

**I Seek Rest for my Lonely Heart**  
*for*  
*a Cappella Choir*

**Music by**  
**Mark Dal Porto**

**Words from**  
*The Chinese Flute*

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## **I Seek Rest for my Lonely Heart**

I seek rest for my lonely heart.  
I wander toward my dwelling place, my home.

The sun sinks behind the mountains.  
Now evening descends in the verdant valleys  
With its shadows of cooling freshness.

The brook sings its music through the darkness.  
The flowers grow pale in the twilight.  
The earth breathes deeply in rest and peace.

I shall wander in the mountains.  
I long for rest for my lonely heart.  
I shall wander toward my dwelling place, my home.  
I shall never roam afar.

I seek rest for my lonely heart.

From *The Chinese Flute*, an anthology of ancient Chinese poetry.

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# I Seek Rest for my Lonely Heart

for A Cappella Choir

Moderately (♩ = 100)

2 3 4 5 6

SOPRANO

ALTO

TENOR *p* *cresc.*

I seek rest for my lone - ly heart. I wan - der t'ward my

Baritones only *p* *cresc.*

BASS

I seek rest for my lone - ly heart. I wan - der t'ward my

Moderately (♩ = 100)

Piano

(For rehearsal only) *p* *cresc.*

7 8 9 10 11 12

S.

A.

T. *f*

8 dwell - ing place, my home. I long for rest for my lone - ly heart. I shall

B. *f*

dwell - ing place, my home. I long for rest for my lone - ly heart. I shall

Pno. *f*

13 14 15 16 17 18

S. *p* The sun sinks be -

A. *p* I seek rest

T. *pp* wan-der t'ward my dwell-ing place, my home, my home.

B. *pp* wan-der t'ward my dwell-ing place, my home, my home.

Pno. *p* *pp*

19 20 21 22 23 24

S. *cresc.* - hind the moun - tains. Now ev' - ning des - cends in the ver-dant val - leys With its

A. *cresc.* for my lone - - ly, lone - - ly

T.

B.

Pno. *cresc.*

25 *f* 26 27 28 29 30

S. shad - ows \_\_\_\_\_ of cool - ing fresh - ness. \_\_\_\_\_ The brook \_\_\_\_\_ sings \_\_\_\_\_ its mu - sic through the

A. *f* heart. I wan - der t'ward my home, my \_\_\_\_\_ dwell - ing place, my home. The \_\_\_\_\_

T. \_\_\_\_\_

B. \_\_\_\_\_

Pno. *f* \_\_\_\_\_

31 32 *dim.* 33 34 35 , *pp* 36 37

S. dark - - - ness. \_\_\_\_\_ The flow - ers grow pale \_\_\_\_\_

A. *dim.* brook sings through \_\_\_\_\_ the dark - ness. The flow - - - ers grow

T. *pp* The flow - - - ers grow

B. *All pp* The flow - - - ers grow

Pno. *dim.* , *pp* \_\_\_\_\_

38 39 40 41 42 , *cresc.* 43 44

S. \_\_\_\_\_ in the twi - - light. \_\_\_\_\_ The earth breathes deep -

A. pale in the twi - - light. \_\_\_\_\_ The earth breathes deep -

T. pale in the twi - - light. \_\_\_\_\_ The earth breathes deep -

B. pale in the twi - - light. \_\_\_\_\_ The earth breathes deep -

Pno. \_\_\_\_\_

45 46 47 48 49 50 **f** 51

S. - ly in rest \_\_\_\_\_ and peace. \_\_\_\_\_ I \_\_\_\_\_ shall wan - der

A. \_\_\_\_\_ ly in rest \_\_\_\_\_ and peace. \_\_\_\_\_ I \_\_\_\_\_ shall wan - der

T. - ly in rest \_\_\_\_\_ and \_\_\_\_\_ peace. \_\_\_\_\_ I \_\_\_\_\_ shall wan - der

B. - ly in rest \_\_\_\_\_ and \_\_\_\_\_ peace. \_\_\_\_\_ I \_\_\_\_\_ shall wan - der

Pno. \_\_\_\_\_

52 53 54 *cresc.* 55 56 57

S. in the moun - tains. I long\_ for rest for my lone - ly heart. I shall

A. in the moun - tains. Grant me rest\_ for my lone - ly heart. *cresc.*

T. in the moun - tains. Grant me rest for my lone - ly heart. *cresc.*

B. in the moun - tains. Grant me rest for my lone - ly heart. *cresc.*

Pno. *cresc.*

58 59 60 61 62 *dim.* 63

S. wan - der t'ward\_ my dwell - ing place, my home. I\_ shall nev - er roam

A. I shall wan - der t'ward\_ my home. I\_ shall nev - er *dim.*

T. I shall wan - der t'ward my home. I shall nev - er *dim.*

B. I shall wan - der t'ward my home. I shall nev - er *dim.*

Pno. *ff* *dim.*



**poco a poco rit.**

64 65 66 *p* 67 68 69 *ppp*

S. a - far. *ppp*

A. roam a - far. *ppp*

T. roam a - far, nev - er roam a - far. *ppp*

B. roam a - far. *ppp*

**poco a poco rit.** *p* *ppp*

Pno.

70 **Broadly** (♩ = 80) 71 72 73 **rit.** 74 75 *pp*

S. *ff* I seek rest for my lone-ly heart, for my lone-ly heart. *pp*

A. *ff* **Alto I only** I seek rest for my lone-ly heart, for my lone-ly heart. *pp*

T. *ff* I seek rest for my lone-ly heart, for my lone-ly heart. *pp*

B. *ff* **Baritones only** I seek rest for my lone-ly heart, for my lone-ly heart. *pp*

**Broadly** (♩ = 80) *ff* **rit.** *pp*

Pno.