

THE HERITAGE YOUTH CHORUS PRESENTS

# *I Can Do All Things Through Christ*

Philippians 4:13

*An inspiring musical program  
about trusting the Savior*





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# I Can Do All Things Through *Christ*

Welcome and Introduction . . . . . Presiding Leader  
Opening Hymn . . . . . 89; *The Lord is My Light*  
Opening Prayer . . . . . By Invitation

## PROGRAM

*Song lyrics are printed on pages six through nine.*

*Praise to the Lord, the Almighty.* . . . . . arr. Andrew Huish  
Rachel Swallow, oboe; Matthew Schmidt, trumpet;  
Sara Gankhuyag, percussion

Narration. . . . . Kelli Smith, Carter Quinn, Annalia Tew,  
Jacob Stafford, Sabrina Monson, and Serenity Bailey

*I Can Do All Things Through Christ.* . . . . . Mark Hayes  
Rachel Swallow, flute; Charles Quinn, cello

Narration. . . . . Elizabeth Ware, Hailey Todd,  
Rachel Stafford, and Mason Longhurst

*My Heavenly Father Loves Me* . . . . . arr. Nathan Hofheins  
Rachel Swallow, flute

Narration. . . . . Claire McMillan, Jace Pulley, Sarah Revo,  
Heidi Lason, Eliza Strong, Calynn Quinn

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*Come, Christians, Join to Sing* . . . . .arr. Randall Kempton  
Maximus Madsen, piano; Eliza Harmon and Lyndi Washburn, violin;  
Sara Gankhuyag, percussion

Narration . . . . .Bree Douberley and David Henrie

*How Gentle God's Commands* . . . . . Rob Swenson  
Emma Rollins or Sarah Revo, soloist

Narration . . . . .Lizzie Soelberg and Harvest Hale

*Rise Up, O Men of God* . . . . .arr. Ronald Staheli

Narration . . . . .Rachel Hancock

*Nothin' Gonna Stumble My Feet* . . . . . Greg Gilpin  
Liza Jorgensen or Leah Way, soloist

Narration . . . . .Charles Quinn and Sydney Kopp-Jardine

*And Can It Be?* . . . . . Dan Forrest  
Rachel Swallow, oboe

*I Can Do All Things* . . . . .Nik Day  
Rilynn Smith, Jace Pulley, and Emma Holmes  
or Kelli Smith, Ollie Buer, and Shirley Graham, soloists

Narration . . . . .Kami Seamons, Eric Heder, Samantha Davis,  
Robby Douberley, and Aaron Atkinson

*I Believe in Christ* . . . . .arr. Mack Wilberg  
Rachel Swallow, flute; Sara Gankhuyag, percussion

Closing Prayer . . . . . By Invitation

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## HERITAGE YOUTH CHORUS

### Soprano I

Avia Allred  
Serenity Bailey  
Hannah Christiansen  
Shirley Graham  
Maylin Hill  
Emma Holmes  
Mya Holyoak  
Liza Jorgensen  
Ella Larsen  
Hannah Lau  
Claire McMillan\*  
Nancy Mellor  
Noelle Pace  
Naomi Pinson  
Sarah Revo\*  
Rilynn Smith  
Lauren Stratford\*  
Eliza Strong  
Suzie Thompson  
Eden Waite  
Leah Way

### Tenor I

Peter Anderson  
Aaron Chappell\*  
Lucas Costa  
Ethan Cox  
Andrew Fee  
Matthew Gankhuyag  
Justin Hancock  
Joey Haymond  
Derek Hunsaker  
Logan Hunsaker  
Peter Jacobson  
Samuel McMillan\*  
Evan Mitchell  
Benson Muhlestein  
Charles Quinn  
Cuzco Quinn  
Willard Sanders  
Matthew Schmidt  
Elijah Thornton

### Soprano II

Annalee Buck  
Anna Bushman  
Chloe Christensen\*  
Emily Curzon  
Isabelle Dibb  
Bella Ericson  
Kora Fisher  
Mishelle Gankhuyag  
Avalie Gerlach  
Gabiella Gibson  
Brittany Gilmore  
Rachel Hancock  
Eliza Harmon  
Annalie Johnson  
Hannah Jueschke  
Madalynn Larsen  
Kelsey McClain  
Hanna Roberson\*  
Eva Rutherford  
Ella Scriber  
Elizabeth Soelberg  
Rachel Stafford  
Isabelle Walker  
Elizabeth Ware  
Rachel Wright

### Tenor II

Joshua Bates  
Max Buer  
Oliver Buer  
John Bushman  
Owen Chenn  
Joseph Holmes  
Quinten Hunsaker  
Spencer Larsen  
Jeffrey Logan  
Mason Longhurst  
Adam McFarland  
Ryan Mitchell  
Jace Pulley  
Nolan Spackman  
Kris Tony  
Benjamin Ware  
Joseph Weyland

### Alto I

Kayte Adams  
Emmaree Atkinson  
Naomi Bergeson\*  
Clara Boren  
Bethany Braddy  
Emily Carman  
Jenna Chappell\*  
Lizzie Cowley  
Samantha Davis\*  
Sara Gankhuyag  
Laura Graham  
Harvest Hale  
Elise Hancock  
Bree Harmon  
Abby Johnson  
Sarah Larsen  
Heidi Lasson  
Kara Nelson  
Korrinne Pack  
Julie Riboldi  
Ina Roberson\*  
Grace Rutherford  
Kelli Smith  
Hailey Todd  
Emma Welch  
Clara Wikle  
Kate Woodley

### Bass I

Dallin Bates  
Ryan Boris  
Robby Douberley  
Benson Hale  
David Henrie  
Michael Jacobson  
Durgin Jones  
Luke Jorgensen  
Samuel Longhurst  
Tanner Martin\*  
Trevyn Monson\*  
Isaiah Ong  
Nathan Schmidt  
Lucas Shepherd  
Jacob Stafford  
Andrew Swenson

### Alto II

Daniel Anderson  
Elizabeth Anderson  
Aaron Atkinson  
Ryah Crandall  
Bree Douberley  
Lincoln Ericson  
Allie Gilmore  
Ellie Hair  
Bradford Hale  
Sydney Kopp-Jardine  
Sabrina Monson  
Taylor Muhlestein  
Ivy Nelson  
Calynn Quinn  
Emma Rollins  
Kami Seamons  
Shaylie Slagowski  
Annalia Tew  
Ruby Thurgood  
Lyndi Washburn

### Bass II

Benjamin Anderson  
Joseph Atwood  
Scott Brown  
Jacob Carlson\*  
William Christenson  
Benson Christiansen  
Nathan Hancock  
Eric Heder  
Tyson Ker  
Benson Lee  
Noah Lewis  
Maximus Madsen  
Zion Ong  
Carter Quinn  
Chandler Snyder\*

\*Extended Choir member. These singers have auditioned and traveled from locations throughout the United States to join with the Heritage Youth Chorus on their 2023 fireside tour.



## INSTRUMENTALISTS

Flute and Oboe .....	Rachel Swallow
Trumpet .....	Matthew Schmidt
Percussion .....	Sara Gankhuyag
Cello .....	Charles Quinn
Violin .....	Eliza Harmon and Lyndi Washburn

## DIRECTORS AND STAFF

Program Director/Musical Director .....	Rob Swenson
Assistant Musical Directors .....	Matt Thornton and Will Hatch
Accompanist/Organist .....	Neil Harmon
Choir Secretary/Tour Co-Director .....	Julie Erwin
Tour Co-Director .....	Chandra Childs
Assistant Choir Secretary .....	Thalea Longhurst
SLC Campus Secretary .....	Karen Ericson
Technical Director .....	Rich Weyland
Attire Coordinator .....	Laurie Patterson
Photographer and Social Media Coordinator .....	Tresa Haymond
Extended Choir Coordinator .....	Karen Logan
Database Manager .....	Ogie Gankhuyag
Fireside Program Writer/Editor .....	Heidi Rodeback
Poster Design .....	Jared Page
AHS Administrative Director over Fine Arts .....	Blaine Hunsaker

### Tour Chaperones:

Elizabeth Acuña, Jacob Gibson, Chase Hale, Laura Hale, Michael Hancock, Anese Harmon, Brenda Jacobson, Lee Jacobson, Michelle Jorgensen, Steve Jorgensen, Emily Loveless, Charity Quinn, Tang Ma Ma Quinn, Reed Quinn, Katrina Seamons, Chantel Shepherd, Daniel and Ilima Todd, Mary Kay Ware, and Heidi Weyland

## SPECIAL THANKS

Special Thanks to President Bryan Adams, Julie Bates, Donald Blackner, President Lyle Brownell, President Brent Byers, Shannon Carlson, AJ Curtis, Meahter Ekins, Bryan Goold, Stephanie Goold, Rose Johnson, Sheridi Gough, President Karl Hendricks, Shannon Hesketh, President Jerry Hinton, Stephanie Holwege, President Todd Keeney, President Mark Kroit, Angela Laing, Erin Martin, Jenifer Merrill, Kyle Meyer, LeAnn Miller, Jeremy Nash, Dena Niccolls, Ben Nolte, Tori Orndorff, Michelle Peper, Luke Peterson, Ferdi Pinpin, Andy Pope, Laura Silvey, President Jared Spataro, President Eric Stark, President Robert Tanner, President Brian Tracy, Valerie Williams, Jeff Winter, and all others whose selfless service has helped make this program possible—including host families who have generously welcomed choir members into their homes.

We welcome your comments about tonight's performance.  
Write to [choirs@ahsmail.com](mailto:choirs@ahsmail.com)



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## SONG TEXTS

### PRAISE TO THE LORD, THE ALMIGHTY

*Text by Joachim Neander*

*English translation by Catherine Winkworth*

Praise to the Lord,  
the Almighty, the King of creation!  
O my soul, praise him,  
for he is thy health and salvation!  
All ye who hear,  
Now to his temple draw near;  
Praise him in glad adoration!

Praise to the Lord!  
Who o'er all things so wondrously reigneth.  
He shelters thee under his wings,  
yea, so gently sustaineth.  
Hast thou not seen  
How thy desires have been  
Granted in what he ordaineth.

Praise to the Lord!  
Oh, let all that is in me adore him!  
All that hath life and breath,  
come now with praises before him!  
Let the "amen"  
Sound from his people again,  
Gladly forever adore him.

### I CAN DO ALL THINGS THROUGH CHRIST

*Text by Mark Hayes*

*Based on Philippians 4:13 and Proverbs 3:5-6*

I can do all things through Christ  
who strengthens me.

He is my rock, He is my stay,  
He is my comfort through the day.  
He is my strength in every way.  
I can do all things through Christ  
who strengthens me.

When doubts assail, when trials come  
and hope seems gone,  
When I am weak and have no heart  
to sing my song,  
I will evermore proclaim  
There is power in Jesus' name.  
God's word has promises I will claim.  
I can do all things through Christ  
who strengthens me.

I will trust in the Lord with all my heart and not  
depend on my own understanding.  
In all my ways I will acknowledge Him  
and He will direct my paths.

Christ is my shelter, my hope, my solid ground.  
Abiding safe in His arms may I be found.  
When all around is sinking sand,  
I am secure in God's strong hands.  
I gladly follow His commands.  
I can do all things through Christ  
who strengthens me.

### MY HEAVENLY FATHER LOVES ME

*Text by Clara W. McMaster*

Whenever I hear the song of a bird  
Or look at the blue, blue sky,  
Whenever I feel the rain on my face  
Or the wind as it rushes by,  
Whenever I touch a velvet rose  
Or walk by our lilac tree,  
I'm glad that I live in this beautiful world  
Heav'nly Father created for me.

He gave me my eyes that I might see  
The color of butterfly wings.  
He gave me my ears that I might hear  
The magical sound of things.  
He gave me my life, my mind, my heart:  
I thank him rev'rently  
For all his creations, of which I'm a part.  
Yes, I know Heav'nly Father loves me.

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COME, CHRISTIANS, JOIN TO SING

*Text by Christian H. Bateman*

Come, Christians, join to sing  
Alleluia! Amen!  
Loud praise to Christ our King;  
Alleluia! Amen!  
Let all, with heart and voice,  
Before his throne rejoice;  
Praise is his gracious choice:  
Alleluia! Amen!

Come, lift your hearts on high,  
Alleluia! Amen!  
Let praises fill the sky;  
Alleluia! Amen!  
He is our guide and friend,  
To us he'll condescend;  
His love shall never end:  
Alleluia! Amen!

Praise yet our Christ again;  
Alleluia! Amen!  
Life shall not end the strain;  
Alleluia! Amen!  
On heaven's blissful shore,  
His goodness we'll adore,  
Singing forevermore,  
"Alleluia! Amen!"

HOW GENTLE GOD'S COMMANDS

*Text by Philip Doddridge*

How gentle God's commands!  
How kind his precepts are!  
Come, cast your burdens on the Lord  
And trust his constant care.

Beneath his watchful eye,  
His Saints securely dwell;  
That hand which bears all nature up  
Shall guard his children well.

Why should this anxious load  
Press down your weary mind?

Haste to your Heav'nly Father's throne  
And sweet refreshment find.

His goodness stands approved,  
Unchanged from day to day;  
I'll drop my burden at his feet  
And bear a song away.

RISE UP, O MEN OF GOD

*Text by William Pierson Merrill*

Rise up, O men of God!  
Have done with lesser things.  
Give heart and soul and mind and strength  
To serve the King of Kings.

Rise up, O men of God,  
In one united throng.  
Bring in the day of brotherhood  
And end the night of wrong.

Rise up, O men of God!  
Tread where his feet have trod.  
As brothers of the Son of Man,  
Rise up, O men of God!

NOTHIN' GONNA STUMBLE MY FEET

*Text by James Nicholson*

I've been a walking with the Lord for many a day.  
(Nothing gonna stumble, stumble my feet.)  
Trying to abide in the straight and narrow way.  
(Nothing gonna stumble, stumble my feet.)  
But when my time on earth is done  
And I hear my name,  
Oh, when my time on earth is done  
These weary feet are gonna run.

[Chorus]

No, not gonna stammer, not gonna trip,  
No, I'm not gonna stumble,  
No, I'm not gonna slip.  
No, nothing gonna stumble, stumble my feet  
When I go to walk that golden street.

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Now the devil is a liar, and a cheater too.  
(Nothing gonna stumble, stumble my feet.)  
And if he gets his way,  
he'll make a slider out of you.  
(Nothing gonna stumble, stumble my feet.)  
But if you listen for the spirit's voice  
In a moment of truth, moment of truth—  
Oh, if you listen for the spirit's voice  
He'll help you make the right choice.

[Chorus]

Not gonna waver, falter, sway or fall.  
Not gonna tumble or slide.  
Not gonna waver, falter, sway or fall.  
Not gonna stumble at all!

[Chorus]

AND CAN IT BE?  
*Text by Charles Wesley*

And can it be that I should gain  
An interest in the Savior's blood?  
Died He for me, who caused His pain—  
For me, who Him to death pursued?  
Amazing love! How can it be,  
That Thou, my God, shouldst die for me?

He left His Father's throne above  
So free, so infinite His grace—  
Emptied Himself of all but love,  
And bled for Adam's helpless race:  
'Tis mercy all, immense and free,  
For O my God, it found out me!

No condemnation now I dread;  
Jesus, and all in Him, is mine;  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach th'eternal throne,  
And claim the crown, through Christ my own.

Amazing love! How can it be,  
That Thou, my God, shouldst die for me?

I CAN DO ALL THINGS  
*Text by Nik Day*

Through my hills and valleys,  
Every storm-tossed sea,  
I can feel my Savior so close to me.  
He leads me forward through paths unknown,  
And when my strength is gone,  
He heals my weary soul  
And shows me who I could be.  
He stays with me,  
And I know...

[Chorus]

I can do all things.  
When I'm sinking in the waves,  
If I reach out for His grace,  
He will rescue me.  
I can do all things  
With the Savior by my side.  
I can climb to greater heights,  
Find the strength I need.  
I can do all things with Christ.  
I can do all things with Christ.

I will cross that desert  
Though it's far and wide.  
When I feel the hunger,  
And I hear the lies  
I will pray to heaven,  
And the winds will cease.  
With my Savior as my guide,  
I know that...

[Chorus]

If I'm locked inside a prison cell,  
He breaks my chains.  
When I'm laid into the grave,  
He rolls the stone away.  
When I face my fears  
and follow Him with all my faith,  
He gives me strength.

[Chorus]





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I BELIEVE IN CHRIST

*Text by Bruce R. McConkie*

I believe in Christ; he is my King!  
With all my heart to him I'll sing;  
I'll raise my voice in praise and joy,  
In grand amens my tongue employ.  
I believe in Christ; he is God's Son.  
On earth to dwell his soul did come.  
He healed the sick; the dead he raised.  
Good works were his; his name be praised.

I believe in Christ—my Lord, my God!  
My feet he plants on gospel sod.  
I'll worship him with all my might;  
He is the source of truth and light.  
I believe in Christ; he ransoms me.  
From Satan's grasp he sets me free,  
And I shall live with joy and love  
In his eternal courts above.

I believe in Christ; he stands supreme!  
From him I'll gain my fondest dream;  
And while I strive through grief and pain,  
His voice is heard: "Ye shall obtain."  
I believe in Christ; so come what may,  
With him I'll stand in that great day  
When on this earth he comes again  
To rule among the sons of men.

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The Heritage Youth Chorus at American Heritage School is a faith-centered choral ensemble with locations in Utah and Salt Lake counties. The mission of the choir is to build musical excellence and enduring faith in the lives of choir members and listeners. Since its founding in 2009, the choir has performed frequently on Temple Square and has collaborated with David Archuleta, BYU Vocal Point, Paul Cardall, Dallyn Vail Bayles, David Osmond, Marie Osmond, Laura Osnes, and Nathan Pacheco. Choir members were featured on the inaugural *Christmas Under the Stars* special produced by BYUTV, featuring GENTRI and Lexi Walker. In 2009, Heritage Youth Chorus members were heard singing side-by-side with the Tabernacle Choir and Natalie Cole in their annual Christmas concert. In 2016, the choir was invited to premier a new piece in the Salt Lake Tabernacle by Paul Cardall with text by David A. Bednar entitled “One By One.” In 2019, the Youth Chorus released a stand-alone album entitled “Beautiful Savior” and collaborated with composer Michael R. Hicks on a recording and video of the iconic EFY Medley, “As Sisters in Zion/We’ll Bring the World His Truth.” Recently, the choir collaborated with violinist Jenny Oaks Baker on “The Redeemer: An Easter Celebration,” which has received over 11 million views worldwide. Each summer, the choir embarks on a service and performance tour, presenting musical firesides for stakes of the Church of Jesus Christ of Latter-day Saints throughout the country. The choir has performed over 60 musical firesides in 25 U.S. states. The Heritage Youth Chorus is the premier touring ensemble in the Heritage Youth Choirs organization, which provides faith-centered singing experiences for children of all ages throughout the Wasatch Front.



# The Lord Is My Light

*Resolutely* ♩ = 72-92

1. The Lord is my light; then why should I fear? By day and by night his  
 2. The Lord is my light; tho clouds may a - rise, Faith, stron-ger than sight, looks  
 3. The Lord is my light; the Lord is my strength. I know in his might I'll  
 4. The Lord is my light, my all and in all. There is in his sight no

pres - ence is near. He is my sal - va - tion from sor - row and sin; This  
 up thru the skies Where Je - sus for - ev - er in glo - ry doth reign. Then  
 con - quer at length. My weak - ness in mer - cy he cov - ers with pow'r, And,  
 dark - ness at all. He is my Re - deem - er, my Sav - ior, and King. With

bles - sed as - sur - ance the Spir - it doth bring,  
 how can I ev - er in dark - ness re - main? The Lord is my  
 walk - ing by faith, I am blest ev - ry hour. The Lord is my light, the  
 Saints and with an - gels his prais - es I'll sing.

light; He is my joy and my song. By  
 Lord is my light; He is my joy and my song. By

day and by night He leads, he leads me a - long.  
 day and by night, by day and by night He leads, he leads me a - long.

## 2023 TOUR PERFORMANCES

### AMERICAN HERITAGE SCHOOL

Wednesday, May 31 at 7:00 p.m.  
736 North 1100 East  
American Fork, Utah

### MERIDIAN IDAHO WEST STAKE

Friday, June 2 at 7:00 p.m.  
1985 North Black Cat Road  
Meridian, Idaho

### GRESHAM OREGON STAKE

Sunday, June 4 at 7:00 p.m.  
3600 SE 182 Ave  
Gresham, Oregon

### AUBURN WASHINGTON STAKE

Tuesday, June 6 at 7:00 p.m.  
1820 F St SE  
Auburn, Washington

### BELLEVUE WASHINGTON STAKE

Wednesday, June 7 at 7:00 p.m.  
14536 Main St  
Bellevue, Washington

### YAKIMA WASHINGTON STAKE

Thursday, June 8 at 7:00 p.m.  
705 S 38th Ave  
Yakima, Washington

### COLVILLE WASHINGTON STAKE

Friday, June 9 at 7:00 p.m.  
260 E Juniper Ave  
Colville, Washington

### SPOKANE WASHINGTON EAST STAKE

Sunday, June 11 at 5:30 p.m. and 7:30 p.m.  
13608 E Fortieth Ave  
Spokane, Washington



**HERITAGE YOUTH CHOIRS**  
at AMERICAN HERITAGE SCHOOL