

# No Longer Forward nor Behind

$\text{♩} = 126$

The musical score is written for voice and piano. It features a treble and bass staff with a key signature of one sharp (F#) and a 4/4 time signature. The tempo is marked as 126 beats per minute. The score is divided into four systems, each with a measure number (1, 5, 9, 13) at the beginning. The lyrics are written below the treble staff, with two verses of text provided for each system. The piano accompaniment is written in the bass staff, providing harmonic support for the vocal line. The music is in a simple, folk-like style with a steady rhythm.

1. No long-er for-ward nor be-hind I— look in— hope or— fear; but,  
2. For all the jar-ring notes of life seem blend-ing in a— psalm, and

5 grate-ful, take the— good I find, the best of now and here. I  
all the an - gles of its strifeslow round-ing in - to calm. And

9 break my pil - grim staff, I lay a - side the toil - ing oar; the  
so the shad - ows fall a - part, and so the westwinds play; and

13 an - gel sought so far a - way I— wel - come at my— door.  
all the win-dows of my heart I— o - pen to the— day.