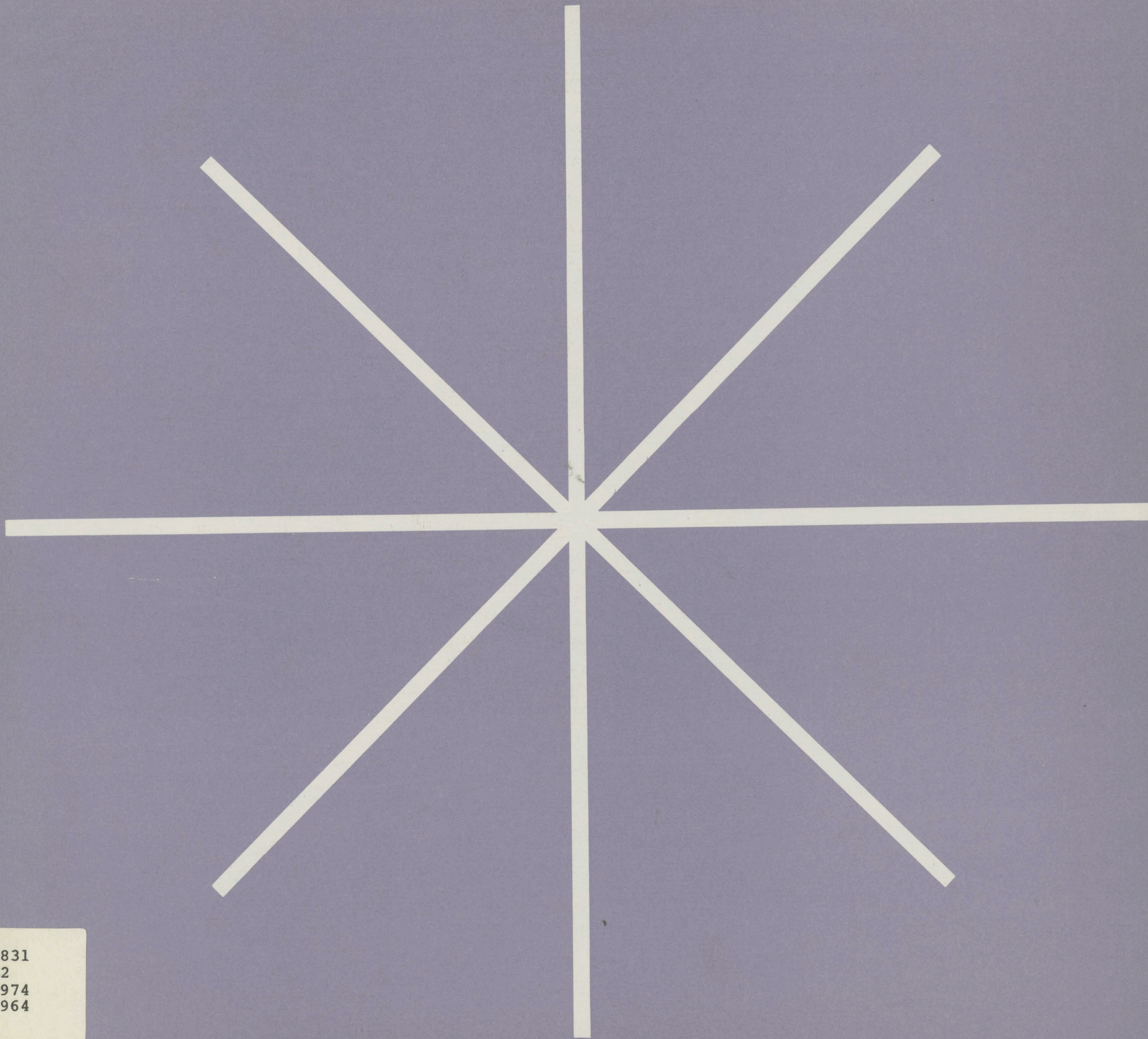


PSALMS SUNG IN THE CAMEROONS



M
1831
B2
P974
1964

the Bamileke / Recorded and with notes by John Phillipson / Folkways Records FR 8910

MUSIC LP

PSALMS SUNG IN THE CAMEROONS

By the Bamileke / Recorded and with notes by John Phillipson / Folkways Records FR 8910

Library of Congress Card# R64-1213

- | | |
|--------------------|-----------|
| PSALM 117 | PSALM 4 |
| PSALM 8 | PSALM 106 |
| PSALM 104 | PSALM 84 |
| PSALM 47 | PSALM 34 |
| PSALM 23 | PSALM 147 |
| PSALMS 98, 99, 100 | PSALM 88 |
| PSALM 130 | |

DESCRIPTIVE NOTES ARE INSIDE POCKET COVER DESIGN BY RONALD CLYNE

psalms of the cameroons

collected and edited by john phillipson

Recorded probably in the region of Ewendo, prior to 1959. The language is similar to that of the Fang inhabiting much of the Gabon, and therefore it is presumed that the tribal group belongs to the Bulu, Yaunde, or related ethnic groups. Little else is known about this recording, except that it was made in a large dwelling, probably a mission church.

The words given in the psalms are phonetic approximations of the lines sung by the chorus. The translation that follows is equally approximate and it may even be fanciful.

SIDE I

Psalm 117 Olugu ai zamba a si ndomnu
olugu ai zamba nti.

Praise the Lord on this ephemeral
earth,
praise the Lord.

117 Praise the LORD, all nations!
Extol him, all peoples!
For great is his steadfast love toward us;
and the faithfulness of the LORD en-
dures for ever.
Praise the LORD!

Psalm 8 A nti duna ye nd o tege ye su (jesus?)
O Lord glory to you without end.

8 O LORD, our Lord,
how majestic is thy name in all the
earth!

Thou whose glory above the heavens is
chanted

2 by the mouth of babes and in-
fants,
thou hast founded a bulwark because of
thy foes,
to still the enemy and the avenger.

3 When I look at thy heavens, the work of
thy fingers,
the moon and the stars which thou
hast established;

4 what is man that thou art mindful of
him,
and the son of man that thou dost
care for him?

5 Yet thou hast made him little less than
God,
and dost crown him with glory and
honor.

6 Thou hast given him dominion over the
works of thy hands;
thou hast put all things under his
feet,
7 all sheep and oxen,
and also the beasts of the field,
8 the birds of the air, and the fish of the
sea,
whatever passes along the paths of the
sea.

9 O LORD, our Lord,
how majestic is thy name in all the
earth!

Psalm 104 Zamba ema na ton ma dze ma sand
ai dzo
zamba ema nd ton ma.

God himself nourishes me, why
should I be troubled,
god himself nourishes me.

104 Bless the LORD, O my soul!
O LORD my God, thou art very
great!

Thou art clothed with honor and maj-
esty,

2 who coverest thyself with light as
with a garment,
who hast stretched out the heavens like
a tent,

3 who hast laid the beams of thy cham-
bers on the waters,
who makest the clouds thy chariot,
who ridest on the wings of the wind,
4 who makest the winds thy messengers,
fire and flame thy ministers.

5 Thou didst set the earth on its founda-
tions,
so that it should never be shaken.

6 Thou didst cover it with the deep as with
a garment;
the waters stood above the moun-
tains.

7 At thy rebuke they fled;
at the sound of thy thunder they took
to flight.

8 The mountains rose, the valleys sank
down
to the place which thou didst appoint
for them.

9 Thou didst set a bound which they
should not pass,
so that they might not again cover the
earth.

10 Thou makest springs gush forth in the
valleys;

11 they give drink to every beast of the
field;
the wild asses quench their thirst.

- 12 By them the birds of the air have their habitation;
they sing among the branches.
- 13 From thy lofty abode thou waterest the mountains;
the earth is satisfied with the fruit of thy work.
- 14 Thou dost cause the grass to grow for the cattle,
and plants for man to cultivate,
that he may bring forth food from the earth,
and wine to gladden the heart of man,
oil to make his face shine,
and bread to strengthen man's heart.
- 16 The trees of the LORD are watered abundantly,
the cedars of Lebanon which he planted.
- 17 In them the birds build their nests;
the stork has her home in the fir trees.
- 18 The high mountains are for the wild goats;
the rocks are a refuge for the badgers.
- 19 Thou hast made the moon to mark the seasons;
the sun knows its time for setting.
- 20 Thou makest darkness, and it is night,
when all the beasts of the forest creep forth.
- 21 The young lions roar for their prey,
seeking their food from God.
- 22 When the sun rises, they get them away
and lie down in their dens.
- 23 Man goes forth to his work
and to his labor until the evening.
- 24 O LORD, how manifold are thy works!
In wisdom hast thou made them all;
the earth is full of thy creatures.
- 25 Yonder is the sea, great and wide,
which teems with things innumerable,
living things both small and great.
- 26 There go the ships,
and Leviathan which thou didst form
to sport in it.
- 27 These all look to thee,
to give them their food in due season.
- 28 When thou givest to them, they gather it up;
when thou openest thy hand, they are filled with good things.
- 29 When thou hidest thy face, they are dismayed;
when thou takest away their breath,
they die
and return to their dust.
- 30 When thou sendest forth thy Spirit,
they are created;
and thou renewest the face of the ground.
- 31 May the glory of the LORD endure for ever,
may the LORD rejoice in his works,
- 32 who looks on the earth and it trembles,
who touches the mountains and they smoke!
- 33 I will sing to the LORD as long as I live;
I will sing praise to my God while I have being.
- 34 May my meditation be pleasing to him,
for I rejoice in the LORD.
- 35 Let sinners be consumed from the earth,
and let the wicked be no more!
Bless the LORD, O my soul!
Praise the LORD!

Psalm 47 Nti nkode Jesu a ke a ye eba tu e lono
mombe ni dzimbiki ayonga.

Lord Jesus goes flying to heaven,
let the trumpets sound while the
tambours play cries of joy.

47 Clap your hands, all peoples!
Shout to God with loud songs of
joy!

- 2 For the LORD, the Most High, is terrible,
a great king over all the earth.
- 3 He subdued peoples under us,
and nations under our feet.
- 4 He chose our heritage for us,
the pride of Jacob whom he loves.

Selah

- 5 God has gone up with a shout,
the LORD with the sound of a trumpet.
- 6 Sing praises to God, sing praises!
Sing praises to our King, sing praises!
- 7 For God is the king of all the earth;
sing praises with a psalm!
- 8 God reigns over the nations;
God sits on his holy throne.
- 9 The princes of the peoples gather
as the people of the God of Abraham.
For the shields of the earth belong to
God;
he is highly exalted!

Psalm 23

- 23 The LORD is my shepherd, I shall
not want;
he makes me lie down in green
pastures.
He leads me beside still waters;
he restores my soul.
He leads me in paths of righteousness
for his name's sake.
- 4 Even though I walk through the valley
of the shadow of death,
I fear no evil;
for thou art with me;
thy rod and thy staff,
they comfort me.
- 5 Thou preparest a table before me
in the presence of my enemies;
thou anointest my head with oil,
my cup overflows.
- 6 Surely goodness and mercy shall follow me
all the days of my life;
and I shall dwell in the house of the LORD
for ever.

Psalms 98, 99 Nti bise ane ngul a mo o van nye
100 mgan.

The god of all things has the
power in his hands. Grace.

- 98 O sing to the LORD a new song,
for he has done marvelous
things!
His right hand and his holy arm
have gotten him victory.
- 2 The LORD has made known his victory,
he has revealed his vindication in the
sight of the nations.
- 3 He has remembered his steadfast love
and faithfulness
to the house of Israel.
All the ends of the earth have seen
the victory of our God.
- 4 Make a joyful noise to the LORD, all the
earth;
break forth into joyous song and sing
praises!
- 5 Sing praises to the LORD with the lyre,
with the lyre and the sound of melody!
- 6 With trumpets and the sound of the
horn
make a joyful noise before the King,
the LORD!
- 7 Let the sea roar, and all that fills it;
the world and those who dwell in it!
- 8 Let the floods clap their hands;
let the hills sing for joy together
- 9 before the LORD, for he comes to judge
the earth.

He will judge the world with righteousness,
and the peoples with equity.

99 The LORD reigns; let the peoples tremble!

He sits enthroned upon the cherubim;
let the earth quake!

2 The LORD is great in Zion;
he is exalted over all the peoples.

3 Let them praise thy great and terrible name!

Holy is he!

4 Mighty King,^m lover of justice,
thou hast established equity;
thou hast executed justice
and righteousness in Jacob.

5 Extol the LORD our God;
worship at his footstool!
Holy is he!

6 Moses and Aaron were among his priests,

Samuel also was among those who
called on his name.

They cried to the LORD, and he answered them.

7 He spoke to them in the pillar of cloud;
they kept his testimonies,
and the statutes that he gave them.

8 O LORD our God, thou didst answer them;

thou wast a forgiving God to them,
but an avenger of their wrongdoings.

9 Extol the LORD our God,
and worship at his holy mountain;
for the LORD our God is holy!

100 Make a joyful noise to the LORD,
all the lands!ⁿ
2 Serve the LORD with gladness!
Come into his presence with singing!

3 Know that the LORD is God!
It is he that made us, and we are his;^o
we are his people, and the sheep of his pasture.

4 Enter his gates with thanksgiving,
and his courts with praise!
Give thanks to him, bless his name!

5 For the LORD is good;
his steadfast love endures for ever,
and his faithfulness to all generations.

Psalm 130 E za one ngul ozu nu kue.
Come merciful to save me.

130 Out of the depths I cry to thee,
O LORD!
2 Lord, hear my voice!
Let thy ears be attentive
to the voice of my supplications!

3 If thou, O LORD, shouldst mark iniquities,
Lord, who could stand?

4 But there is forgiveness with thee,
that thou mayest be feared.

5 I wait for the LORD, my soul waits,
and in his word I hope;

6 my soul waits for the LORD
more than watchmen for the morning,
more than watchmen for the morning.

7 O Israel, hope in the LORD!
For with the LORD there is steadfast love,
and with him is plenteous redemption.

8 And he will redeem Israel
from all his iniquities.

Psalm 4 A nti o ma e, ma koke te wa.
O Lord listen to my prayer.

4 Answer me when I call, O God of my right!
Thou hast given me room when I was in distress.
Be gracious to me, and hear my prayer.

2 O men, how long shall my honor suffer shame?

How long will you love vain words,
and seek after lies? *Selah*

3 But know that the LORD has set apart the
godly for himself;
the LORD hears when I call to him.

4 Be angry, but sin not;
commune with your own hearts on
your beds, and be silent. *Selah*

5 Offer right sacrifices,
and put your trust in the LORD.

6 There are many who say, "O that we
might see some good!
Lift up the light of thy countenance
upon us, O LORD!"

7 Thou hast put more joy in my heart
than they have when their grain and
wine abound.

8 In peace I will both lie down and
sleep;
for thou alone, O LORD, makest me
dwell in safety.

SIDE II

Psalm 106 Aleluia tard nton dobe nye bia kau
amu ediu eme abe nye.

Hallelujah, the Father Creator,
him we thank because he is love.

106 Praise the LORD!
O give thanks to the LORD, for he
is good;
for his steadfast love endures for
ever!

2 Who can utter the mighty doings of the
LORD,
or show forth all his praise?

3 Blessed are they who observe justice,
who do righteousness at all times!

4 Remember me, O LORD, when thou
showest favor to thy people;
help me when thou deliverest them;

5 that I may see the prosperity of thy
chosen ones,
that I may rejoice in the gladness of
thy nation,
that I may glory with thy heritage.

6 Both we and our fathers have sinned;
we have committed iniquity, we have
done wickedly.

7 Our fathers, when they were in Egypt,
did not consider thy wonderful works;
they did not remember the abundance
of thy steadfast love,
but rebelled against the Most High
at the Red Sea.

8 Yet he saved them for his name's sake,
that he might make known his mighty
power.

9 He rebuked the Red Sea, and it became
dry;
and he led them through the deep as
through a desert.

10 So he saved them from the hand of the foe,
and delivered them from the power of the enemy.
11 And the waters covered their adversaries;
not one of them was left.
12 Then they believed his words;
they sang his praise.
13 But they soon forgot his works;
they did not wait for his counsel.
14 But they had a wanton craving in the wilderness,
and put God to the test in the desert;
15 he gave them what they asked,
but sent a wasting disease among them.
16 When men in the camp were jealous of Moses
and Aaron, the holy one of the LORD,
17 the earth opened and swallowed up Dathan,
and covered the company of Abi'ram.
18 Fire also broke out in their company;
the flame burned up the wicked.
19 They made a calf in Horeb
and worshiped a molten image.
20 They exchanged the glory of God
for the image of an ox that eats grass.
21 They forgot God, their Savior,
who had done great things in Egypt,
22 wondrous works in the land of Ham,
and terrible things by the Red Sea.
23 Therefore he said he would destroy them—
had not Moses, his chosen one,
stood in the breach before him,
to turn away his wrath from destroying them.
24 Then they despised the pleasant land,
having no faith in his promise.
25 They murmured in their tents,
and did not obey the voice of the LORD.
26 Therefore he raised his hand and swore to them
that he would make them fall in the wilderness,
27 and would disperse^u their descendants among the nations,
scattering them over the lands.
28 Then they attached themselves to the Ba'al of Pe'or,
and ate sacrifices offered to the dead;
29 they provoked the LORD to anger with their doings,
and a plague broke out among them.
30 Then Phin'eas stood up and interposed,
and the plague was stayed.
31 And that has been reckoned to him as righteousness
from generation to generation for ever.
32 They angered him at the waters of Mer'-
ibah,
and it went ill with Moses on their account;
33 for they made his spirit bitter,
and he spoke words that were rash.
34 They did not destroy the peoples,
as the LORD commanded them,
35 but they mingled with the nations
and learned to do as they did.
36 They served their idols,
which became a snare to them.
37 They sacrificed their sons
and their daughters to the demons;
38 they poured out innocent blood,
the blood of their sons and daughters,

whom they sacrificed to the idols of Canaan;
and the land was polluted with blood.
39 Thus they became unclean by their acts,
and played the harlot in their doings.
40 Then the anger of the LORD was kindled against his people,
and he abhorred his heritage;
41 he gave them into the hand of the nations,
so that those who hated them ruled over them.
42 Their enemies oppressed them,
and they were brought into subjection under their power.
43 Many times he delivered them,
but they were rebellious in their purposes,
and were brought low through their iniquity.
44 Nevertheless he regarded their distress,
when he heard their cry.
45 He remembered for their sake his covenant,
and relented according to the abundance of his steadfast love.
46 He caused them to be pitied
by all those who held them captive.
47 Save us, O LORD our God,
and gather us from among the nations,
that we may give thanks to thy holy name
and glory in thy praise.
48 Blessed be the LORD, the God of Israel,
from everlasting to everlasting!
And let all the people say, "Amen!"
Praise the LORD!

Psalms 84

Besamba muum, mbol ba tobo a
nda dzo e, besamba muum.

Happy he who lives in the house,
happy indeed.

84 How lovely is thy dwelling place,
O LORD of hosts!
2 My soul longs, yea, faints
for the courts of the LORD;
my heart and flesh sing for joy
to the living God.

3 Even the sparrow finds a home,
and the swallow a nest for herself,
where she may lay her young,
at thy altars, O LORD of hosts,
my King and my God.

4 Blessed are those who dwell in thy house,
ever singing thy praise! *Selah*

5 Blessed are the men whose strength is in thee,
in whose heart are the highways to Zion.

6 As they go through the valley of Baca
they make it a place of springs;
the early rain also covers it with pools.

7 They go from strength to strength;
the God of gods will be seen in Zion.

8 O LORD God of hosts, hear my prayer;
give ear, O God of Jacob! *Selah*

9 Behold our shield, O God;
look upon the face of thine anointed!

10 For a day in thy courts is better
than a thousand elsewhere.
I would rather be a doorkeeper in the
house of my God
than dwell in the tents of wickedness.

11 For the LORD God is a sun and shield;
he bestows favor and honor.
No good thing does the LORD withhold
from those who walk uprightly.

12 O LORD of hosts,
blessed is the man who trusts in thee!

Dzam mi ntag, zamba zu tode
ayon die, dzam mi ntag.

Reason for joy, God comes to
deliver his people, reason for joy.

34 I will bless the LORD at all times;
his praise shall continually be in my
mouth.

² My soul makes its boast in the LORD;
let the afflicted hear and be glad.

³ O magnify the LORD with me,
and let us exalt his name together!

⁴ I sought the LORD, and he answered
me,
and delivered me from all my fears.

⁵ Look to him, and be radiant;
so your faces shall never be ashamed.

⁶ This poor man cried, and the LORD
heard him,
and saved him out of all his troubles.

⁷ The angel of the LORD encamps
around those who fear him, and de-
livers them.

⁸ O taste and see that the LORD is good!
Happy is the man who takes refuge in
him!

⁹ O fear the LORD, you his saints,
for those who fear him have no want!

¹⁰ The young lions suffer want and hunger;
but those who seek the LORD lack no
good thing.

¹¹ Come, O sons, listen to me,
I will teach you the fear of the LORD.

¹² What man is there who desires life,
and covets many days, that he may
enjoy good?

¹³ Keep your tongue from evil,
and your lips from speaking deceit.

¹⁴ Depart from evil, and do good;
seek peace, and pursue it.

¹⁵ The eyes of the LORD are toward the
righteous,
and his ears toward their cry.

¹⁶ The face of the LORD is against evildoers,
to cut off the remembrance of them
from the earth.

¹⁷ When the righteous cry for help, the
LORD hears,
and delivers them out of all their
troubles.

¹⁸ The LORD is near to the brokenhearted,
and saves the crushed in spirit.

¹⁹ Many are the afflictions of the righteous;
but the LORD delivers him out of them
all.

²⁰ He keeps all his bones;
not one of them is broken.

²¹ Evil shall slay the wicked;
and those who hate the righteous will
be condemned.

²² The LORD redeems the life of his serv-
ants;
none of those who take refuge in him
will be condemned.

Taman zamba a ngon sion a nyeb
du ma, aleluia.

147 Praise the LORD!
For it is good to sing praises to
our God;

for he is gracious, and a song of
praise is seemly.

² The LORD builds up Jerusalem;
he gathers the outcasts of Israel.

³ He heals the brokenhearted,
and binds up their wounds.

⁴ He determines the number of the stars,
he gives to all of them their names.

⁵ Great is our LORD, and abundant in
power;
his understanding is beyond meas-
ure.

⁶ The LORD lifts up the downtrodden,
he casts the wicked to the ground.

⁷ Sing to the LORD with thanksgiving;
make melody to our God upon the
lyre!

⁸ He covers the heavens with clouds,
he prepares rain for the earth,
he makes grass grow upon the hills.

⁹ He gives to the beasts their food,
and to the young ravens which cry.

¹⁰ His delight is not in the strength of the
horse,
nor his pleasure in the legs of a man;

¹¹ but the LORD takes pleasure in those
who fear him,
in those who hope in his steadfast
love.

¹² Praise the LORD, O Jerusalem!
Praise your God, O Zion!

¹³ For he strengthens the bars of your
gates;
he blesses your sons within you.

¹⁴ He makes peace in your borders;
he fills you with the finest of the
wheat.

¹⁵ He sends forth his command to the
earth;
his word runs swiftly.

¹⁶ He gives snow like wool;
he scatters hoarfrost like ashes.

¹⁷ He casts forth his ice like morsels;
who can stand before his cold?

¹⁸ He sends forth his word, and melts
them;
he makes his wind blow, and the
waters flow.

¹⁹ He declares his word to Jacob,
his statutes and ordinances to Israel.

²⁰ He has not dealt thus with any other
nation;
they do not know his ordinances.

Praise the LORD!

Lugane zamba kon ese
Always worship God.

88 O LORD, my God, I call for help
by day;

I cry out in the night before thee.

² Let my prayer come before thee,
incline thy ear to my cry!

³ For my soul is full of troubles,
and my life draws near to Sheol.

⁴ I am reckoned among those who go
down to the Pit;

I am a man who has no strength,
like one forsaken among the dead,

like the slain that lie in the grave,
like those whom thou dost remember no
more,

for they are cut off from thy hand.

⁶ Thou hast put me in the depths of the
Pit,
in the regions dark and deep.

⁷ Thy wrath lies heavy upon me,
and thou dost overwhelm me with all
thy waves. *Selah*

⁸ Thou hast caused my companions to
shun me;
thou hast made me a thing of horror
to them.

I am shut in so that I cannot escape;

⁹ my eye grows dim through sorrow.
Every day I call upon thee, O LORD;

I spread out my hands to thee.

¹⁰ Dost thou work wonders for the dead?
Do the shades rise up to praise thee? *Selah*

¹¹ Is thy steadfast love declared in the
grave,
or thy faithfulness in Abaddon?

¹² Are thy wonders known in the dark-
ness,
or thy saving help in the land of for-
getfulness?

¹³ But I, O LORD, cry to thee;
in the morning my prayer comes be-
fore thee.

¹⁴ O LORD, why dost thou cast me off?
Why dost thou hide thy face from me?

¹⁵ Afflicted and close to death from my
youth up,
I suffer thy terrors; I am helpless."

¹⁶ Thy wrath has swept over me;
thy dread assaults destroy me.

¹⁷ They surround me like a flood all day
long;
they close in upon me together.

¹⁸ Thou hast caused lover and friend to
shun me;
my companions are in darkness.