

Lift Me Up

SAB choir
with bass

*Mixed version written for
VocalPoint
Jennifer Anderson, conductor*

Lift me up
I'm drowning in the pain and the shame of my past,
Darkness is my reality
I can't count how many times I prayed that there will be a day
when I open my eyes and the imprisonment in my own mind would
disappear and hope would shine down upon my face
and I would feel no more fear.

So lift me up
I want to smile again
I want to feel again
I'm lost I don't know what to do.
All I know what was working for me
Isn't working anymore
I'm lost I don't know what to do.
So lift me up.

—Valarie Stein

Linda Kachelmeier
Music for Voices

Written for Voices of Hope women's prison choir under the direction of Amanda Weber.
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Lift Me Up

Valarie Stein

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Slow Groove $\text{♩} = 69$ *mp*

SA *mp* Lift me —

Bass* *mp*

SA ³
up I'm drown-ing in the pain and the shame of my past. Dark-ness is

SA ⁵
my re-a-li-ty I can't count how man-y times I prayed that there will be a

SA ⁷
day when I o-pen my eyes and the im-pri-son-ment in my own mind would

*may be acoustic or electric, cello or piano
also available for SSA (LK040-04)

9 *mf*

SA dis - ap - pear and hope would shine down on my

mf

11

SA face and I would feel no more

mf

13

SA fear I want to smile a - gain,

B *mf* So lift me up, lift me

15

SA I want to feel a - gain I'm lost I don't know what to

B up I'm lost I don't know what to

17

SA do. All I know what was work - ing for me

B do so lift me__ up lift me__

19

SA Is - n't work-ing an - y more I'm lost I don't know what to

B up I'm lost I don't know what to

21

S do. So lift me__ up lift me__

A do. So lift me__ up lift me__

B do. So lift me__ up I'm drown-ing in the pain and the shame of my

23

S up lift me — up

A up lift me — up

B past. Dark - ness is my re - a - li - ty I can't

25

S lift me — up lift me — up

A lift me — up lift me — up

B count how man - y times I prayed that there will be a day when I o - pen my eyes and the im -

27

S lift me — up dis - ap - pear and

A lift me — up dis - ap - pear and

B pri - son - ment in my own mind would dis - ap - pear and

29 *f*

S hope would shine down on my face lift me

A hope would shine down on my face lift me

B hope on my face and I would

31

S up lift me up

A up lift me up

B feel no more fear So lift me

33

SA I want to smile a - gain, I want to feel a - gain I'm

B up, lift me up, I'm

35

SA
lost I don't know what to do. All I know what was work - ing for me

B
lost I don't know what to do so lift me up, lift me

38

SA
Is - n't work-ing an - y more I'm lost I don't know what to

B
up, I'm lost I don't know what to

40

SA
mp do. *p no rit.* So lift me up.

B
mp do. *p no rit.* So lift me up.

Bass*

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Slow Groove ♩=69

The musical score is written in bass clef with a key signature of three flats (B-flat, E-flat, A-flat). It consists of eight staves of music. The first staff begins with a *mp* dynamic marking. The second staff has a measure rest at the beginning and a *mf* dynamic marking. The third staff has a measure rest at the beginning. The fourth staff has a measure rest at the beginning and includes accents (>) under several notes. The fifth staff has a measure rest at the beginning. The sixth staff has a measure rest at the beginning and a *f* dynamic marking. The seventh staff has a measure rest at the beginning. The eighth staff has a measure rest at the beginning and ends with a *no rit.* instruction. The score includes various time signatures: 4/4, 2/4, and 4/4. A large watermark 'For Personal Use Only' is overlaid diagonally across the score.

*may be acoustic or electric, cello or piano