

# I CAST MY SINS INTO THE SEA

♩ = 100

*sung to the tune of  
The Ants Go Marching One By One  
new words by Ellen Allard*

The musical score is written in 8/8 time with a key signature of one flat (B-flat). It consists of five staves of music. The lyrics are written below the notes. Chord symbols are placed above the staff lines. The score includes a repeat sign at the beginning of the first staff and a double bar line with repeat dots at the end of the fifth staff. The tempo is marked as quarter note = 100.

I cast my sins in - to the sea hur - rah \_\_\_\_\_ hur - rah. \_\_\_\_\_ I  
 cast my sins - in - to the sea hur - rah \_\_\_\_\_ hur - rah. \_\_\_\_\_ I  
 cast my sins\_\_ in - to the sea, a bet - ter per\_\_ son I wil be and we'll  
 all go march - ing down to\_\_ the sea on this Rosh Ha - sha - nah. I *D.C. al Coda*  
 down to\_\_ the down to\_\_ the down to\_\_ the down to\_\_ the sea.  
*poco a poco decrescendo*

I throw the crumbs in one by one, hurrah hurrah (2x)  
 I throw the crumbs in one by one  
 A better daughter, a better son. *Chorus*

The crumbs all land upon a wave, hurrah hurrah (2x)  
 The crumbs all land upon a wave  
 I look to see how I've behaved. *Chorus*

White, wheat, rice, or corn or rye, hurrah hurrah (2x)  
 To all my sins, I say goodbye. *Chorus*

The crumbs begin to float away, hurrah hurrah (2x)  
 The crumbs begin to float away  
 I'm glad I took the time to pray. *Chorus*

And now it's time to start again, hurrah hurrah (2x)  
 And now it's time to start again  
 All of the children, the women and men. *Chorus*