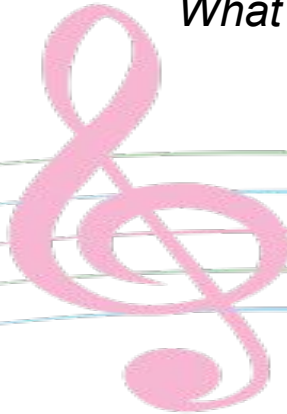


Singing Together ~

What happens when we sing together?



*Connecting with singers beyond assumptions
and defenses so they can see Jesus in us.*

Highlights about Liz Niemeyer:

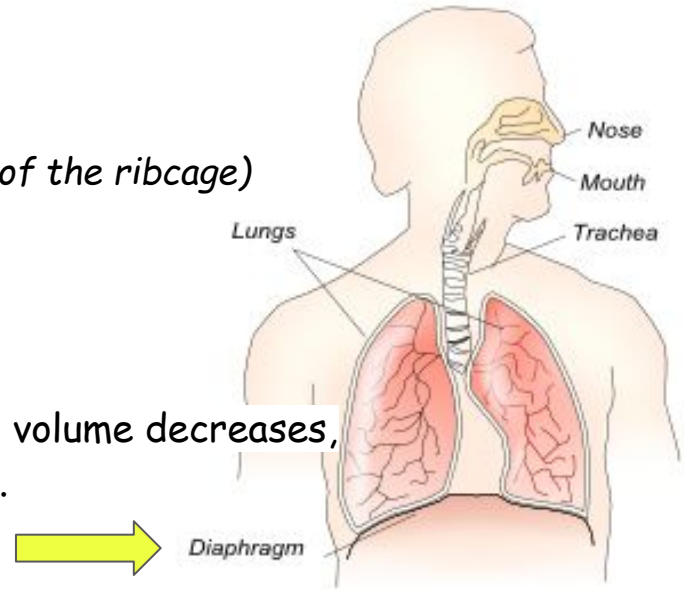
- 1) Child of God
- 2) Wife of Andy for almost 10 years
- 3) Mother to Jace (8), Sadie (6) and Kayla (almost 3)
- 4) Daughter of Christian and Kim Cejpek, sister to Nellie and Alex
- 5) Grades 7-12 Choir teacher at Richland Center School District
(170 singers)

Breathe

Step 1 - **inhalation**... diaphragm moves downward.
(a shelf of muscle and tendon that extends across the bottom of the ribcage)

As the diaphragm depresses,
it creates a vacuum in the lungs and air rushes in.

Step 2 - **exhalation**... the diaphragm relaxes/rises and lung volume decreases,
creating a positive pressure difference, and air rushes out.



*Singing starts with **Support**, which works by contracting the abdominal muscles, creating higher pressure in the abdomen and thorax, allowing the diaphragm's relaxation (and upward rise) to be more carefully controlled.*

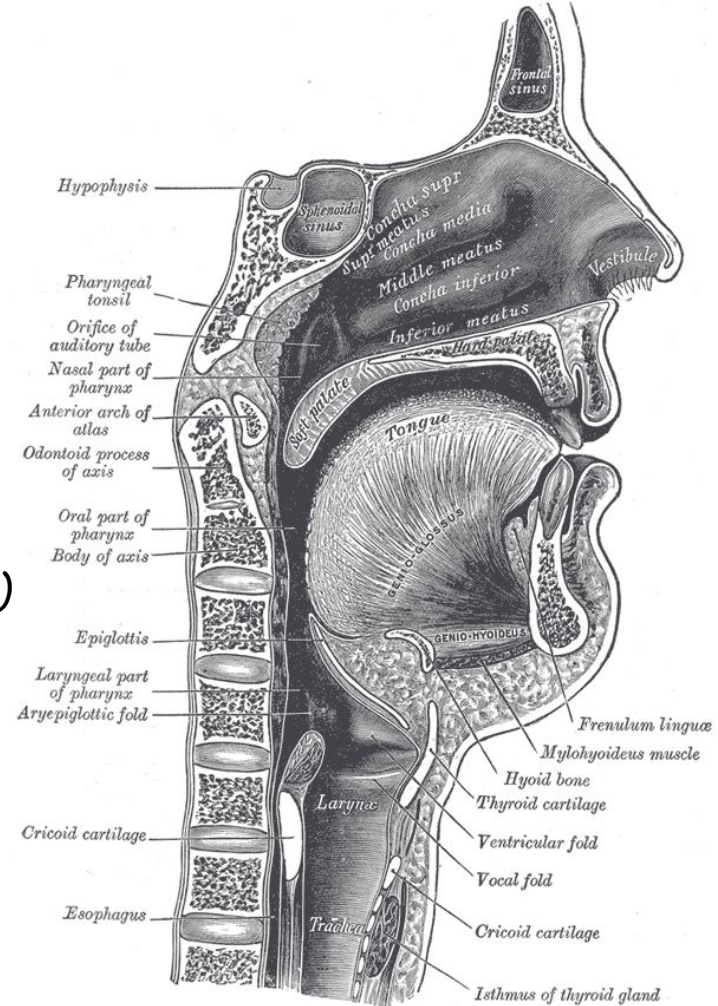
PHONATION! Making noise :)

The sound we hear is modified by air pressure and tightness in the **vocal tract** (larynx, pharynx, oral and nasal cavities).

Resonators (the parts of the body that can vibrate in harmony with the voice) are like the body of a guitar.

The buzz created by the vocal folds *resonates* (vibrates) the air column and this, in turn, causes the structures above and around the larynx to vibrate, as well.

How you personally feel the resonance can vary. A lot of it is felt "sympathetically" in the chest, throat, bones, and skull (including mouth, nasal, sinus, facial).



So, do you think you have enough knowledge to sing a little?!

1) Breathe (release muscles and allow expansion)

2) Open Up (create space in your resonators and imagine the voice placement)

3) Squeeze (apply just enough contraction in your abdomen to power the "buzz" you want)

____ I Love You, Lord ____ 

I Love You, Lord

Love the Lord, all His saints! Ps. 31:23

The musical score is written in a 4-part setting (Soprano, Alto, Tenor, Bass) with a piano accompaniment. It is in the key of B-flat major (two flats) and 4/4 time. The lyrics are: "I love You, Lord, and I lift my voice to wor-ship You. O my soul, re-joice! Take joy, my King, in what You hear: may it be a sweet, sweet sound in Your ear." The score consists of three systems of staves. Each system has a vocal line (Soprano, Alto, Tenor, Bass) and a piano accompaniment line. The lyrics are placed below the vocal lines.

I love You, Lord, and I lift my voice to wor-ship

You. O my soul, re-joice! Take joy, my King, in

what You hear: may it be a sweet, sweet sound in Your ear.

What is the Value of Worship Through Song?

It's not about you...

Everything that God is calling you to do requires HIM!

Arrogant or insecure,

you need to come to the end of yourself to sing...

you need to come to the end of yourself to do God's will...

like WORSHIP!

***Find music that speaks these truths into you:**

God's voice stills, comforts and calms you...

while Satan's voice rushes and worries you.

God's voice reassures and encourages you...

while Satan's voice frightens and discourages you.

God's voice enlightens and convicts you...

while Satan's voice confuses and condemns you.

God's voice is the beautiful notes that form these truths within you.

HOLY, HOLY, HOLY

Isaiah 6:3

And they were calling to one another: "Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory."

The word "holy" means "set apart"

He is the absolute standard of *perfected holiness*.

He is completely unto Himself and dependent on nothing else for existence, purpose, or character.

His nature and existence defines the entire concept of "holy."

It is everywhere He is, and He is everywhere. **The glory of God is inescapable** (Romans 1:20).

262 Holy, Holy, Holy

Holy, holy, holy is the Lord God Almighty, Rev. 4:8



1. Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!
 2. Ho - ly, ho - ly, ho - ly! all the saints a - dore Thee,
 3. Ho - ly, ho - ly, ho - ly! though the dark - ness hide Thee,
 4. Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!



Ear - ly in the morn - ing our song shall rise to
 Cast - ing down their gold - en crowns a - round the glass - y
 Though the eye of sin - ful man Thy glo - ry may not
 All Thy works shall praise Thy name in earth and sky and

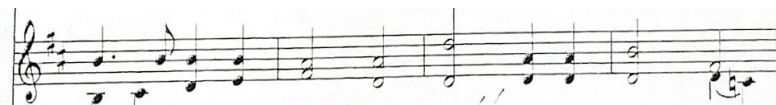


Thee;
 sea;
 see;
 sea;
 Ho - ly, ho - ly, ho - ly!
 Cher - u - bim and ser - a - phim
 On - ly Thou art ho - ly -
 Ho - ly, ho - ly, ho - ly!



Rev. 4:8

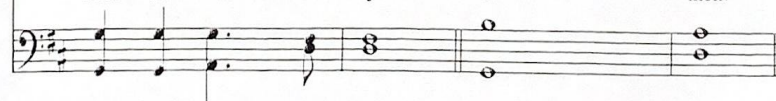
Each of the four living creatures had six wings and was covered with eyes all around, even under its wings. Day and night they never stop saying: " 'Holy, holy, holy is the Lord God Almighty,' who was, and is, and is to come."



mer - ci - ful and might - y! God in three Per - sons,
 fall - ing down be - fore Thee, Which wert and art and
 there is none be - side Thee, Per - fect in pow'r, in
 mer - ci - ful and might - y! God in three Per - sons.



bles - ed Trin - i - ty!
 ev - er - more shalt be.
 love and pu - ri - ty.
 - bles - ed Trin - i - ty! A - men.



This is from Whit George of Church on the Move:

"Worship works like a coat - when the weather is bad, the coat doesn't change the weather, it changes you in the weather."

"Worship will get you through the roughest times in your life because it shifts your focus from the problem to the Problem Solver."

What Happens When We Sing Together?

Brain

Left side = speech (responsible for structuring sentences)

Right side = singing (responsible for creative juices that connect rhythm and melody)

Music is hard-wired into our brain and has benefits of improved cognition.

Mental wellbeing

- Helps to reduce stress levels, alleviate anxiety and promote optimal mental health.
- Proven to release endorphins and oxytocin (which is known to stimulate feelings of trust and bonding while eliminating anxiety and depression)
- Helps to deliver more blood oxygen to your brain, improving mental clarity, concentration and posture

What happens when we sing together?

- Group singing can build a sense of community and *it has been proven to synchronize heartbeats.*
- Getting out there, meeting like-minded people and immersing yourself into the joy of singing alleviates feelings of loneliness and depression.
- Working together to sing builds trust and confidence.

What is truly fantastic about the research is that you don't have to be a professional singer or strive to achieve perfection to reap the benefits singing can provide for you.

I'm convinced, we are all meant to be singers!

519 Something Beautiful

This son of mine was dead and is alive again; he was lost and is found. Luke 15:24

Some-thing beau-ti-ful, some-thing good; All my con - fu - sion

He un - der - stood; All I had to of - fer Him was bro - ken - ness and

strife, But He made some - thing beau-ti - ful of my life.

TEXT: Gloria Gaither
MUSIC: William J. Gaither

SOMETHING BEAUTIFUL
Irregular meter

"Something beautiful, something good

all my confusion, He understood.

All I had to offer Him was
brokenness and strife,

and He made something beautiful out
of my life."

***Your competence doesn't make you
useful, your dependence does.***

We are created to worship and glorify God. God made us unique and special.

When people look at us, we reflect the glory of God.

As you grow closer to Jesus, you reflect more of God's image. (Col. 3)

We don't come to Jesus with our strengths and successes, but we come to Jesus with our weaknesses and failures.

We come to Him with our brokenness and by His grace, we are redeemed, we are made clean, we are made useful, and we become a platform for God's power to be displayed to the world.

Our story is not really about us,
It's HISTory.

Our generation is all about ease and comfort, which is why people are so frustrated with verses like this...

Romans 8:28, "For we know that in all things God works for the good of those who love Him, who have been called according to His purpose."

What "good" means is not necessarily comfortable... we define it as comfortable, easy, successful, rich... but here is how God defines it...

Romans 8:29 "For those God foreknew He also predestined to be conformed to the image of the Son."

God's definition of "good" is to make you more like Jesus.

If Jesus lives within you, He's predestined you to become more like Him.

The way you're going to grow spiritually (not by your effort) is through the rough "things" you're going through.

He grieves that this world is not as it should be - that we aren't as we should be -

and He wants to "in all things" work you towards the likeness of Christ.

Not just for your good, but for the good of the world!

Turn Your Eyes Upon Jesus

IN CASE YOU WEREN'T TAKING NOTES ;)

how do you sing better:

- 1) Breathe (release muscles and allow expansion)
- 2) Open Up (create space in your resonators and imagine the voice placement)
- 3) Squeeze (apply just enough contraction in your abdomen to power the "buzz" you want)

what is the value of worship through song:

We are created to worship and glorify God. God made us unique and special. When people look at us, we reflect the glory of God. As you grow closer to Jesus, you reflect more of God's image. *Colossians 3:1-17*

Day and night they never stop saying: "Holy, holy, holy is the Lord God Almighty,' who was, and is, and is to come." ~ Revelations 4:8

what happens when we sing together:

Group singing can build a sense of community and it has even been proven to synchronize heartbeats.

- 1) Be careful not to think that "YOU have to do it"... please, do everyone a favor and get "yourself" and those selfish concerns out of the way!
- 2) You don't have to be awesome, because He is awesome! God's definition of "good" is to make you more like Jesus. Besides, He is Holy - the glory of God today and forever is inescapable.
- 3) Everything that God is calling you to do requires Him... and He has called us to worship through song! Arrogant or insecure, you need to come to the end of yourself to do God's will... We don't come to Jesus with our strengths and successes, but we come to Jesus with our weaknesses and failures.

Most importantly...

In all things you do, say and sing...

Glorify God!

Choir

- 1) Relationship first...
- 2) Priorities in order...
- 3) **We have a purpose for just being. Everybody has a place and a purpose... they belong.**

As people, most times we don't listen to understand, we listen to reply... choir changes that.

Thoughts produce feelings; feelings produce actions; actions have consequences. My goal is to influence positive consequences... like coming to know Jesus.

All school year I have to remind myself that the purpose of choir class is not about how perfect the singing is, but rather the community and connections to people and the transcendent love pouring through the music making.

_____They'll Know We Are Christians By Our Love_____

They'll Know We Are Christians by Our Love 284

By this all men will know that you are My disciples, if you love one another. John 13:35

Unison

1. We are one in the Spir-it, we are one in the Lord, We are
2. We will walk with each oth-er, we will walk hand in hand, We will
3. We will work with each oth-er, we will work side by side, We will
4. All praise to the Fa-ther, from whom all things come, And all

one in the Spir-it, we are one in the Lord, And we pray that all
walk with each oth-er, we will walk hand in hand, And to - geth - er we'll
work with each oth-er, we will work side by side, And we'll guard each one's
praise to Christ Je - sus, His on - ly Son, And all praise to the

u - ni - ty may one day be re - stored:
spread the news that God is in our land: And they'll know we are Chris-tians
dig - ni - ty and save each one's pride:
Spir - it, who makes us one:

by our love, by our love, Yes, they'll know we are Chris-tians by our love.

That idea of purpose to being is overwhelming. Some students shut down, especially those that are unchurched or have never fully contemplated the meaning of their existence... music can push that envelope open so they have to listen to the questions from the music... stepping away from their screen and profile to look at their purpose? For some, this is unbearable... they start to question right and wrong and then they go home to harsh realities... or when they've already encountered so much pain (especially self-inflicted pain).

Although I can't preach in choir, you better believe I push the fruits of the spirit. We discuss love, joy and peace in lyrics and form. The topics frequently turn to community within the classroom and outside of the classroom. Focusing on how to live as a group always leads to love, and God is love!

All school year I have to remind myself that the purpose of choir class is not about how perfect the singing is, but rather the community and connections to people and the transcendent love pouring through the music making. I battle perfectionism, but I have faith that the students connect with me more as they see me in that struggle.