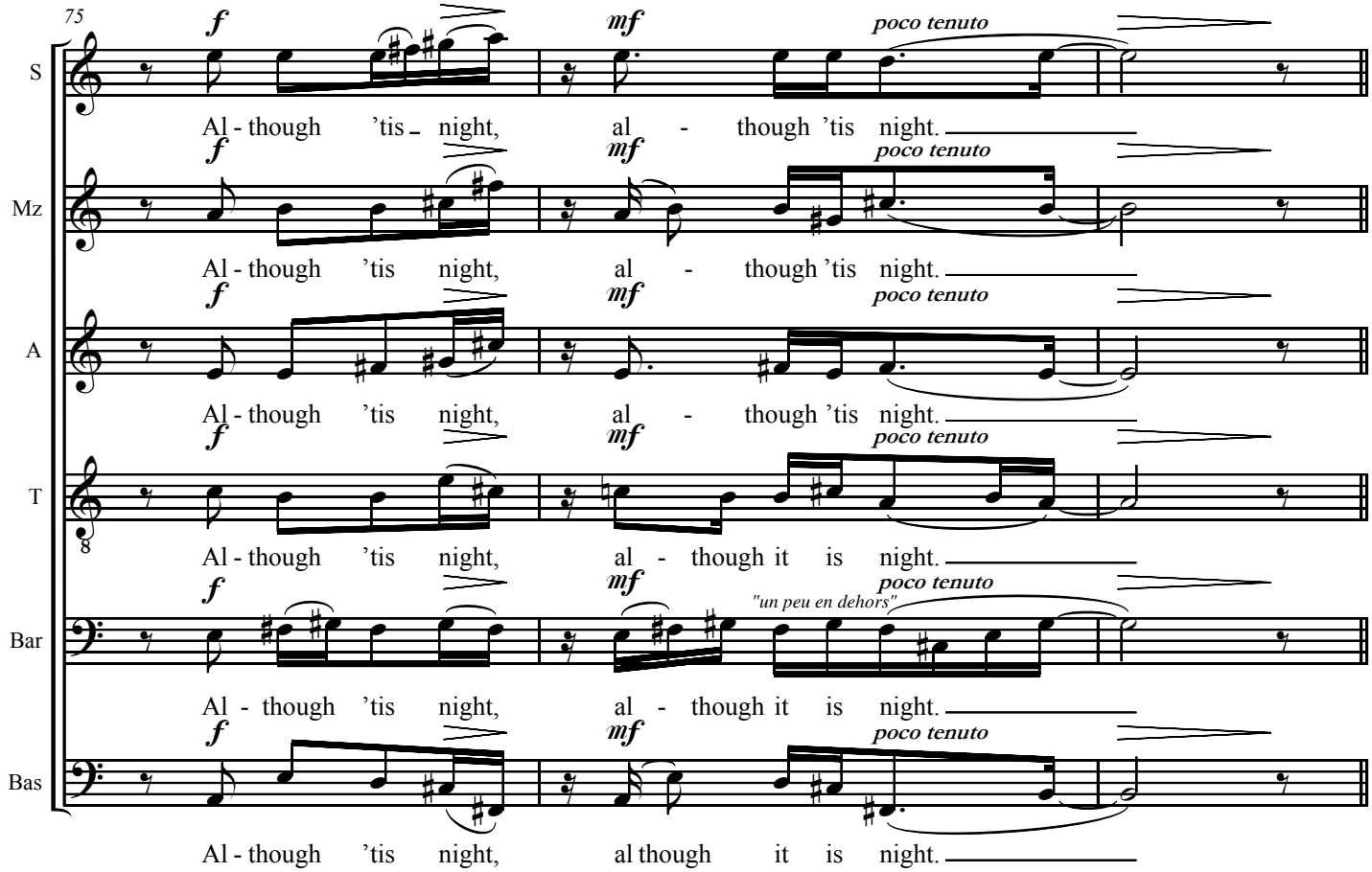
*) Sopranos and Mezzos perform their box unisono - and simultaneously.
Poco glissando up to the first tone of each phrase.
**) Altos, Tenors, Baritones and Basses perform their boxes individually.



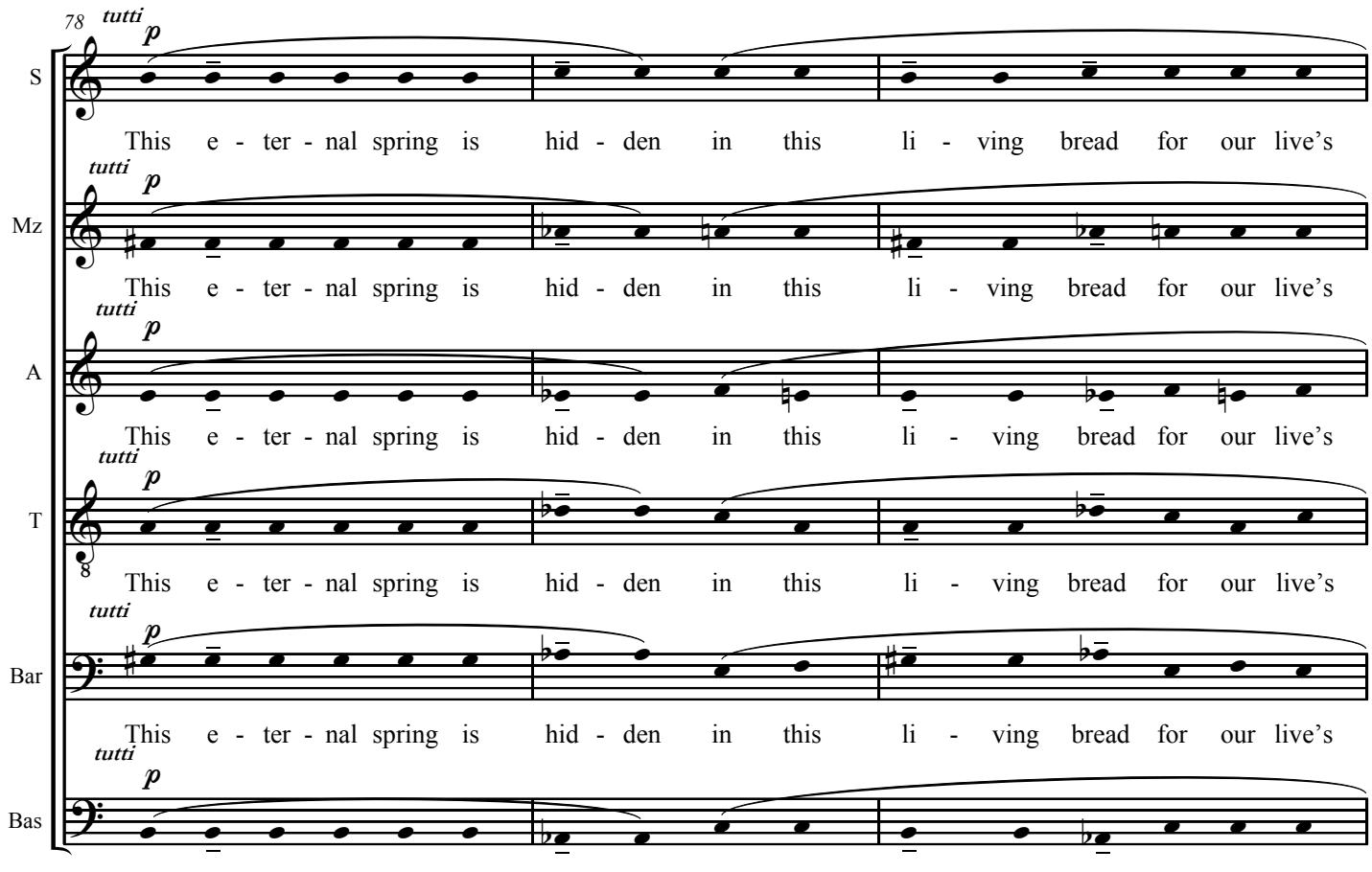

♪ = 88
54
S
Mz
A
T
Bar
Bas
p
[u]
I
mf
I know that it is
58
mp
bot - tom - less and un - en - ding, and no shal - low
60
shores sur - round the wa - ter and no shal - low

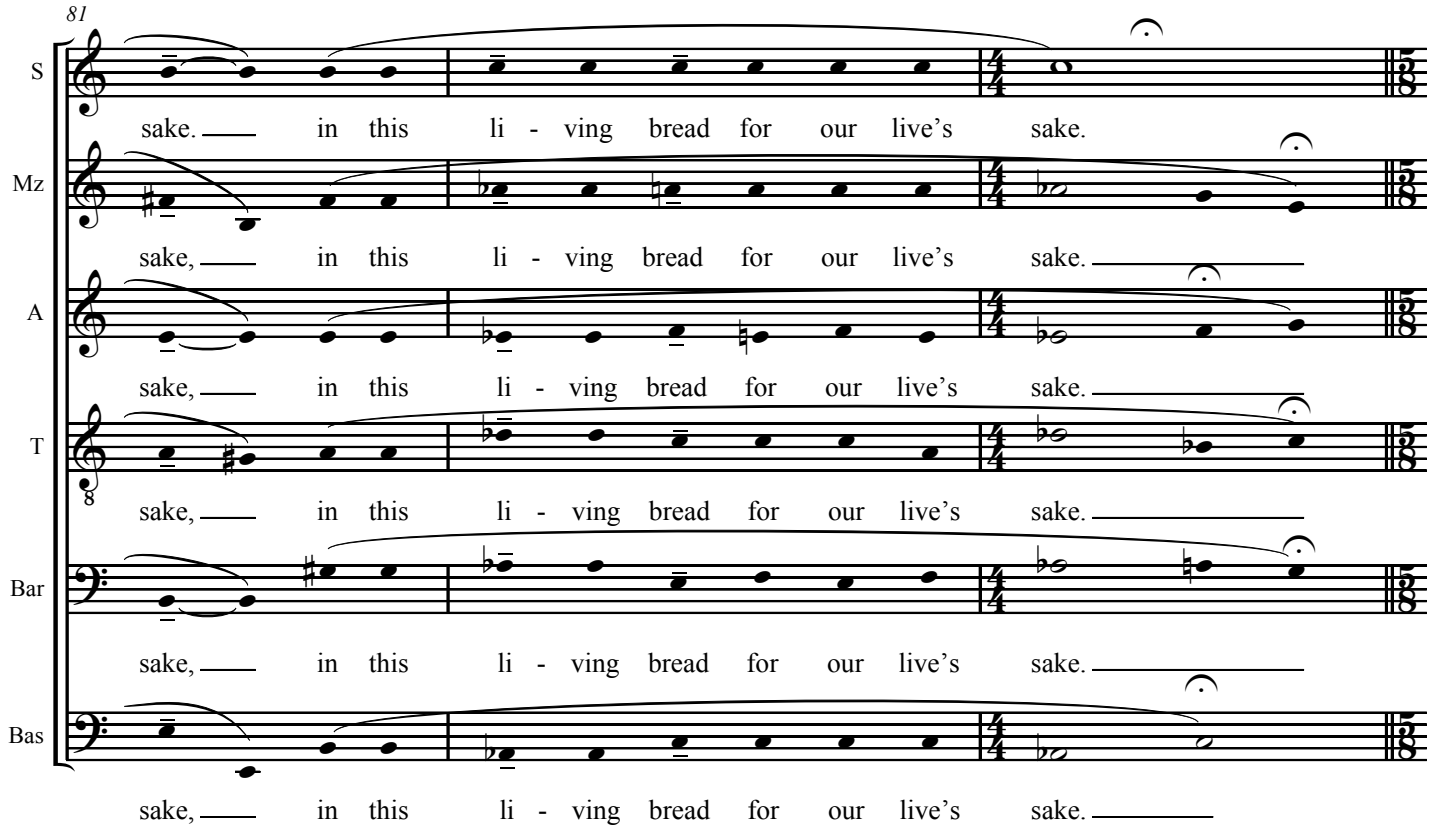

62
I
mf
A
Ne - ver, ne - ver can its cla - ri - ty be dark - ened.
poco tenuto
T
shores sur - round the wa - ter.
poco tenuto
Bar
shores sur - round the wa - ter.
poco tenuto
Bas
shores sur - round the wa - ter.
65
I
mf
Mz
Ne - ver, ne - ver can its cla - ri - ty be dark - ened.
mp
A
Its streams are brim - ming, clear - ness ne - ver dark - ened.
I
mf
T
Ne - ver, nev - er can its cla - ri - ty be dark - ened.
67
mp
poco tenuto
A
Its streams are brim - ming, clear - ness ne - ver dark - ened.
mp
poco tenuto
T
Its streams are brim - ming, clear - ness ne - ver dark - ened.
mp
poco tenuto
Bar
Its streams are brim - ming, clear - ness ne - ver dark - ened.
mp
poco tenuto
Bas
Its streams are brim - ming, clear - ness ne - ver dark - ened.

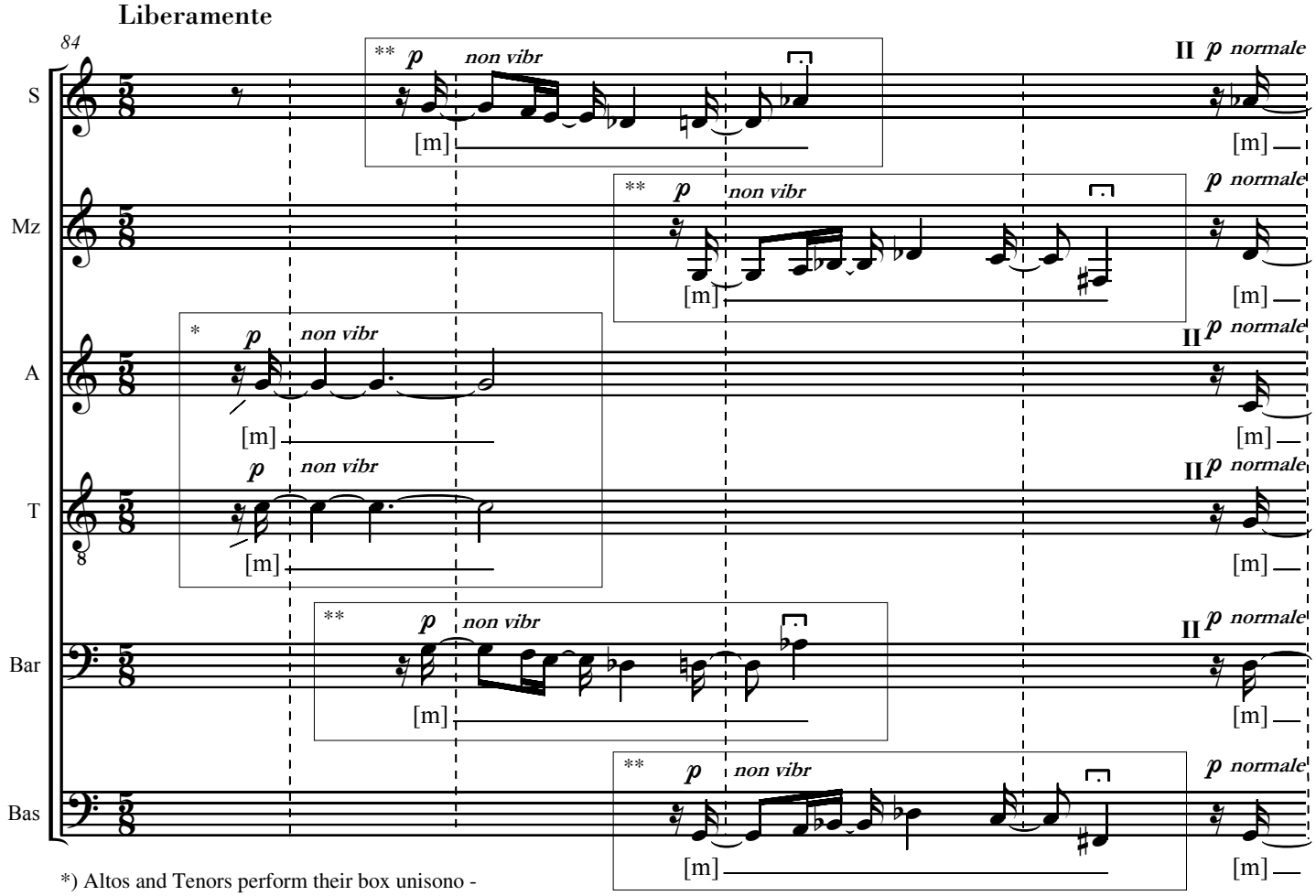

69
I
mf
S
I know that it is bot - tom - less and un - en - ding,
71
mf
S
and no shal - low shores sur - round the wa - ter.
Mz
and no shal - low shores sur - round the wa - ter.
A
and no shal - low shores sur - round the wa - ter.
T
and no shal - low shores sur - round the wa - ter.
Bar
I know that it is bot - tom - less and un - en - ding,
Bas
I know that it is bot - tom - less and un - en - ding,
73
sub. mf
T
Al - though 'tis night, al - though it is night.
sub. mf
Bar
Al - though 'tis night, al - though it is night.
sub. mf
Bas
Al - though 'tis night, al - though it is night.



Syllabico, tranquillo







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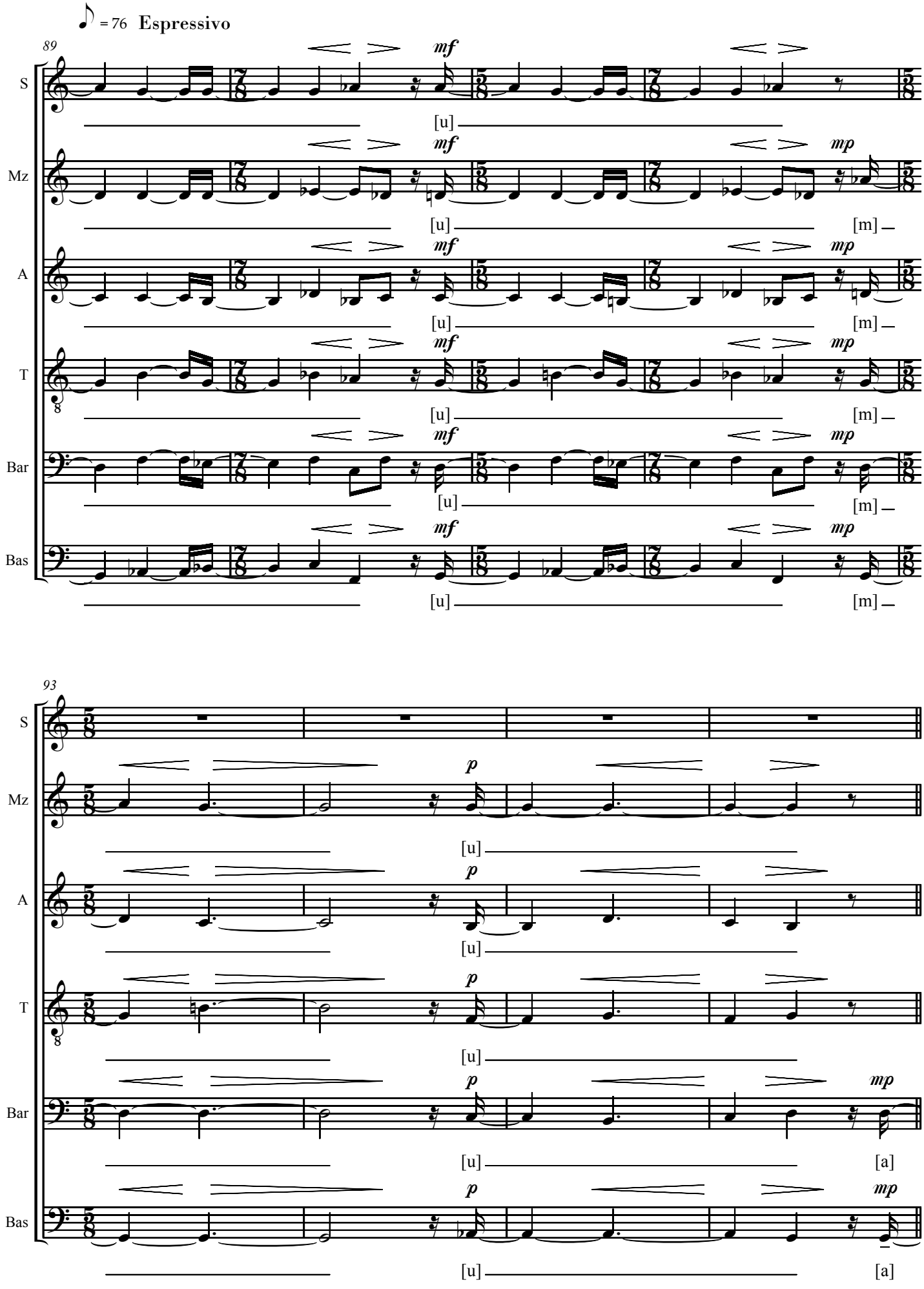
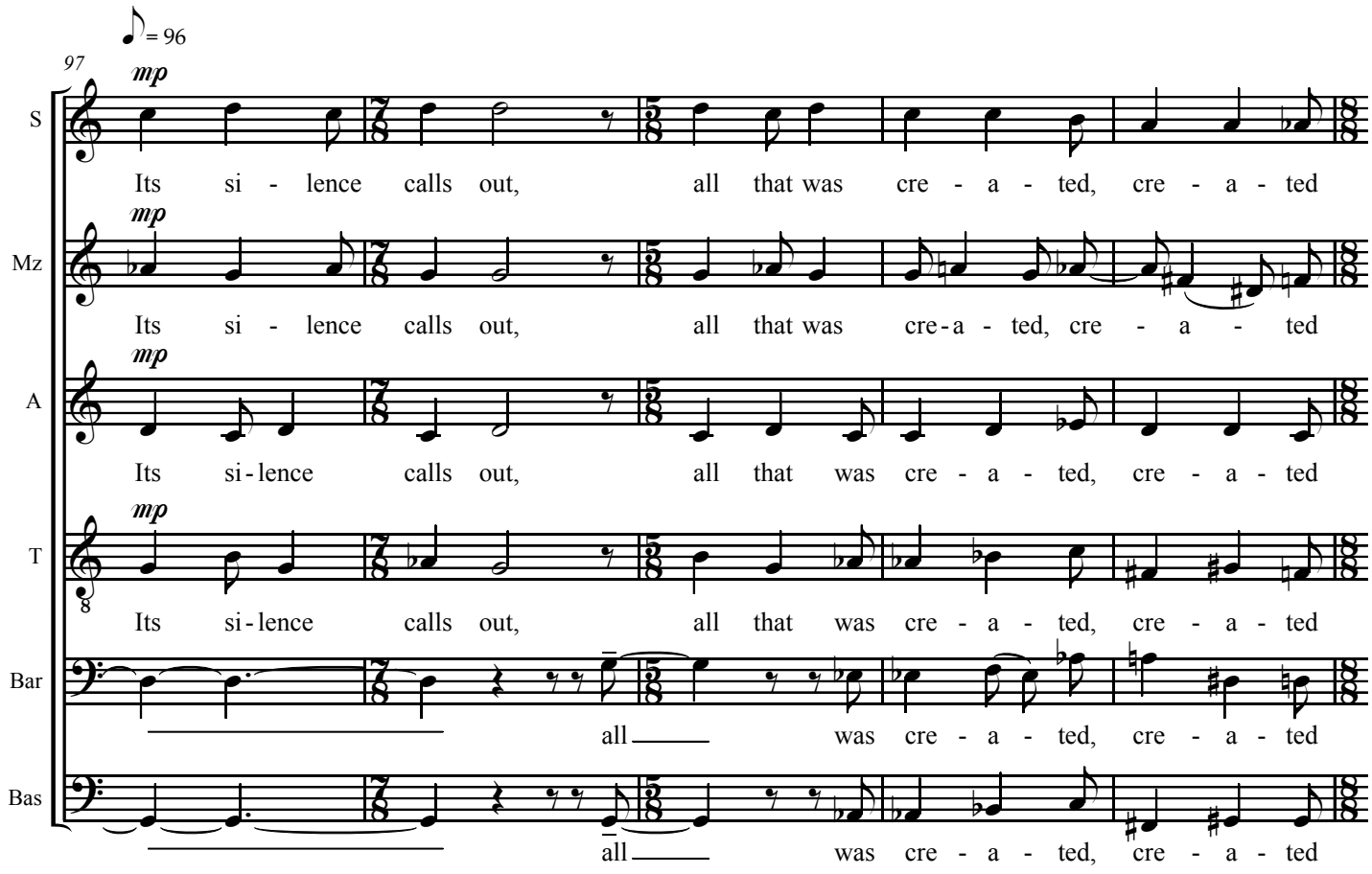
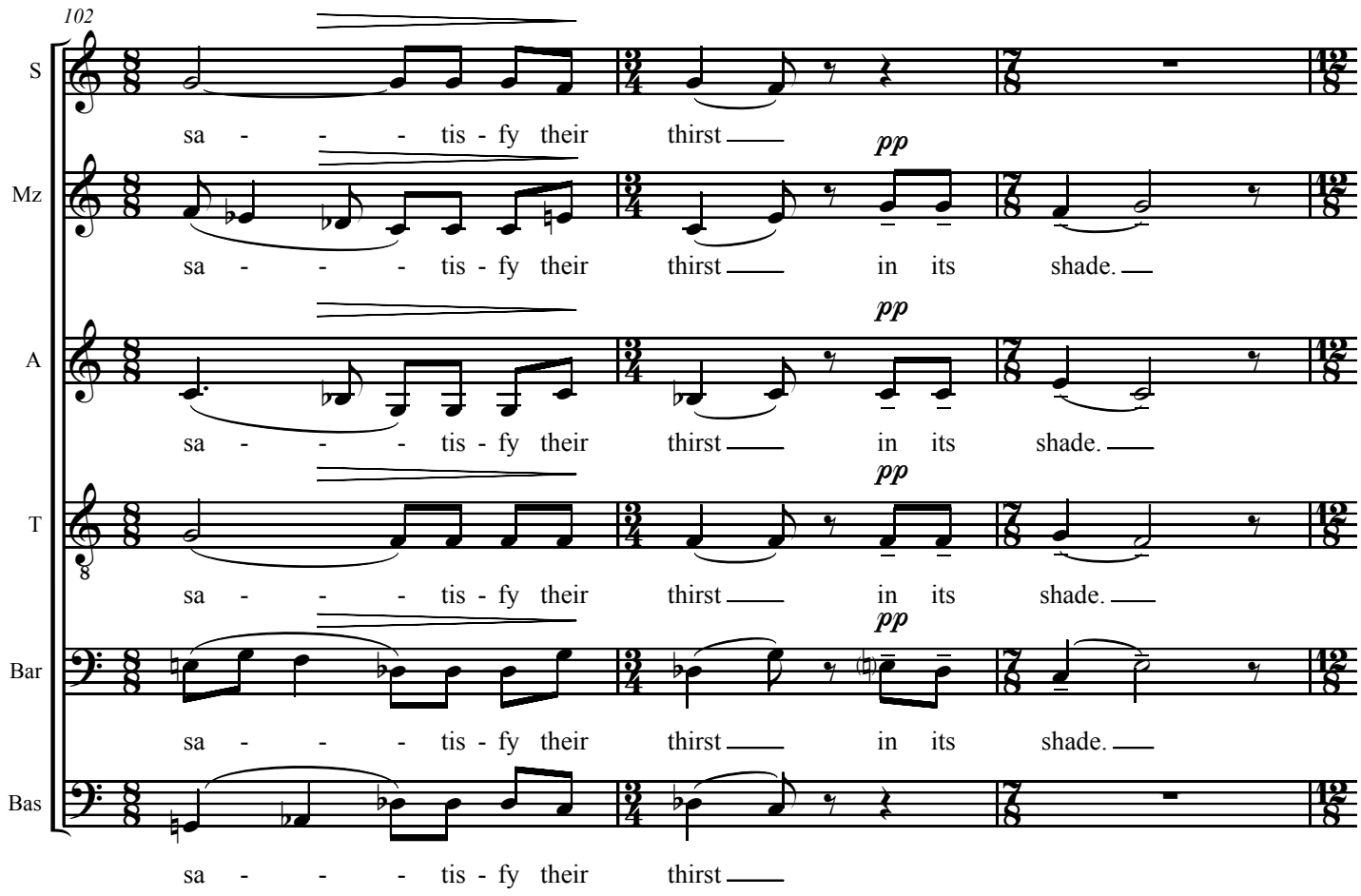
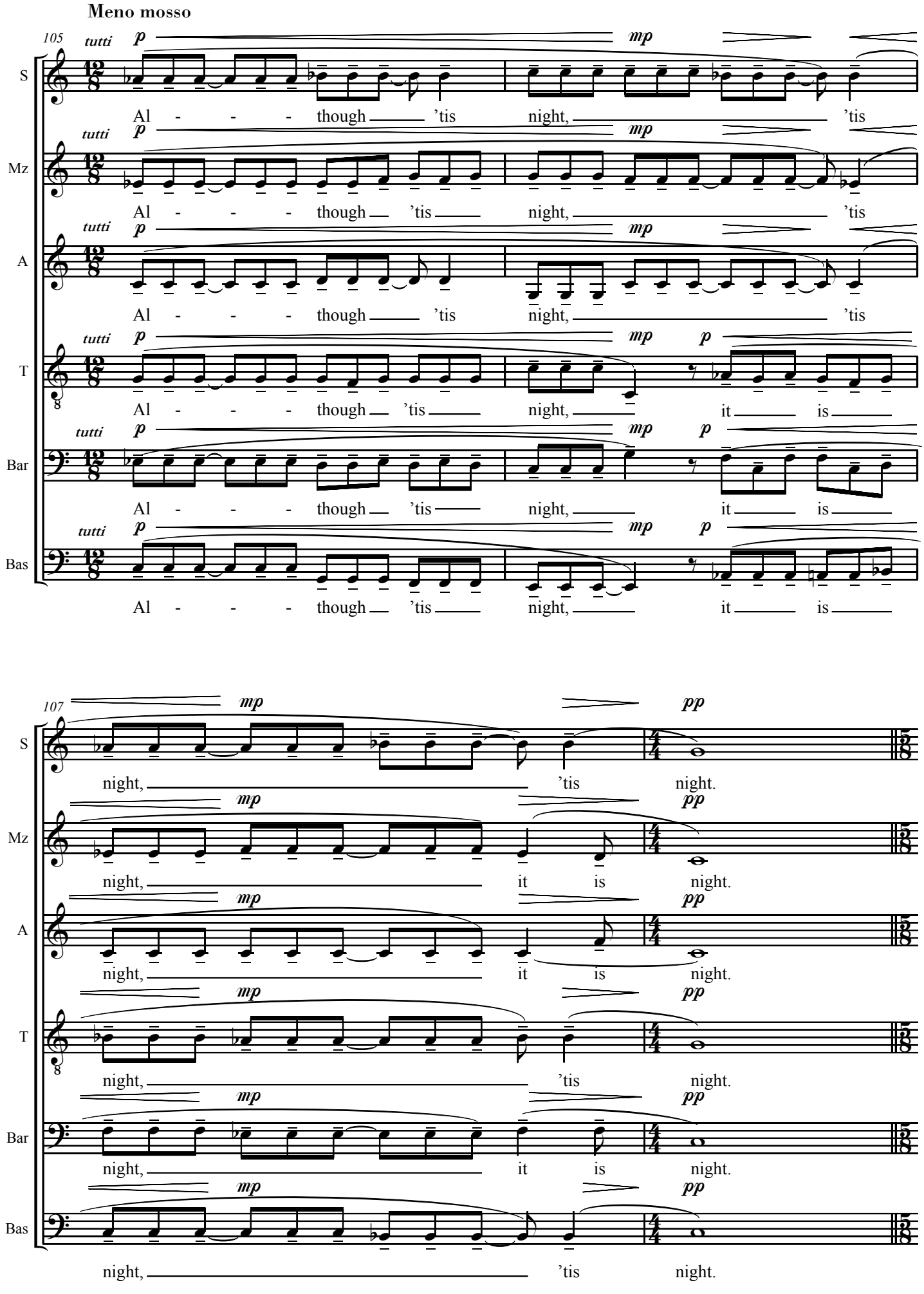
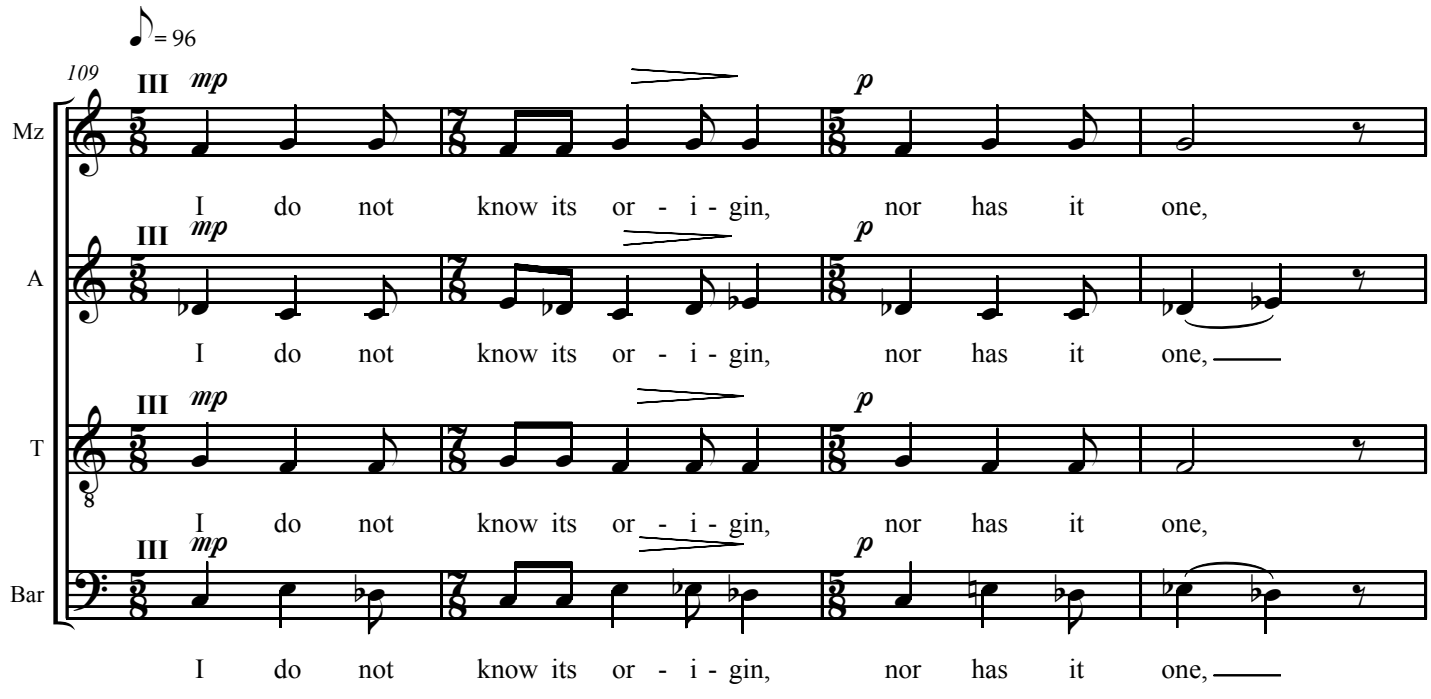
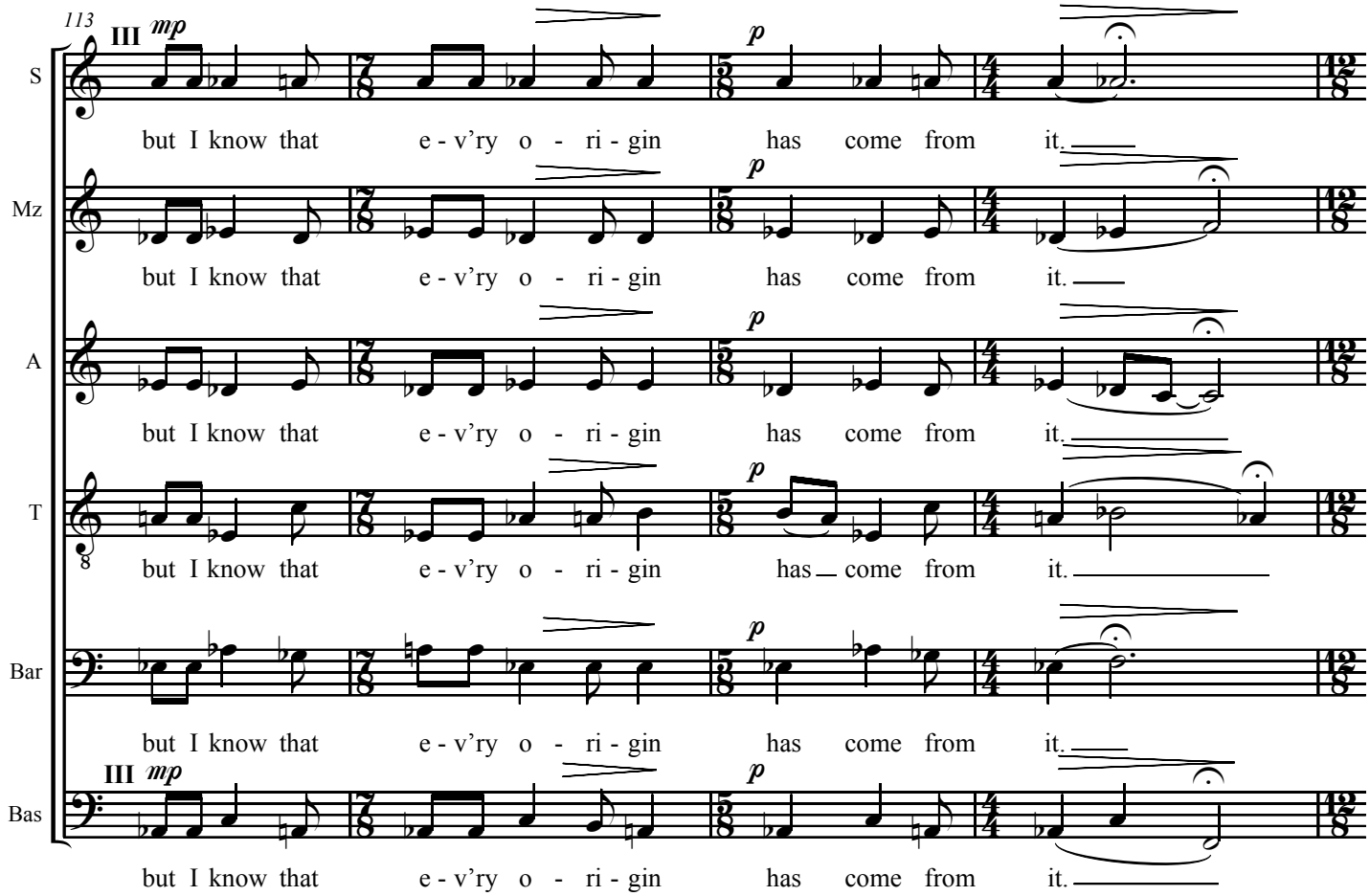

♪ = 76 Espressivo
89
S
Mz
A
T
Bar
Bas
mf
mp
[u]
[m]
93
p
mp
[a]

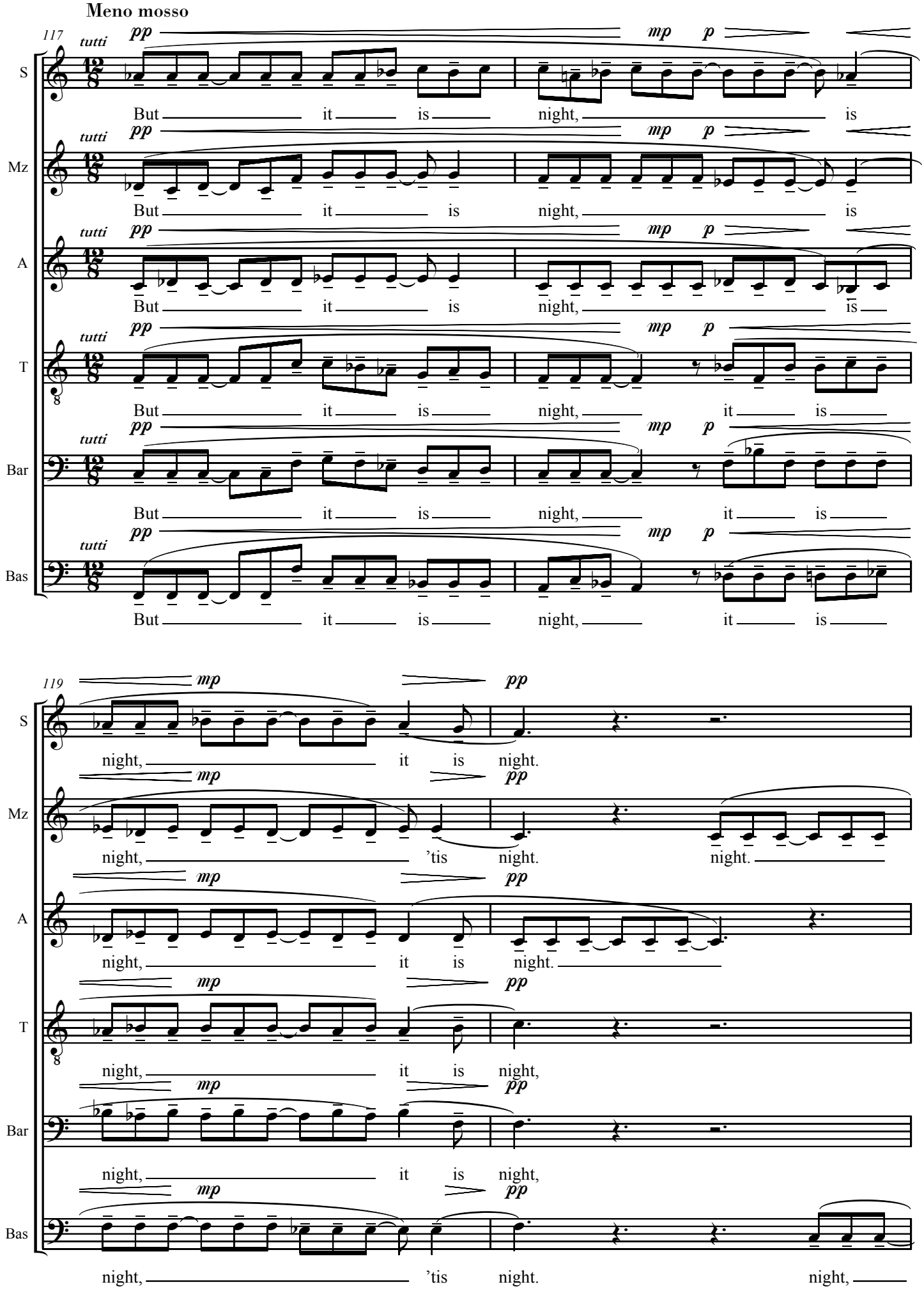

♪ = 96
97
mp
S
Its si - lence calls out, all that was cre - a - ted, cre - a - ted
Mz
Its si - lence calls out, all that was cre-a - ted, cre - a - ted
A
Its si-lence calls out, all that was cre - a - ted, cre - a - ted
T
Its si-lence calls out, all that was cre - a - ted, cre - a - ted
Bar
all was cre - a - ted, cre - a - ted
Bas
all was cre - a - ted, cre - a - ted

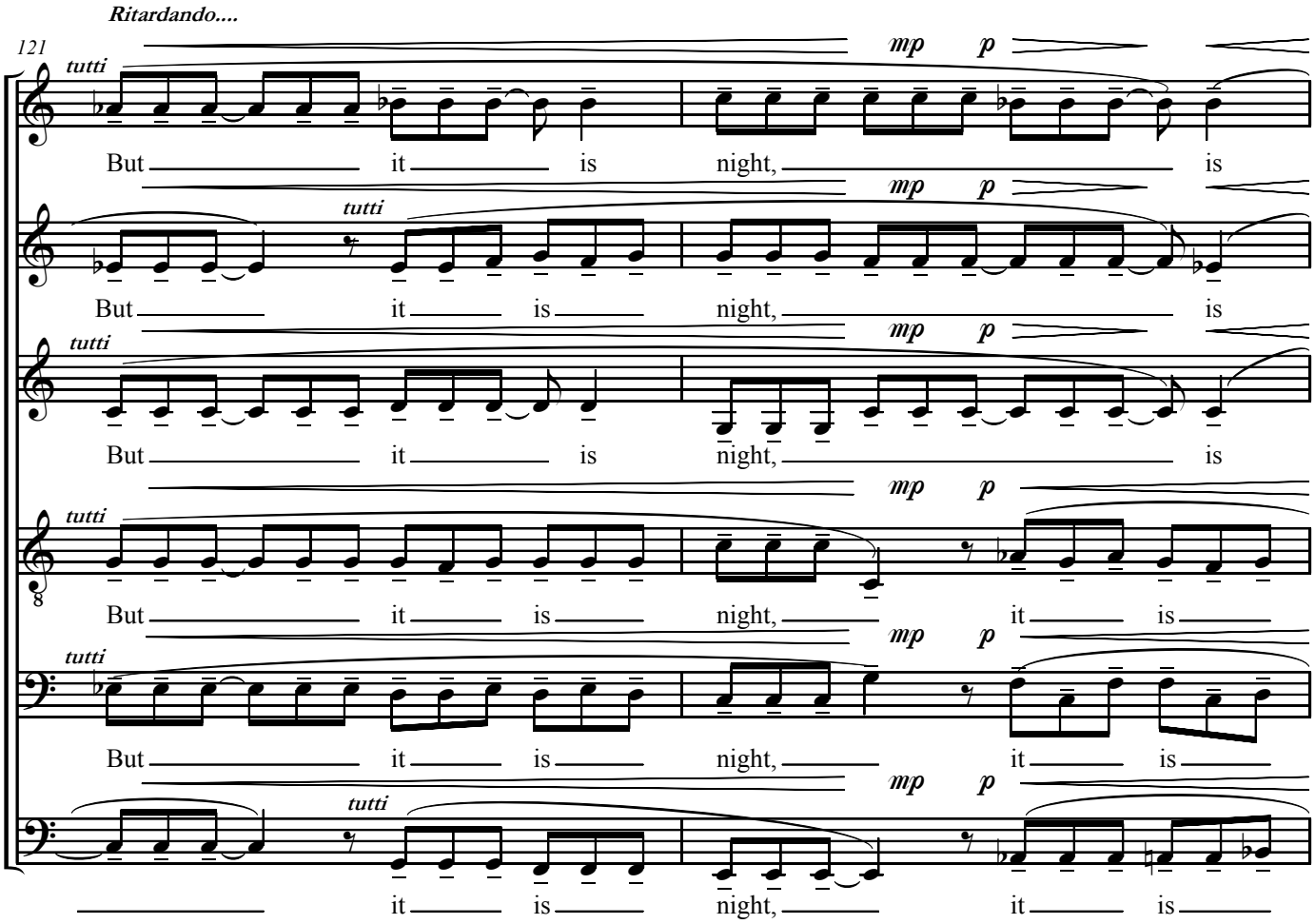

102
S
sa - - - tis - fy their thirst
Mz
pp
sa - - - tis - fy their thirst in its shade.
A
pp
sa - - - tis - fy their thirst in its shade.
T
pp
sa - - - tis - fy their thirst in its shade.
Bar
pp
sa - - - tis - fy their thirst in its shade.
Bas
sa - - - tis - fy their thirst

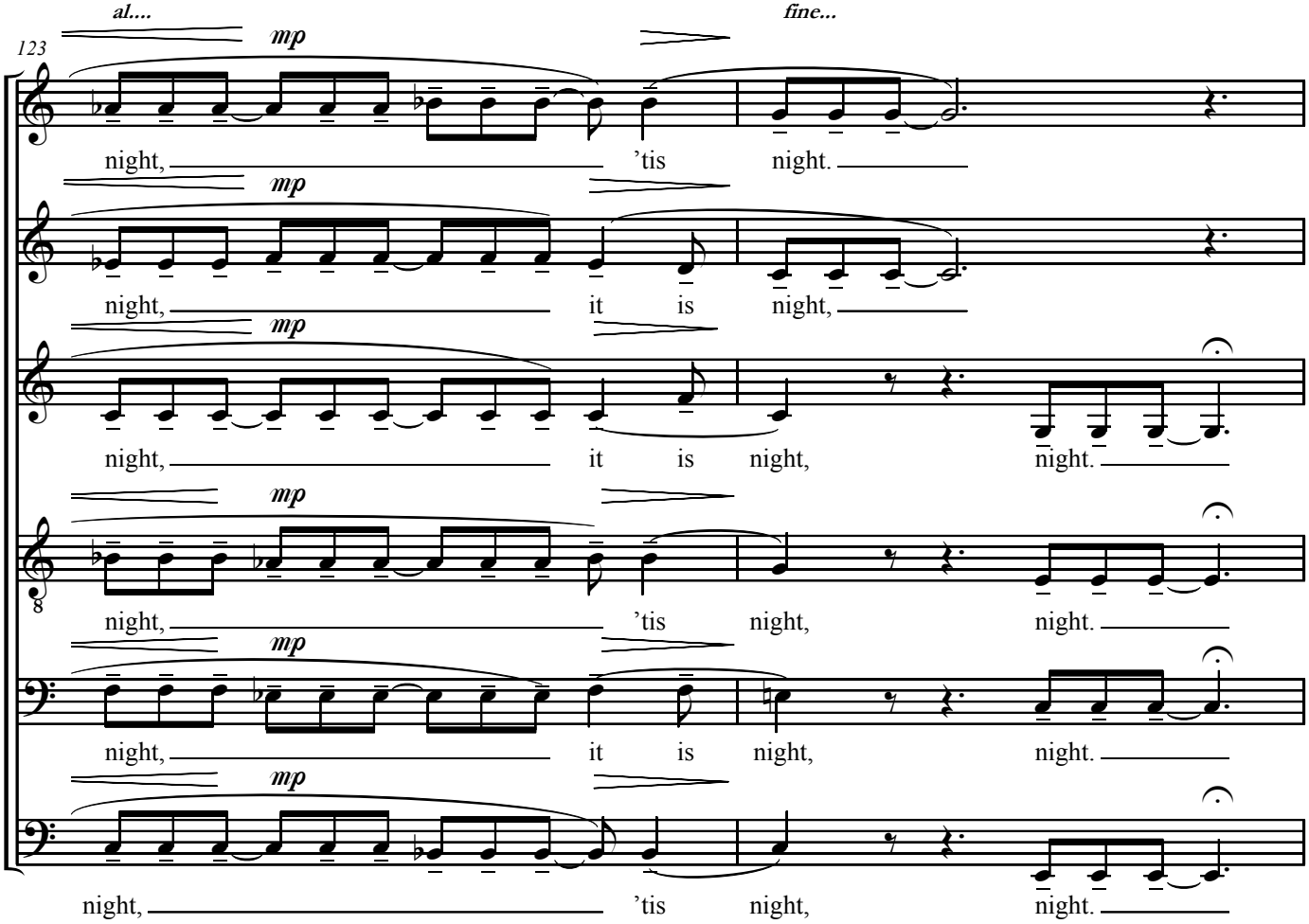

Meno mosso
105
tutti
p
mp
S
Mz
A
T
Bar
Bas
Al - - - though 'tis night, 'tis
Al - - - though 'tis night, it is
107
mp
pp
night, 'tis night.
night, it is night.

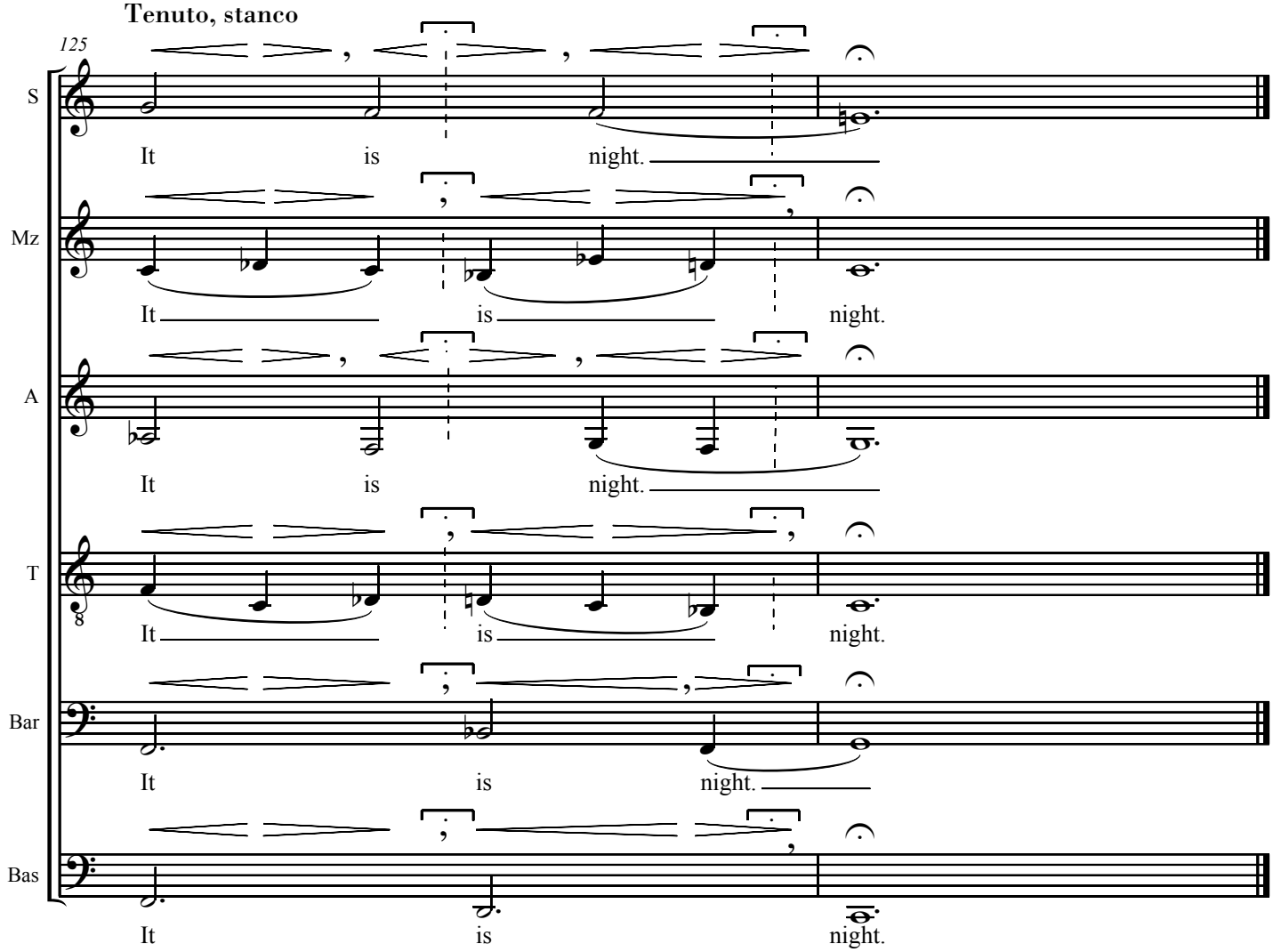

♪ = 96
109
III mp
p
Mz
A
T
Bar
I do not know its or - i - gin, nor has it one,


113
III mp
p
S
Mz
A
T
Bar
Bas
but I know that e - v'ry o - ri - gin has come from it.


Meno mosso
117
tutti
pp
mp
p
S
Mz
A
T
Bar
Bas
But it is night, is
But it is night, it is
119
mp
pp
night, it is night.
night, 'tis night. night.
night, it is night.
night, it is night,
night, 'tis night. night,


Ritardando....
121
tutti
mp
p
S
But it is night, is
Mz
But it is night, is
A
But it is night, is
T
But it is night, it is
Bar
But it is night, it is
Bas
it is night, it is


al....
fine...
123
mp
S
night, 'tis night.
Mz
night, it is night,
A
night, it is night, night.
T
night, 'tis night, night.
Bar
night, it is night, night.
Bas
night, 'tis night, night.


Tenuto, stanco
125
S
It is night.
Mz
It is night.
A
It is night.
T
It is night.
Bar
It is night.
Bas
It is night.

Durata: 15´40"