

# Now my tongue the mystery telling

Sarum Plainsong.

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The first system of musical notation consists of two staves. The upper staff is in treble clef with a key signature of one flat (B-flat) and a common time signature. It contains a melodic line with various note values and rests. The lower staff is in bass clef with the same key signature and time signature, providing a harmonic accompaniment with chords and moving lines.

The second system of musical notation also consists of two staves. The upper staff begins with a measure rest marked '4', indicating a four-measure rest. The rest of the system continues the melodic and harmonic lines from the first system. The lower staff continues the accompaniment. The system concludes with a double bar line.

Now, my tongue, the mystery telling  
of the glorious Body sing,  
and the Blood, all price excelling,  
which the gentiles' Lord and King,  
in a Virgin's womb once dwelling,  
shed for this world's ransoming.

Given for us, and condescending,  
to be born for us below,  
he, with men in converse blending,  
dwelt the seed of truth to sow,  
till he closed with wondrous ending  
his most patient life of woe.

That last night, at supper lying,  
'mid the twelve, his chosen band,  
Jesus, with the law complying,  
keeps the feast its rites demand;  
then, more precious food supplying,  
gives himself with his own hand.

Word-made-flesh true bread he maketh  
by his word his Flesh to be;  
wine his Blood; which whoso taketh  
must from carnal thoughts be free;  
faith alone, though sight forsaketh,  
shows true hearts the mystery.

Thomas Aquinas