



Psalms for Singing

In inclusive language

~ language of the heart

Responsorial Psalms for Liturgical Cycle B

Thesis Project

Bachelor of Religious Studies

Global Ministries University

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I have taken on the task to re-write, using inclusive language, the Psalm chants and some scriptural verses that are used in the liturgical cycles of the Roman Catholic Church. I have found the Psalm interpretation by Nan Merrill in her book *Psalms for Praying*, along with the inclusive scripture by the first Egalitarian Translation of the Bible the closest interpretations that reflect a deeper, more intimate Divine experience. So using these translations as inspiration even making some needed musical adaptations of the word phrases, I have put together cycle B of a three year cycle psalter that I am submitting for this thesis project.

If the words of scriptures and the especially the psalms that that are sung at our liturgies each week are to reflect our spirituality, then the translation used is important. The words that we sing in the Psalms should reflect what we really believe because words are very important. So the Psalms, using a new, more inclusive language format help many sing with words that better describe their own spiritual experiences.

Words we say and use are important. They can be descriptive, informative, even celebrating and affirming emotions and they can even be helpful. Those same words can also be for another individual hurtful and cause emotional distress. Words often in different languages don't translate well or perhaps one language does not even have a good equivalent word for a word in the new translation.

In music where the words used in a musical score can be limited due to the structure of a piece of music, picking the best words as a musical composer can be one of the biggest challenges. It is even more challenging when the musical piece is part of a spiritual setting, as in one that I am composing for a liturgical gathering, and even for the community to participate in singing.

The Psalms themselves cover the whole gamete of human feelings and emotions. There are Psalms that are written from an individual person's prayer as calling out in joy and thanksgiving to sorrow. There are Psalms praying to the Divine for guidance or protection. Also Psalms for the community to sing together in praise or sometimes even lament. There are Psalms that reflect words of anger or loss, fear and abonnement. Psalms of joy, happiness, love and praise are all covered. All of these human emptions can be found in the psalms that are used by many in both the daily praying of the office in the monastic communities, and by individuals. They are sung in the daily or weekly community worship celebrations in both the Christian and Hebrew services. To use words which reflect a closer understanding of the Divine, and that deep intimate relation to the Divine is important. To sing them or even just read Psalm responses that can more closely reflect a deep understanding and experience of a relationship to the Divine can be spiritually uplifting. Is not part of our journey in this life to seek and have a deep desire to know and be known by the One I call the Divine One, know also by many other names? Whatever words that can be sung or recited to help on our spiritual – our life journey that ultimately brings us inner peace and understanding for me is joy.

It is very easy for me to call and imagine God as a loving parent whose embrace I can so easily remember because I had those loving experiences growing up as a child. Names for God

in scripture bring images to mind, for some perhaps wonderful images and thoughts. However, for some the often used name of “father” for God, is an image that brings up past or present hurts and a great difficulty imaging a loving God as father if your personal experience has been laden with fear, pain and hurt, the father image has not been any kind of loving experience.

Images also are limiting, I really have come to appreciate the Jewish concept of not even saying a name for the Divine lest it would limit who the Divine One really was. God is beyond human comprehension and the attempt to try introducing the many faces –images God only limits God by the very limits of our language. The other part of this is as we walk the journey, we also need to experience, see and name the Divine that we need at that moment in our lives, at that point of our journey. So for me to speak of the God as Divine as even unnamable as our Jewish brothers and sisters choose to do, is closer to being able to image a close heart relationship and awakening to what I know and experience as already a part of all of creation.

When I sing it is adding another deeper layer to the words, I am opening up to a level of participation from the core of my being of physically lifting up my voice with the deepest emotion coming from within me. It is soul touching the Divine already present within me; it is recognizing that oneness that the song permeates every cell and is then sung from the very heart of my being.

Offering these sung responses in a language that can hopefully be respectful by using inclusive language of a greater spiritual experience that opens the heart is my desire of this musical project. I hope and pray that with an open the heart we can touch that special Divine place within and throughout the universe.

There are a total of 70 Psalm Responses but due to limit download space I can only send the first 9 psalms in two separate files. The music program they are written in does not transfer very well into the PDF file I had to use so they could be printed out for you to see, I am planning to print out this project from the music program and have it bound in a spiral format and would be happy to send one to you if would like one. Just send me an address I would happy to send one to you.

In the future I also hope to complete and publish the whole three year cycle set of the psalms; I have already had inquiry as to when that will be available. I also will produce a CD of the psalms sung which is another request, for listening and possible meditation use.

Psalm 80

First Sunday of Advent

Year B

Inspired and Adapted
From *Psalms for Praying*
by Nan Merrill

Chiara Denise Bernt



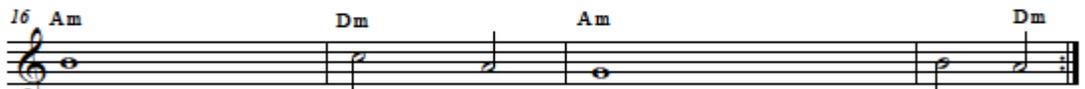
Re-store us O Ho-ly One; Let your face shine up-on us, Teach us to love.



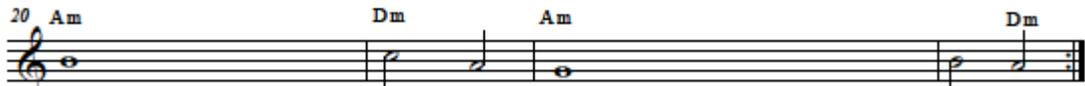
1. Eternal Listener, give heed to your peo - ple, You, who are our Guide and are our Light!
You, who dwell throughout the uni - verse, shine forth into the heart of all na- tions!



2. Gentle Teacher, help us to turn to You in prayer, fasting from our negi - tive thoughts.
You nourish us with the food of Love, with streams of liv - ing wa - ter.



3. Receive our gratitude, O Heart of all hearts! Look upon us and see what Love can do;
rejoice in the new birth You cre- ate!



4. May those who have born the fruit of love radiate your Spirit into the world!
May we always walk and co- cre - ate with You; recieve the gratitude of our hearts in the Great Plan!

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Psalm 98

Immaculate Conception of Mary

Year B

Inspired and Adapted
From *Psalms for Praying*
by Nan Merrill

Chiara Denise Bernt

Response

Let us sing of the joy we know in - liv - ing - with Love's E - ter - nal Flame -

5

1. Sing to the Divine One a new song, for Love has done mar - vel - ous things!
By the strength of your Indwel - ling Pre - sence, we, too, are called to do great things!

9

2. Your steadfast Love and faith - ful - ness are ever-present gifts in our lives.
Make a joyful noise to the Di - vine One; break forth into grateful song and sing praises!

13

3. Sing songs of praise extolling Love's way; lift up your hearts with grati - tude and joy!
Let the voices of all people blend in harmony, let the people magnify the Di - vine One!

Psalm 85

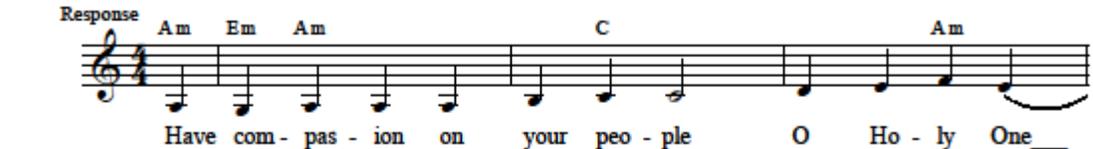
Second Sunday of Advent

Year B

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Response



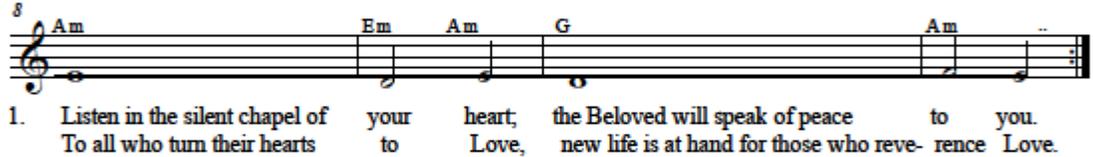
Have com - pas - ion on your peo - ple O Ho - ly One

4



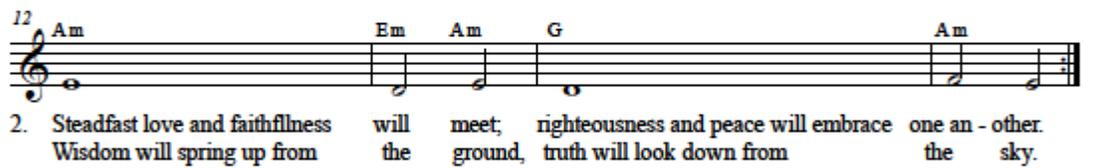
and grant us in - ner peace

8



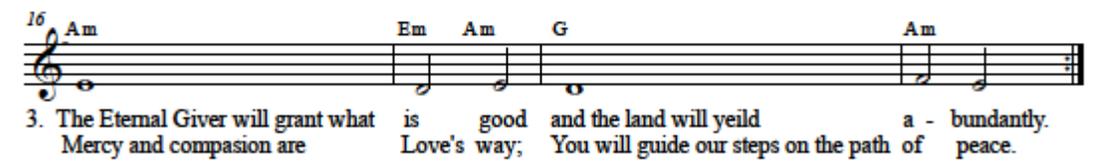
1. Listen in the silent chapel of your heart; the Beloved will speak of peace to you.
To all who turn their hearts to Love, new life is at hand for those who reverence Love.

12



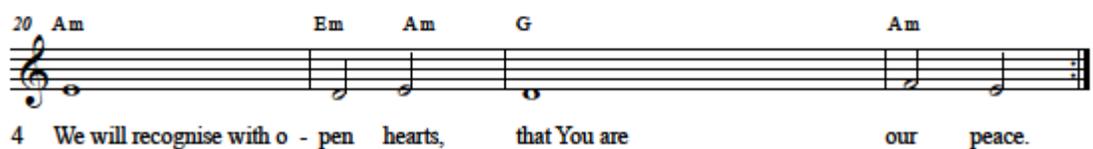
2. Steadfast love and faithfulness will meet; righteousness and peace will embrace one another.
Wisdom will spring up from the ground, truth will look down from the sky.

16



3. The Eternal Giver will grant what is good and the land will yield abundantly.
Mercy and compassion are Love's way; You will guide our steps on the path of peace.

20



4 We will recognise with open hearts, that You are our peace.

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Luke 1: 46-54

Third Sunday of Advent

Year B

Inspired and Adapted
From The Inclusive Bible
The First Egalitarian Translation

Chiara Denise Bernt

Response

My spir- it re- joic- es in You ___ O Ho- ly One _.

1. My soul proclaims your greatness O Ho- ly One. My Spirit rejoices in your Ho- ly Presence.
For you have looked upon your low- ly servant, ___ generations call - ing me ___ blessed.

2. Holy One, you have done great things for me most Holy is your ___ Name.
Your Mercy reaches from age to age for all gener- a- ___ tions.

3. You have filled the hungry with good things, the rich have gone a - way emp - ty.
You have come to the aid of Is - ra - el, ever mind- ful of ___ your mer - cy.

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Psalm 89

Fourth Sunday of Advent

Year B

Inspired and Adapted
From *Psalms For Praying*
By Nan Merrill

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Response

I will sing for - ev - er of your good -ness O Mer - ci - ful One.

1. With my voice I will pro-claim your good-ness. To all generations I will proclaim your mer - cy.
For your abiding Love rules the uni-verse, your faithfulness extends throughout the firm-a-ment.

2. Your Covenant from the be-gining of time. encompasses all who walk the path of Love.
To all generations that honor your Way will Love make it's self known.

3. O Beloved, your steadfast love remains sure and faithful, Your promises en - dure for - ever.
In Your mercy, help us to re-lease the fears, the fears that vail Your Light.

4. For You alone are the Ho - ly One; You alone are our lov - ing Cre - ator.
Let all who would be free from fear commend their lives in - to your Hands.

Psalm 89

The Nativity-Christmas

Inspired and Adapted
From *Psalms for Praying*
by Nan Merrill

Chiara Denise Bernt

Response F B \flat F C F B \flat C Dm C F

I will sing for - ev - er of your good - ness O Giv - er of Life.

6 Dm C F C F Dm F

1. With my voice I will pro - claim your good - ness to all gen - er - a - tions I will pro - claim your mer - cy.

11 Dm C F C Dm F

For your a - bide - ing love rules the un - i - verse. Your faith - fullness ex - tends - through - out the un - i - verse.

16 Dm C F C Dm F

2. Our cov - en - ant from the be - gin - ing of time - en - com - pass - ions all who walk the path _____ of Love.

22 Dm C F C Dm F

to all gen - er - a - tions that hon - or your Word will Love make its self known.

27 Dm C F Dm Dm F

3. For You a - lone are the Ho - ly One You a - lone are the Most High.

31 Dm C F C Dm F

Let all be free from fear, co - mend their lives in - to Your Hands.

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Psalm 105

The Holy Family

Year B

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Your cov-an-ant of Love stands firm through all the a - ges.



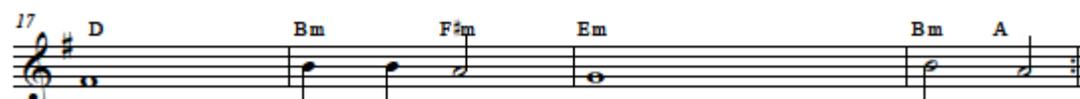
1. O give thanks to the Be - lov - ed, open your hearts to Love.
Sing praises with glad voic - es give witness to the truth with your lives!



2. Glory in the radiance of the Be - lov - ed; let hearts who call upon You re - joice.
Seek the One who is life, your strength walk harmoniously in Love's presence.



3. O Divine Presence as we surrender our hearts to You, teach us to be worthy of trust.
That we would choose to live in peace and har - mo - ny, our decisions made in accordance with Love.



4. Gentle us, O Com - passion - ate One, that we may tread the earth lightly and with grace.
As we listen and heed your Way, joy will be our song of thanks.

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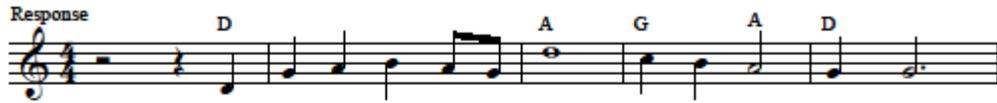
Psalm 72

Epiphany

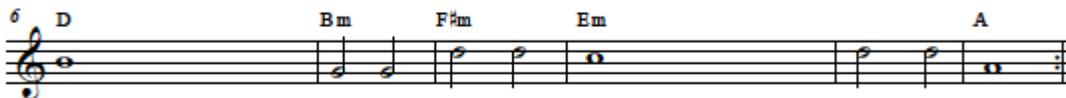
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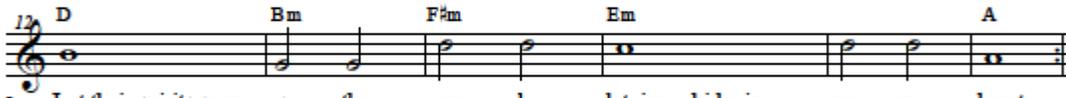
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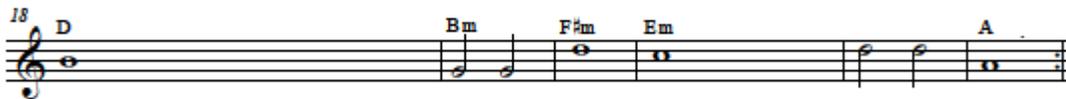
Let ev - ery na - tion on earth, list - en to Love's Voice.



1. Bring justice to the people O Be - lov - ed and Your mercy to all gen - er - a - tions.
May the people be known for __ mer - cy rendering mercy to __ the poor.



2. Let their spirits soar as the eag - le, let joy abide in eve - ry heart.
Setting free all those in __ need __ melting the hearts of op - press - ors!



3. May the leaders of all the nations from all the earth listen to Love's _ Voice;
May the leaders surrender to your Love and the nation serve the Most High!



4. You hear the needy when they call, __ the poor and those who have no friend.
You have compassion on the weak and down - trod - den and give them strength and hope.

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Isaiah 12

The Baptism of Jesus

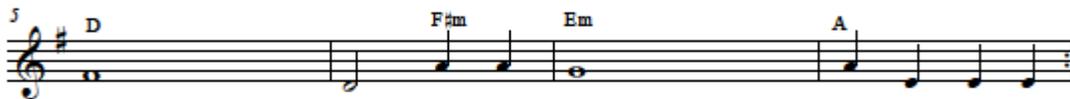
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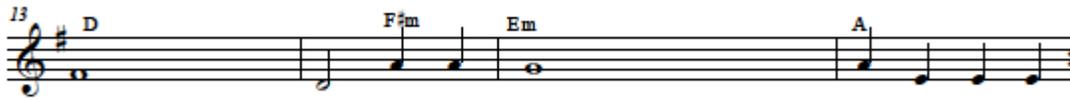
Wi - th joy you will draw wa - ter from the wells of sal - va - tion.



1. You are my de - liv - er I am no longer a - fraid of You.
You are my strength and my ref - uge You are my comfort and my peace _____.



2. Give thanks to the Com - passionate One, sing praises to your Name.
Proclaim that the Creators name is ex - al - ted, let it be known through out all the earth.



3. Sing praise to the Holy One. Let this be sung throughout all the earth _____.
Raise your voice O city of Zi - on, for great in your midst is the Ho - ly One.

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