

# Unspoken Prayers of the Heart

SATB Choir

Sarah McMahill

ASCAP

Perusada



# Unspoken Prayers of the Heart

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Each boxed note lasts about 1 second - conductor's choice. Singers get to choose words that are in their hearts that they repeat with varying rhythms on the given note. For example: "I wish I said something different", "I'm sorry", "Why?", "La", "Hmmm", etc. The chosen words or phrases are repeated multiple times on the first note then when the conductor gives the next beat the words could be switched to something different or the same words could continue until the singer feels called to change their words. This continues until measure 9. Stagger breathing throughout.

Soprano

Alto

Tenor

Bass

pp

pp

pp

pp

S.

A.

T.

B.

mf

mf

mf

sfp

sfp

sfp

f

2

7

S.    

A.    

T.     

B.     

*ff* *ff* *ff*

*mf*

*ff*

10

S.    

A.    

T.    

B.    

*p* *p* *p*

Oh Ah Mm \_\_\_\_\_ Ah \_\_\_\_\_ Mm

ff ff ff

Oh Mm \_\_\_\_\_ Ah \_\_\_\_\_ Mm

ff ff ff

Oh Mm \_\_\_\_\_ Ah \_\_\_\_\_

14

**S.** *mf* *p*  
My heart is full of pray'rs Oh\_\_\_\_\_ You\_\_\_\_ Oh I\_\_\_\_ wish I\_\_\_\_ said

**A.** *mf* *p*  
My heart is full of pray'rs Oh\_\_\_\_\_ You\_\_\_\_ Oh I\_\_\_\_ wish I\_\_\_\_ said

**T.** *mp* *p*  
Ah Pray'rs\_\_\_\_\_ You\_\_\_\_ Oh I\_\_\_\_ wish I\_\_\_\_ said

**B.** *mp* *p*  
Ah\_ Pray'rs\_\_\_\_\_ You\_\_\_\_ Oh I\_\_\_\_ wish I\_\_\_\_ said

*drugs*

19

**S.** *mf* *p*  
some-thing dif-f'rent Oo\_\_\_\_ Mm\_\_\_\_ for-give me I'm sor-ry Oh\_\_\_\_

**A.** *mf* *p*  
some-thing Oo\_\_\_\_ For-give, for-give me I'm sor-ry Oh\_\_\_\_

**T.** *mf* *p*  
some-thing dif-f'rent Oo\_\_\_\_ Mm\_\_\_\_ for-give me I'm sor-ry Oh\_\_\_\_

**B.** *mf* *p*  
some-thing Oo\_\_\_\_ For-give, for-give me I'm sor-ry Oh\_\_\_\_

*drugs*

4

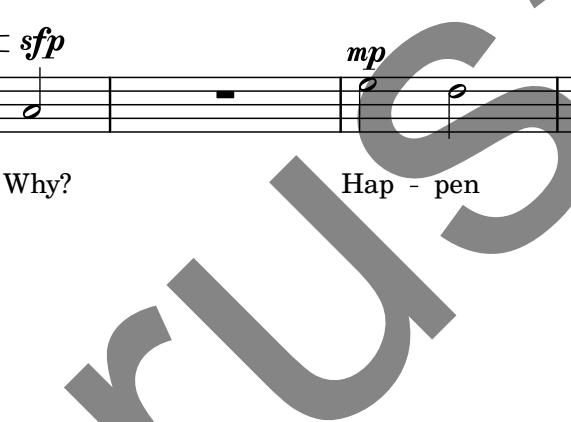
24

S. *sfp* *mp* *mf*  
Why? How, how can this hap-pen to good peo - ple? I

A. *sfp* *mp* *mf*  
Why? How, how can this hap-pen to good peo - ple? I

T. *sfp* *mp* *mf*  
Why? Hap - pen to good peo - ple? I

B. *sfp* *mp* *mf*  
Why? Hap - pen to peo - ple? I



30

S. *p* *mf* *mp*  
pray for\_love and peace now In my heart in my heart oh in my

A. *p* *mf*  
pray for\_love and peace now In my heart In my heart

T. *p* *mf*  
pray for\_love and peace now Ah In my heart,oh In

B. *p* *mf*  
pray for\_love and peace now In my heart In my heart my



37

*poco accel.*

$\text{♩} = 80$

S. — heart Oh — heart of love — Oh. Mm Ah. Mm Nnee nah

A. — Oh in my heart heart of love — Oh. Mm Ah. Mm Nnee nah

T. — my heart Oh In my heart of love — Oh. Mm Ah. Mm Nnee nah

B. — heart in my heart heart of love — Oh. Mm Ah. Mm Nnee nah

(Spanish) Desear - to wish  
 (Turkish) Sevmek - to love  
 (French) Tenir - to hold  
 (Danish) At bede - to pray

44

S. da De - sear. Sev - mek. Te-nir. At bede mm ah Towish To love

A. da De - sear. Sev - mek. Te-nir. At bede mm ah Towish To love

T. — my heart Oh In my heart of love — Oh. Mm Ah. Mm Nnee nah

B. — heart in my heart heart of love — Oh. Mm Ah. Mm Nnee nah

6

49

S. *mf*  
to hold and to pray My heart in my heart Ah In our heart

A. *mf*  
to hold and to pray In my heart my heart Our heart

T. *mf*  
to hold and to pray My heart in my heart Ah Our heart

B. *mf*  
to hold and to pray In my heart my heart Our heart

rit.

53

S. *f* *mp* *p*  
Our hearts Our Hearts

A. *p*  
our hearts Our Hearts

T. *p*  
our hearts Our Hearts

B. *p*  
our hearts Our Hearts

## About the Composer

Sarah McMahill comes from a musical family and is a life-long musician. They started in the 1980s with piano and clarinet lessons. They blossomed while studying music education at Doane College (Crete, NE) with clarinet and vocal scholarships in 1997. They had a few experiences during their two years at Doane that influenced their decision to transfer to Southwest MN State University (SMSU) where they got their BA in theatre (directing and vocal techniques for the actor), English (creative writing), and multi-media art. They then attended Saint Paul College for their certificate in massage therapy. They received multiple certificates in enneagram teaching and is an Accredited Enneagram Professional through the International Enneagram Association.

They started Wellness Weaving in 2023 which weaves together Kintsugi Studios & Publications, Heart to Hands Myofascial Massage, and The Dragonfly Enneagram Center.

Kintsugi Studios & Publications has art and recording studios, self-publish sheet music, poetry, short stories, and non-fiction. Sarah's compositions and creativities are inspired by social justice, history, the enneagram, literature and poetry, science fiction/fantasy, nature, and spirituality. They have performed with the St. Anthony Civic Orchestra, St. Anthony Community Theatre (cast and pit orchestra), Calliope Women's Chorus, and One Voice Mixed Chorus. They have compositions for clarinet, piano, voice, choir, and other instrumental ensembles. They have on-going collaborations with CBC award-winning poet Andrew Burton, Canadian author and founder of The Awakened Company Catherine Bell, and Turkish neuroscientist and poet Özgür Işık Hafizoğlu.

They recorded their first album of 9 enneagram songs (premiered in Canada April of 2022) and arranged original solo compositions for SATB choir, one of which was premiered by One Voice Mixed Chorus on January 20 and 21, 2024.

Sarah records as themselves and Ceramic Personali-Tease.

They are a member of ASCAP, ACDA, and IAWM.

More information can be found at [www.sarahmc.net](http://www.sarahmc.net).