

Good Friday Meditation - Embodiment
Music and Words

Prelude: Easter Oratorio - Adagio J.S.Bach Budapest Strings

Priveghiati si va rugati - Watch and Pray Angela Gheorghiu and
G.Popescu-Branesti the Romanian Madrigal Choir

Priveghiati si va rugati,
ca sa nu cadeti in ispita.
Sufletul este zelos,
iara trupul neputincios.
Priveghiati si va rugati!

Watch and pray,
that ye enter not into temptation:
the spirit indeed is willing,
but the flesh is weak.
Watch and pray!

From: Eternal Light - A Requiem Howard Goodall London Musici
Litany: Belief **Lacrymosa: Do not stand at my grave**
Tenor: Alfie Boe Baritone: Christopher Maltman

I have to believe
that you still exist
somewhere,
that you still watch me
sometimes,
that you still love me
somehow.

Do not stand at my grave & weep,
I am not there; I do not sleep.
I am a thousand winds that blow,
I am the softly falling snow,
I am the gentle showers of rain
I am the fields of ripening grain,
I am in the morning hush,
I am in the graceful rush,
of far-off birds in circling flight
I am the starshine of the night.

I have to believe
that life has meaning
somehow,
that I am useful here
sometimes,
that I make small differences
somewhere.

I am in every flower that blooms,
I am in still and empty rooms
I am the child that yearns to sing,
I am in each lovely thing,
Do not stand at my grave and cry,
I am not there, I did not die.

I have to believe
that I need to stay here
for some time,
that all this teaches me
something,
so that I can meet you again
somewhere.

Attrib. Mary Elizabeth Frye
adapted by Howard Goodall

Bist du bei mir G.H.Stolzel/J.S.Bach Janet Baker
Academy of St.Martin
Bist du bei mir, geh ich mit Freuden
zum Sterben und zu meiner Ruh.
Ach, wie vergnugt war so mein Ende,
es druckten deine schonen Hande
mir die getreuen Augen zu!

When thou art near, I go with joy
To death and to my rest.
Oh how pleasant would my end be,
If your fair hands
Would close my faithful eyes!