

# Be Calm, Be Strong, Be Grateful

Words: 'Abdu'l-Baha  
*Tablets of Abdu'l-Baha, Volume II, p. 405.*

Music : Amy Stephen

(♩ = 60)

Soprano  
*mf* Be calm, be strong, be grate - ful, and be - come a lamp full of light, Be

Alto  
*mf* Be calm, be strong, be grate - ful, and be - come a lamp full of light, Be

Tenor  
*mf* Be calm, be strong, be grate - ful, and be - come a lamp full of light, Be

Bass  
*mf* Be calm, be strong, be grate - ful, and be - come a lamp full of light, Be

5  
S  
calm, be strong, be grate - ful, and be - come a lamp full of light, that the  
3rd time to Coda 1, 2.

A  
calm, be strong, be grate - ful, and be - come a lamp full of light, that the

T  
calm, be strong, be grate - ful, and be - come a lamp full of light,

B  
calm, be strong, be grate - ful, and be - come a lamp full of light,

9

S dark-ness of sor - rows be an - ni - hi - lat - ed and that the sun of ev - er - last - ing joy a -

A dark-ness of sor - rows be an - ni - hi - lat - ed and that the sun of ev - er - last - ing joy a -

T *mp* Ah \_\_\_\_\_ Ah \_\_\_\_\_

B *mp* Ah \_\_\_\_\_ Ah \_\_\_\_\_

12

S rise \_\_\_\_\_ *mp* Ah \_\_\_\_\_ the

A rise \_\_\_\_\_ *mp* Ah \_\_\_\_\_

T *mf* from the dawn - ing - place, \_\_\_\_\_ the

B \_\_\_\_\_ *mf* from the dawn - ing - place, \_\_\_\_\_ the

14

S  
dawn-ing-place of heart and soul, heart and soul shin-ing bright-ly, shin-ing

A  
Ah heart and soul shin-ing bright-ly,

T  
8  
dawn-ing-place of heart and soul, heart and soul shin-ing bright-ly.

B  
dawn-ing-place of heart and soul, heart and soul shin-ing bright-ly.

17

S  
bright - ly. *mf* Be light.

A  
shin - ing bright - ly, bright-ly. *mf* Be light.

T  
8  
shin - ing bright - ly, bright-ly *mf* Be light.

B  
shin - ing bright-ly. *mf* Be light.

3.  $\text{\textcircled{C}}$  Fine