



2021

# GO, AND BE LIGHT

Text by

VALERIE  
KINGSBURY

Music by

CHRISTOPHER  
BOWMAN

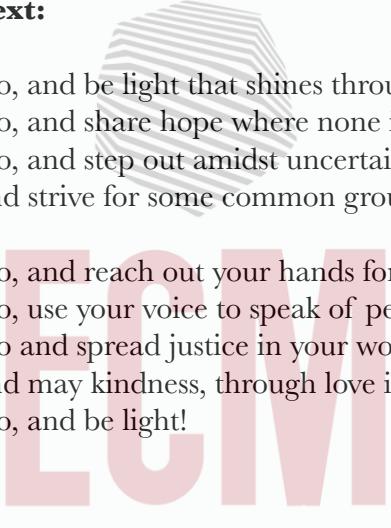


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**Text:**

Go, and be light that shines through darkness.  
Go, and share hope where none is found.  
Go, and step out amidst uncertainty  
and strive for some common ground.

Go, and reach out your hands for healing.  
Go, use your voice to speak of peace.  
Go and spread justice in your words and ways,  
and may kindness, through love increase.  
Go, and be light!



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## About the composer

Christopher Bowman (M. Mus Memorial University, B. Mus Mount Allison University) enjoys making music in many forms – as a conductor, solo and choral singer, educator, and composer. He is full-time Minister of Music at First United Church in Truro, Nova Scotia, and Artistic Director of the Cantabile Society of Truro, where he conducts the Cantabile Singers and works with the Cantabile children's choirs. He also sings with the Juno-nominated Canadian Chamber Choir and takes great delight in the fact that choral music has given him the opportunity to sing in every Canadian province and one territory. Chris is active as a baritone soloist; his debut CD *Over Hill and Valley* with pianist David Chafe won Music NS and Music NL awards, and was nominated for an East Coast Music Award.

Chris loves working with choral singers of all ages and stages, and has conducted community, church, school, and university choirs in Atlantic Canada and Ontario. He is sought after as a clinician, adjudicator, and lecturer, and has taught in various university music departments in Atlantic Canada as a sessional instructor. As time permits, he is a composer/arranger of choral music, handbell music, and hymnody/liturgical pieces. His compositions have been published by Silent Dawn Publishing and From The Top Music, and he is honoured to be a part of the East Chamber Music collection.

Chris' favourite musical collaborations, however, are with his wife Laura, and their children Erica and Meredith. They live in Valley, Nova Scotia.

written for the First United Church Choir and congregation

# Go, And Be Light

lyrics by Valerie Kingsbury and Chris Bowman

music by Chris Bowman

$\text{♩} = 60$

SOPRANO      ALTO

TENOR      BASS

mp Go, and be light that shines through dark - ness, dark - ness.

through dark - ness.

EAST CHAMBER MUSIC

5      none is      found.

S/A      Go, and share hope where none is, none is      found.      Go, and step

T/B      none is      found.

10      un - cer - tain - ty      and strive for some com - mon ground.

S/A      out a-midst un - cer - tain - ty and strive for some com - mon, com - mon

T/B      com - mon ground.

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S/A

for heal - ing.\_\_\_\_

ground. Go, and reach out your hands for heal - ing, heal - ing. Go, use your

T/B

for heal - ing.\_\_\_\_

22

S/A

in your words and

voice to speak of peace.\_\_\_\_ Go and spread just-ice in your words and

T/B

ways,

28

S/A

ways, and may kind - ness, through love in - crease.\_\_\_\_

T/B

rit.

32

S/A

f Go, and be light!\_\_\_\_

T/B



Watermarkly