

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. 13 March 2024
*from MUSIC FOR THE PSALMS,
dedicated in its entirety to Peter Sykes

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

♩ = 80 *senza vibrato*

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, trust.

T. in whom put trust. What

B. in whom whom I put trust. What

30

S. What, what am I, that you should love

A. What, what I you should love

T. What what am I, you should love love

B. What, what I you should love love

B

mp *molto legato*

mp *molto legato*

f *molto legato*

f *molto legato*

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



38

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

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

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

B. me, 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 love me.

T. shad - ows, yet love me.

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