

歌詞 Lyrics



布克斯特胡德黑盒劇場：《寂療之境》以布克斯特胡德《我們耶穌的身體》（BuxWV 75），這部由七首清唱劇組合而成的套曲，串連劇中的段落。
 “Buxtehude in Black Box: *i-solate*” uses Buxtehude’s *Membra Jesu Nostri*, BuxWV 75, a cycle of seven cantatas, to connect various theatrical scenes.

Cantata I: <i>Ad pedes</i>	Cantata I: <i>To the Feet</i>	第一清唱劇：《足》
1. Sonata	1. Sonata	1. 奏鳴曲
2. Tutti Ecce super montes pedes evangelizantis et annunciantis pacem.	2. Tutti Behold, upon the mountains the feet of one bringing good news and proclaiming peace.	2. 合唱 看，自大地， 我們來世上一趟。 塵歸塵，土歸土，願安息。
3a. Aria – Soprano II Salve mundi salutare, salve, salve Jesu care! Cruci tuae me aptare vellem vere, tu scis quare, da mihi tui copiam.	3a. Aria – Soprano II Hail, salvation of the world, Hail, hail, dear Jesus! On Your cross would I hang Truly, You know why Give me Your strength.	3a. 詠嘆調 – 女高音 II 別了，親愛的， 不捨你就此遠去！ 讓我背負你的十架。 你知道我的心意， 願你賜我力量活下去。
3b. Aria – Soprano I Clavos pedum, plagas duras, et tam graves impressuras circumplector cum affectu, tuo pavens in aspectu, tuorum memor vulnerum.	3b. Aria – Soprano I The nails in Your feet, the hard blows and so grievous marks I embrace with love, Fearful at the sight of You Mindful of Your wounds.	3b. 詠嘆調 – 女高音 I 我傷痕纍纍， 鬱卒愁苦，你可知道？ 我深愛着你， 卻不敢直視你的眼睛， 只能想像你的苦痛。
3c. Aria – Basso Dulcis Jesu, pie Deus, ad te clamo licet reus,	3c. Aria – Bass Sweet Jesus, merciful God I cry to You, in my guilt	3c. 詠嘆調 – 男低音 我兒，我生命中的摯愛， 悔改中，我懇求

<p>praebe mihi te benignum, ne repellas me indignum de tuis sanctis pedibus.</p>	<p>Show me Your grace, Turn me not unworthy away From Your sacred feet.</p>	<p>你的原諒。 不要將你卑微的父親 趕離足下。</p>
<p>4. Tutti Ecce super montes pedes evangelizantis et annunciantis pacem.</p>	<p>4. Tutti Behold, upon the mountains the feet of one bringing good news and proclaiming peace.</p>	<p>4. 合唱 看，自大地 我們來世間一趟。 塵歸塵，土歸土，願安息。</p>
<p>5. Tutti Salve mundi salutare, salve, salve Jesu care! Cruci tuae me aptare vellem vere, tu scis quare, da mihi tui copiam.</p>	<p>5. Tutti Hail, salvation of the world, Hail, hail, dear Jesus! On Your cross would I hang Truly, You know why Give me Your strength.</p>	<p>5. 合唱 別了，親愛的， 不捨你就此遠去！ 讓我背負你的十架。 你知道我的心意， 願你賜我力量活下去。</p>
<p>Cantata II: Ad genua</p>	<p>Cantata II: To the Knees</p>	<p>第二清唱劇：《膝蓋》</p>
<p>6. Sonata in tremulo</p>	<p>6. Sonata in tremulo</p>	<p>6. 震音奏鳴曲</p>
<p>7. Tutti Ad ubera portabimini, et super genua blandientur vobis.</p>	<p>7. Tutti You will be brought to nurse, and dandled on the knees.</p>	<p>7. 合唱 在遠方，願你無憂如嬰孩， 被照護，被逗抱。</p>
<p>8a. Aria – Tenore Salve Jesu, rex sanctorum, spes votiva peccatorum, crucis ligno tanquam reus, pendens homo verus Deus, caducis nutans genibus.</p>	<p>8a. Aria – Tenor Hail Jesus, King of Saints Hope of sinners' prayers, like an offender on the wood of the cross, a man hanging, true God, Bending on failing knees!</p>	<p>8a. 詠嘆調 – 男高音 懇求上蒼 垂聽我的懺悔。 我罪孽深重，對你們虧欠良多。 我屈膝俯首， 只求一個補償機會！</p>
<p>8b. Aria – Alto Quid sum tibi responsurus, actu vilis corde durus? Quid rependam amatori,</p>	<p>8b. Aria – Alto What answer shall I give You, Vile as I am in deed, hard in my heart? How shall I repay Your love,</p>	<p>8b. 詠嘆調 – 女低音 我要怎樣回答 才不顯得鐵石心腸？ 你們看似彼此相愛，</p>

qui elegit pro me mori, ne dupla morte morerer.	Who chose to die for me Lest I die the second death?	能為對方犧牲， 實情有幾分真？
8c. Aria – Doi Soprani è Basso Ut te quaeram mente pura, sit haec mea prima cura, non est labor nec gravabor, sed sanabor et mundabor, cum te complexus fuero.	8c. Aria – Two Sopranos and Bass That I may seek You with pure heart, Be my first care, It is no labour nor shall I be loaded down: But I shall be cleansed, When I embrace You.	8c. 詠嘆調 – 兩女高音及男低音 無私的愛，唯有純淨之心 能夠給予。 愛不是勞役，不會將人壓垮； 當心被洗滌， 我們便能擁抱成圓。
9. Tutti Ad ubera portabimini, et super genua blandientur vobis.	9. Tutti You will be brought to nurse, and dandled on the knees.	9. 合唱 那時，我們待彼此 就如嬰孩。照顧呵護，無微不至。
Cantata III: Ad manus	Cantata III: To the Hands	第三清唱劇：《手》
10. Sonata	10. Sonata	10. 奏鳴曲
11. Tutti Quid sunt plagae istae in medio manuum tuarum?	11. Tutti What are those wounds in the midst of Your hands?	11. 合唱 這一切傷口 為何由我們親手造成？
12a. Aria – Soprano I è II Salve Jesu, pastor bone, fatigatus in agone, qui per lignum es distractus et ad lignum es compactus, expansis sanctis manibus.	12a. Aria – Soprano I and II Hail, Jesus, good shepherd, wearied in agony, tormented on the cross nailed to the cross Your sacred hands stretched out.	12a. 詠嘆調 – 女高音 I 及 II 我的母親如牧羊人，細心養育我。 女兒，漫漫人生，我們會有不同的經歷。 不同的經歷？是怎樣的？ 時而傷感，時而快樂。 像我們的手，有時感到痛楚，有時，又有溫暖感覺。
12b. Aria – Alto Manus sanctae, vos amplector, et gemendo condelector, grates ago plagis tantis, clavis duris, guttis sanctis dans lacrimas cum osculis.	12b. Aria – Alto Holy hands, I embrace you, and, lamenting, I delight in you, I give thanks for the terrible wounds, the hard nails, the holy drops, shedding tears with kisses.	12b. 詠嘆調 – 女低音 傷痛，神聖的老師，我們擁抱你； 流淚嘆息中，你奠下釋懷的基礎。 可怖的傷口，使我們透視因果； 時間過去，受過的傷，流過的淚，

		終成千金不換的翡翠。
12c. Aria – Alto, Tenore è Basso <i>In cruore tuo lotum me commendo tibi totum, tuae sanctae manus istae me defendant, Jesu Christe extremis in periculis.</i>	12c. Aria – Alto, Tenor and Bass Washed in Your blood I wholly entrust myself to You; may these holy hands of Yours defend me, Jesus Christ, in the final dangers.	12c. 詠嘆調 – 女低音、男高音及男低音 磨難過後， 我將命運交付上天。 誰的雙手 可以維護這個家，自冰冷中 拯救我們？
13. Tutti Quid sunt plagae istae in medio manuum tuarum?	13. Tutti What are those wounds in the midst of Your hands?	13. 合唱 這一切傷口 為何由我們親手造成？
Cantata IV: Ad latus	Cantata IV: To the Side	第四清唱劇：《肋旁》
14. Sonata	14. Sonata	14. 奏鳴曲
15. Tutti Surge, amica mea, speciosa mea, et veni, columba mea in foraminibus petrae, in caverna maceriae.	15. Tutti Arise, my love, my beautiful one, and come, my dove in the clefts of the rock, in the hollow of the cliff.	15. 合唱 愛人，來， 我的摯愛， 像鴿子般，躺在我胸中的丘壑， 來發一場美夢。
16a. Aria – Soprano I è II Salve latus salvatoris, in quo latet mel dulcoris, in quo patet vis amoris, ex quo scatet fons cruoris, qui corda lavat sordida.	16a. Aria – Soprano I and II Hail, side of the Saviour, in which the honey of sweetness is hidden, in which the power of love is exposed, from which gushes the spring of blood that cleans the dirty hearts.	16a. 詠嘆調 – 女高音 I 及 II 你靜默的身軀， 隱含甜蜜的回憶 和愛的力量。 自那裏，鮮血泉湧， 滌淨心的塵垢。
16b. Aria – Alto, Tenore è Basso Ecce tibi appropinquo, parce, Jesu, si delinquo, verecunda quidem fronte, ad te tamen veni sponte	16b. Aria – Alto, Tenor and Bass Lo I approach You, Pardon, Jesus, if I sin, With reverent countenance freely I come to You	16b. 詠嘆調 – 女低音、男高音及男低音 看，我來了； 請寬宥我的過失。 我以誠敬之顏， 自覺來到你身邊，

scrutari tua vulnera.	to behold Your wounds.	端詳你的傷痕。
16c. Aria – Tenore Hora mortis meus flatus intret Jesu, tuum latus, hinc expirans in te vadat, ne hunc leo trux invadat, sed apud te permaneat.	16c. Aria – Tenor In the hour of death, may my soul Enter, Jesus, Your side Hence dying may it go into You, Lest the cruel lion seize it, But let it dwell with You.	16c. 詠嘆調 – 男高音 大去之日，願我的靈魂 赴你身旁，我兒。 死亡使我們團聚， 兇殘的獅子，不能叨噬我的魂魄， 它會回來，跟你一起。
17. Tutti Surge, amica mea, speciosa mea, et veni, columba mea in foraminibus petrae, in caverna maceriae.	17. Tutti Arise, my love, my beautiful one, and come, my dove in the clefts of the rock, in the hollow of the cliff.	17. 合唱 愛人，來， 我的摯愛， 像鴿子般，躺在我胸中的丘壑， 來發一場美夢。
Cantata V: Ad pectus	Cantata V: To the Breast	第五清唱劇：《胸》
18. Sonata	18. Sonata	18. 奏鳴曲
19. Voci – Alto, Tenore è Basso Sicut modo geniti infantes rationabiles, et sine dolo concupiscite, ut in eo crescatis in salutem. Si tamen gustastis, quoniam dulcis est Dominus.	19. Voices – Alto, Tenor and Bass Like newborn infants, long for the guileless milk of reason, that by it you may grow into salvation, if indeed you have tasted that the Lord is good	19. 三重唱 – 女低音、男高音及男低音 像初生嬰兒 渴慕知識的奶水， 我們擺脫蒙昧，獲得救贖。 救贖的應許，卻不能蓋過死亡。
20a. Aria – Alto Salve, salus mea, Deus, Jesu dulcis, amor meus, salve, pectus reverendum, cum tremore contingendum, amoris domicilium.	20a. Aria – Alto Hail God, my salvation, sweet Jesus, my beloved, hail, breast to be revered, to be touched with trembling, dwelling of love.	20a. 詠嘆調 – 女低音 人，縱使幸福圓滿， 萬千寵愛， 被滿滿的愛包圍， 無常來到， 就要踏上死亡之路。
20b. Aria – Soprano I è Tenore Pectus mihi confer mundum, ardens, pium, gemebundum,	20b. Aria – Soprano I and Tenor Give me a clean breast, ardent, pious, moaning,	20b. 詠嘆調 – 女高音 I 及男高音 人，縱使心地純潔， 熱烈敬虔，

voluntatem abnegatam, tibi semper conformatam, juncta virtutum copia.	an abnegated will, always conforming to You, with an abundance of virtues.	克己復禮， 亦難逃時間定律，逐漸老去， 踏上死亡之路。
20c. Aria – Basso Ave, verum templum Dei, precor miserere mei, tu totius arca boni, fac electis me apponi, vas dives Deus omnium.	20c. Aria – Bass Hail, true temple of God, I pray, have mercy on me, You, the ark of all that is good, make me be placed with the chosen, rich vessel, God of all.	20c. 詠嘆調 – 男低音 縱使不住禱告， 尋求赦免； 而方舟在望，與義人同登彼岸， 已被應許，但臨終之時， 仍不免心懷憂懼，步入死亡之途。
21. Voci – Alto, Tenore è Basso Sicut modo geniti infantes rationabiles, et sine dolo concupiscite, ut in eo crescatis in salutem. Si tamen gustastis, quoniam dulcis est Dominus.	21. Voices – Alto, Tenor and Bass Like newborn infants, long for the guileless milk of reason, that by it you may grow into salvation, if indeed you have tasted that the Lord is good	21. 三重唱 – 女低音、男高音及男低音 像初生嬰兒 渴慕知識的奶水， 我們擺脫蒙昧，獲得救贖。 但生命方殷，也有終結時；人生在世，命運如此。
Cantata VI: Ad cor	Cantata VI: To the Heart	第六清唱劇：《心》
22. Sonata	22. Sonata	22. 奏鳴曲
23. Doi Soprani è Basso Vulnerasti cor meum, soror mea, sponsa. vulnerasti cor meum.	23. Two Sopranos and Bass You have wounded my heart, my sister, my bride, You have wounded my heart.	23. 兩女高音和男低音 你的離去，使我心傷。 你是兒子，是兄長， 你的離去，使我心傷。
24a. Aria – Soprano II Summi regis cor, aveto, te saluto corde laeto, te complecti me delectat et hoc meum cor affectat, ut ad te loquar, animes.	24a. Aria – Soprano II Heart of the highest king, I greet You, I salute You with a joyous heart, it delights me to embrace You and my heart aspires to this: that You move me to speak to You	24a. 詠嘆調 – 女高音 II 無論如何，我愛你， 可以的話，會以欣悅之心， 念記你，擁抱你。 但我必須說： 你們是罪魁禍首。
24b. Aria – Soprano I Per medullam cordis mei,	24b. Aria – Soprano I Through the marrow of my heart,	24b. 詠嘆調 – 女高音 I 我衷心承認，

peccatoris atque rei, tuus amor transferatur, quo cor tuum rapiatur languens amoris vulnere.	of a sinner and culprit, may Your love be conveyed by whom Your heart was seized, languishing through the wound of love.	我錯了。 但人的情感很複雜， 希望你明白。 在愛中，我何嘗不是傷痕纍纍？
24c. Aria – Basso Viva cordis voce clamo, dulce cor, te namque amo. ad cor meum inclinare, ut se possit applicare devoto tibi pectore.	24c. Aria – Bass I call with the living voice of the heart, sweet heart, for I love You, to incline to my heart, so that it may commit itself to you in the breast devoted to You.	24c. 詠嘆調 – 男低音 自心深處，我想說—— 親愛的，對不起。但，我愛你們。 時光無法倒流，但請相信我， 請讓我們的心 彼此靠近。
25. Doi Soprani è Basso Vulnerasti cor meum, soror mea, sponsa. vulnerasti cor meum.	25. Two Sopranos and Bass You have wounded my heart, my sister, my bride, You have wounded my heart.	25. 兩女高音和男低音 我兒，受傷的你， 若現在跟我們一起有多好。 我們都曾受傷，但尚幸仍可珍惜眼前人。
Cantata VII: Ad faciem	Cantata VII: To the Face	第七清唱劇：《臉》
26. Sonata	26. Sonata	26. 奏鳴曲
27. Tutti Illustra faciem tuam super servum tuum, salvum me fac in misericordia tua.	27. Tutti Let Your face shine upon Your servant, save me in Your mercy.	27. 合唱 讓我記住你的臉， 記住彼此的不同感受。
28a. Aria – Alto, Tenore è Basso Salve, caput cruentatum, totum spinis coronatum, conquassatum, vulneratum, arundine verberatum, facie sputis illita.	28a. Aria – Alto, Tenor and Bass Hail, bloodied head, all crowned with thorns, beaten, wounded, struck with a cane, the face soiled with spit	28a. 詠嘆調 – 女低音、男高音及男低音 痛哉，染血的頭顱， 終將與荊棘長眠。 我們會在追憶之中 重塑你的存在， 縱使你的臉將化為塵土。
28b. Aria – Alto Dum me mori est necesse, noli mihi tunc deesse,	28b. Aria – Alto When I must die, do not then be away from me,	28b. 詠嘆調 – 女低音 我們終會逝去， 惟願我們的靈魂，須臾不離。

in tremenda mortis hora veni, Jesu, absque mora, tuere me et libera.	in the anxious hour of death come, Jesus, without delay, protect me and set me free!	在彌留的時刻， 讓我們緊靠一起， 互相照料。
28c. Aria – Tutti Cum me jubes emigrare, Jesu care, tunc appare, o amator amplectende, temet ipsum tunc ostende in cruce salutifera.	28c. Aria – Tutti When You command me to depart, dear Jesus, then appear, O lover to be embraced, then show Yourself on the cross that brings salvation.	28c. 詠嘆調 – 合唱 離別後，我們會再次 相遇、相愛、生活， 牽手、擁抱， 雙雙得到 愛的救贖。
29. Tutti Amen	29. Tutti Amen	29. 合唱 我們終會重逢。

中文翻譯 © 李凱琪

English translation: https://en.wikipedia.org/wiki/Membra_Jesu_Nostri