



In Paradisum

Sofia Vokalensemble
Bengt Ollén

1. **In Paradisum** Sven-David Sandström 4.39

2. **Sanctus** Ola Gjeilo 5.02

3. **Cantate Domino** Matthew Peterson 6.01

4. **Anim zemirot** Jacob Mühlrad 8.30

5. **Miserere** James MacMillan 13.40

Drei geistliche Gesänge Alfred Schnittke

6. **No. 1** 1.45

7. **No. 2** 1.24

8. **No. 3** 4.03

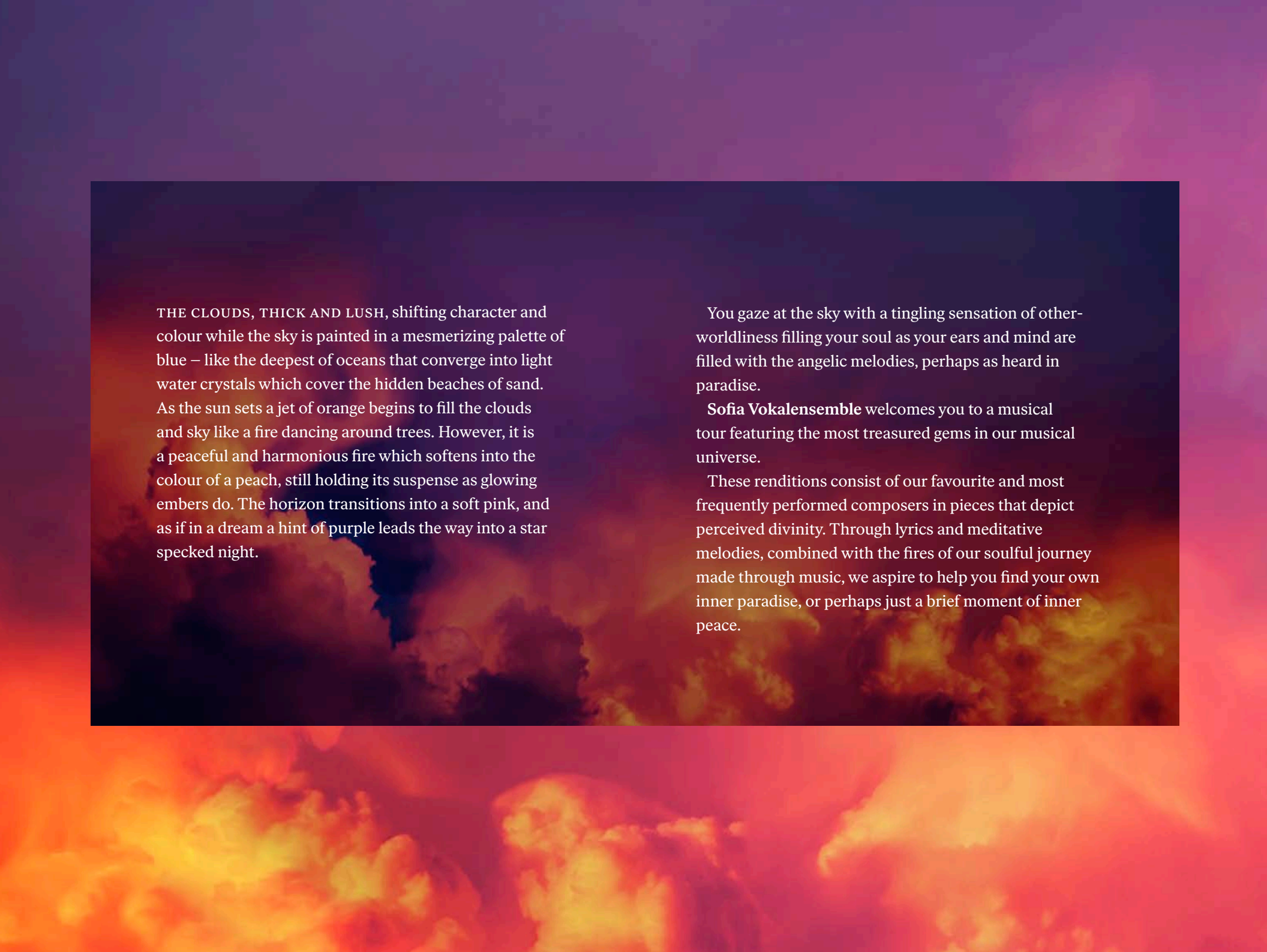
9. **... which was the son of ...** Arvo Pärt 7.47

10. **Nunc dimittis** Arvo Pärt 7.06

11. **Jag lyfter mina händer** Karin Rehnqvist 4.26

12. **Beatitudes** Paul Mealor 5.03

Total time 69.31

The background of the entire image is a dramatic sunset sky. The lower portion is dominated by bright, glowing orange and yellow clouds, while the upper portion transitions into a deep, dark blue. A large, dark blue rectangular area is superimposed over the upper half of the image, serving as a backdrop for the text.

THE CLOUDS, THICK AND LUSH, shifting character and colour while the sky is painted in a mesmerizing palette of blue – like the deepest of oceans that converge into light water crystals which cover the hidden beaches of sand. As the sun sets a jet of orange begins to fill the clouds and sky like a fire dancing around trees. However, it is a peaceful and harmonious fire which softens into the colour of a peach, still holding its suspense as glowing embers do. The horizon transitions into a soft pink, and as if in a dream a hint of purple leads the way into a star specked night.

You gaze at the sky with a tingling sensation of other-worldliness filling your soul as your ears and mind are filled with the angelic melodies, perhaps as heard in paradise.

Sofia Vokalensemble welcomes you to a musical tour featuring the most treasured gems in our musical universe.

These renditions consist of our favourite and most frequently performed composers in pieces that depict perceived divinity. Through lyrics and meditative melodies, combined with the fires of our soulful journey made through music, we aspire to help you find your own inner paradise, or perhaps just a brief moment of inner peace.

1. IN PARADISUM

MUSIC *Sven David Sandström (2016)*

Antiphon from the Requiem Mass

In paradisum deducant te Angeli; in tuo adventu suscipiant te martyres, et perducant te in civitatem sanctam Ierusalem. Chorus angelorum te suscipiat, et cum Lazaro quondam paupere æternam habeas requiem.

May the angels lead you into paradise; may the martyrs receive you at your arrival and lead you to the holy city Jerusalem. May choirs of angels receive you and with Lazarus, once (a) poor (man), may you have eternal rest.

2. SANCTUS

MUSIC *Ola Gjeilo (2009)*

TEXT *From the Catholic Mass*

Sanctus, Sanctus, Sanctus Dominus Deus Sabaoth. Pleni sunt caeli et terra gloria tua Hosanna in excelsis Benedictus qui venit in nomine Domini. Hosanna in excelsis.

Holy, holy, holy
Lord God of hosts.
Heaven and Earth are full of Thy glory.
Hosanna in the highest.
Blessed is he who cometh in the name of the Lord.
Hosanna in the highest.

4. ANIM ZEMIROT

MUSIC *Jacob Mühtrad (2013)*

TEXT *"Old Jewish song", Ascribed to Judah ha-Chasid of Regensburg (d 1217)*

SOLOISTS *Sara Nyberg, Tomas Icikzonas, Viktor Olsson*

Anim zemirot v'shirim erog ki eilecha nafshi ta'arog. Nafshi chamda b'tzel yadecha ladaat kol raz sodecha. Midei dab'ri bich'vodecha homeh libi el dodecha.

I shall compose pleasant psalms and weave hymns, because for you shall my soul pine. My soul desired the shelter of your hand, to know every mystery of your secret. As I speak of your glory, my heart yearns for your love. Therefore I shall speak of your glories, and your name I shall honor with loving songs.

3. CANTATE DOMINO

MUSIC *Matthew Peterson (2018)*

TEXT *From the Book of Psalms, Psalm 98*

Commissioned by Sofia Vokalensemble

Cantate Domino canticum novum. Cantate et exultate et psalite. In cythara et voci psalmi, quia mirabilia fecit.

Sing to the Lord a new song. Sing and exult and praise with harp and the sound of psalms, for the Lord has done marvelous things.

5. MISERERE

MUSIC James MacMillan (2009)

TEXT From the Book of Common Prayer

SOLOISTS Tomas Ickizonas, Jakob Lundvall, Lisa Alf, Ida Söderqvist

Miserere mei, Deus: secundum magnam misericordiam tuam.
Et secundum multitudinem miserationum tuarum, dele iniquitatem meam.
Amplius lava me ab iniquitate mea: et a peccato meo munda me.
Quoniam iniquitatem meam ego cognosco: et peccatum meum contra me est semper.
Tibi soli peccavi, et malum coram te feci: ut justificeris in sermonibus tuis, et vincas cum iudicaris.
Ecce enim in iniquitatibus conceptus sum: et in peccatis concepit me mater mea.
Ecce enim veritatem dilexisti: incerta et occulta sapientiae tuae manifestasti mihi.
Asperges me hyssopo, et mundabor: lavabis me, et super nivem dealabor.
Auditui meo dabis gaudium et laetitiam: et exsultabunt ossa humiliata.
Averte faciem tuam a peccatis meis: et omnes iniquitates meas dele.
Cor mundum crea in me, Deus: et spiritum rectum innova in visceribus meis.
Ne projecias me a facie tua: et spiritum sanctum tuum ne auferas a me.
Redde mihi laetitiam salutaris tui: et spiritu principali confirma me.
Docebo iniquos vias tuas: et impii ad te convertentur.
Libera me de sanguinibus, Deus, Deus salutis meae: et exultabit lingua mea iustitiam tuam.
Domine, labia mea aperies: et os meum annuntiabit laudem tuam.
Quoniam si voluisses sacrificium, dedissem utique: holocaustis non delectaberis.
Sacrificium Deo spiritus contribulatus: cor contritum, et humiliatum, Deus, non despicies.
Benigne fac, Domine, in bona voluntate tua Sion: ut aedificentur muri Jerusalem.
Tunc acceptabis sacrificium iustitiae, oblationes, et holocausta:
tunc imponent super altare tuum vitulos.

*Have mercy upon me, O God, after Thy great goodness
According to the multitude of Thy mercies do away mine offences.
Wash me thoroughly from my wickedness: and cleanse me from my sin.
For I acknowledge my faults: and my sin is ever before me.*

*Against Thee only have I sinned, and done this evil in thy sight: that Thou mightest be justified in Thy saying, and clear when Thou art judged.
Behold, I was shapen in wickedness: and in sin hath my mother conceived me.
But lo, Thou requirest truth in the inward parts: and shalt make me to understand wisdom secretly.
Thou shalt purge me with hyssop, and I shall be clean: Thou shalt wash me, and I shall be whiter than snow.
Thou shalt make me hear of joy and gladness: that the bones which Thou hast broken may rejoice.
Turn Thy face from my sins: and put out all my misdeeds.
Make me a clean heart, O God: and renew a right spirit within me.
Cast me not away from Thy presence: and take not Thy Holy Spirit from me.
O give me the comfort of Thy help again: and stablish me with Thy free Spirit.
Then shall I teach Thy ways unto the wicked: and sinners shall be converted unto Thee.
Deliver me from blood-guiltiness, O God, Thou that art the God of my health: and my tongue shall sing of Thy righteousness.
Thou shalt open my lips, O Lord: and my mouth shall show Thy praise.
For Thou desirest no sacrifice, else would I give it Thee: but Thou delightest not in burnt-offerings.
The sacrifice of God is a troubled spirit: a broken and contrite heart, O God, shalt Thou not despise.
O be favourable and gracious unto Sion: build Thou the walls of Jerusalem.
Then shalt Thou be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations:
then shall they offer young bullocks upon Thine altar.*

DREI GEISTLICHE GESÄNGE / THREE SACRED HYMNS

MUSIC Alfred Schnittke (1984)

TEXT Traditional prayer

6. NO. I

Bogoroditse D'evo, radujs'a.
Blagodatnaja Marije, Gospod s Toboju;
blagoslav'enna Ty v zhenakh,
i blagoslav'en plod chreva Tvojego,
jako Spasa rodila jesi dush nashikh.

*O Virgin and mother of God, rejoice,
Mary, full of grace, the Lord is with you!
You are blessed among women and blessed is the fruit
of your womb,
for you gave birth to the Saviour of our souls!*

7. NO. 2

Gospodi, Gospodi Iisuse,
Gospodi Iisuse Khriste,
Syn'e Bozhij, pomiluj m'a,
pomiluj m'a gr'eshnogo.

8. NO. 3

Otche nash, Izhe jesi na n'eb'es'ekh!
Da sv'e tits'a im'a Tvoje, da priid'et Tsarstvi'e Tvoje,
da bud'et vol'a Tvoja
jako na n'eb'esi i na z'emli.
Khl'eb nash nasushchnyj dazhd nam dn'es,
i ostavi nam dolgi nasha,
jako zhe i my ostavl'ajim dolzchnikom nashimi
n'e v'edi nas vo iskushenije,
no izbavi nas ot lukavago.
Jako Tvoje jest Tsarstvo i sila
i slava vo v'eki.
Amin.

*O Lord, Jesus Christ,
O, son of God,
have mercy on me, a sinner.*

*Our Father in heaven,
Hallowed be Your name,
Your kingdom come,
Your will be done on earth as it is in heaven.
Give us today our daily bread.
Forgive us our debts as we also have forgiven our
debtors.
And lead us not into temptation,
but deliver us from the evil one.
For Yours is the kingdom,
the power and the glory now and forever.
Amen.*

9. ... WHICH WAS THE SON OF ...

MUSIC *Arvo Pärt (2000)*
TEXT *St. Luke 3, 23–38*

And Jesus himself began to be
about thirty years of age,
being (as was supposed) the son of Joseph,
which was the son of Heli,
Which was the son of Matthat,
which was the son of Levi,

which was the son of Melchi,
which was the son of Janna,
which was the son of Joseph,
Which was the son of Mattathias,
which was the son of Amos,
which was the son of Naum,

which was the son of Esli,
which was the son of Nagge,
Which was the son of Maath,
which was the son of Mattathias,
which was the son of Semei,
which was the son of Joseph,
which was the son of Juda,
Which was the son of Joanna,
which was the son of Rhesa,
which was the son of Zorobabel,
which was the son of Salathiel,
which was the son of Neri,
Which was the son of Melchi,
which was the son of Addi,
which was the son of Cosam,
which was the son of Elmodam,
which was the son of Er,
Which was the son of Jose,
which was the son of Eliezer,
which was the son of Jorim,
which was the son of Matthat,
which was the son of Levi,
Which was the son of Simeon,
which was the son of Juda,
which was the son of Joseph,
which was the son of Jonan,
which was the son of Eliakim,
Which was the son of Melea,
which was the son of Menan,

which was the son of Mattatha,
which was the son of Nathan,
which was the son of David,
Which was the son of Jesse,
which was the son of Obed,
which was the son of Booz,
which was the son of Salmon,
which was the son of Naasson,
Which was the son of Aminadab,
which was the son of Aram,
which was the son of Esrom,
which was the son of Phares,
which was the son of Juda,
Which was the son of Jacob,
which was the son of Isaac,
which was the son of Abraham,
which was the son of Thara,
which was the son of Nachor,
Which was the son of Saruch,
which was the son of Ragau,
which was the son of Phalec,
which was the son of Heber,
which was the son of Sala,
Which was the son of Cainan,
which was the son of Ārphaxad,
which was the son of Sem,
which was the son of Noe,
which was the son of Lamech,

Which was the son of Mathusala,
which was the son of Enoch,
which was the son of Jared,
which was the son of Maleleel,
which was the son of Cainan,

Which was the son of Enos,
which was the son of Seth,
which was the son of Adam,
which was the son of God.

10. NUNC DIMITTIS

MUSIC *Arvo Pärt (2001)*

TEXT *Lukas 2, 29–32*

SOLOIST *Marie Hagenfeldt*

Nunc dimittis servum tuum, Domine, secundum verbum tuum in pace,
quia viderunt oculi mei salutare tuum, quod parasti ante faciem omnium populorum
lumen ad revelationem gentium, et gloriam plebis tuae Israel.

Gloria Patri et Filio et Spiritui Sancto sicut erat in principio et nunc et
semper et in saecula saeculorum. Amen.

*Lord, now lettest thou thy servant depart in peace according to thy word.
For mine eyes have seen thy salvation,*

*Which thou hast prepared before the face of all people;
To be a light to lighten the Gentiles and to be the glory of thy people Israel.
Glory to the Father, and to the Son, and to the Holy Spirit,
As it was in the beginning, and now, and ever shall be, world without end. Amen.*

11. JAG LYFTER MINA HÄNDER

MUSIC *Karin Rehnqvist (2017)*

TEXT *Jakob Arrhenius (1694) after a folk hymn*

Jag lyfter mina händer till Guds berg och hus.
Från dem han hjälpen sänder och skickar ut sitt ljus.
Mig Herren hjälp bejaka som jord och himmel gjort;
min bön han ej försakar men skyddar mig alltfört.

Han låter mina fötter ej slinta, ty han är
en väktare, ej trötter, och blir mig alltid när.
Han nådigt mig bevarar och skyddar mig från fall,
mig dag och natt försvarar

*I will lift up mine eyes unto the hills, from whence cometh my help.
My help cometh from the Lord, which made heaven and earth.
He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
Behold, he that keepeth Israel shall neither slumber nor sleep.
The Lord is thy keeper: the Lord is thy shade upon thy right hand.
The sun shall not smite thee by day, nor the moon by night.
The Lord shall preserve thee from all evil: he shall preserve thy soul.
The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.*

12. BEATITUDES

MUSIC *Paul Mealor (2013)*

TEXT *Matthew 5, 3–12*

SOLOIST *Susan Radif*

Blessed are the poor in spirit: for theirs is the kingdom of heaven.
Blessed are they that mourn: for they shall be comforted.
Blessed are the meek: for they shall inherit the earth.
Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
Blessed are the merciful: for they shall obtain mercy.
Blessed are the pure in heart: for they shall see God.
Blessed are the peacemakers: for they shall be called the children of God.
Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heav'n.
Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil
against you falsely, for my sake.
Rejoice, and be exceeding glad: for great is your reward in heav'n: for so persecuted they the
prophets which were before you. Amen.



In 1995, **Sofia Vokalensemble** was founded by Bengt Ollén, who continues to be their committed artistic director. Performances are characterized by a warm, lyrical Swedish choral sound and a stage presence that has taken the ensemble far in international competitions, tours and concerts.

Music by Bach, Poulenc, Pärt and Schnittke are frequently featured. The choir has also premiered original work by Jaakko Mäntyjärvi,

Fredrik Sixten, Jacob Mühlrad, Sven-David Sandström, Matthew Peterson and Karin Rehnqvist, to name a few.

Sofia Vokalensemble is characterized by their great love for music, their pursuit of excellence and their close interaction with their conductor – always with a lot of heart, regardless if the occasion is a regular rehearsal, training camp, travelling to a venue or behind the scenes before a competition. And, of course, on stage together.

Bengt Ollén is the founder and musical director of Sofia Vokalensemble. Since 1995 he has led the ensemble with great passion and undying enthusiasm. His leadership has helped shape Sofia Vokalensemble into a distinctive choir brimming with positive energy.



Bengt Ollén studied under Gösta Ohlin and Gunnar Eriksson at the Academy of Music and Drama in Gothenburg. Since 1981 he has founded several successful choirs and further honed his skills.

Ollén is in demand as an adjudicator in competitions, a conductor at festivals, workshops and concerts, both nationally and internationally and also as a teacher of conducting. Between the years 1994 and 2018, he was a teacher of choral singing at the well-known secondary school Stockholms Musikgymnasium. His choral ensembles have been highly successful at competitions around the world.

Constantly strengthening the choir's group dynamics has been one of Bengt Ollén's hallmarks. To this end, he uses creative improvisation techniques that produce exciting concert pieces and melody interpretations. He never ceases to encourage communication between the singers, both musically and outside rehearsals. Ollén firmly believes that making good music is a group effort.

The performances of Sofia Vokalensemble under Bengt Ollén's musical direction are characterised by a Swedish choral sound, stage presence and a joy of singing that has proven successful in international competitions and concerts all over the world.

SOPRANOS

Lisa Alf
Marie Hagenfeldt
Lovisa Lanryd
Julia Mossberg
Sara Nyberg
Susan Radif
Ebba Ulfspärre
Emilia Wikstedt

ALTOS

Ellinor Bakhuizen
Helena Falsin
Karin Glad
Annie von Heijne
Ida Hillerdal
Annika Isaksson
Fanny Papay
Åsa Pettersson
Ida Söderqvist

TENORS

Samuel Ankarcrona
Gustav Aske Sønksen
Tomas Ickzonas
Paul-Philip Mosulet
Daniel Möller
Anders Nilsson
Viktor Olsson
Gustaf Schöldt
Per Åsberg

BASSES

Esbjörn Ahlsén
Eugen Alm
Eric Berrez
Harald Carlinger
Philip Curman
Erik Hedmo
Jakob Lundvall
Mathias Roth
Viktor Westerberg

RECORDED May 3–5, 2019, in Hölö church, Sweden

PRODUCER AND RECORDING ENGINEER Per Sjösten (www.sound.se)

TEXTS Lisa Alf, Esbjörn Ahlsén, Samuel Ankarcrona, Daniel Möller, Bengt Ollén and Susan Radif

TRANSLATION Ingrid Eng

PORTRAIT PHOTO Mathias Roth

GRAPHIC DESIGN Jocke Wester

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Available in high resolution from download providers and at footprintrecords.com

Mastered for iTunes by Per Sjösten

footprintrecords.com

sofiavokalensemble.com

“Memories bind us together and our extensive experience provides a solid foundation. This gives us an edge when we make music together. Tours, competitions and parties are a few examples of what we’ve shared over the years. With an artistic director who gifts us with all the positive energy he can muster and a musical drive that also gave the choir the opportunity to evolve into what it is today, it’s difficult not to be swept away.”

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