

2026-03-09 Meditation for Monday in the Third Week of Lent is now available at: <https://pgimf.org/meditations/>

[The opening theme song with a poetic paraphrase begins:]

*Ich bete an die Macht der Liebe,*  
O Pow'r of love, all else transcending,  
*Die sich in Jesu offenbart;*  
In Jesus present evermore,  
*Ich geb' mich hin dem freien Triebe,*  
I worship thee, in homage bending,

***Ach wie wichtig***, Op. 9, No. 1 (published 1869)

Lyrics: Michael Franck (1609-1667; written c. 1650)

Translation: <https://www.bach-cantatas.com/Texts/Chorale122-Eng3.htm>

Music: Carl August Peter Cornelius (1824-1874)

Artists: Camerata Musica Limburg, Jan Schumacher (dir.)

[https://www.youtube.com/watch?v=j7\\_E37Sjboo&list=RDj7\\_E37Sjboo&start\\_radio=1](https://www.youtube.com/watch?v=j7_E37Sjboo&list=RDj7_E37Sjboo&start_radio=1)

[The baritones carry the melody and text, while the other four parts repeatedly call out the first line.]

*Ach, wie wichtig, ach wie flüchtig*

Ah, how worthless, ah how fleeting

*Ist all' unser Leben!*

Is all our life!

*Wie ein Stroh beginnt zu rinnen*

As a stream begins to flow

*Und mit laufen nicht helt inner;*

And in its course is not kept together;

*So fährt unser Zeit von hinnen!*

So our time goes away from us here!

*Ach, wie wichtig! Ach, wie flüchtig*

Ah, how worthless, ah how fleeting

*Ist all' unsre Freude!*

Are all our joys!

*Wie sich wechseln Stund und Zeiten,*

As there is change in hours and times,

*Licht und Dunkel, Fried und Streiten,*  
Light and darkness, peace and strife,  
*So sind unsre Fröhlichkeiten!*  
So are our times of happiness.

[Melody in tenor 1]

*Ach, wie nichtig! Ach, wie flüchtig*  
Ah, how worthless, ah how fleeting  
*Ist all'unsre Schöne!*  
Is all our beauty!  
*Wie ein Blümlein bald vergehet,*  
As a flower soon perishes,  
*Wenn ein raues Lüftlein wehet,*  
When a cold breeze blows,  
*So ist unsre Schöne, sehet!*  
So is our beauty, see!

[Melody in baritone voices]

*Ach, wie nichtig! Ach, wie flüchtig*  
Ah, how worthless, ah how fleeting  
*Ist all'unser Dichten!*  
Are all our creations!  
*Wer die Kunst hat lieb gewonnen*  
Someone who has dearly acquired skill  
*Und manch' schönes Werk ersonnen,*  
And thought out many a beautiful work  
*Ist dem Tod doch nicht entronnen!*  
Is in the end overtaken by death.

*Ach, wie nichtig! Ach, wie flüchtig*  
Ah, how worthless, ah how fleeting  
*Ist all'unser Prangen!*  
Is all our splendour!  
*Der im Purpur hoch vermessen*  
Someone who most presumptuously in purple  
*Einem Gotte gleich gesessen,*  
Took his seat like a god  
*Seiner wird im Tod vergessen.*  
Is forgotten in death.

*Ach, wie nichtig! Ach, wie flüchtig*  
Ah, how worthless, ah how fleeting  
*Sind all'unsre Schätze!*  
Are all our treasurers!  
*Es kann Glut und Flut entstehen,*  
Fire and flood may come  
*Dadurch, eh wir's uns versehen,*  
Whereby, before we can take care,  
*Alles mag in Staub verwehen.*  
Everything is ruined.

*Ach, wie nichtig! Ach, wie flüchtig*  
Ah, how worthless, ah how fleeting  
*Sind all'unsre Sachen!*  
Are all of our affairs!  
*Alles, Alles, was wir sehen,*  
Everything, everything that we see  
*Das muss fallen und vergehen;*  
Must fall and vanish.  
*Wer Gott fürcht't, wird ewig stehen.*  
The person who fears God stands firm forever.

[Closing words to our theme song:]

*O! dass diess jeder Sünder wüsste,*  
O! that every sinner would know this,  
*Sein Herz wohl bald dich lieben müsste.*  
His heart must soon surely love You.

Evan  
[j.evan.kreider@ubc.ca](mailto:j.evan.kreider@ubc.ca)

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