

Fear Not the Pain

words from Rainer Maria Rilke's
"Sonnets to Orpheus, Part One, IV"
music Rachel Pollak Kroh
arr. Peter Amidon and
Andrew & Hilary Donaldson

Fear not the pain. Let its weight fall back in - to the

The first system of the musical score is written in common time (C) on a grand staff. The vocal line begins with a treble clef and a key signature of one flat (B-flat). The lyrics are: "Fear not the pain. Let its weight fall back in - to the". The accompaniment is written in a bass clef.

5
earth; for hea - vy are the moun-tains, hea-vy are the seas.

The second system of the musical score is marked with a '5' at the beginning. The vocal line continues with the lyrics: "earth; for hea - vy are the moun-tains, hea-vy are the seas." The accompaniment continues in the same style as the first system.

We suggest having your choir learn this arrangement by heart, then teach the melody and text to the congregation by ear, and sing it a few times through, like a chant. Rachel Pollak Kroh is the Program Director of Music That Makes Community, a project to develop and renew oral practices of singing together, grounded in a theology of welcome and generosity.

In Peter's original arrangement the last chord was a C major chord. Hilary Donaldson (Music Director of the East End United Church in Toronto, Canada, and her father Andrew Donaldson, changed the final chord to an F chord, which Peter liked so much he changed his arrangement in include "the final IV chord".

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