

Commissioned by and with thanks to Carson Cooman

# Psalm 144 (You Are My Help and My Fortress)\*

*You are my help and my fortress,  
my stronghold and my deliverer,  
my shield, in whom I trust.  
What am I, that you should love me,  
mere mortal, that you should care for me? Yet you love me,  
though like wind, like passing shadows,  
yet you love me.*

Music by Patricia Van Ness (1951)  
Score rev. 11 May 2018  
\*from *MUSIC FOR THE PSALMS*,  
dedicated in its entirety to Peter Sykes

Adapted from *The Psalter*,  
*The Book of Common Prayer*

♩ = 65  
*mf*

Soprano 1&2  
You are my help, and my for - - tress, my

Alto 1&2  
You help, and my for - - tress, my

Tenor  
You are help, and my\_\_ for - - tress, my\_

Bass  
You my help, and my\_\_ for - - tress, my\_\_\_\_\_

9

S.  
strong - hold, and my de - li - ver - er, my\_\_ my\_\_

A.  
strong - hold, and my (li - er, my\_\_ my

T.  
strong - hold, and my (li - ver - er, my\_\_ my

B.  
strong\_\_ hold,\_\_ and my\_\_ de - li - ver - er, my\_\_ my

**A**

Van Ness, Psalm 144 (You Are My Help and My Fortress)

2

16

S. my shield, in whom I put my trust,

A. my shield, in whom put my trust,

T. my shield, in whom put my trust,

B. my my shield, in in whom whom I put my trust, in

23

S. in whom I put my trust.

A. in whom I put my trust.

T. in whom put trust. *mp* What

B. in whom whom I put trust. *mp* What

**B**

30

S. *mp* What, what, what am I, that you should love me, *molto legato*

A. *mp* What, what I you should love me, *molto legato*

T. what, what am I, you should love love me, *molto legato*

B. what, what I you should love love me, *molto legato*

Van Ness, Psalm 144 (You Are My Help and My Fortress)

C

39

S. mere mor - tal, that you should care for me? Yet,

A. mere mor - tal, that you care me? Yet,

T. mere mor - tal, that you care for me? Yet,

B. mere mor - tal, that you should care me? Yet,

46

S. yet you love me; though like wind, like pass - ing

A. yet love me; though wind pass - ing

T. yet love me; though wind pass - ing

B. yet you love me me though though wind wind pass pass (shad-

52

S. shad - ows, yet you love me. rit. . . . .

A. shad - ows, yet you love love me.

T. shad - ows, yet love me.

B. - - (ows yet yet love love love me.