

# Spiritual Exercises

Poem: St. John of the Cross (1542–1591)  
 Music: Carl Unander-Scharin, 2005

Liberamente

Sopran

Mezzo

Alt

Tenor

Baryton

Bas

*tutti* ***p*** *non vibr*

*tutti* ***p*** *non vibr*

*tutti* ***p*** *non vibr*

*tutti* ***p*** *non vibr*

*tutti* ***p*** *non vibr*

*tutti* ***p*** *non vibr*

[m]

[m]

[m]

[m]

[m]

[m]

\*) Baritones and Bases perform their box unisono - and simultaneously.  
 Poco glissando up to the first tone of each phrase

\*\*) Sopranos, Mezzos, Altos and Tenors perform their box individually.

Text: From The Collected Works of St. John of the Cross, translated by Kieran Kavanaugh and Otilio Rodriguez  
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*♩* = 76 **Espressivo**

6

S I *mp normale* *p*

Mz I *mp normale* *p*

A I *mp normale* *p*

T I *mp normale* *p*

Bar I *mp normale* *p*

Bas I *mp normale* *p*

[m] [u]

10

S *pp*

Mz *pp*

A *pp*

T *pp*

Bar *pp*

Bas *pp*

[m] [u]

♩ = 96

15

*mp*

S I know it well. — The spring that flows and

Mz I know it well. — The spring that flows — and

A I know it well. — The spring that flows — and

T I know it well. — The spring that flows — and

Bar I know it well. — The spring that flows — and

Bas [a] — The spring that flows — and

20

S runs, that flows — and runs, *p*

Mz — runs, — that flows — and runs, where it has its rise. — *p*

A runs, that flows — and runs, where it has its rise. — *p*

T runs, — that flows — and runs, *p* where it has its rise. — *p*

Bar runs, — that flows — and runs, where it has its rise. — *p*

Bas runs, — that flows — and runs, where it has its rise. — *p*