Here are the jumps in Bach CANTATA BWV 131 for Soprano II, Tenor II, Wendy, Lois and Jaeleen. I would suggest not to jump any more than this, but just leave out high notes if you can't sing them well.

SOPRANO II:

Coro: Ms. 82, down

Ms. 84, up

Coro at T (begins page 35): Ms. 5 (on 3 +), down

Ms. 9, up

Ms. 23 (pickup), down

Ms. 25, up

TENOR II:

Coro: Ms. 69 (on 2+), down

Ms. 72 (on 2), up

Ms. 87 (on 4), down

Ms. 88 (on 3), up

Coro at K (begins page 18): Ms. 16, down

Ms. 23 (on 3), up

Coro at T (begins page 35): Ms. 34 (on 4), probably stop singing, but we will try this out

Ms. 37 (on 2 +), down

Ms. 40 (on 2 +), up

THE THREE ABOVE NAMED ALTOS:

Coro: Ms. 70, down

Ms. 73 (on 4+), up

Ms. 87 (on 4), down

Ms. 88 (on 2 +), up

Coro at K (begins page 18): Ms. 16 (on 2 +), down

Ms. 22 (on 2 +), up

Coro at T (begins page 35): Ms. 22, down

Ms. 24 (on 4), up

We will discuss Ms. 35. (You are needed in the tenor, but also in the alto.)