

Lenten Introits

Angela Birkhead-Flight
Adapted from plainchant *Crux Fidelis*

INTROIT/VERSES

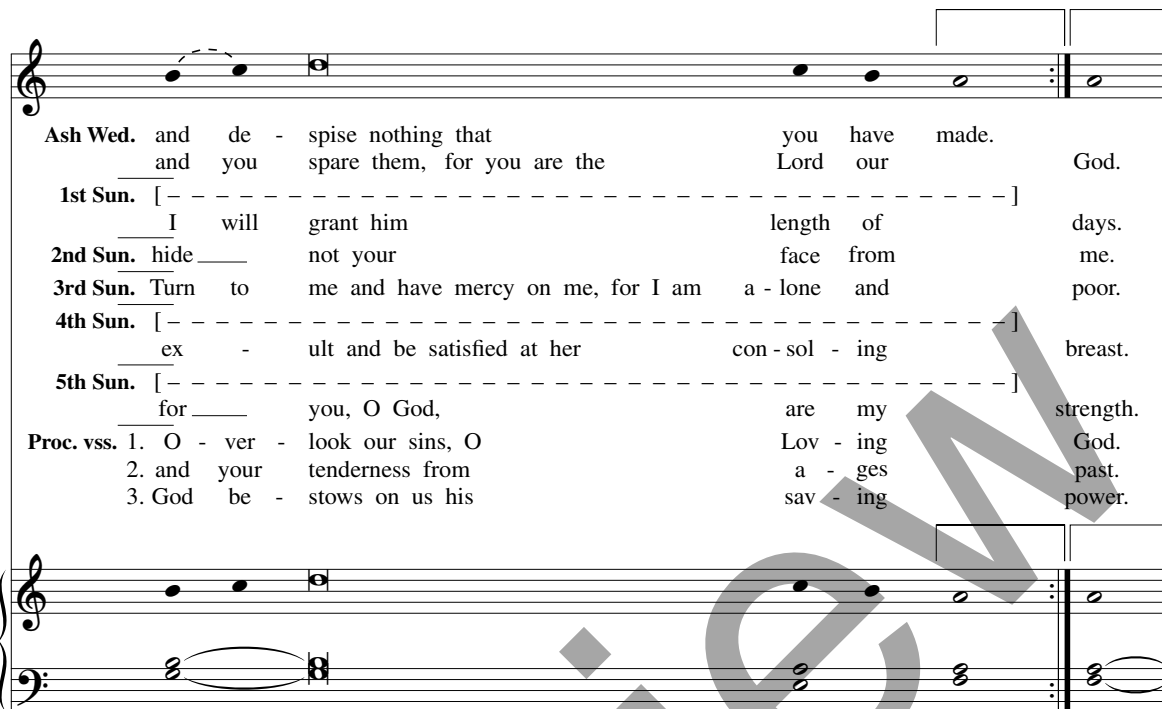
Cantor

Ash Wednesday You are merciful to all, O Lord,
You overlook people's sins,
1st Sunday When he calls on me,
I will deliv - er him
2nd Sunday Of you my heart has spoken: Seek his face.
3rd Sunday My eyes are always on the Lord,
4th Sunday Rejoice, Jeru - salem,
Be joyful, all who were in mourn - ing;
5th Sunday Give me jus - tice, O God,
From the de - ceitful and cunning res - cue me,
Processional verses 1. God all mer - ciful,
2. Ev - erlast - ing God,
3. Ev - erlast - ing life,

Keyboard (optional)

Ash Wed. [- - - - -]
to bring them to re - pen - tance,
1st Sun. I will an - swer him;
and give him glo - ry,
2nd Sun. It is your face, O Lord, that I seek;
3rd Sun. for he rescues my feet from the snare.
4th Sun. and all who love her.
[- - - - -]
5th Sun. and plead my cause against a nation that is faith - less.
[- - - - -]
Proc. vss. 1. bring us to re - pen - tance.
2. re - member now your mer - cies
3. built on sac - ri - fice.

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Ash Wed. and de - spise nothing that you have made.
and you spare them, for you are the Lord our God.

1st Sun. [I will grant him length of days.
2nd Sun. hide not your face from me.
3rd Sun. Turn to me and have mercy on me, for I am a - lone and poor.
4th Sun. [ex - ult and be satisfied at her con - sol - ing breast.
5th Sun. [for you, O God, are my strength.

Proc. vss. 1. O - ver - look our sins, O Lov - ing God.
2. and your tenderness from a - ges past.
3. God be - stows on us his sav - ing power.

REFRAIN: All

Soprano/Alto

Tenor

Bass

We take up our cross, this no - ble tree. Our long - ing for its wood is

unis.

bit - ter - sweet, for by this sac - ri - fice we are freed.

div.



Assembly Edition

LENTEN INTROITS

Angela Birkhead-Flight

Refrain

We take up our cross, this no - ble tree. Our long-ing for its
wood is bit - ter-sweet, for by this sac - ri - fice we are freed.

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Composer Notes

This piece offers the flexibility of being both an introit setting and a processional chant. The simple melody, derived from the more ornate *Crux Fidelis* chant, works well with or without instrumentation, and with or without the choral parts. Having one cantor sing the introit verse for the given week and a different person sing the processional verses can help to make a clear distinction between them to the listener. The piece can be sung as written, with the introit before the processional verses, or it can be reversed with the introit sung after the priest has reached his chair.

—Angela Birkhead-Flight