

B flat major. George Herbert, 1633.

## SEAL ROCK. L. M.

Peter Schinske, 2025.

1. O my chief good, O my chief good, How shall I mea - sure out Thy blood? How shall I count what Thee be - fell, And each grief tell, And each grief tell?

2. Shall I Thy woes, Shall I Thy woes Num-ber ac - cord - ing to Thy foes? Or, since one star show'd Thy first breath, Shall all Thy death, Shall all Thy death?

3. Then let each hour, Then let each hour Of my whole life one grief de - vour; That Thy dis-tress through all may run, And be my sun, And be my sun.

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