

# Sand and Stone

Sincerely (♩ = c. 110)

Words and Music by Jeanne Loehnis

The musical score is written in 4/4 time with a tempo of approximately 110 beats per minute. It consists of six staves of music. The first staff shows the beginning of the piece with a treble clef and a key signature of one flat (B-flat). The lyrics are: "When it hurts so much, the things they do, that you can't let go, pain sticks to you, write it down with clar - i - ty up - on the sands of time. Let great winds wash o - ver it and reach out far and wide to blow the pain a-way." The chords are indicated above the notes: C, Em, Dm7, G, Em7, Am, Dm7, G, Bdim, Am, CM7/G, Em, FM7, Dm7, G, Em, Am, C/G, FM7, C, FM7, C, C/B.

C Em Dm7 G

When it

C Em Dm7 G

hurts so much, the things they do, that you

Em7 Am Dm7 G Bdim

can't let go, pain sticks to you,

Am CM7/G Em FM7

write it down with clar - i - ty up - on the sands of time.

Dm7 G Em

Let great winds wash o - ver it and reach out far and wide

Am C/G FM7 C FM7 C C/B

to blow the pain a-way.

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Am CM7/G Em Am

Will you write each pain - ful thought up - on the face of sand and

Dm7 G E7 Am C/G

let each grain re - mind you of the love of God's own hand?

F G Em7 Am

Your thoughts laid deep with - in the sand will not long have their say for

Dm D G G7 Verse 2

wind, the ver - y breath of God your pain will wash a - way. When we're

C G/B Am C/G F G

blessed by a gift from a dear old friend that we'd

Em7 Am Dm7 G Bdim

like to re - mem - ber through thick and thin,

Am CM7/G Em F

en - grave each preious mem - o - ry up - on the smooth stone face where

Dm7 G Em Am C/G

winds can blow yet nev - er lov - ing sen - ti - ment e - rase, nor blow the

Second time to Coda

FM7 C FM7 C C/B

gift a - way. Nor blow the gift a - way.

Am CM7/G Em Am

Will you write each pain - ful thought up - on the face of sand where

Dm7 G E7 Am C/G

wind, the ver - y breath of God, will wash it from your hand? And

F G Em7 Am

will you carve sweet mem - o - ries up - on the face of stone then

Dm *rit.* D G

pause each day, re - mem - ber - ing, the bles - sings you have

D.S. measure 41 G7	Coda FM7	C
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known? When we're gift a - way. Nor blow the

FM7 *rit.* C

gift a - way.