

## MY PORTION AND MY CUP

Responsorial Song from Psalm 124 for Sunday 33B  
for Psalmist (Cantors) Assembly & Descant  
with Keyboard, Piano & Guitar

TONY BARR

*You are my portion, you are my cup,  
you are the joy of all my days.*

You are my portion and my cup,  
the promise of my future.  
Who else but you are my strength, my joy,  
Your gift? This land of ours is yours!

Fully alive within your gift,  
my heart now sings praises!  
Who else but you are protected  
No grave shall contain me!

Always you are the path of my life,  
contentment and wisdom,  
Who else but you are my hope,  
Restore my life and prosper!

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JM 700

# You Are My Portion And My Cup

Responsorial Song from Psam 16 for Sunday 34B

INTRO  $\text{♩} = \text{ca. } 56$

Music & text from Ps 16 Tony Barr

Am Dm

## REFRAIN

Flute on selected Refrains

Descant on selected Refrains

You are my por - tion, you are my cup, you are the joy of

All

You are my por - tion, are my you are the joy of

F Dm C Am Dm

1 to Verses

all my days all my days.

am all my days.

Gm C B $\flat$  F Gm7 F

VERSES Psalmist (Cantor) *from the ambo*

1. You are my por - tion and my cup, the prom - ise my  
 2. Ful - ly a - live with - in your sight, my heart  
 3. Al - ways you are the path, the way, con - tent -

F Gm/F Dm7 F B $\flat$

1. fu - ture. Who else are my strength, my joy? Your  
 2. joic - es! Who else but you pro - tect - ed me? No  
 3. wis - dom. Who else but you are my hope, my peace? Re -

Csus4 C Am Dm Gm7 C

1. gift? of our dream - ing!  
 2. grave. I will con - tain me!  
 3. store. that may pros - per!

B $\flat$  F Csus4 C Gm

*D.S.*

SAMPLE

# You Are My Portion And My Cup

Responsorial Song from Psam 16 for Sunday 34B

REFRAIN ♩ = ca. 56

Descant on selected Refrains

You are my por - tion, you are my cup, you are the joy of all my days.

All

You are my por - tion, you are my cup, you are the joy of all my days.

VERSES Psalmist (Cantor) from the ambo

1. You are my por - tion, you are my cup, the prom - ise of my fu - ture. Who but you are my strength, my joy? Your

2. Ful - ly a - live with you in our sight, my heart now sings, re - joic - es! Who else has pro - tect - ed me? No

3. Al - ways you are the way, con - tent - ment, joy and wis - dom. Who else you are my hope, my peace? Re -

D.S.

1. gift? This of our dream - ing! \_\_\_\_\_

2. gift shall - er con - tain me! \_\_\_\_\_

3. gift me, I may pros - per! \_\_\_\_\_