

I Honour the Place in You

SATB Choir
unaccompanied

Sarah McMahill



About the Song

In March of 2022 I went to The Christine Center in Willard, WI for a myofascial release retreat. I gave myself a day before the retreat started to get myself settled. When I walked into the cabin I found a stunning wall hanging that included this text. I was immediately struck with a melody and I started writing. When I got back home, I scoured the internet and found that this is considered a translation of namasté. Namasté is a Sanskrit greeting in India and a word you might hear at the end of yoga sessions. With respect and reverence, Namasté is a way to see and honor the reality of others.

I kept the British English spelling of "honour" because that's how I saw it spelled on the wall hanging.

"I honour the place in you
that is the same in me.
I honour the place in you
where the whole universe resides.
I honour the place in you
of love of light of peace and truth
I honour place in you
that is the same in me."

I Honour the Place in You

Words are a translation of
"Namaste" (Sanskrit greeting).

SATB (minimal divisi)
unaccompanied

Sarah/SJ McMahill
ASCAP

Adagio *mp* 2 3 4

Soprano
I ho-nour the place in you

Alto
I ho-nour the place in you

Tenore
I ho-nour the place in

Basso
I ho-nour the place in

Piano for rehearsal only
mp *p*

5 6 7 8

S. I ho-nour the place in you that is the sa - me_

A. I ho-nour the place in you that is the sa - me_

T. *mp* you. I ho-nour the place in you that is the sa - me_

B. *mp* you. I ho-nour the place in you that is the sa - me_

Pno. Reh. *mp*

9 10 *p* 11 12

S. — in me_ I ho-nour the place_ in you

A. — in me_ I ho-nour the place_ in you

T. — in me_ I ho-nour the place

B. — in me_ I ho-nour the place

p *mp*

p *mp*

Pno. Reh.

13 *mp* 14 15

S. I ho-nour the place in you

A. *mp* I ho-nour the place in you

T. 8 — in you I ho-nour the place in you

B. — in you I ho-nour the place in you.

Pno. Reh.

16 *ff* 17 *ff* 18 *f* 19 *f*

S. where the whole u - ni - verse re - sides I ho - nour the place

A. where the whole u - ni - verse re - sides I ho - nour the place

T. where the whole u - ni - verse re - sides I ho - nour the place

B. where the whole *re - sides I ho - nour the place

**This leap represents the expansiveness of the universe.*

Pno. Reh.

20 21 *p* 22

S. — in you— of love,— of light, of peace, and

A. — in you— of love,— of light, of peace, and

T. — in you— of love,— of light, of peace, and

B. — in you— of love,— of light, of peace, and

Pno. Reh.

The musical score is arranged in five systems. The first four systems are for voices: Soprano (S.), Alto (A.), Tenor (T.), and Bass (B.). Each voice part begins at measure 23 with the lyrics "truth" and continues through measure 25 with "I ho-nour the place in you". The music is in a key with three sharps (F#, C#, G#) and a common time signature. Dynamics are marked as *f* (forte) for measures 23-24 and *mf* (mezzo-forte) for measures 25-26. A repeat sign is present at the end of measure 24. The fifth system is for Piano/Rehearsal (Pno. Reh.), which provides accompaniment for the vocal parts, mirroring the melodic lines and dynamics.

26 27 28

S. I ho-nour the place in you I ho - nour the place in you

A. I ho-nour the place in you I ho - nour the place in you

T. I ho-nour the place in you I ho - nour the place in you

B. I ho-nour the place in you I ho - nour the place in you

Pno. Reh.

29 rit. 30 31 p 32 33

S. that is the same in me the same in me.

A. that is the same in me the same in me.

T. that is the same in me the same in me.

B. that is the same in me the same in me.

Pno. Reh.

About the Composer

Sarah McMahill comes from a musical family and is a life-long musician & poet. 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 are a nationally board certified massage therapist and enjoy working with people in the performing arts (singers, instrumentalists, conductors, & actors) to reduce repetitive stress on the body & to facilitate body awareness. They do both one-on-one sessions and group workshops. They received multiple certificates in enneagram teaching and is an Accredited Enneagram Professional through the International Enneagram Association.

Sarah's multi-faceted passions are woven together in their Minnesota-based private practice, Wellness Weaving, which blends myofascial massage therapy services, creative offerings (music, writings, multi-media art), and enneagram coaching & workshops.

They started Kintsugi Studios & Publications in 2021 to share art, record music and self-publish sheet music, poetry, short stories, & non-fiction. Their compositions and creativities are inspired by health & wellness, 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 Özgü Işık Hafızoğlu.

Sarah has been taking composition lessons with Dr. Raphael Fusco and loves learning!

Outside of the United States, their music has also been performed in Germany and Canada.

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.