

Fear Not the Pain

words by Rainer Maria Rilke
music by Rachel Pollak
arr. Peter Amidon
In the Amidons' "Twenty-five Anthems" collection.

Fear not the pain. Let its weight fall back in - to the

The first system of musical notation consists of two staves. The upper staff is in treble clef with a common time signature (C). The lower staff is in bass clef with a common time signature (C). The lyrics are written below the notes.

5
earth; for hea - vy are the moun-tains, hea-vy are the seas.

The second system of musical notation starts with a measure rest labeled '5'. The upper staff is in treble clef with a common time signature (C). The lower staff is in bass clef with a common time signature (C). The lyrics are written below the notes.

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