

# Nada Te Turbe

Nada Te Turbe, fr. St. Teresa of Avila's Bookmark  
Adapt. by Claire Sokol, OCD

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**A**

*Intense* (♩ = ca. 60)

*rit.* *mp* *a tempo* *no breath*

Soprano I & II

Alto I & II

*mf* *rit.* *mp* *a tempo*

Piano

na - da - te tur - be. Na - da, na - da, n.b.

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**B**

9

na - da te es - pan - te. ¡To - do se pa - sa!

**C**

13

¡To - do se pa - sa!

*ff* *rit.* *f* *accel.*

*Slightly faster, lyrical* (♩ = ca. 68)

17

*mf*

Dios no se mu - da. La pa - cien -

20 D *mf*

cia to - do lo al - can - za.

*mf*

23

Dios no se mu - da.

*mf*

26 E (♩ = ca. 60)

*molto rit.* *a tempo* *mp* *n.b.*

Na - da, na - da, *n.b.*

*molto rit.* *a tempo* *mp*

*f* *mf* *molto rit.* *mp* *a tempo*

Nada Te Turbe

30

na - da te tur - be. Na - da,

*p.* *mf*

33

na - da, na - da te es pan - te.

*n.b.* *n.b.* *p.*

**F**

¡To - do se pa - sa! ¡To - do se pa - sa!

*f* *ff* *rall.* *rall.* *rall. mf*

**G**  
Slightly faster, lyrical (♩ = ca. 68)

40 *accel.* *f* Quien a Dios tie - ne

44 na - da le fal - ta. Só - lo, só-lo Dios,

**H** *sub. p* *mf* só - lo Dios bas - ta, só - lo Dios bas - ta,

*sub. p* *mf*

*sub. p*

Nada Te Turbe

51 *p* só - lo Dios — bas - ta, — *mf* , só - lo Dios, — *molto rit.*

*p* *mf* *molto rit.*

*mp* *molto rit.*

I *a tempo* *f* só-lo — Dios bas - ta. *rit.*

*f* *a tempo* *rit.*

*mf a tempo* *rit.*

## Composer Notes

Saint Teresa of Ávila (1515–1582), Spanish foundress of the Discalced Carmelite Order and the first female Doctor of the Church, was aflame with mystical love for God while at the same time being grounded in common sense. The verses of “Nada Te Turbe” were found in her own distinctive handwriting in her Breviary following her death.

The English translation reads:

Let nothing disturb you.

Let nothing frighten you.

All things are passing.

God alone is changeless.

Patience gains all things.

Who has God lacks nothing.

God alone suffices.

—*Claire Sokol, OCD*  
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