

Meditation

Our Second Lesson tomorrow is Philippians 4:1-9. This passage includes the following words:

Rejoice in the Lord alway, and again I say, rejoice. Let your softness be known unto all men: the Lord is even at hand. Be careful for nothing: but in all prayer and supplication, let your petitions be manifest unto God with giving of thanks. And the peace of God, which passeth all understanding, keep your hearts and minds through Christ Jesu. Amen.

The translation above was published in the 1549 edition of the Book of Common Prayer. The words were then set to music by that most prolific of composers: Anonymous. While its authorship is sadly unknown, *Rejoice in the Lord alway* is a superb example of sacred music from the English Renaissance. The many ascending lines and major key reinforce the atmosphere of rejoicing. Brief introspective passages provide fitting contrasts, notably at the words *Let your softness be known*. I hope you will enjoy this recording from the choir of Westminster Abbey.

Tomorrow's service also includes Psalm 23. This beloved psalm has inspired a number of hymn paraphrases, most notably *The King of love my shepherd is*. In the spring, Zach and I recorded this hymn to the tune *St. Columba*. This week, we re-recorded it using the tune *Dominus regit me*. Both tunes fit the text beautifully; *St. Columba* is calm and lyrical while *Dominus regit me* brings out the more overtly joyous aspects of the text. I am fond of both tunes and find that, depending on my mood, one or the other will resonate with me on a particular day.

With all best wishes,

Tim Pyper
Director of Music

Anonymous: Rejoice in the Lord alway

<https://youtu.be/azVITZ-zNAs>

Hymn 645: The King of love my shepherd is

<https://youtu.be/eSlrn91z-u0>

Hymn 646: The King of love my shepherd is

<https://youtu.be/chLAI8pJNkc>