

SISI NI MOJA, Narverud  
SBMP 1812

**SSAB**  
piano, opt. djembe

# SISI NI MOJA

words and music by  
Jacob Narverud



Santa Barbara Music Publishing, Inc.

[sbmp.com](http://sbmp.com)

FOR PREVIEW USE ONLY • DUPLICATION OF THIS MATERIAL IS AGAINST THE LAW.

## About the composer

Jacob "Jake" Narverud (b.1986) is an American composer/arranger, conductor, and pianist of Norwegian descent. A native Kansan, Narverud is the Founding Artistic Director of the Tallgrass Chamber Choir, a professional ensemble of musicians from across the Great Plains. Dr. Narverud is a frequent guest lecturer at universities and conferences and is the Editor of Santa Barbara Music Publishing, Inc.



Known for his eclectic choral catalog, Jake is internationally recognized for his original compositions, arrangements of Broadway and Popular music, and performance editions of choral works from the Renaissance, Baroque, and Classical eras. As a sought-after composer, Jake has been commissioned to write new music for over fifty choral organizations nationwide as well as ensembles in Australia and Japan. Many of Narverud's pieces are Best Sellers and are performed worldwide by choirs of all levels.

**Website:** [jnarverud.com](http://jnarverud.com)   **Spotify & YouTube:** [jacobnarverud](https://www.spotify.com/jacobnarverud)

## Composer Notes

The original voicing of Sisi ni moja was commissioned in 2015 for the Michigan State University Children and Youth Choirs by their director, Kyle Zeuch, to celebrate unity and community through cultures. This piece was written specifically for their world-music concert theme, "We are One." It was requested to be similar in style to my arrangement of the Kenyan song "Jambo," and was commissioned by the director for SA(T)B choir, piano, and djembe. The SA voicing was written two years later (2017) for the Lawrence Children's Choir in Kansas, Carolyn Welch, Director, and a TBB voicing was requested by the publisher later that same year.

I wanted to create an uplifting, hopeful song that had a modern, popular-style vibe and dealt with the choir's theme of unity and one-ness. Since the piece was intended to represent all people and all cultures, I sought to write a text that would reflect just that. I was teaching high school at the time, and a student in one of my choirs was from Kenya. I asked her to assist me with a Swahili phrase that I could combine with a new original text, which would translate specifically to "We are One." Though not a common Swahili phrase, we came up with "Sisi ni moja," pronounced "Moh-Jah" with a hard "J". "Heja" (pronounced "hey-yah") is a non-word with no literal meaning, and does not represent any specific culture. It is given a more instrumental treatment in the chorus, acting as a joyful, declamatory backdrop to the song's message of unity. This "celebratory chant" mirrors the piano and djembe's heavy rhythmic influence, energizing and driving the song forward.

When I wrote Sisi Ni Moja I specifically chose chord progressions that would be familiar to the ear of both the audience and the singers performing. These popular music chord progressions, coupled with the speech driven rhythms and repetition in the piano, allow listeners to feel an instant connection to the music and focus on the message of the text.

### Pronunciation

Heja= hey-yah  
Sisi= see-see  
Ni= nee  
Moja= moh-jah



optional djembe part, recording, rehearsal tracks  
available at [SBMP.COM](http://SBMP.COM)

For The Australian Children's Choir - Daniel Brinsmead, Conductor.

# Sisi ni moja

(We are one)

Words and music by  
Jacob Narverud

Moderate groove, ♩ = c. 74

8<sup>va</sup>

Piano

*f*

pedal chordally throughout

3

*mf*

5

*unis. mf*

**A**

S1 S2

We all laugh, we all

8<sup>vb</sup>

7

cry, we all feel hun - ger, we all feel pain...

**PREVIEW**

It is illegal to duplicate this piece by photocopying or any other means.  
Those violating the copyright will be punished to the full extent of the law.  
© Copyright 2025 for ALL COUNTRIES by Santa Barbara Music Publishing, Inc.  
Printed in the U.S.A.



**B**

9

S1 We all love, we all

S2 *mp* He - ja, he - ja,

A *mp* He - ja, he - ja,

B *mf* We all love, we all

11

hate, we all hope, and we all dream..

o he - ja, he - ja, he - ja, o he - ja, he - ja,

o he - ja, he - ja, he - ja, o he - ja, he - ja,

hate, we all hope, and we all dream..

13

C

*f* We are one world, one peo-  
 he - ja, he - ja. *mf* He - ja, he - ja,  
 he - ja, he - ja. *mf* He - ja, he - ja,  
*f* We are one world, one peo-

15

- ple. And we all breathe the same...  
 he - ja, o he - ja. He - ja, he - ja,  
 he - ja, o he - ja. He - ja, he - ja,  
 - ple. And we all breathe the same...

17

*mp* A tribe of man - y lan - gua-ges, —

*mp* he - ja, — o he - ja, — A

*p* he - ja, — o he - ja, — Hmm

*p* Hmm

19

*f* fight - ing — for peace — a mong — the land.

*mf* group of man - y hea - aches, — fight - ing — for peace — a mong — the land.

*mp* Hmm

*mp* Hmm

*mf*

21

**D**

*f*

He - ja, he - ja, si - si ni mo -

He - ja, he - ja,

He - ja, he - ja,

He - ja, he - ja, si - si ni mo -

23

- ja. He - ja, he - ja, si - si ni mo -

o he - ja, he - ja, he - ja.

o he - ja, he - ja, he - ja.

- ja. He - ja, he - ja, si - si ni mo -

25

- ja. He - ja, he - ja, si - si ni mo -  
 He - ja, he - ja, he - ja,  
 He - ja, he - ja, he - ja,  
 - ja. He - ja, he - ja, si - si ni mo -

27

ja. He - ja, he - ja,  
 o he - ja, he - ja, he - ja,  
 o he - ja, he - ja, he - ja,  
 ja. He - ja, he - ja,



29

we are one.

we are one.

we are one.

we are one.

*f*

*p*

32

*mf* **E**

We all want, we all need, we all seek pas-

*mf*

We all want, we all need, we all seek pas-

*mf*

8va

35

sion, we all seek joy. We all

sion, we all seek joy. We all

*mf*  
We all

(8)

**F**  
bruise, we all scar, we all

*mf*  
We all bruise, we all scar,

*mf*  
We all bruise, we all scar,

bruise, we all scar, we all

39

*f*

fail \_\_\_\_\_ but learn \_\_\_\_\_ to thrive. \_\_\_\_\_ We are

we all fail but learn \_\_\_\_\_ to thrive. \_\_\_\_\_

we all fail but learn \_\_\_\_\_ to thrive. \_\_\_\_\_

*f*

fail \_\_\_\_\_ but learn \_\_\_\_\_ to thrive. \_\_\_\_\_ We are

*f*

8<sup>vb.</sup> 1

**G**

**PREVIEW**

This section of the score is not included for copyright protection.  
© Copyright 2025 for ALL COUNTRIES by Santa Barbara Music Publishing, Inc.

43 *mp*

all breathe the same. In the

He - ja, he - ja, he - ja, o he - ja.

He - ja, he - ja, he - ja, o he - ja.

all breathe the same.

45 *mf*

dark-ness of the night we

and in the glo - ry of the morn - ing we

*p* Hmm

*p* Hmm

*mp*

47

walk a - long the path and find our way.

walk a - long the path and find our way.

*mp*

Hmm

*mp*

Hmm

*mf*

**H**

*f*  
He - ja, he - ja, si - si ni mo - ja.

*f*  
He - ja, he - ja, o he - ja, he - ja,

*f*  
He - ja, he - ja, o he - ja, he - ja,

*f*  
He - ja, he - ja, si - si ni mo - ja.

*f*

51

He - ja, he - ja, si - si ni mo - ja. —

— he - ja. He - ja, he - ja, —

— he - ja. He - ja, he - ja, —

He - ja, he - ja, si - si ni mo - ja. —

53

He - ja, he - ja, si - si ni mo - ja. —

— he - ja, o he - ja, he - ja, —

— he - ja, o he - ja, he - ja, —

He - ja, he - ja, si - si ni mo - ja. —

55

He - ja, he - ja, Now we

he - ja, Now we

he - ja, Now we

He - ja, he - ja, Now we

I  
stand here to-ge-ter and lift our hearts\_ in song to the

stand here to-ge-ter and lift our hearts\_ in song to the

stand here to-ge-ter and lift our hearts\_ in song to the

stand here to-ge-ter and lift our hearts\_ in song to the

59

rhy - thm of this mo - ment in our lives:\_\_\_

rhy - thm of this mo - ment in our lives:\_\_\_

rhy - thm of this mo - ment in our lives:\_\_\_

rhy - thm of this mo - ment in our lives:\_\_\_

**J** Calm and confident

*mp*

He - ja, he ja si ni mo - ja. \_\_\_

*p*

Mm

*p*

Mm

*mp* legato



63

*mp*  
He - ja, he - ja, si - si ni mo - ja.

*p*  
Mm

*p*  
Mm

65

*mf*  
He - ja, he si - si ni mo - ja.

*mp*  
Mm

*mp*  
Mm

*mf*

**K** Joyful *mf legato*
*Optional Descant - solo or small group (opt. 8vb)*

O he - ja!

**S1** *mp* He - ja, he - ja. *f* He - ja, he - ja, si - si ni mo -

**S2** *mp* He - ja, he - ja. *f* He - ja, he - ja,

**A** *mp* He - ja, he - ja. *f* He - ja, he - ja,

**B** *mp* He - ja, he - ja. *f* He - ja, ja, si - si ni mo -

**70**  
**Des.** O he - ja!

**S1** - ja. He - ja, he - ja, si - si ni mo -

**S2** o he - ja, he - ja, he - ja.

**A** o he - ja, he - ja, he - ja.

**B** - ja. He - ja, he - ja, si - si ni mo -

1812-18

72

O he - ja! O he - ja!

- ja. He - ja, he - ja, si - si ni mo -

He - ja, he - ja, he - ja,

He - ja, he - ja, he - ja,

- ja. He - ja, he - ja, si - si ni mo -

74

He - ja, he - ja.

- ja. He - ja, he - ja,

o he - ja, he - ja. He - ja, he - ja.

o he - ja, he - ja. He - ja, he - ja.

- ja. He - ja, he - ja,



76

O he - ja, he - ja, he - ja,

He - ja, he - ja, he - ja, he - ja,

O he - ja, he - ja, he - ja,

O he - ja, he - ja, he - ja,

He - ja, he - ja, he - ja, ja,

*mf* **molto rall.**

78

we are one.

we are one.

we are one.

we are one.

we are one.

we are one.

*mf* *f*