

we

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low.

goes\_

Text: Zimbabwean traditional Music: Zimbabwean traditional



Music: Charles A. Tindley, ca. 1906; arranged by William F. Smith, The United Methodist Hymnal, 1989 Arrangement copyright @1989 The United Methodist Publishing House

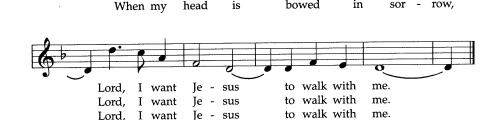
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## 96 I'm pressing on the upward way



Text: Johnson Oatman, Jr. Music: Charles H. Gabriel, 1892





head

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sor - row,

Text: African-American spiritual Music: African-American spiritual