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St. Paul's UMC Music Newsletter

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Real Men Sing at Wartburg College

On Saturday, October 8, 2011, Connor DeJong and Charles Edwards will participate in Wartburg College's Mens Choir Festival, Real Men Sing. The 5 p.m. concert is open to the public and will feature the Festival Choir, the East View High School Men's Choir (Apple Valley, MN), Wartburg's Ritterchor and Festeburg, and Cantus, a professional men's ensemble. Tickets are \$5 at the door.



Why Sing in Ensembles

The following is an essay by Brian Eno, a British composer, artist. He was the founding member of the rock group Roxy Music and has produced recordings by Talking Heads and U2.

I believe in singing. I believe in singing together.

A few years ago, a friend and I realized that we both loved singing but didn't do much of it, so we started a weekly a cappella group with just four members. After a year we started inviting other people ... now the group has ballooned to around fifteen to twenty people.

I believe that singing is key to long life, a good figure, a stable temperament, increased intelligence, new friends, super self-confidence, ... and a better sense of humor. A recent long-term study conducted in Scandinavia sought to discover which activities related to a healthy and happy later life. Three stood out—camping, dancing and singing.

Well, there are obvious physiological benefits. You use your lungs in a way that you probably don't for the rest of the day, breathing deeply and openly. There are psychological benefits too. Singing aloud leaves you with a sense of levity and contentedness. Then there are what I would call 'civilizational benefits.' When you sing with a group of people, you learn how to subsume yourself into a group consciousness because a cappella singing is all about the immersion of the self into the community. That's one of the great feelings—to stop being me for a little while and to become us. That way lies empathy, the great social virtue.

(continued on page 2)





Well, here's what we do in an evening. We get some drinks, some snacks, some sheets of lyrics and a strict starting time. We warm-up a bit first.

The critical thing turns out to be the choice of songs ... You want songs that are word-rich but also vowel-rich because it's on the long vowels ... where your harmonies really express themselves, and when you get a lot of people singing harmony on a long note, it's beautiful.

But singing isn't only about harmonizing pitch like that. It has two other dimensions. The first one is rhythm. It's thrilling when you get the rhythm of something right and you all do the complicated rhythm together (Oh when them cotton balls get-a-rotten, you can't pick very much cotton). When sixteen to twenty people get that dead right together at a fast tempo, that's very impressive. The other dimension is tone—to hit exactly the same vowel sound at a number of different pitches seems unsurprising in concept but is beautiful when it happens.

So I believe in singing to such an extent that if I were asked to redesign the British educational system, I would start by insisting that group singing become a central part of the daily routine. I believe it builds character and more than anything else, encourages a taste for cooperation with others. This seems to be about the most important thing a school could do for you.

It is easy to take for granted the benefits of singing in an ensemble. When Norma Cutsforth served in the praise team, she commented how it felt good physically to sing again, to practice singing weekly. She felt an exhilaration that was different from other aspects of her life. When I (Carol Tralau) was diagnosed with a possible polyp on my vocal folds and was unable to do even the simplest vocal tasks in life, a huge part of me seemed to be missing. We all know I wouldn't gain any satisfaction from my piano playing! Being coached by others in the profession to be grateful for my "set of ears and ability to wave my arms respectively for the art," I still needed that actual physical sensation of producing sound in a healthy and resonant manner. Yes; the exhilaration of which Norma spoke was missing, and a huge part of my being as a person and a musician was gone or at least askew. I am now grateful for my patience and perseverance during the past eight years to work with professionals in the voice field and explore my own solutions to my voice issues. I am grateful for the opportunities to feel the benefits of singing again. I pray that these benefits will last well into my elder years and actually be one of those activities that relate to a healthy and happy later life, quoting Brian Ebo. I hope those of you who sing at St. Paul's likewise feel the benefits listed by Brian.

Best wishes to Beth Heffner as she now has the opportunity to be with family in Pennsylvania. Her address is Phoebe Terrace, 1940 West Turner Street, Allentown, PA 18104. THANK YOU Beth for your many years of volunteer work for and participation in music at St. Paul's.



Celebrating a

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|--------|--------------|--------------|
| Oct 12 | Matt Lyman | Youth Choir |
| Oct 13 | Alyssa Comer | Wesley Bells |

Barb Oakland – Sanctuary Choir Member



I was actually born at St. Luke's Hospital in Cedar Rapids while my parents farmed at the Lakeside farm south of Marion. My farmer dad rented farm ground, so we moved every five years or so. I attended Midland Country School near Anamosa for 2 ½ years, Central City Elementary until 7th grade, and I graduated from Mt. Vernon High School.

I'm a graduate of Morningside College in Sioux City with an English major and Spanish minor. My first teaching job was at Urbandale High School, teaching English and Spanish and advising the year book staff. I was privileged to be a stay-at-home mom while our children were young, and then I started teaching adults at community colleges across the state. Because of our moves, I've taught at four different CC's – NIACC in Mason City, Muscatine Community College, NICC in Dubuque, and Iowa Central in Storm Lake. I'm hoping to make it five with a GED or ESL teaching position at Kirkwood.

My parents are living at Linn Manor Care Center in Marion, both in unstable health situations but alert and caring. I have two brothers, one in Ames and one in Florida. Jerry and I celebrated our 40th anniversary this summer and have three daughters, three sons-in-law, and three grandchildren. Our oldest daughter, Debi, and her husband Brian are both teachers in Dubuque. Two grandchildren, Max and Meredith, live there, so we're pleased to be able to be close enough to participate in more of their activities. Betsy and Jay and granddaughter Anna live in Minneapolis where Betsy is a chiropractor and Jay has his own promotions business. Laura and Joe live in Kansas City, Laura working as a social worker and Joe as a transportation engineer.

Church activities have been my primary interests – teaching Sunday School, participating in UMW, and leading small groups. I have a part time job with the Iowa Conference UMC, serving as the executive secretary for Conference Nominations, so I am a member of the Iowa Annual Conference. I have been elected as a General Conference alternate/Jurisdictional Conference delegate twice and am preparing to attend the 2012 General Conference in Florida in May.

Jerry and I love theatre and enjoy attending local productions. We also enjoy traveling though we do less of that than we'd like because of our schedules and commitments. Hosting/participating in dinners for small groups and playing games or cards is also great fun for us.

I have been singing in church choirs and small groups since I was 10. At Morningside, I was in the touring Concert Choir and especially enjoyed the honor of traveling to Hawaii for a choir tour. We've just joined the St. Paul's choir which is a special privilege and joy. Flute was my instrument in school, but I no longer play.

I enjoy all kinds of music but probably lean toward the more "jazzy" choir anthems. My mother tells the story of 2-year old Barbara sitting on the porch step with a little book, singing my heart out with "Hocky Bu-day to You!" And I was often reprimanded for "singing at the table" as a youth. I think I always have a song playing in my brain.

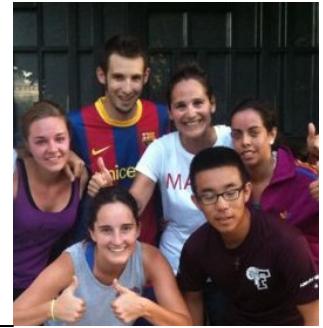
Music moves me to praise or supplication, depending on the style. When I get a tingly sensation, singing or listening, I know I have participated in something holy. We have chosen to be a part of St. Paul's largely because of the wonderful music we can enjoy.

Brenda Prediger

Youth Activities

Youth Choir
Wesley Bells
Chancel Bells

Carol A. Tralau, Director
Kathy Colton, Director
Kathy Colton, Director



ENSEMBLE	REHEARSAL	TIME	LOCATION
Youth Ensemble (6th-12th)	Sunday	4:30-5:15 p.m.	Choir Room
Wesley Bells (7th-8th)	Wednesday	7:30-8:15 p.m.	Room 325
Chancel Bells (9th-12th)	Sunday	5:15-6:00 p.m.	Room 325

October Schedule

Oct. 23	Chancel Bells Emily DeJong, Julia Carlson, Matt Lyman, Connor DeJong, Mary Azelborn, Josh Lyman	9:00 a.m. service	<i>Jubilant Fanfare</i> <i>O Sing a Joyful Song to God</i>
Oct. 30	Youth Choir (with Sanctuary Choir)	9:00 a.m. service	<i>To Love Our God</i>



Children's Activities

Star Choir Janet Schroeder, Director Deb Gillespie, accompanist
Cherub Choir Wendy Morton, Director Colt Ballou, accompanist
Chapel Choir Kelly Truax, Director and accompanist

ENSEMBLE	REHEARSAL	TIME	LOCATION
Star Choir (Pre-school)	Wednesday	6:00-7:00 p.m.	Room 307
Cherub Choir (K-2nd)	Wednesday	6:45-7:15 p.m.	Room 101
Chapel Choir (3rd-4th)	Wednesday	6:45-7:15 p.m.	Room 117

October Schedule

Oct. 9	Chapel Choir	9:00 a.m. service	<i>He Has Made Me Glad</i>
Oct. 16	Cherub Choir	9:00 a.m. service	<i>David and Goliath</i>

Handbell Happenings

Kevin Lodge

Director of Handbells Ministries

Kathy Colton

Director of Youth Handbells



October Schedule

Oct 16	Carillonners	9:00 a.m. service	<i>My Jesus, I Love Thee</i>
Oct 30	Tower Bells	9:00 a.m. service	<i>God So Loved the World</i>



Proposed Schedule for October 2011

October 2011

5:30 p.m.

- Oct. 1: Rachel Elson-Canfield
- Oct. 8: Matt German
- Oct. 15: Matt German
- Oct. 22: Rachel Elson-Canfield
- Oct. 29: Rachel Elson-Canfield



9:00 a.m.

- Oct. 2: Sanctuary Choir *Children of the Heavenly Father*
- Oct. 9: Sanctuary Choir *How Firm a Foundation*
Chapel Choir *He Has Made Me Glad*
- Oct. 16: Sanctuary Choir *See That You Love One Another*
Men's Ensemble *O God of Love, O King of Peace*
Carillonneurs *My Jesus, I Love Thee*
Cherub Choir *David and Goliath*
- Oct. 23: Sanctuary Choir *Be Thou My Vision*
Emily DeJong, Julia Carlson, Matt Lyman, Connor DeJong *O Sing a Joyful Song to God*
Mary Azelborn (trumpet), Josh Lyman (trombone)
Chancel Bells *Jubilant Fanfare*
- Oct. 30: Sanctuary and Youth Choirs *Peace Like a River and To Love Our God*
Tower Bells *God So Loved the World*

Please note that Sanctuary Choir will meet at 8 a.m. on October 30 with orchestra for *Peace Like a River*.

10:30 a.m.

- Oct. 2: no service
- Oct. 9: Alicia Aguiar, Mary Hurlbut, Steve Schroeder, John Nollsch *How Firm a Foundation*
- Oct. 16: Lana Lodge *The Greatest Gift is Love*
- Oct. 23:
- Oct. 30:

11:30 a.m.

- Oct. 2: Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)
- Oct. 9: Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)
- Oct. 16: Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)
- Oct. 23: Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)
- Oct. 30: Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)

Sanctuary Choir Officers 2010-2013

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Treasurer: Tom Sears	365.7913	matasears@mchsi.com



Proposed Schedule for October 2011

Oct. 1 and 2

- 5:30 p.m. Rachel Elson-Canfield
9:45 a.m. Sanctuary Choir *Children of the Heavenly Father*
10:30 a.m. no service
11:00 a.m. Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)

Oct. 8 and 9

- 5:30 p.m. Matt German
9:00 a.m. Sanctuary Choir *How Firm a Foundation*
Chapel Choir *He Has Made Me Glad*
10:30 a.m. Alicia Aguiar, Mary Hurlbut, Steve Schroeder, John Nolls *How Firm a Foundation*
11:30 a.m. Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)

Oct. 15 and 16

- 5:30 p.m. Matt German
9:00 a.m. Sanctuary Choir *See That You Love One Another*
Men's Ensemble *O God of Love, O King of Peace*
Carillonneurs *My Jesus, I Love Thee*
Cherub Choir *David and Goliath*
10:30 a.m. Lana Lodge *The Greatest Gift is Love*
11:30 a.m. Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)

Oct. 22 and 23

- 5:30 p.m. Rachel Elson-Canfield
9:00 a.m. Sanctuary Choir *Be Thou My Vision*
Chancel Bells *Jubilant Fanfare*
Emily DeJong, Julia Carlson, Matt Lyman, Connor DeJong *O Sing a Joyful Song to God*
Mary Azelborn (trumpet), Josh Lyman (trombone)
10:30 a.m.
11:30 a.m. Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)

Oct. 29 and 30

- 5:30 p.m. Rachel Elson-Canfield
9:00 a.m. Sanctuary and Youth Choirs *Peace Like a River and To Love Our God*
Tower Bells *For God So Loved the World*
10:30 a.m.
11:30 a.m. Tim Daugherty, Matt German, Dennis McPartland, John, Jean, Deb (Praise Team)

**Please note that Sanctuary Choir will meet at 8 a.m. on October 30
with orchestra for *Peace Like a River*.**