

In Our Hands

For Solo Flute (Violin, Oboe), SATB, Congregation, Optional Solo and Organ
(Compatible with Guitar chords in *Mystery* songbook)

lyrics by
RORY COONEY

music by
GARY DAIGLE

$\text{♩} = 69$
FLUTE

FLUTE

SOP. *unis.* **REFRAIN**

ALTO In our hands is our food and our hun-ger.

TEN. *unis.*

BASS **REFRAIN**

(tacet 1st time)

FL.

SOP.

From the cup that we share, we drink life and

ALTO (melody)

TEN.

From the cup that we share, we drink life and *div.*

BASS

death. In this meal, Lord,


death. In this meal, Lord Christ,

last time to CODA 

lift up our lives, of-fered as food for the world.

lift up our lives, of-fered as food for the world.

of - fered

last time to CODA 

VERSES 1, 2, 3 *

SOP. *unis.* **VERSES 1, 2, 3 ***

ALTO

1. Man - na for pil - grims whose jour - ney is
 2. Taste of the man - na, so la - vish and

unis. **VERSES 1, 2, 3 ***

* VERSE 1 - WOMEN only; VERSE 2 - MEN only; VERSE 3 - INSTRUMENTS only

1. new. The friend we need _____ to gath - er and to
2. free. The Mak - er's gift _____ that all the world might

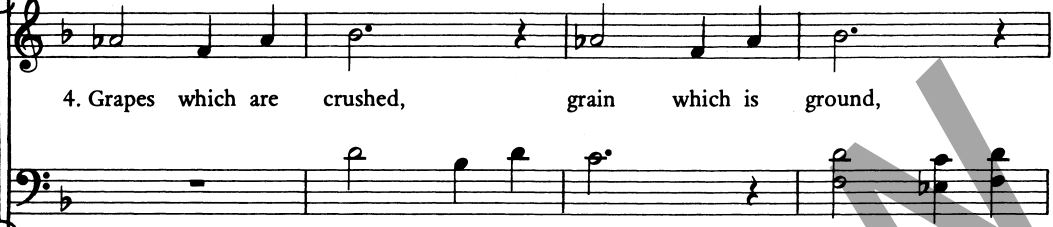
1. feed is You. _____ } (ALL:) In our
2. live are we. _____

D.S.

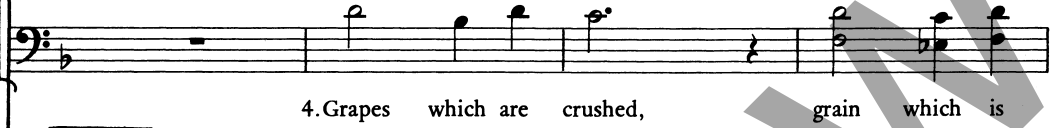
VERSE 4



VERSE 4

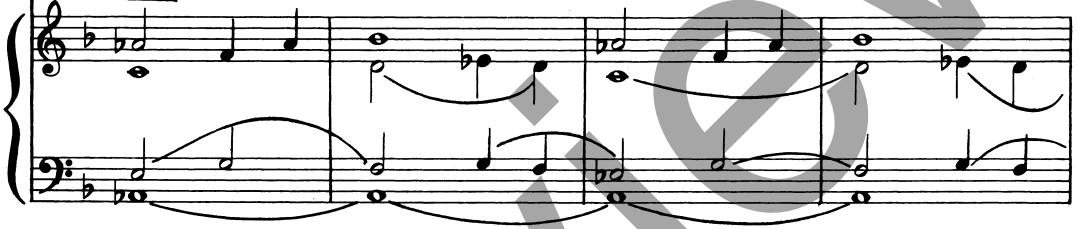


4. Grapes which are crushed, grain which is ground,



4. Grapes which are crushed, grain which is

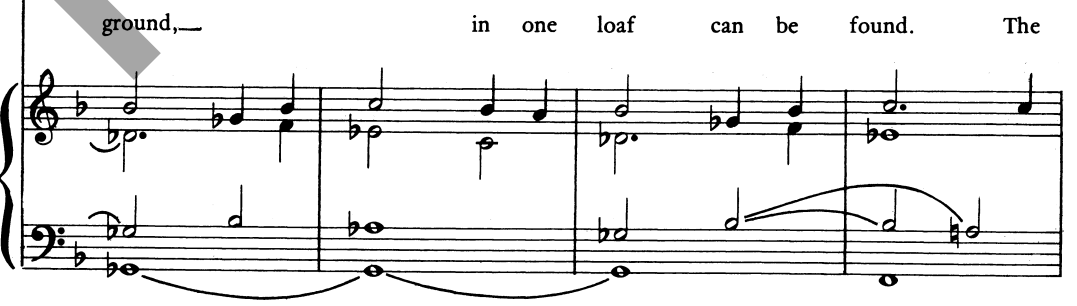
VERSE 4



now in one cup, in one loaf can be found. —



ground, — in one loaf can be found. The



unis. is

suf - fer - ing, — the dy - ing of hearts — on the way is

This system contains the first vocal line (treble clef), a second vocal line (treble clef) with lyrics, and a piano accompaniment (grand staff). The piano part features several triplet markings. The lyrics are: "suf - fer - ing, — the dy - ing of hearts — on the way is".

D.S. al CODA

D.S. al CODA

tak - en and shared, re - mem - bered and prom - ised this day. In our

This system contains the second vocal line (treble clef) with lyrics, and a piano accompaniment (grand staff). The piano part features several triplet markings. The lyrics are: "tak - en and shared, re - mem - bered and prom - ised this day. In our".

D.S. al CODA

This system contains the piano accompaniment (grand staff) for the third system, featuring triplet markings and a final cadence.

CODA

in this meal, — Lord, —
world. — In this meal, Lord Christ,

This system contains three staves. The top staff is a vocal line with lyrics. The middle staff is a vocal line with lyrics. The bottom staff is a piano accompaniment. A 'CODA' symbol is present at the beginning of the system.

CODA

lift — up our lives, — of - fered as
of - fered

This system contains three staves. The top staff is a vocal line with lyrics. The middle staff is a vocal line with lyrics. The bottom staff is a piano accompaniment. A 'CODA' symbol is present at the beginning of the system.

allargando

food for the

allargando

This system contains the first two systems of music. The top system is a vocal line in treble clef with a key signature of one flat and a common time signature. It features a melodic line with a long slur over the first four measures and a fermata over the fifth measure. The tempo marking *allargando* is placed below the staff. The second system consists of a vocal line and a piano accompaniment. The vocal line has lyrics "food for the" and a fermata over the final measure. The piano accompaniment is in grand staff (treble and bass clefs) and features a slow, arpeggiated accompaniment with a long slur over the first four measures and a fermata over the fifth measure. The tempo marking *allargando* is placed below the piano part.

molto rit.

world.

molto rit.

This system contains the next two systems of music. The top system is a vocal line in treble clef with a key signature of one flat and a common time signature. It features a melodic line with a long slur over the first four measures and a fermata over the fifth measure. The tempo marking *molto rit.* is placed below the staff. The second system consists of a vocal line and a piano accompaniment. The vocal line has the lyric "world." and a fermata over the final measure. The piano accompaniment is in grand staff (treble and bass clefs) and features a slow, arpeggiated accompaniment with a long slur over the first four measures and a fermata over the fifth measure. The tempo marking *molto rit.* is placed below the piano part.

In Our Hands

C Instruments, Obbligato, (Flute, Oboe, Violin)

Lyrics by Rory Cooney
Music by Gary Daigle

REFRAIN

(tacet 1st time)

last time to CODA

VERSES 1, 2, 3 *



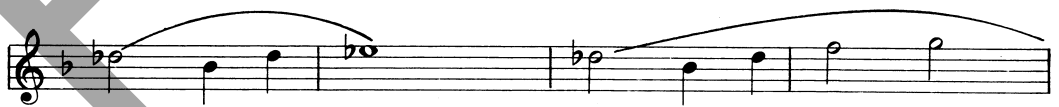
VERSE 4



D.S. al CODA



⊕ CODA



allargando



molto rit.

In Our Hands

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REFRAIN:

The musical notation for the Refrain consists of four staves of music in a single system. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a common time signature (C). The melody is written on a five-line staff. Below the first staff, the lyrics are: "In our hands is our food and our hun - ger." The second staff continues the melody, with lyrics: "From the cup that we share, we drink life and death." The third staff continues the melody, with lyrics: "— In this meal, Lord Christ, lift — up our lives,". The fourth staff concludes the melody, with lyrics: "of - fered as food for the world." The music ends with a double bar line.

In our hands is our food and our hun - ger.
From the cup that we share, we drink life and death.
— In this meal, Lord Christ, lift — up our lives,
of - fered as food for the world.

VERSES:

- (WOMEN) 1. Manna for pilgrims whose journey is new.
The friend we need
To gather and to feed
Is you.
- (MEN) 2. Taste of the manna so lavish and free.
The Maker's gift
That all the world might live
Are we.
3. (INSTRUMENTAL)
- (CHOIR) 4. Grapes which are crushed, grain which is ground,
Now in one cup, in one loaf can be found.
The suffering, the dying of hearts on the way
Is taken and shared, remembered and promised this day.