



CAPE TOWN  
Chamber Choir

*Met*  
*Woord & Lied*

directed by

**Antoinette Huyssen**

poetry reader

**Frieda van den Heever**

21 JUNE 2026

ST. MARTINI LUTHERAN CHURCH

## *Met Woord + Lied*

Woord: *Griekwa Psalm* - Hans du Plessis (1945-2024)

### ***U lig en U waarheid***

H. Pieter van der Westhuizen (1931-2023)

Woord: *Kwatyne* - Ina Rousseau (1926-2005)

### ***Spelend in Tuine uit Kwarantyn Kwatyne***

Hans Huyssen (b. 1964)

### ***Hoe stil kan dit word as Sedoos gaan lê***

Hubert du Plessis (1922-2011)

Woord: *Woorde* - Elisabeth Eybers (1915-2007)

### ***Skryf dit neer!***

Niel van der Watt (b. 1962)

### ***Wildsbok***

verw. Renette Bouver (b. 1926-2005)

### ***Onse Vader***

Niel van der Watt (b. 1962)

Woord: herder 23 - Danie du Toit (b. 1992)

## ***Magaliesburgse Aandlied***

verw. Gawie Cilliers (1911-1985)

Solis: Denzil Groenewaldt

## ***Aandblom & Doer bo teen die rant***

**uit Sewe Boerneef-liedjies**

P.J. de Villiers (1924-1985)

Solis: Laura de Kok

## ***Aandgesang***

Chris Lamprecht (b. 1970)

## ***Al lê die berge nog so blou***

verw. Péter Louis van Dijk (b. 1953)

Woord: *Mali, die Slaaf* - C. Louis Leipoldt (1880-1947)

## ***Lied van Mali, die slaaf***

S. Le Roux Marais (1896-1979)

verw. H. Pieter van der Westhuizen

Woord: *Waterblommetjies* - Patrick Petersen (1951-1997)

## ***Trekliedjie***

Awie van Wyk (b. 1949)

## ***Loof die Here***

H. Pieter van der Westhuizen (1931-2023)

## *Met Woord + Lied*

### **U Lig en U waarheid - Teks: Psalm 42 & 43**

Soos 'n wildsbok smag na waterstrome,  
so smag ek na U, o God.  
Ek dors na God, ek dors na die  
lewende God.  
Wanneer kan ek gaan en voor God  
verskyn?  
Dag en nag is ek in trane.  
Stuur, Heer, u lig en u waarheid dat die  
my lei en my bring  
na U heilige berg, na U woning.  
Stuur, Heer uit hemelse geweste  
U lig en waarheid neer op my!  
Laat dié my bring na Sions veste,  
want daar is't my die allerbeste,  
waar ek, U woning ingelei,  
my in U diens verbly.  
Dat ek kan jubel, U te kan loof!  
Dat ek kan jubel, O my God  
Want ek vertrou op God.  
Halleluja! Amen.

*As the heart yearns for the water streams,  
so I yearn for You, O God...  
I thirst for God. I thirst for the living God.  
When may I go and appear before God?  
Day and night I am in tears.  
Send, Lord, your light and your truth that  
they may lead me.  
and bring me to your holy mountain, to  
your mansion!  
Send, Lord, from heavenly spheres  
Your light and your truth upon me!  
Let those bring me to Sion's citadel,  
because there it is the best of all to me,  
Where I, ushered into your mansion,  
rejoice in your service (in serving you),  
That I may exult, able to praise You!  
That I may exult, O my God!  
Since I trust in God!  
Hallelujah! Amen*

### **Spelend in tuine - Teks: Ina Rousseau (1926-2005)**

Spelend in tuine  
het ons onbewus  
verdwaal na hierdie donker wildernis.  
Heer, noem ons name, maak 'n vuur,  
wys ons die dowwe voetpad deur die  
mis.

*While playing in gardens we inadvertently  
lost our way into this dark wilderness.  
Lord, call us each by name, make a fire,  
show us the faint footpath through the  
mist.*

## Hoe stil kan dit word... - Teks: Boerneef (1897 - 1967)

Hoe stil kan dit word as Sedoos gaan lê

Wie kan dit mooier assie tortel sê

Wie roerender assie bladstil bome,  
Assie skewe verwaaide damwalbome,  
Innie stil vroeë môre as Sedoos gaan lê.

Hoe om 'n stilte in die hart te vind,  
Genadig soos wanneer Sedoos gaan lê.

*How quiet it gets when the Southeaster dies down.*

*Who can say it more sweetly than the turtle dove,*

*Who more moving than the trees where not a leaf stirs,  
Or than the dam wall trees, blown crooked in the wind*

*In the still, very early morning when the Southeaster dies down.*

*How to find tranquility in the heart,  
Mercifully, as when the Southeaster dies down*

## Skryf dit neer! - Teks: Openb. 14:13b

Skryf dit neer!

Salig is dié wat van nou af sterwe, salig,  
Maar aan die Here behoort

Want hul sal rus van hul arbeid

Salig is die dode

En alles wat hulle gedoen het neem hul saam.

So sê die Gees van God.

*Write it down!*

*Blessed are they that henceforth, should die, blessed,*

*yet belonging to God*

*For they shall rest from their labours.*

*Blessed are the departed!*

*And all they have done they take with them to heaven.*

*So says the (Holy) Spirit of God.*

## Wildsbok - Teks: Psalm 42

Soos 'n wildsbok

wat smag na waterstrome,  
smag my siel na U, o Heer.

U alleen is my hartsverlange en ek bring aan U die eer.

U alleen is my krag en skild,  
aan U alleen wy ek nou myself.

U alleen is my hartsverlange en ek loof U as my Heer.

*As a buck that yearns for the water,  
My soul yearns for You, O Lord.*

*You alone are my heart's desire and I honour You.*

*You alone are my strength and shield,  
to You alone do I now dedicate myself.*

*You alone are my heart's desire and I glorify You as my Lord.*

## Onse Vader - Teks: Matt. 6:9-13

Onse Vader in die hemel,  
laat U Naam geheilig word.  
U koninkryk kom.  
U wil geskied,  
in die hemel  
net soos op die aarde.  
Gee ons vandag  
ons daaglikse brood,  
en vergeef ons ons skulde,  
soos ons ook ons skuldenaars  
vergewe.  
En lei ons nie in versoeking nie, maar  
verlos ons van die Bose. Want aan U is  
die ryk  
en die krag  
en die heerlikheid  
tot in ewigheid.  
Amen.

*Our Father, which art in heaven,  
Hallowed be Thy Name;  
Thy kingdom come.  
Thy will be done  
on earth  
as it is in heaven.  
Give us this day  
our daily bread;  
and forgive us our trespasses,  
as we forgive those who trespass  
against us.  
And lead us not into temptation,  
but deliver us from evil  
For thine is the kingdom  
and the power  
and the glory for ever  
and ever.  
Amen.*

## Magaliesburgse Aandlied - Teks: Gawie Cillié (1910-2000)

Hoed my as ek my gaan neerlê, grote  
God wat altyd waak.  
O, beskerm my deur U Almag  
as die kwade my genaak.

O, vergeef my al my sondes,  
dan lê ek my hofie neer.  
Dood of hel sal ek nie vrees nie  
want U is my Rotssteen, Heer.

Neem my ouers en my vriende  
in bewaring hierdie nag  
Môre dank ons U vir goedheid, gawe  
van 'n nuwe dag.

*Guard me as I lay me down,  
Great God, constantly vigilant.  
Oh, protect me by Your Omnipotence.*

*When Evil draws near to me.  
O, forgive me all my sins, so then I lay down  
my humble head.  
Death nor hell shall I fear because You are  
my Rock, O Lord.*

*Take my parents and my friends under your  
protection this night.  
Tomorrow we thank You for grace, the gift  
of a new day.*

## **Aandblom - Teks: Boerneef (1897-1967)**

Aandblom is 'n witblom  
aandblom is my bloedrooi vers  
hartblom is my meisie  
ek en sy by die opsitkers  
blommetjie vergeet my niet  
blommetjie gedenk aan my.

*The evening flower is a white flower  
the evening flower is my  
deep red heifer  
my heart's flower is my damsel  
she and I at the courting candle  
little flower don't forget me  
little flower remember me.*

## **Doer bo teen die rant- Teks: Boerneef (1897-1967)**

Doer bo teen die rant  
staan 'n bos geplant  
Dis 'n Cederbergse bos  
dis 'n wonderbossie bos  
Laat trek van die ding  
met kruie geming  
vir die sit en verlang  
wat die ouderdom bring.

*Up high against the ridge  
grows a bush  
It's a Cederberg bush  
it's a little wonder-bush  
steap some of this  
blended with herbs  
for sitting and longing  
that old age brings.*

## **Aandgesang - Teks: Chris Lamprecht (b. 1970)**

Aan U, o God, my dankgesange -  
U wil ek in my aandlied prys!  
Al kwyn die sonlig teen die hange,  
U lig my lig sal hoër rys.

*To You O God, my songs of thanksgiving  
I wish to praise You in my evening hymn!  
Even should the sunlight wane against the  
mountain overhangs,  
Your light, my light, shall rise ever higher.*

U het my met u guns versadig  
en as 'n Vader my beskerm;  
met seëninge, so mildadig,  
U dag en nag oor my ontferm.

*You sated me with your favour  
And sheltered me as a Father  
with blessings, so bountiful,  
took pity on me day after day.*

Ek weet aan wie'k my toevertrou het,  
al wissel dan ook dag en nag  
ek ken die rots op wie'k gebou het,  
van wie ek al my heil verwag.

*I know to whom I have entrusted myself,  
even when day and night should alternate  
I know the Rock on whom I built,  
From whom I expect all my salvation.*

Eens aan die awend van my lewe,  
sal ek van sorge en moeite vry  
Vir elke dag my hier gegewe  
U hoër reiner loflied wy.

*Only at the eve of my life,  
shall I, freed from care and trouble  
For every day granted me down here  
to You dedicate a higher purer hymn of  
praise.*

## Al lê die berge nog so blou - Teks: Tradisioneel

Al lê die berge nog so blou,  
haar woorde sal ek steeds onthou.  
Maar dié moet julle darem weet,  
haar woorde sal ek nooit vergeet.

*Though the mountains yet stay so blue, I  
shall continue to remember her words.  
But this you must know  
Her words I shall never forget*

Nou gaan sy weg met 'n lekker hart,  
hier sit ek nou in pyn en smart...  
Al woon my bokkie nog so vêr,  
dan troos ek my aan die môrester.

*Now, she leaves with a heart at ease  
And here I sit in pain and suffering.  
Although my love lives so far away  
Yet then I'll console myself with the morning  
star.*

## Mali die slaaf - Teks: C. Louis Leipoldt (1880–1947)

Van die lotusland waar die lelies groei  
en die koningsblom op die boomstam  
bloei,  
Waar jare deur die somer woon  
en elke dag met glorie kroon.

*From the lotus land where the lilies grow  
And the orchid blooms on the tree trunks,  
Where summer lasts the whole year and  
crowns every day with glory;*

En sag die koel suidoostewind  
die geil-groen veld begroet as vrind;  
En sagter teen die wit strand slaan  
die branders van die oseaan.  
Daarvandaan kom ek wat Mali heet.

*Where the cool southeastern wind  
softly greets the lush green veld as a friend;  
And the waves of the ocean stroke the white  
beach even more softly.  
That is where I come from I, whose name is  
Mali*

Vry was ek waar die lotus groei -  
vry waar die koningsblomme bloei;  
waar elke middag sag die reën  
sy gloed ontelbare tranes ween.  
Waar ataphut en silwerstrand  
oor fyn bewerkte sawaland;  
oor die statige vulkaan  
die rookwolk in die môre staan.

*I was free where the lotus grows  
free where the orchids blossom;  
Where every afternoon the rain softly  
cries its glowing countless tears  
over palm-thatch huts and silvery beaches,  
over well-tilled fields of rice paddies;  
Where a cloud of smoke envelops  
the stately volcano every morning.*

Daarvandaan kom ek wat Mali heet.

*That is from where I come I, whose name is  
Mali!*

## Trekliedjie - Teks: Pieter Claassens (1949-1983)

Wuperthal  
Genadendal  
Toktokkie sing 'n lied  
van Dieprivier en Donkerstroom  
'n baie ou verdriet;  
van Soekmekaar en Amperdaar  
en nooit weer vrede vind  
en die trekswael gooi sy vlerke in die  
wind.  
Kleinbegin en Niksgewin,  
kanniedoodkaroo  
êrens moet daar iets nog wees  
waarin die hart kan glo  
katjiepierang oumeidmaan 'n  
skadu skeer verby,  
maar die bokmakierie sing  
hy sing vir my  
en dis oulap vir 'n dop  
en dis gou die emmer skop  
en dis huisiedeurmekaar  
maar jy's amper-amper daar  
En dis gaan my nie verby, o my Heiland,  
Gaan my nie verby  
dink, o, dink aan my.

*Wuperthal,  
Genadendal  
toktokkie, sing a song  
of Diep River and Dark Stream  
a very old sorrow;  
of Soekmekaar and Almost-There  
and never finding peace again  
And the migrating swallow puts its wings  
into the wind.  
Small Start and Nothing Gained  
can't-die-karoo  
somewhere there must still be something  
in which the heart may trust,  
gardenia, crescent moon  
a shadow slips past,  
but the shrike sings,  
he sings to me  
and it's a copper for a tot  
and it's kicking the bucket soon  
and it's a little house in a mess  
but you're almost, almost there,  
and it's don't pass me by O my Saviour  
don't pass me by,  
think, oh think of me*

## Loof die Here - Teks: 1 Kron. 16:8-10

Loof die Here, roep sy naam aan  
Loof die Heer!  
Maak onder die volke sy daede bekend!  
Sing, sing, psalmsing, sing tot sy eer,  
spreek van al sy wonders tot sy eer!  
Beroem jul in sy heilige Naam;  
laat die hart van die wat die Here soek  
bly wees.  
Kom loof hom. Kom loof Hom in sy  
heilige Naam.

*Praise the Lord, call upon his name  
Praise the Lord!  
Make known his deeds amongst the  
peoples  
Sing, sing, psalmodise, sing to his glory,  
speak of all his wonders to his glory!  
Glory in his Holy Name;  
let the heart of them who seek the Lord  
rejoice.  
Praise the Lord!  
Glory in his Holy Name.*

**Antoinette Huysen** was appointed as the new Music Director of the Cape Town Chamber Choir in January 2024. Antoinette appears with kind permission of Cape Town Opera. She is currently the Chorus Master at Cape Town Opera and also directs the CTO Children's Chorus.



After Antoinette had completed her B.Mus. at the University of Cape Town in piano (under Francois du Toit) and classical guitar (with Michael Hoole) in 2001, she furthered her studies in classical voice and obtained

an M.Mus (cum laude). Her teachers included Brad Liebl and Virginia Davids.

She was student conductor at the Drakensberg Boys' Choir school in 2003, studied choral conducting under Kåre Hanken from 2003-2005, and directed the Philharmonia Choir of Cape Town from 2006 to 2012. She was employed as a vocal coach and accompanist at UCT from 2010 to 2017 and lectured singing at the University of Stellenbosch from 2016 to 2021. As a soprano, Antoinette is a frequent oratorio and recital soloist.

Antoinette appears with kind permission of Cape Town Opera.

**Frieda van den Heever** is a versatile South African singer, voice artist, writer, director, and radio presenter. She has produced programmes such as Vers en Klank and Kortom, and received an ATKV Mediaveertjie award for her work in radio.



In 2024, she released her first fully Afrikaans album, Spoorsny, recorded alongside renowned Afrikaans musicians including Die Heuwels Fantasties and Laudo Liebenberg. The album

traces both a literal and metaphorical journey through life after loss, celebrating the paradoxes of being human with lyrics that offer hope amid darkness.

---

 CAPE TOWN  
Chamber Choir

**Sopranos:** Laura de Kok, Anita Ferreira, Elsa Freedman, Jeani Heyns, Lisa Lamprecht, Aphiwe Mane, Mila Nieman, Suzanne Roberts, Nallie Danelle Smuts, Marié van Niekerk  
**Altos:** Riëtte Burger, Ina Conradie, Ansia Kohrs, Marie-Louise Niland, Ronelle Robbertze, Jacobie Serfontein, Elsa van Niekerk  
**Tenors:** Marcel Cabano, Denzil Groenewalt, Wanzenburg van Wyk and guest tenor Blaine Josephs.  
**Basses:** Hennie Botha, Dave Cornell, Anton de Goede, Dave Jones, Nkosinathi Rodrigues, Cor van der Merwe, Leendert Wijnja, Cornelius van Zyl, Wander Reis

The **Cape Town Chamber Choir** has established itself as one of the most distinguished *a cappella* adult choirs in the Cape. Its members are all experienced choristers from the greater Cape Town. The choir was founded in 2009 by Leon Starker and in the same year performed and recorded Rachmaninoff's *Vespers* in Afrikaans. Past conductors include Margaret Barlow (2011 & 2012) and Marijke de Villiers Roos (2013 – 2023).

Under direction of Antoinette Huyssen, the choir was the Choir-in-residence for the duration of the 2024 Mzansi Conductors' Convention and in the same year performed a Classical music programme at the 2024 Toyota Stellenbosch Wordfees.

Apart from two concert programmes in 2025, the Choir also collaborated with Con Spirito Philharmonic in April, performing Johannes Brahms' *Ein Deutsches Requiem*, as well as hosting a concert in July for the Missouri State University Chamber Choir.

*Follow us on social media  
@capetownchamberchoir, on Instagram and Facebook*

**SAVE THE DATES OF THESE CONCERTS FOR 2026**

**30 AUGUST** – Brahms' *Ein Deutsches Requiem* with four hands one piano at St. Martini Church at 4 p.m.

**9 OCTOBER** - *Met Woord & Lied* with Frieda van den Heever during 2026 Toyota Stellenbosch Woordfees, in the Fisser Hall at 6.30 p.m.

**6 DECEMBER** – *Christmas Carol Concert* at Christ Church Constantia at 3 p.m.

***Join us for a glass of wine / hot chocolate after the concert. Thank you for your support!***

***Call for auditions in July:  
All voice parts, with particular interest in altos  
and tenors. Scan the link to sign up.***



*Tear off here and leave at ticket sales point today*  
**PLEASE ADD ME TO YOUR MAILING LIST**

---

Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Mobile: \_\_\_\_\_



OR scan here  
and add it!