

Lift Me Up

SSA choir
with bass

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 the Voices of Hope Women's Prison Choir under the direction of Amanda Weber.
Made possible by an Artist Initiative Grant from the Minnesota State Arts Board.

Lift Me Up

Valarie Stein

Linda Kachelmeier

Slow Groove ♩=69

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 SAB (LK 040-03)

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

11 *mf*
 SA face and I would feel no more

13
 S fear I want to smile a - gain,
 A fear So lift me up, lift me

15
 S I want to feel a - gain I'm lost I don't know what to
 A up I'm lost I don't know what to

17

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

A do so lift me — up lift me —

19

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

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

21

S do. So lift me — up lift me — *mp*

A do. So lift me — up I'm drown-ing in the pain and the shame of my

23

S up lift me — up

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

25

S lift me — up lift me — up

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

25

27

S lift me — up lift me —

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

27

29

S *f* up would shine down on my face, lift me up lift me

A *f* hope would shine down on my face and I would feel no more

29

32

S up I want to smile a - gain,

A *f* fear So lift me — up, lift me —

32

34

S I want to feel a - gain I'm lost I don't know what to do.

A 34 up I'm lost I don't know what to do so lift me_

37

S All I know what was work - ing for me Is - n't work-ing an - y more I'm

A 37 up, lift me_ up I'm

39

S lost I don't know what to do. So lift me_ up. *mp no rit.*

A 39 lost I don't know what to do. So lift me_ up. *mp no rit.*

Bass*

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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 dynamic marking of *mp* and a tempo of 69 beats per minute. The second staff has a dynamic marking of *mf*. The third staff has a dynamic marking of *f*. The fourth staff has a dynamic marking of *f*. The fifth staff has a dynamic marking of *f*. The sixth staff has a dynamic marking of *f*. The seventh staff has a dynamic marking of *f*. The eighth staff ends with a dynamic marking of *no rit.*

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Works for treble voices by Linda Kachelmeier:

Aer Enim	SSA, percussion
Each Of Us	SSAA and piano
Everyone Sang	SSA a cappella
Fog Elna Khel (arr.)	SSAA a cappella
Give My Heart	2-pt. treble and piano
I am becoming...	SA or unison and piano
O Rubor Sanguinis	SSA a cappella
One World	SA, piano and percussion
Keep Us Whole	SSA, piano, or SSAA a cappella
Lift Me Up	SSA and bass
Listening	SSA, piano
Magnificat and Nunc Dimittis	SSA(A) a cappella
O Rubor Sanguinis	SSA a cappella
O Vis Aeternitatis	SSA a cappella
One World	SSAA or 2 pt. and piano
Peace Begins with a Smile	unison, piano or ukulele
Signum Magnum	SSA div. and harp or piano
Silver Dagger (arr.)	SSA divisi, a cappella
The Star-Spangled Banner (arr.)	SSAA a cappella
We Grow Accustomed to the Dark	SSAA a cappella
We Toast the Days	SSAA a cappella

Linda Kachelmeier (b. 1965) is a composer, conductor, and professional singer with a special passion for choral music for its unique capacity for conveying emotion through the human voice. She has written more than fifty compositions and been awarded a number of prestigious grants and fellowships including the McKnight, Jerome, Metropolitan Regional Arts Council, Minnesota State Arts Board, and two Faith Partners residencies. Notable commissions and performances of her work range from professional ensembles like Cantus, The Rose Ensemble and VocalEssence, to church and school choirs like the tiny Village Church in inner-city Milwaukee and large All-State honor choirs in North Dakota, Minnesota, and Nebraska, to vibrant community choirs like Calliope Women's Chorus and One Voice Mixed Chorus. As a singer, Linda has performed with such leading ensembles as the Dale Warland Singers, and the internationally acclaimed early music group The Rose Ensemble, of which she is a founding member. Recently, she founded and leads the women's vocal quartet LUMINA. Linda's conducting experience includes working with singers from age five to ninety at First Presbyterian Church where she has been a music director since 1991. Her vast experience as a singer and conductor has helped make her a uniquely sensitive and gifted composer when writing for the voice, from children's choirs to professional singers and all levels in between.

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