

# Poor and Quiet

(Mizerna, Cicha)

Traditional Polish Carol  
Arranged by Sally DeFord

slowly, about  $\text{♩} = 90$

Musical notation for measures 1-5. The piece is in 6/8 time. The first system includes the dynamic marking *mf* and the tempo marking *rubato*. Measure numbers 2 and 4 are indicated above the staff.

Musical notation for measures 6-9. The dynamic marking *mp* and the tempo marking *espressivo* are present. A *rit.* (ritardando) marking is shown above the staff at the end of measure 9.

Musical notation for measures 10-13. The dynamic marking *mf* and the tempo marking *a tempo* are present. Measure numbers 10 and 12 are indicated above the staff.

Musical notation for measures 14-17. The dynamic marking *mf* is present. Measure numbers 14 and 16 are indicated above the staff.

Musical notation for measures 18-23. The dynamic marking *mf* is present. Measure numbers 18 and 20 are indicated above the staff. The piece concludes with a key signature change to two flats.

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22

*mf*

24

26

28

30

32

*f*

34

36

*rit.*

38

*mp*