



LIFT UP YOUR HEARTS

National Liturgy Conference
WOLLONGONG / 15-18 JANUARY 2014



Fr Jan Michael Joncas

Psalms in Christian Worship



Overview

- Parallelism: The poetry of the psalms
- Methods of psalm-singing
- Introduction to the major genres of psalms in the bible: hymns of praise, songs of thanksgiving, laments, liturgies, royal psalms, wisdom psalms.
- How [Roman Rite] Christians have adopted these Jewish texts for their worship.
- Psalms in Roman Rite Eucharist



The Poetry of the Psalms: Parallelism



Synonymous Parallelism

- “thought rhyme”
- Psalm 1:1 Blessed is the one:
- who does not walk in step with the wicked
- or stand in the way that sinners take
- or sit in the company of mockers.



Antithetical Parallelism

- Psalm 1:6
- For the LORD watches over the way of the righteous,
- but the way of the wicked leads to destruction.
- [N.B. chiasm]



Psalm 1:1-2

- 1 Blessed is the one
- who does not walk in step with the wicked
- or stand in the way that sinners take
- or sit in the company of mockers,
- 2 but whose delight is in the law of the LORD,
- and who meditates on his law day and night.



- **3 That person is like a tree**
- **planted by streams of water,**
- **which yields its fruit in season**
- **and whose leaf does not wither—**
- **whatever they do prospers.**



- **4 Not so the wicked!**
- **They are like chaff**
- **that the wind blows away.**
- **5 Therefore the wicked will not stand in the judgment,**
- **nor sinners in the assembly of the righteous.**



Formal Parallelism

- Psalm 1:3
- That person is like a tree
- planted by streams of water,
- which yields its fruit in season
- and whose leaf does not wither—
- whatever they do prospers.



Step Parallelism

- Psalm 1:2
- but whose delight is in the law of the LORD,
- and who meditates on his law day and night.



Musical Engagement with the Poetry of the Psalms

- 1) Recto tono chanting (with changing chords)
- 2) “Pointing” psalms
- 3) Gregorian chant psalm tones: incipit / reciting tone / [flex, if needed] / [reciting tone] / cadence
- 4) Anglican chant psalm-tones
- 5) Gelineau psalm-tones
- 6) Psalm-tunes
- 7) Metrical psalms



Recto Tono Chanting

Blessed is the one

- who does not walk in step with the wicked
- or stand in the way that sinners take
- or sit in the company of mockers,
but whose delight is in the law of the LORD,
- and who meditates on his law day and night.
- That person is like a tree planted by streams of water,
- which yields its fruit in season
- and whose leaf does not wither—
- whatever they do prospers.



- Not so the wicked!
- They are like chaff
- that the wind blows away.
- Therefore the wicked will not stand in the judgment,
- nor sinners in the assembly of the righteous.
- For the LORD watches over the way of the righteous,
- but the way of the wicked leads to destruction.



“Pointing” Psalms

- DO re-do-ti // **TI** la-ti-do

Blessed IS the one

- who does not walk in step **WITH** the wicked
- or stand in the way that SINners take
- or sit in the compa**NY** of mockers,
but whose delight is in the law OF the Lord,
- and who meditates on his law **DAY** and
night....



Gregorian Psalm Tones

- Incipit = one – three note introductory formula setting the pitch and mode
- Reciting tone = pitch on which the first member is declaimed
- [Flex = syntactical cadence, if there are three members in the unit]
- [Reciting tone = pitch on which the intermediate member is declaimed]
- Mediant = intermediant cadence
- Reciting tone = pitch on which the concluding member is declaimed
- Cadence = final pattern of notes



- *Incipit = sol-la-do*
- *Reciting tone = do*
- *[Flex = la*
- *[Reciting tone = do]*
- *Mediant = re-do*
- *Reciting tone = do*
- *Cadence = ti-do-la-sol*



The LORD is my *shepherd*,

- / lack nothing.
- He makes me lie down in green *pastures*,
- He leads me beside quiet *waters*,
- He *refreshes* my soul.
- He guides me along the *right* paths
- *For* his name's sake.



- Even though I walk through the darkest valley,
- I will fear no evil,
- For *you* are with me.

- Your rod and *your* staff,
- *They* comfort me.

- You prepare a table *before* me
- In the presence of *my* enemies.



- You anoint my head with *oil*;
- My *cup* overflows.
 - Surely your goodness and love will *follow* me
 - All the *days* of my life,
 - And I will dwell in the house of the *LORD*
 - *Forever*.



S 178

Stephen Elvey
(1805-1860)



The LORD* is my shepherd; / there-* fore can I lack nothing.
He shall feed me in* a green pasture, / and lead me forth beside* the waters of comfort.

He shall con-*vert my soul, /
and bring me forth in the paths of righteous-*ness for his Name's sake.

Yea, though I walk through the valley of the sha-*dow of death, / I* will fear no evil;
For* thou art with me; / thy rod and* thy staff comfort me.

Thou shalt prepare a ta-*ble before me / in the presence of * them that trou-ble me;
Thou hast anointed my* head with oil, / and my* cup shall be full.

Surely thy loving-kindness and mercy shall follow me all the days* of my life; /
 And I will dwell in the house of * the LORD for-ever.



Gelineau Psalm Tones

- DO – MI – SOL – [SOL]
- SOL – LA – SOL – [SOL]
- MI – FI – MI – [MI]
- RE – MI – DO – [DO]
- Your MAJesty is PRAISED above the HEAvens
- On the LIPS of CHILdren and of BABES,
- You have found PRAISE to FOIL your ENemies,
- To Silence the FOE and the REBel.



Psalm Tunes

- A melody is adjusted to fit the syllabification and content of the text, much as in folk music.



Metrical Psalms

- The psalm text is translated using a regular poetic meter and oftentimes end rhyme.
- E.g., Psalm 1 from *Scottish Metrical Psalms* (1650)
- 86.86.D. [CMD]
- Suggested hymn tune: ELLACOMBE



- 1 That man hath perfect blessedness,
- who walketh not astray
- In counsel of ungodly men,
- nor stands in sinners' way,
- Nor sitteth in the scorner's chair:
- 2 But placeth his delight
- Upon God's law, and meditates
- on his law day and night.



- 3 He shall be like a tree that grows
- near planted by a river,
- Which in his season yields his fruit,
- and his leaf fadeth never:
- And all he doth shall prosper well.
- 4 The wicked are not so;
- But like they are unto the chaff,
- which wind drives to and fro.



- 5 In judgment therefore shall not stand
- such as ungodly are;
- Nor in th' assembly of the just
- shall wicked men appear.
- 6 For why? the way of godly men
- unto the Lord is known:
- Whereas the way of wicked men
- shall quite be overthrown.



“Christianizing” the Psalms

- Example: Psalm 37
- Title: The lot of the wicked and the good
- Reflective citation: Blessed are the meek for they shall inherit the earth (Matthew 5:5)
- Antiphons (3 for 3 segments of the psalm): 1) Surrender to God, and he will do everything for you. 2) Turn away from evil and learn to do God's will; the Lord will strengthen you if you obey him. 3) Wait for the Lord to lead, then follow in his way.



- Doxology: Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.
- Psalm-Prayer: You proclaimed the poor to be blessed, Lord Jesus, for the kingdom of heaven is given to them. Fill us generously with your gifts. Teach us to put our trust in the Father and to seek his kingdom first of all rather than imitate the powerful and envy the rich.



Genres of Psalms:

Hymn of Praise

- Call to Worship (imperative verb addressed to angels, nations, created order, person, parts of person)
- Body of Hymn (usually introduced by “ki”, a Hebrew enclitic indicating “for” or “because”)
- Concluding Praise (usually a shortened version of the call to worship)



Psalm 117

- **1 Praise the LORD, all you nations;**
- **extol him, all you peoples.**
- **2 For great is his love toward us,**
- **and the faithfulness of the LORD**
endures forever.
- **Praise the LORD.**



Genres of Psalms:

Song of Thanksgiving

- Declaration of Thanksgiving (todah)
- Body (usually recounts the specific situations facing the psalmist or the people from which God rescued them)
- Conclusion (usually a shortened form of the declaration of thanksgiving; possibly a vow)



Psalm 107

- Give thanks to the LORD, for he is good;
- his love endures forever.
- **2 Let the redeemed of the LORD tell their story—**
 those he redeemed from the hand of the
 foe,
3 those he gathered from the lands,
 from east and west, from north and
 south.



**4 Some wandered in desert wastelands,
finding no way to a city where they could
settle.**

**5 They were hungry and thirsty,
and their lives ebbed away.**

**6 Then they cried out to the LORD in their
trouble,
and he delivered them from their distress.**

**7 He led them by a straight way
to a city where they could settle.**

**8 Let them give thanks to the LORD for his
unfailing love**

**and his wonderful deeds for mankind,
9 for he satisfies the thirsty
and fills the hungry with good things.**





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apmn
australian pastoral musicians network

10 Some sat in darkness, in utter darkness,
prisoners suffering in iron chains,
11 because they rebelled against God's commands
and despised the plans of the Most High.
12 So he subjected them to bitter labor;
they stumbled, and there was no one to help.
13 Then they cried to the LORD in their trouble,
and he saved them from their distress.
14 He brought them out of darkness, the utter
darkness,
and broke away their chains.
15 Let them give thanks to the LORD for his
unfailing love
and his wonderful deeds for mankind,
16 for he breaks down gates of bronze
and cuts through bars of iron.



17 Some became fools through their rebellious ways

and suffered affliction because of their iniquities.

18 They loathed all food

and drew near the gates of death.

**19 Then they cried to the LORD in their trouble,
and he saved them from their distress.**

**20 He sent out his word and healed them;
he rescued them from the grave.**

**21 Let them give thanks to the LORD for his
unfailing love**

and his wonderful deeds for mankind.

**22 Let them sacrifice thank offerings
and tell of his works with songs of joy.**



23 Some went out on the sea in ships;
they were merchants on the mighty waters.

24 They saw the works of the LORD,
his wonderful deeds in the deep.

25 For he spoke and stirred up a tempest
that lifted high the waves.

26 They mounted up to the heavens and went down to the
depths;

in their peril their courage melted away.

27 They reeled and staggered like drunkards;
they were at their wits' end.

28 Then they cried out to the LORD in their trouble,
and he brought them out of their distress.

29 He stilled the storm to a whisper;
the waves of the sea were hushed.

30 They were glad when it grew calm,
and he guided them to their desired haven.

31 Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind.

32 Let them exalt him in the assembly of the people
and praise him in the council of the elders.





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33 He turned rivers into a desert,
flowing springs into thirsty ground,
34 and fruitful land into a salt waste,
because of the wickedness of those who lived there.
35 He turned the desert into pools of water
and the parched ground into flowing springs;
36 there he brought the hungry to live,
and they founded a city where they could settle.
37 They sowed fields and planted vineyards
that yielded a fruitful harvest;
38 he blessed them, and their numbers greatly increased,
and he did not let their herds diminish. 39 Then their numbers
decreased, and they were humbled
by oppression, calamity and sorrow;
40 he who pours contempt on nobles
made them wander in a trackless waste.
41 But he lifted the needy out of their affliction
and increased their families like flocks.
42 The upright see and rejoice,
but all the wicked shut their mouths. 43 Let the one who is
wise heed these things
and ponder the loving deeds of the LORD.



Genres of Psalms:

Individual Laments

- Imperative verb addressed to God
- Divine name and epithets
- Body: description of the situation and request for help
- Inducements for God to act
- Conclusion: entrusting the situation to God
- Promise of future action (vow)



Psalm 4

- **1 Answer me when I call to you,
my righteous God.
Give me relief from my distress;
have mercy on me and hear my prayer.**
- **2 How long will you people turn my glory
into shame?
How long will you love delusions and
seek lies?**
- **Selah.**



**3 Know that the LORD has set apart
faithful servant for himself;
the LORD hears when I call to him.**

- **4 Tremble and do not sin;
when you are on your beds,
search your hearts and be silent.**

- **Selah.**

-

**5 Offer the sacrifices of the righteous
and trust in the LORD.**



- **6 Many, LORD, are asking, “Who will bring us prosperity?”
Let the light of your face shine on us.**
- **7 Fill my heart with joy
when their grain and new wine abound.**
- **8 In peace I will lie down and sleep,
for you alone, LORD,
make me dwell in safety.**



Genres of Psalms: Communal Lament

- Similar structural pattern to the individual lament



Psalm 137

- 1 By the rivers of Babylon we sat and wept
- when we remembered Zion.
- 2 There on the poplars we hung our harps,
- 3 for there our captors asked us for songs,
- our tormentors demanded songs of joy;
- they said, “Sing us one of the songs of Zion!”
- 4 How can we sing the songs of the LORD
- while in a foreign land?



- **5 If I forget you, Jerusalem,
may my right hand forget its skill.
6 May my tongue cling to the roof of my
mouth
if I do not remember you,
if I do not consider Jerusalem
my highest joy.**



- **7 Remember, LORD, what the Edomites did on the day Jerusalem fell.
“Tear it down,” they cried,
“tear it down to its foundations!”**
- 8 Daughter Babylon, doomed to destruction, happy is the one who repays you according to what you have done to us.**
- 9 Happy is the one who seizes your infants and dashes them against the rocks.**



Genres of Psalms: Liturgies/Ritual Behavior

- Content rather than structure determines this genre
- Directives for ritual behavior play a large role in the text
- May take the form of a hymn of praise, song of thanksgiving, or lament



Psalm 95

- **1 Come, let us sing for joy to the LORD;**
- **let us shout aloud to the Rock of our salvation.**
- **2 Let us come before him with thanksgiving**
- **and extol him with music and song.**



- **3 For the LORD is the great God,
the great King above all gods.**
- 4 In his hand are the depths of the earth,
and the mountain peaks belong to him.**
- 5 The sea is his, for he made it,
and his hands formed the dry land.**



- Come, let us bow down in worship,
let us kneel before the LORD our Maker;
7 for he is our God
and we are the people of his pasture,
the flock under his care.



- Today, if only you would hear his voice,
8 “Do not harden your hearts as you did at Meribah,
as you did that day at Massah in the wilderness,
9 where your ancestors tested me;
they tried me, though they had seen what I did.
10 For forty years I was angry with that generation;
I said, ‘They are a people whose hearts go astray,
and they have not known my ways.’
11 So I declared on oath in my anger,
‘They shall never enter my rest.’”



Genres of Psalms:

Wisdom Psalm

- Content rather than structure determines this genre
- Reflection on life rather than revelatory historical events
- Proverbs
- Numerical sayings
- “Better than” sayings



Psalm 19B

- **7 The law of the LORD is perfect,
refreshing the soul.
The statutes of the LORD are trustworthy,
making wise the simple.**
- 8 The precepts of the LORD are right,
giving joy to the heart.
The commands of the LORD are radiant,
giving light to the eyes.**
- 9 The fear of the LORD is pure,
enduring forever.
The decrees of the LORD are firm,
and all of them are righteous.**



- **10 They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.**
- 11 By them your servant is warned;
in keeping them there is great reward.**
- 12 But who can discern their own errors?
Forgive my hidden faults.**
- 13 Keep your servant also from willful sins;
may they not rule over me.**
- Then I will be blameless,
innocent of great transgression.**



- **14 May these words of my mouth and
this meditation of my heart
be pleasing in your sight,
LORD, my Rock and my Redeemer.**



Genres of Psalms

Royal Psalms

- Content rather than structure determines this genre
- Concerned with the activities of the *melek*:
 - Enthronement (Pss 2 / 72 / 110)
 - Waging war (Pss 20 / 21)
 - Marrying (Pss 45)



Psalm 2

- Why do the nations conspire
- **and the peoples plot in vain?**
- **2 The kings of the earth rise up**
- **and the rulers band together**
- **against the LORD and against his**
anointed, saying,
- **3 “Let us break their chains**
- **and throw off their shackles.”**



- **4 The One enthroned in heaven laughs;
the Lord scoffs at them.**
- 5 He rebukes them in his anger
and terrifies them in his wrath,
saying,**
- 6 “I have installed my king
on Zion, my holy mountain.”**



- **7 I will proclaim the LORD's decree:**
- **He said to me, "You are my son;
today I have become your father.**
- 8 Ask me,**
and I will make the nations your inheritance,
the ends of the earth your possession.
- 9 You will break them with a rod of iron;**
you will dash them to pieces like pottery."



- **10 Therefore, you kings, be wise;
be warned, you rulers of the earth.
11 Serve the LORD with fear
and celebrate his rule with trembling.
12 Kiss his son, or he will be angry
and your way will lead to your
destruction,
for his wrath can flare up in a moment.
Blessed are all who take refuge in him.**



Genres of Psalms:

Song of the Ascents

- Designation based on “title” rather than content or structure
- Pss 120-134
- “shir hama’aloth” = song of the going up
- Pilgrimage song
- Priestly/Gradual song (15 steps of the Temple)



Psalm 122

- **1 I rejoiced with those who said to me,
“Let us go to the house of the LORD.”**
- 2 Our feet are standing
in your gates, Jerusalem.**



- **3 Jerusalem is built like a city
that is closely compacted together.**
- 4 That is where the tribes go up—
the tribes of the LORD—
to praise the name of the LORD
according to the statute given to Israel.**
- 5 There stand the thrones for judgment,
the thrones of the house of David.**



- **6 Pray for the peace of Jerusalem:**
“May those who love you be secure.
**7 May there be peace within your walls
and security within your citadels.”**
**8 For the sake of my family and friends,
I will say, “Peace be within you.”**
**9 For the sake of the house of the LORD
our God,
I will seek your prosperity.**



Psalm 150

- 1 Hal^elû Yāh
- *1 Praise! YH*
- Hal^elû-ēl bh^eqād^ešô
- *Praise! God in-holy-place-of-him*
- Hal^elûhû bh^ere^eqî'a 'uzzô
- *Praise! him in-heaven-of might-of-him*



- 2 Hal^elûhû big^ebûrōtāiv
- 2 *Praise-him!for-works-of-power-of-him*
- Hal^elûhû kh^erōb ghud^elô
- *Praise-him!for-surpassing-of his greatness*
- 3 Hal^elûhû bh^etēqa' šôphār
- *Praise-him! with-sounding-of shofar*
- Hal^elûhû bh^enēbēl w^ekinnôr
- Praise-him! with-harp and-lyre



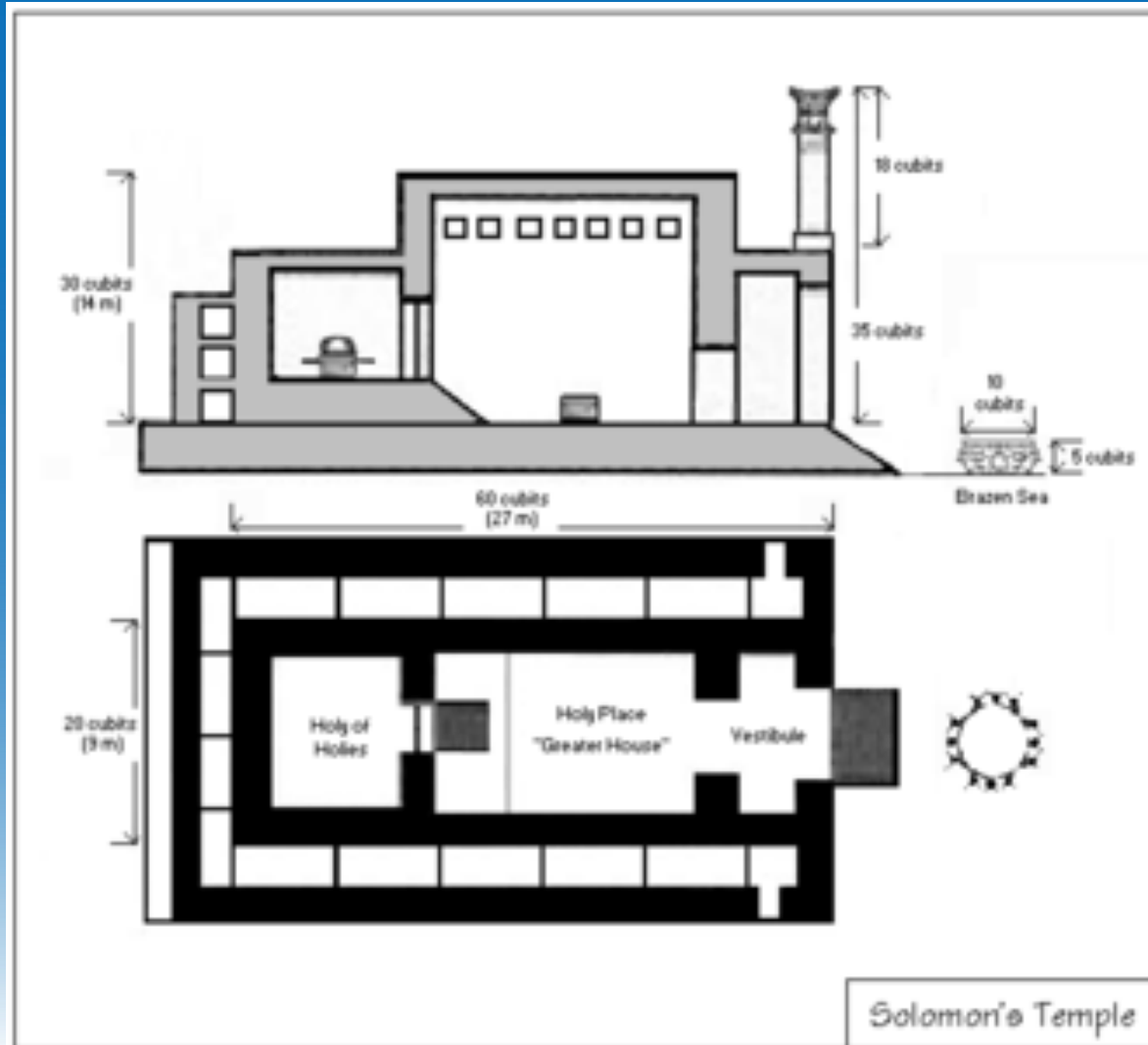
- 4 Hal^elûhû b^etōph w^emā[c]hōl
- 4 *Praise-him! with-tabor and-dance*
- Hal^elûhû bh^eminnîm w^e‘ûghab
- *Praise-him! with-strings and-pipe*
- 5 Hal^elûhû b^eetsil^ets^el^ey- šāma‘
- *Praise-him! with-cymbals-of clashing*
- Hal^elûhû b^eetsil^ets^el^ey- terû‘āh
- *Praise-him! With-cymbals-of resounding*



- 6 kōl hann^ešāmāh t^ehallēl Yāh
- *6 all-of the-breath let-her-praise YH*
- Halelû- Yāh
- *Praise! YH*



Holy Place



Shofar



Nebel



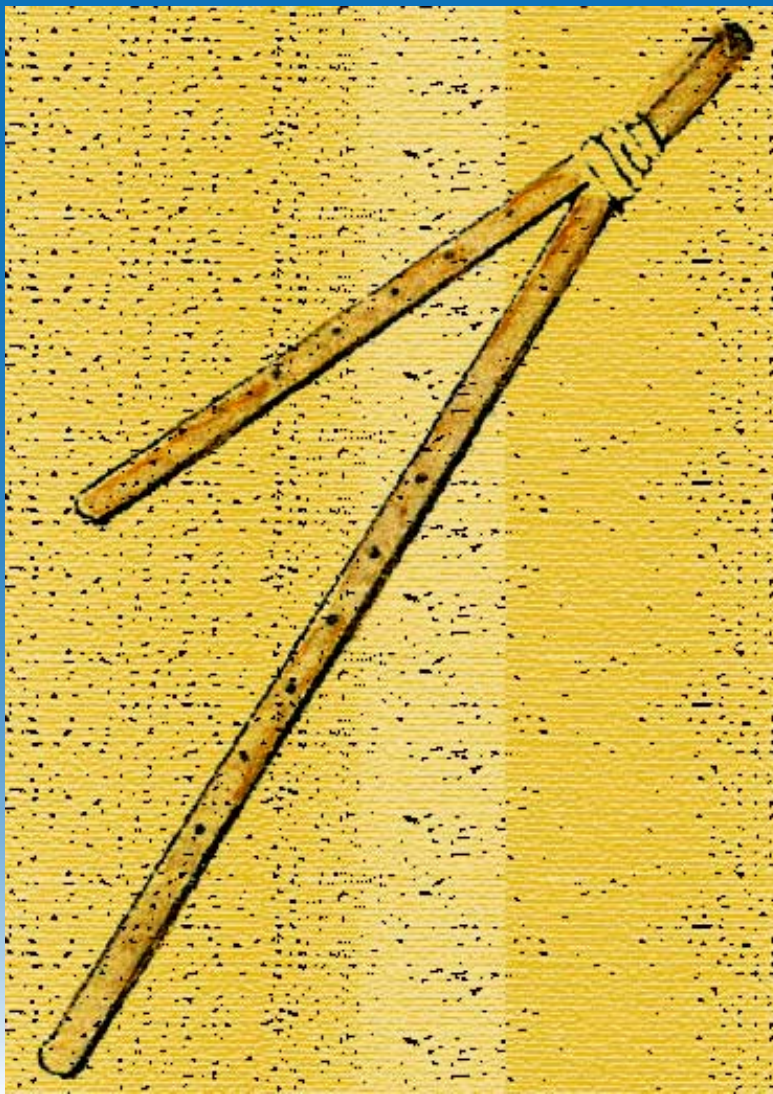
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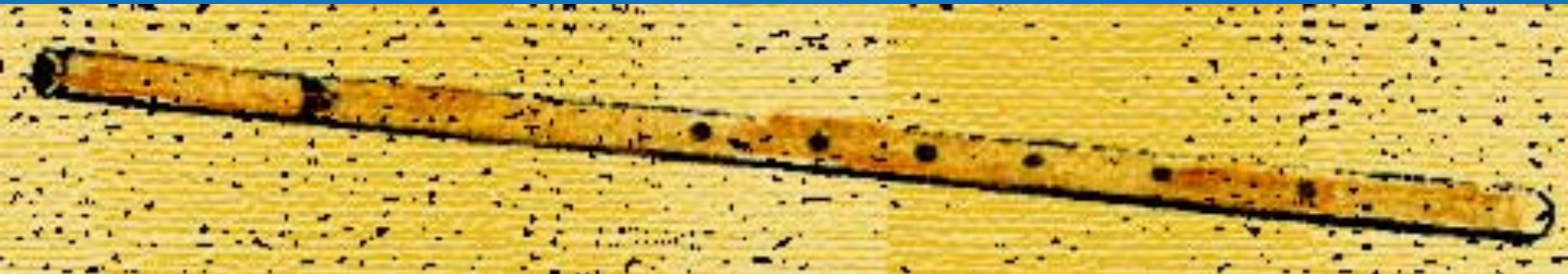
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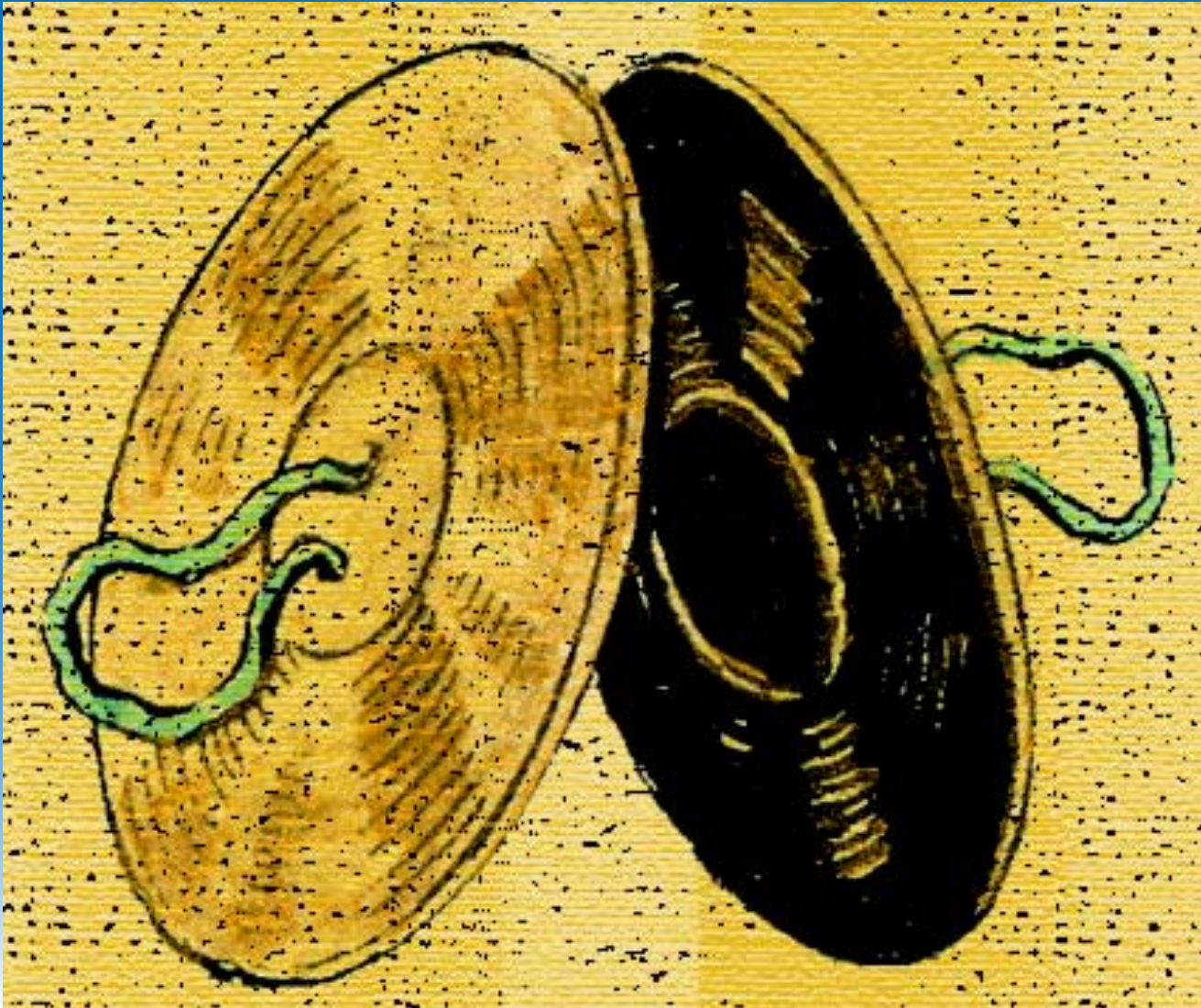
Ugab



Khalil



Tsilstilyim



The Psalms in Roman Rite Eucharist

- Gradual / Responsorial Psalm
- Processional Psalms
 - Antiphona ad introitum
 - Antiphona ad offertorium
 - Antiphona ad communionem
- Inspiration for euchological texts
 - Major: Eucharistic Prayer, Blessings
 - Minor: Collecta, Super Oblata, Post communionem



Easter Sunday Roman Rite

Eucharist

- **Responsorial Psalm:** Ps 118:1-2, 16-17, 22-23
 - R (24) This is the day the Lord has made; let us rejoice and be glad.
 - *or*
 - Alleluia
-
- Give thanks to the Lord, for he is good,
 - for his mercy endures forever.
 - Let the house of Israel say:
 - 'His mercy endures forever.'



- The right hand of the Lord has struck with power,
 - the right hand of the Lord is exalted.
 - I shall not die, but live,
 - and declare the works of the Lord.
-
- The stone which the builders rejected
 - has become the cornerstone.
 - By the Lord has this been done:
 - it is wonderful in our eyes.



- Example: Michael Joncas: “This is the Day” from *Every Stone Shall Cry* (Oregon Catholic Press) [responsorial]



- **Antiphona ad introitum:**
- I have arisen; I am with you once more; you have placed your hand on me to keep me safe. How great is the depth of your wisdom, Alleluia! (Ps 139:18, 5-6)
- *or*
- The Lord has indeed arisen, alleluia. Glory and kingship be his for ever and ever. (Luke 24:34; v. Rev 1:6)



- Example: Christoph Tietze *Introit Hymns for the Church Year* (World Library Publications 2005) Hymn #22 for Easter Sunday sung to LAUDA ANIMA



- *Antiphon:* Alleluia! Christ is risen
- And is always with his fold!
- Alleluia! He is with us,
- Placed his hands on young and old.
- Alleluia! May God's wisdom
- To eternity be told.



- *Psalm Verse 1: Alleluia! Lord, you search me,*
- *And you know my ev'ry way,*
- *Know my sitting, know my rising,*
- *Know my thoughts from far away,*
- *Know my walking, know my sleeping*
- *Through the night and all the day.*



- *Psalm Verse 2*: Lord, you know the words I'm speaking
- Long before they are proclaimed.
- Lord, you are before, behind me,
- Blessing me with your own hand.
- Such great knowledge is too lofty
- For my soul to understand.



- *Psalm Verse 3*: Lord, where could I flee your Spirit?
- Where could I escape from you?
- If I scale the highest heavens,
- Lands of death, deep oceans, too,
- Even there your hand will guide me;
- Your right hand draws me to you.



- *Doxology*: Glory be to God the Father,
- And to Jesus Christ, his Son,
- Glory to the Holy Spirit,
- Triune God, the Three-in-One,
- As it was in the beginning,
- It endures as ages run. [*Repeat Antiphon*]



- **Antiphona ad offertorium:**
- The earth feared and was silent when God arose for judgment, alleluia. [Psalm 76:9b-10a]



- Example: From the “Corpus Christi Watershed” project @ www.ccwatershed.org.



OFFERTORY

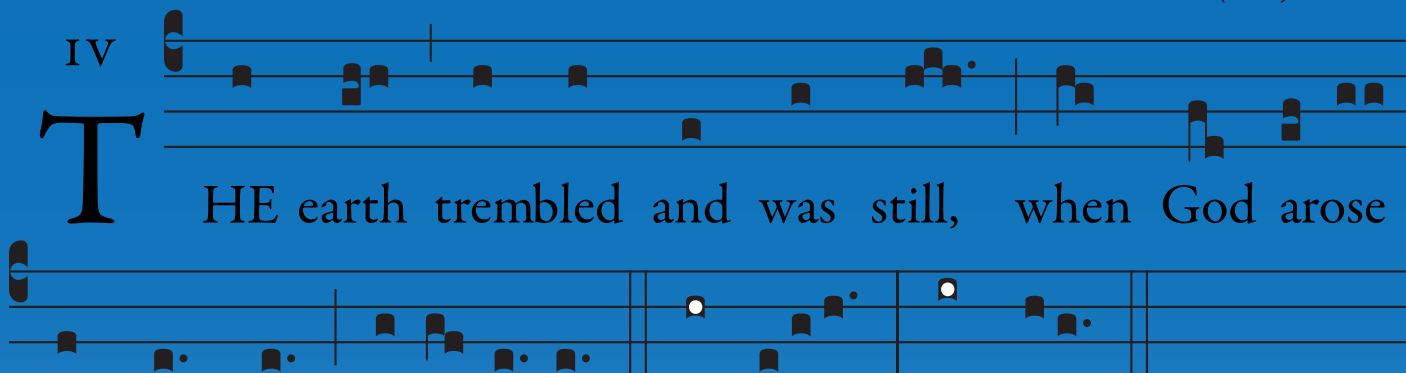
Terra tremuit

Ps 76 (75): 9, 10

IV

T HE earth trembled and was still, when God arose

in judgment, al-le-lu-ia.



The musical notation consists of two staves. The first staff begins with a treble clef and a key signature of one sharp (F#). It contains a series of notes and rests, with a large 'T' marking the start of the text. The second staff continues the melody, also in treble clef and one sharp key signature, with notes and rests corresponding to the text.

Psalm 76 (75)

1. God is *renowned in* Judah; *
in Israel his name *is* great.

His tent is *set in* Salem, *
and his dwelling place *in* Sion.

It was there he broke the *flaming* arrows, *
the shield, the sword, *the* armor.



- **Antiphona ad communionem:**
- Christ has become our paschal sacrifice; let us feast with the unleavened bread of sincerity and truth, alleluia. (1 Cor 5:7-8)



- Example: Collegeville Composer's Group,
Psallite: Sacred Song for Liturgy and Life
(Liturgical Press, 2008)



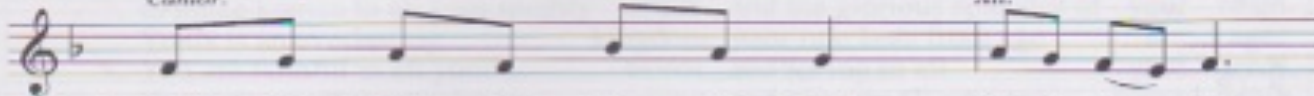
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Christ, Our Pasch

♩ = 84

Adaptations from Psalm 66

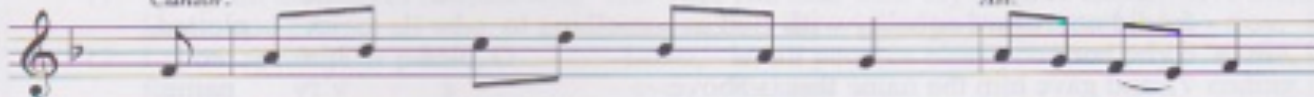
Cantor:



All:

1. Christ, our pasch, is sa - cri - ficed, al - le - lu - ia.
2. Make a joy - ful noise to God,
3. Won - drous are your deeds, O Lord,
4. Come and see what God has done,

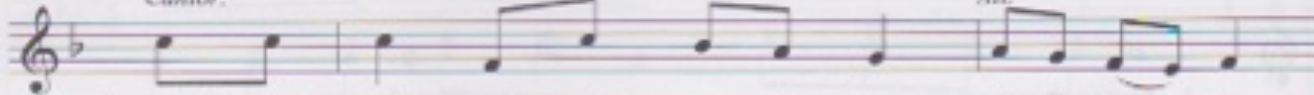
Cantor:



All:

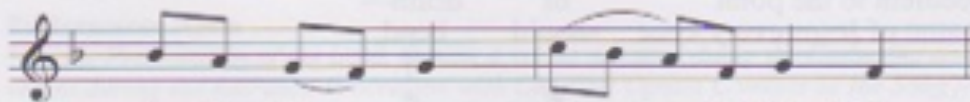
1. Un - lea - vened bread will be our feast, al - le - lu - ia.
2. O sing the glo - ry of God's name,
3. and all the earth will wor - ship you,
4. How awe - some are God's deeds for us,

Cantor:



All:

1. Bread of truth and sin - ce - ri - ty, al - le - lu - ia,
2. Praise the Lord for his ma - jes - ty,
3. They will sing prais - es to your name,
4. We re - joice in God's might - y pow'r,



al - le - lu - ia, al - le - lu - ia!

