

NOBILIS HUMILIS

For Mixed Voice Chorus

Based on a 15th Century Irish Chant & The Hymn to St. Magnus

Arranged & Composed by Michael McGlynn

The Orkney Islands were a Norwegian vassal when 'Nobilis Humilis' was written.

The central melody and text of this song dates from the mid-thirteenth century, and was originally set in two parts. It describes the virtues of St. Magnus of the Orkneys, who was martyred in the 13th century.

The chant "Superba namque colla", which begins this piece, was written in honor of St. Patrick and comes from a fifteenth century Irish source.

Superba namque colla gentilium

virtute Sancti Spiritus humiliavit

For indeed he has laid low the proud necks of the gentiles (nations),

by the strength of the Holy Spirit.

Nobilis Humilis, Magne martyr stabilis

Habilis, utilis, comes venerabilis

Et tutor laudabilis tuos subditos

Serva carnis fragilis mole positos

O noble, humble, great and steadfast martyr,

Gentle and helpful, we revere You

Venerable protector of our fragile hearts

Placed beneath the burden of frail flesh.

Praeditus, caelitus, dono sancti spiritus.

Vivere temere summo caves opere

Carnis motus premere, studes penitus,

Ut carnis in carcere, regnet spiritus.

Well-favoured, heavenly, by the gift of the Holy Spirit

With the greatest effort You beware of living rashly;

You endeavour deep within Yourself to suppress the motions of the flesh,

So that the spirit may reign in the prison of the flesh.

Turbidus, invidus, hostis Haco callidus,

Sternere, terere, tua sibi subdere

Te cupit et perdere, doli spiculo.

Iuncto fraudis federe, pacis osculo

Hakon the turbulent, envious and cunning adversary*

Desires to scatter what is Yours, to crush it and subject it to himself,

And to destroy You by the barb of treachery,

By the compact of treason joined, by the kiss of peace.

**Earl Hakon, the cousin of Magnus.*

With Freedom **Chant-Like Throughout & with Freedom** ♩ = 120

Soprano Solo
Su-per-ba
p

Soprano
nam-que col-la gen-ti-li-um
p

Alto
nam-que col-la gen-ti-li-um
p

S
Vir-tu-te San-cti Spi-ri-tus hu-mi-li-a

A
Vir-tu-te San-cti Spi-ri-tus hu-mi-li-a - - - - vit-ah

17 **Slower & with Freedom** ♩ = 90

Sop. Solo

No - bi - lis Hu - mi - lis, Ma - gne mar - tyr sta - bi - lis Ha - bi - lis, u - ti - lis, co - mes ve - ne

p

S

A

24

Sop. Solo

ra - bi - lis, et tu - tor lau - da - bil - is, tu - os sub - di - tos Ser - va car - nis fra - gi - lis

S

A

31

Sop. Solo

mo - le pos - i - tos

S

A

T

mp Prae - di - tus, cae - li - tus, do - no san - cti spi - ri - tus. Vi - ve - re

B

mp Oh

mp

Freely, but with a Forward Pulse