



## Schedule for Sofia Sahlin and Olle Linders participation in opening ceremony/seminar for "St Olav Waterway" 24th of May 2019

Our task was to physically activate the audience in addition to singing, playing and talking about St Olav, St Anna of Novgorod and thoughts about pilgrimage.

[St Olav Waterway | A Pilgrimage Back in Time - LIVE STREAM Youtube](#)

Use Ctrl when following link to open youtube in new window.

### Section 1

- 1:16:10** Start **St Olavs walking tune** based on fragments from the St Olav mass, Nidaros Cathedral 12th century.
- 1:25:45** **Troparion** of St Anna of Novgorod – Ingegerd Olofsdotter, **Seiklos Epitaph** ca 300 b.c., **Skärgårdsvals** - Waltz of the Archipelago by Olle Linder

### Section 2 unfortunately without sync picture/sound

- 3:38:28** Start
- 3:39:00** Preparation for movements Sailors Hornpipe
- 3:40:10** **Sailors Hornpipe**
- 3:43:40** **Vem kan segla förutan vind? and poem written by Olav Haraldson/St Olav**
- 3:51:35** About **Rosa Rorans Bonitatem** – song for St Bridget written by Nils Hermansson 14th century.
- 3:52:35** Start english translation with movements and song in latin  
*Concerning Hildegard of Bingen, if she is saint or not: Copied from en.wikipedia.org/wiki/Hildegard\_of\_Bingen "Although the history of her formal canonization is complicated, branches of the Roman Catholic Church have recognized her as a saint for centuries. On 7 October 2012 Pope Benedict XVI named her a Doctor of the Church."*
- 3:57:00** **Waterway Music & Movement**

### Section 3 unfortunately without sync picture/sound

- 4:07:00** **St Olav Sea song and Waterway Music & Movement** – first performance, written for this occasion. Text Sofia Sahlin. Music Olle Linder and Sofia Sahlin.

[Home page St Olav Waterway](#)

[Facebook S:t Olavsleden Music & Movement](#)

[Home page Sofia Sahlin](#)

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