

HOLY COMMUNION MUSIC PROGRAM

1/26/2020

The Holy Communion Choir had another big musical year in 2019. In addition to singing the majority of the 10:30 services, the choir reinforces the singing of paperless music, and has participated in special services, including our Music Festivals.

We use songs from Music that Makes Community (MMC) as a way to bring people together. MMC is a movement which promotes paperless music, or music that can easily be learned by those who do not read music. These are accessible tunes, which can be learned after just a few times of singing, and the melodies can easily be recognized by those visiting the church. The goal is to encourage more singing by the entire congregation, which, in turn, helps to establish a stronger sense of community within the church. During the 10:30 services, we use MMC music as the Gathering Song, and then modify the melody for the sequence and the Great Amen.

The Music Festivals at Holy Communion are designed to enhance and heighten worship, as well as attract lovers of music both within and outside of our church. During the festivals we celebrate through song – additional anthems may be sung, “bigger” works may be presented, guest musicians may join us, and a variety of musical styles may be presented.

During 2019, we welcomed Jae Park as our organist/accompanist, and he quickly established himself as a vital part of our music family. He has been working closely with Rev. Mike Angell in overseeing the restoration of our organ, and we all are looking forward to its installation.

Our Music Program is still growing, not only in the number of musical events, but also in the number of people involved. During the summer months, we invite parishioners who aren't regular members of the choir to sing a service as a “pick-up” choir. For those members who enjoy singing in a choir, but aren't able to commit to weekly rehearsals and services, this is the perfect way to get their “choir fix.” If you are interested in our summer choir, get ready – we'll start again in June!

Why sing in the choir? Music participation, regardless of age, benefits the musician in so many ways, outside of music-making. Studies have shown that music education for young people enhances a student's ability to learn other disciplines of education, such as math and science. It also teaches teamwork (singing in a group), patience (from learning music), how to achieve goals (practicing), as well as social interaction (good musicianship). We hope that the youth in this choral program will learn the joys and discipline of making music, and that as they get older, they continue to reap the benefits that music provides, whether they continue with music as a career or take on other professions.

For adults, in particular, there are positive physical outcomes and mental health benefits. These are related to improved cardiovascular fitness (including lung function), as well as improved mood and general alertness, often allied to a feeling of being spiritually uplifted. Because singing involves many different areas of the brain acting in concert, there are often associated cognitive benefits, such as improvements in reading ability that are linked to increased auditory discrimination that supports phonological development.

There are also social and psychosocial benefits, as singing in a collective can improve participants' sense of belonging and of being socially included by engendering a positive sense of community. Singing can bring a stronger and more positive sense of identity in a context where there is often a sense of loss of control due to

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the challenges of aging. There are also musical and cultural benefits as participants gain skills, knowledge and understanding of the nature and place of music in their lives and the lives of others.

Our adult choir experience the joys of singing and weekly music-making, and rise to the challenges given to them. We're so blessed that they share their talents with us.

As of today's meeting, the members of the Holy Communion Choir are:

<u>Soprano</u>	<u>Alto</u>	<u>Tenor</u>	<u>Bass</u>
Tricia Anderson	Leslie Caplan	Tim Anderson	Matt Chapman
Amanda Diemer	* Rebecca Hatlelid	Rudi Bertrand	Jakob Horner
Julie Farrar	Katie Horner	Andy Carpentier	* Micheal Lowe
Cecily Hawsworth	Marlene O'Brien	Brad Currey	Paul Roesler
*Juliet Jackson	Stephanie Polster	Jacob Swanson	Tyler Schwarz
*Bria Jones	*Bridget Voda	Andrew Wasson	
Lydia Roesler			
Sarah Stanage			
	*section leader		

Although we've added new singers to the Choir, it is our hope that our number continues to increase so we further minister through music. If you're interested in singing with the Choir, please email me or see me after one of the 10:30 services.

None of the festivals or special music could take place without the hard work and dedication of Jae and our talented singers, as well as the support from Mike, the Vestry, and the congregation as a whole. On behalf of the choir, thank you all for your support. We are forever grateful.

Respectfully submitted,
Mary Chapman, Director of Music (mchapman@holycommunion.net)