

About Contemporary Voices

Contemporary Voices is a promotion and distribution scheme run by the British Music Information Centre, which aims to provide access to the works of young, unpublished composers. Contact Bmic (address & telephone number on the front of the score) for more information, or see our website: www.bmic.co.uk

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Richard Baker

To keep a good Lent

(2001)

To keep a good Lent

Is it a Fast, to keep
The larder lean?
And clean
From fat of veals and sheep?

Is it to quit the dish
Of flesh, yet still
To fill
The platter high with fish?

Is it to fast an hour,
Or ragg'd to go
Or show
A down-cast look and sour?

No: 'tis a Fast to dole
Thy sheaf of wheat
And meat
Unto the hungry soul.

It is to fast from strife And old debate, And hate; To circumcise thy life.

To show a heart grief-rent;
To starve thy sin,
Not bin;
And that's to keep thy Lent.

Robert Herrick (1591-1674)

To keep a good Lent

Robert Herrick Richard Baker

















