

Sons of Helaman

(Ballad)

Adrienne Foster Potter

Voice

mf 1. In the days of He - la - man and
2. Though the par - ents had to stay be -

Piano

5

Am - mon a group of La - man-ites re - pent - ed of their
hind, _____ they al - ways had their pre - cious sons in heart and

Pno.

9

sins; _____ They bur - ied all their swords and shields and
mind. _____ The Fa - thers, daugh - ters, and the mo - thers

Pno.

13

start - ed work - ing in their fields and this is where their song of faith be -
prayed to spare their sons and bro - thers, with the faith and love that they could

Pno.

Sons of Helaman

gins. _____
find. _____

Now in the days of He - la - man and Am - mon _____
Two thou - sand strip - ling war - i - ours marched on, _____

Pno.

_____ the fa - thers swore an oath of love and peace. _____ Be -
_____ while ar - mies of the La - man - ites gave chase. _____ And

Pno.

cause they knew now what was right they nev - er would re - turn to fight and
27 though they knew they were out - num - bered cour - age left them un - em - cum - bered,

Pno.

all so the blood - shed of the past would cease. _____ They
31 so they turned and fought them face to face. _____ And

Pno.

Sons of Helaman

35 raised two thou - sand sons in love and hon - or; _____ And
 nev - er had their Cap - tain seen such cour - age; _____ They

The first system of music features a vocal line in the upper staff and a piano accompaniment in the lower staff. The vocal line begins with a treble clef and a key signature of one flat. The piano accompaniment is written for both treble and bass clefs. The lyrics are positioned below the vocal line.

39 they were so - ber men of truth and strength. _____
 fought as though they had the strength of God. _____

The second system continues the musical piece. The vocal line and piano accompaniment follow the same format as the first system. The lyrics are positioned below the vocal line.

43 When their count - ry need - ed them they fol - lowed Cap - tain He - la - men for
 They'd been taught they would be spared by faith in Heav - en if they cared to

The third system of music continues the vocal and piano parts. The lyrics are positioned below the vocal line.

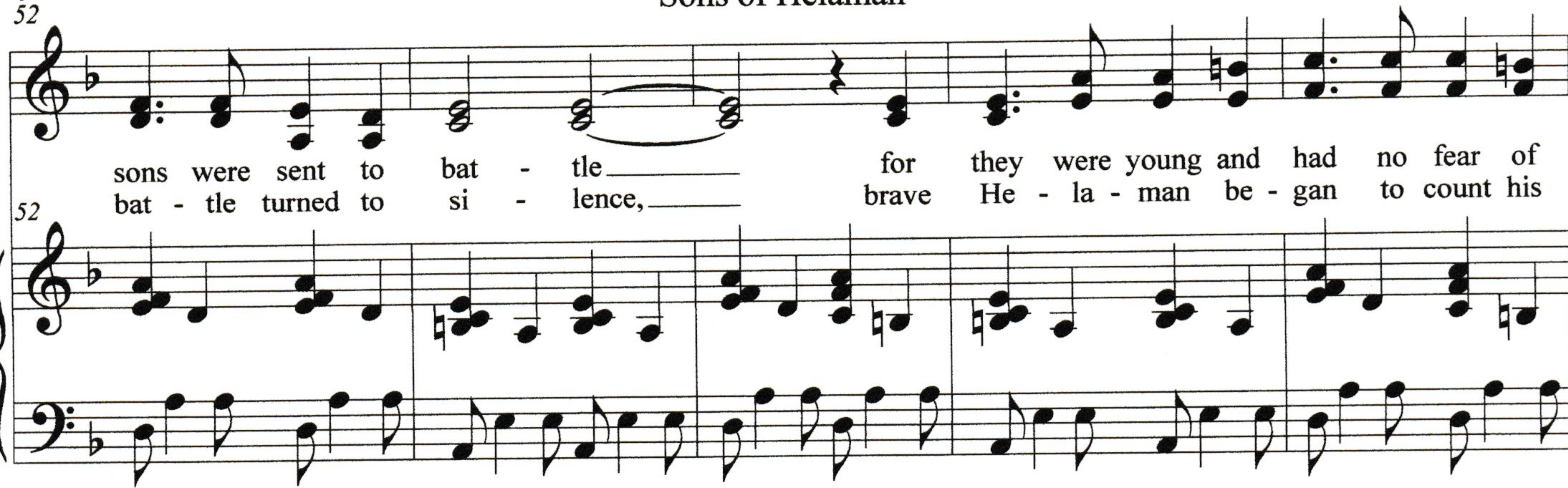
47 whom their cour - age went to an - y length. _____ These two thou - sand
 hold fast to the stur - dy i - ron rod. _____ When the clash of

The fourth system concludes the page's musical notation. The vocal line and piano accompaniment are shown with the final lyrics of the system.

Sons of Helaman

4
52

sons were sent to bat - tle _____ for they were young and had no fear of
bat - tle turned to si - lence, _____ brave He - la - man be - gan to count his



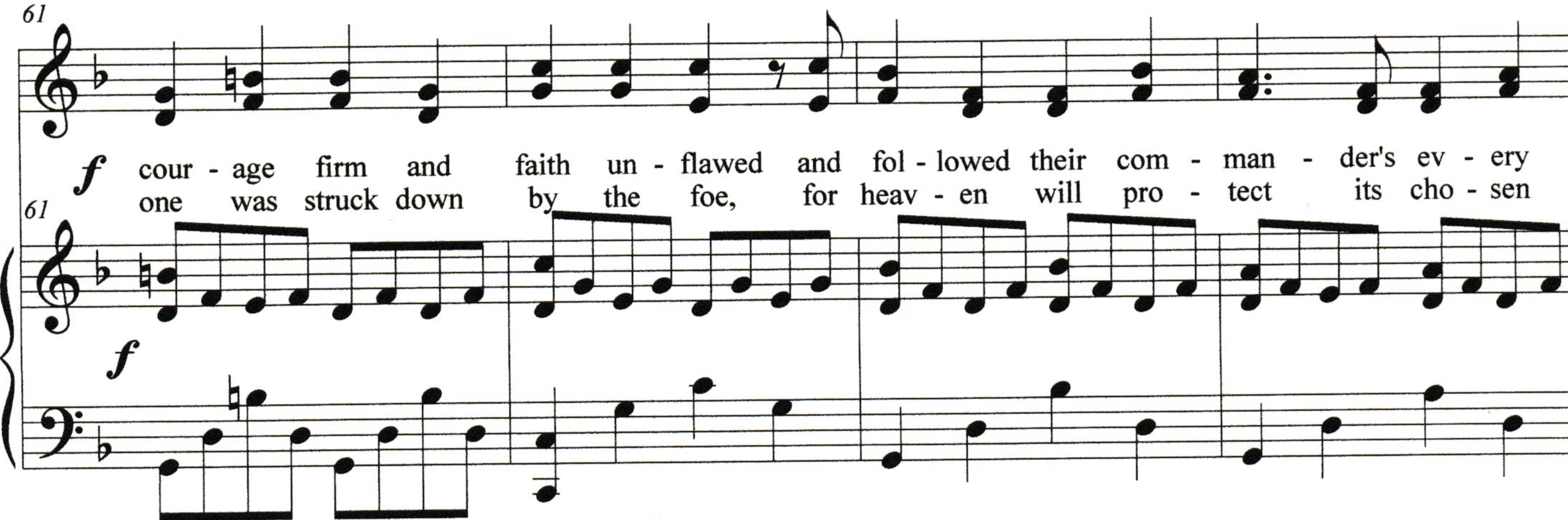
57

death; _____ Con - tin - ual - ly they trust - ed God with
sons; _____ And he was o - ver - joyed ~~to know not~~



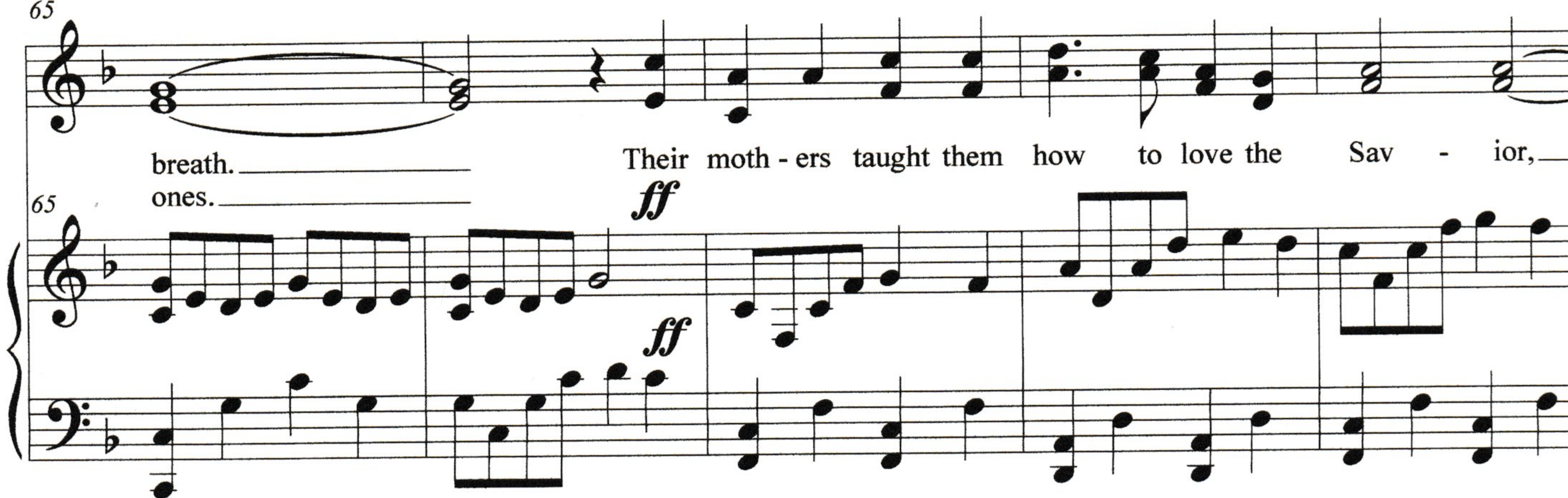
61

f cour - age firm and faith un - flawed and fol - lowed their com - man - der's ev - ery
one was struck down by the foe, for heav - en will pro - tect its cho - sen



65

breath. _____ Their moth - ers taught them how to love the Sav - ior, _____
ones. _____ *ff*



Sons of Helaman

70

— they taught them to be hon - est, chaste, true. Their

Pno.

75

moth - ers taught them to o - bey and by ex - am - ple showed the way and

Pno.

79

so they learned the faith their moth - ers knew.

Pno.

83

knew.

Pno.

SONS OF HELAMAN --by Adrienne Foster Potter

Verse 1

In the days of Helaman and Ammon Some Lamanites repented of their sins.
They buried all their swords and shields And started working in their fields,
And this is where their song of faith begins.
In the days of Helaman and Ammon the fathers swore an oath of love and peace.
Because they knew now what was right they never would return to fight
And all the bloodshed of the past would cease.
They raised 2,000 sons in truth and honor; Youthful sober men of truth and strength.
When their country needed them they followed Captain Helaman,
For whom their courage went to any length.
These two thousand sons were sent to battle, for they were young and had no fear of death.
Continually they trusted God, with courage firm and faith unflawed
And followed their commander's every breath.

CHORUS:

Their mother's taught them how to love the Savior.
They taught them to be honest, chaste and true.
Their mothers taught them to obey and by example showed the way
And so they learned the faith their mothers knew.

Verse 2:

Though the parents had to stay behind, they always had their precious sons in mind.
Fathers, daughters and the mothers prayed to spare their sons and brothers
With all the faith and love that they could find.
Two thousand stripling warriors marched on, while armies of the Lamanites gave chase.
Though they knew they were outnumbered courage left them unencumbered
So they turned and fought them face to face.
Never had their captain seen such courage. They fought as though they had the strength of God.
They'd been taught they would be spared by faith in Heaven if they dared
To hold fast to the sturdy iron rod.
When the clash of battle turned to silence, Helaman began to count his sons.
And he was overjoyed to know not one was murdered by the foe
For Heaven will protect its chosen ones.

Chorus:

Their mother's taught them how to love the Savior.
They taught them to be honest, chaste and true.
Their mothers taught them to obey and by example showed the way
And so they learned the faith their mothers knew.

Verse 3: (Optional)

These young soldiers always were obedient and finished any task that they were asked to do.
Fathers, sisters, mothers, brothers stayed at home to help the others,

Sending food to help the army through.
Then, again these sons were called to battle, and never had the fighting been so fierce.
And though the foe its hatred flaunted they were steadfast and undaunted
As the defense they began to pierce.
Many of the Nephites fell in battle. but then behind them came the stripling youth.
As they fought with mighty power they remembered every hour
The stories that their mothers told of truth.
Once again the bloody battle ended, and Helaman began to count his sons,
And to his joy and sorrow found two thousand bleeding on the ground,
Yet none of them were lost, these precious sons.

Chorus:

Their mother's taught them how to love the Savior.
They taught them to be honest, chaste and true.
Their mothers taught them to obey and by example showed the way
And so they learned the faith their mothers knew.