

HYMNS OF HOPE AND COURAGE

WITH SERVICES, PRAYERS AND READINGS
FOR PUBLIC AND PRIVATE WORSHIP IN
MENTAL HOSPITALS

ANTON T. BOISEN
EDITOR

FOURTH EDITION
REVISED AND ENLARGED

Issued in Commemoration of the Twenty-
fifth Anniversary of Clinical
Pastoral Training.

1950

Pre-suppositions

Worshippers in mental hospitals will usually have an important common characteristic. They are persons who have taken life seriously. They may be sharply contrasted with the inmates of a reform school or penitentiary, who very commonly have rebelled or failed to take seriously the loyalty to parents and to church. Non-organic mental patients are, for the most part, persons who have accepted that loyalty and are at odds with themselves. Among them are not a few in whom the better self is struggling desperately to gain control. For such persons the symbols of the church and of religion have often profound meaning and it is among them that we find the largest proportion of recoveries. This hymnal has been compiled with this group especially in mind.

The function of the service of worship is to perpetuate and re-create the moral insights of mankind at its best. The worshippers assemble to think and feel together about what matters most in the light of their enduring loyalties. The service of worship should thus educate the conscience and re-inforce the motives for victorious living. For this reason it is not and cannot be "non-directive" after the pattern of modern group therapy. The materials which it employs must have some claim to inspiration as judged by doctrinal validity, literary quality and therapeutic effect.

The function of the music is to emotionalize and re-inforce the words. In and of itself the tune conveys no specific ideas apart from those with which it has been associated. The tune is thus therapeutically neutral; but not so the words which it re-inforces. It may be said that religious ideas are more readily implanted thru the medium of hymns than thru sermons and prayers. The words should therefore be carefully scrutinized by those who take seriously the task of re-education.

The Hymns

In the selection of hymns veracity must ever be a guiding principle. The purpose of worship is to help us to face our actual problems and difficulties in the light of Christian faith and thus to find insight and courage to deal with them constructively. Escapist fare has no place in the service of worship. Recurrent themes in this hymnal are—

- 1) Adoration and praise,
- 2) Consciousness of sin and need and aspiration for a better life,
- 3) The love and healing power of God,
- 4) The spirit of faith and trust.
- 5) Attitudes of courage and action.

Consideration of the words has ruled out a number of well-known and much loved hymns as inapplicable or likely to be disturbing, among them—

- 1) Hymns likely to re-inforce the authority of “voices” and other subconscious promptings,
- 2) Those likely to intensify belief in the magical,
- 3) Those likely to deepen the sense of helplessness, fear and isolation,
- 4) Those out of keeping with the patients’ situation and mood.

The Tunes

The choice of tunes is determined to a large extent by the choice of hymns. Given a fine hymn, the tune must be an appropriate one. Conflicting associations must be shunned and supporting ones sought. Always the aim must be to find music which will best re-inforce the words. Aside from these considerations, the choice of tunes is a matter of taste, for which rules cannot easily be formulated. That the tunes in this hymnal are in accord with the best taste, and also of wide popular appeal, is indicated by the fact that 32 of them are among the 42 which are common to the nine outstanding hymnals in this country and England, and 52 are among the 77 which are common to the six outstanding American hymnals. Among them are also a number of new tunes which are coming rapidly into common use.

The Present Edition

The first edition of this hymnal is dated January 1, 1926. This fourth edition thus benefits from twenty-five years of experimentation and from the criticisms and suggestions of many workers. Its features are as follows:

- 1) The continued effort to bring together and perfect a collection of the finest and most therapeutically valuable hymns set to the most appropriate and singable tunes. In this collection, which constitutes the body of the book, the first stanza is set between the staves. The *entire* hymn is then printed below the music so that it can be more easily read for its meaning.
- 2) The addition of a sixteen-page supplement consisting chiefly of hymns whose major value lies in the associations which they evoke, but whose words may not bear critical inspection. Here the words are printed between the staves.
- 3) The completion of the task, begun in the second edition, of lowering the pitch of the tunes to accord with the requirements of unison singing by the congregation. Only in a few instances do the tunes go higher than D or lower than C.

Responsibility for the music has rested with specialists on the staff of the Chicago Theological Seminary. Frederick L. Marriott of the Rockefeller Memorial Chapel and Lecturer on Church Music in the Seminary is the musical editor of this edition. Cecil Michener Smith, Assistant Professor of Music in the University of Chicago and Assistant Professor of Religious Music in the Seminary, was musical editor of the second and third editions.

The general planning of the book and the selection and edition of all except the music has been the responsibility of Anton T. Boisen, for twenty years Chaplain of the Elgin State Hospital and for seventeen years a member of the staff of the Chicago Theological Seminary. Dr. Boisen was an inaugurator of the movement for the clinical training of students for the ministry in the service of the mentally ill, and the publication of this edition has been made possible by the generosity of friends in commemoration of the twenty-fifth anniversary of the launching of that movement. It is sponsored by the Chicago Theological Seminary, which has been associated with that movement from the time of its inception.

This book consists of 128 pages. It contains an order of service, 8 pages of prayers, 15 responsive readings, 108 hymns and 3 pages of service music. It is printed on good paper and bound in cloth.

Single copies, \$1.25
Per 100 copies, \$100.00

Orders should be sent to A. T. Boisen
750 South State Street
Elgin, Illinois