



# Old Faithful

## This Week

### Anthem:

October 19

"Down to the River to Pray"  
(arr. Philip Lawson)

### Devotions:

October 15

Meredith Downing

October 22

Ned Minor

### Other:

~ Sight-Singing Class Five:  
Chapel - 6 PM  
Wednesday, October 15



Member of the Presbyterian  
Church (USA).

Visit us @ [www.pcusa.org](http://www.pcusa.org).

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Add your voice! Come join us!  
Rehearsal is Wednesday evenings,  
7:20 PM in the Sanctuary.

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[www.pinnaclepres.org/music](http://www.pinnaclepres.org/music)  
Meeting Time: Wed, 7:10 - 9 PM  
Place: PPC Sanctuary  
Newsletter Editor Contact:  
[PPC.Choir.News@cox.net](mailto:PPC.Choir.News@cox.net)  
News Deadline: Sunday PM

## From the Music Stand...

Did you know that singing can actually boost the body's immune response. This was measured in a research project carried out at the University of California, Irvine when researchers took saliva swabs from the mouths of local choir members. They measured the levels of an immunoglobulin, IgA, which is present in saliva and used by the body to help fight infections. During rehearsals of Beethoven's Missa Solemnis, levels increased by 150 per cent and during the actual performance, the increase was a whopping 240 per cent.

This boost in the level is also linked to the singers' state of mind, says Robert Beck, Irvine's assistant professor of education, who carried out the study with Dr. Tom Cesario, dean of the university's college of medicine. 'The more passionate you feel while singing, the greater the effect,' says Beck. 'Secretory immunoglobulin protein is associated with emotional arousal and mood, relaxation and sense of humour. If singing leads to higher levels of IgA, then it's beneficial to your health, as we know that heightened levels of this protein are effective in the immune system.'

This effect has been replicated in further studies, most recently from Goethe University of Frankfurt. Interestingly, while singing led to this increase in stimulation of the immune system, when those concerned listened to a recording of themselves, there was no significant increase. So it is the actual singing that is beneficial, and Gunter Kreutz, the study's director, suggests that singing is at least as effective to both the body and mood as light exercise and meditation.

Another study, from the University of London, compared the effects of half-an-hour's solo singing, choral singing and swimming. All three activities were found to reduce tension, improve energy levels, mood and heart rate, and while swimming showed the most effect, there wasn't that much in it. For the elderly, singing has been shown to reduce levels of medication and depression while leading to greater levels of activity, in a study carried out at George Washington University.

Sing Away Choir! Sing For Joy!

...*Brent*



## Annual Fall Round-Up Hailed Out-of-this-World

Kudos to Jenafer Forrest (soprano) and her ranch-hands (PPC Deacons and volunteer spouses) plus Kitchen Whip-cracker Molly Edwards (alto), who together turned The Green into a stupendous Mess Hall complete with giant telescopes for star-gazing. We share with you the regal moon as captured by an anonymous photographer.

## Prayers and Concerns...

We bring to you these prayers concerns of PPC Chancel Choir Members.

Prayers of concern for the mother of Paula Thoms (soprano). Paula is the prime caregiver for her mother , who's health has been failing.

Prayers of concern for Jenafer Forrest's (soprano) father-in-law, Clif, who is recovering from surgery and has a long recovery and rehabilitation journey.

Prayers of concern for Carole Vandersteeg's (alto) husband, Greg, who is recovering at home following surgery addressing prostate cancer.



## Wednesday 6 PM Book Review: *The Passages to Peace* by PPC Member Anne Foley

A perfect educational opportunity for Choir members (who aren't in the sight singing class). Check out "The Passages to Peace", a new novel from fellow PPC member Anne Foley. Come at 6:00 PM for the next three Wednesdays and listen as the author guides you through the book. I really enjoyed the book and got a copy for my mother who read it and bought a copy for each person in her ladies Bible study!

Here is Anne's description of the class: Inner peace. What is it and how do we find it in our own life? How can we bring peace to a world desperate for it? Jesus told us that if we wanted something to change, we must become the change. Using the powerful new novel; *The Passages to Peace* written by church member Anne Foley, participants will discuss how to find the peace that lives deep inside every human life and why it is not too late, or too early to use inner peace to improve human relations in our families, our communities, our country and the world.... *Shelby Pore (alto)*

## Spotlight is On...

The inquiring mind of our Music Librarian, Ken Brousseau, asks "Have you cleaned out your music folder lately?" Before coming on the Scottsdale scene, Ken called Atlanta, GA home and today calls Hollywood FL his hometown. A southern gentleman, to be sure! Both his children - Craig and Joanne live in Jacksonville, FL, with Ken's grandson Christian. (Just ask him about that bundle of joy!)



While Ken, a former life insurance administrator, claims to be retired, he plays golf twice a week and the rest of the time does what his soprano wife Susie tells him to do. Ken adds Susie can do that as she is keeping him in the style to which he has become accustomed!

Ken's most recent musical experiences prior to Chancel Choir include the Gulf Life Insurance Chorus, Riverside Presbyterian Church Choir and the barbershop Chorus, all in Jacksonville, FL. Here at PPC, Ken's other interests have been serving as a deacon and elder, seated on the Worship Committee and has taught Kerygma Bible Studies. He enjoys most music pre-1990's and wishes he could sing like Tom Lyon! (Now there's some pressure, Tom.) Ken adds that he'd like to experience a Vermont winter sleigh ride...only its cold up there. And for your inquiring minds - Ken *is* retiring from the position of Music Librarian this year. All those interested stand up and be counted this Wednesday evening as we go through our vocal warm-ups! Got cha! ... *Darlene Leonard*

## Celebrating the Arts...

### Passionate Worship! A John Bell Conference

The Arizona Ecumenical Council presents “Shopping for Thrills or Yearning for Religion”, a workshop with John Bell, world-renowned musician and theologian. With Scottish-accented wit and story-telling, Bell engages people into thinking more deeply about our life together as ‘People of God’. We are intimately familiar with Bell’s prayerful introits and benedictions; the Chancel Choir singing his music convinced me to join PPC! (Bell is my Mom’s friend and has written music for her hymn texts.)



Please join me for this exciting program from 9 AM - 4 PM on Friday, October 24 at Church of St. Thomas More ([www.stmglendale.org](http://www.stmglendale.org)), 6180 W Utopia Road, Glendale, AZ. Registration is required and the \$30 cost includes lunch; register by phone @ 602.468.3818, fax 602-468-3311, or email: [aec@aecunity.net](mailto:aec@aecunity.net). Let’s sign-up on the Choir bulletin board; we can arrange to car-pool. For more information please visit: (<http://aecunity.net/NewsandEvents/AECConferencesTours/JohnBellConference/tabid/46493/Default.aspx>).

This program rings of the theme of the recent Deacons/Elders retreat - how do we go to the next level of our personal encounter with Christ and our interactions with other Christ-seeking people? Those who visit or join PPC do not come through the doors for the architecture - in fact some leave because of it - but they come because they seek Christ! Today, in order to reach our diverse population, it may take adding ‘thrills’ to our worship for those ‘yearning for religion’! Together let us be an integral part of PPC’s passionate worship!

...*Meredith Downing (alto)*

## TENORS SELLING CDS IN OCTOBER!

**GET YOUR HOLIDAY GIFTS NOW ! \$ 10 CDs HAVE LIMITED AVAILABILITY!**

### Next Generation of Rosenfeld Singers Break Forth in Song!

*Katherine and Grace both sing with the Phoenix Children’s Chorus in addition to all three young Rosenfelds singing here at PPC under the direction of the fabulous Miss Kira!*

*6th grade Katherine is a member of the Concert Choir of the Phoenix Children’s Chorus. Concert Choir has two free concerts this month that are open to the public and will be wonderful! This Saturday, October 18th, they will sing at Trinity Cathedral at 7 pm featuring the Schaumburg Youth Choir from Germany. 100 W. Roosevelt in Phoenix.*

*Thursday, Oct. 30th, they will sing at ASU Gammage at 7:30 pm with the ASU Wind Ensemble and the ASU Symphonic Chorale. Just show-up, or contact proud mama Tanya if with questions. ... *Tanya Rosenfeld (soprano, aka commander-in-chief’s chief)**

### Soprano Sensational Kira Rugen Performs with Phoenix Chorale

Plan to attend this concert’s celebration...Retro: Then & Now...of this local choir’s 50 year span of music appreciation. The concert’s theme is a musicological celebration of the choir’s first 50 years, with favorite music spanning “From Renaissance to Contemporary.” The concert features the Phoenix Chorale performing madrigals sung by the original Bach & Madrigal Society of Phoenix, music by Matthew Harris, Benjamin Britten’s “Hymn to Saint Cecelia,” and perhaps the most famous of Bach’s six motets, “Singet dem Herrn ein neues Lied” [Sing, Ye, the Lord a New-Made Song].

Until the new Phoenix Chorale web site is opened, please visit [www.bachchoir.org/season.html](http://www.bachchoir.org/season.html) for more information about the choir. Dates and concert sites are October 25 @ 7:30 PM (Saturday; Trinity Episcopal Cathedral, Phoenix); 26 @ 3 PM (Sunday; Camelback Bible Church, Paradise Valley) and Sunday, November 2 @ 3 PM (American Lutheran Church, Sun City). Come listen! Come celebrate! ... *Kira Rugen (soprano)*

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## *Christmas Spectacular Choir & Bells Concert Attire*

### **Women**

- **Black dress or top & slacks**
- **Full-length or ¾ length sleeve**
- **Modest neckline (V, crew, boat, turtle, etc.)**
- **Tea or floor length dress, skirt or slacks**
- **Matte fabrics only**
- **Only have sleeveless or short-sleeved top or dress? A long-sleeve or ¾ length sleeve jacket is acceptable, provided it meets the guidelines.**

- **Modest jewelry**
- **Black shoes**

### **Men**

- **Black tux or suit**
- **White tux shirt or dress shirt**
- **Black bow tie**
- **Black shoes & socks**

Here's a suggestion! This perfect black dress is on sale now for \$35 (Petite - Style # BG05690 or Regular - Style # BG00817); and \$44 for Plus (Style # BG01032) at [www.newport-news.com](http://www.newport-news.com). Type in Style Number of choice in upper right Search Box to find this number! (Yes, with a fit like this, we were reminded body slim suits may also be required!!!) ... *Molly Edwards (alto); Jenafer Forrest (soprano)*

**Ladies: bring in outfit prior to concert for approval, (as with spring concert)...** *Jenafer Forrest (soprano)*

## **Talented Tenor Wows Phoenix Opera Audience!**

Ryan Keller (tenor) is performing next weekend in the chorus of Arizona Opera's production of "Rigoletto". This well-received opera will be held in the Phoenix Symphony Hall. Performance dates for the three act opera are Thursday, October 16 - Saturday 18 (7:30 PM), and Sunday, October 19th at 2:00 PM.

Giuseppe Verdi's Rigoletto, first performed on March 11, 1851 in Venice, is set in the 16th century. It unveils a world where court jesters openly mock courtiers, thoughtless taunts lead to a deadly curse and comedy is the first act to tragedy. With fully realized characters and unforgettable music Rigoletto has remained one of Verdi's most popular operas. Gordon Hawkins returns to Arizona Opera in the title role of Rigoletto and brings to life the multi-dimensional character whose motivations are more complicated than they appear.

Visit this web site for a synopsis of Rigoletto: <http://www.azopera.com/learn.php?subcat=operasynopsis&subpage=Rigoletto>. Call the Arizona Opera Box Office for tickets: 602.266.7464. It is open weekdays from 10 AM -4:30 PM. Or purchase tickets through Ticketmaster at 602.938.ARTS, or visit [www.azopera.org](http://www.azopera.org)... *Ryan Keller (tenor)*



*In the above photo of a sunrise taken from Pinnacle Peak, what passions might be aroused as to the various styles of worship? How many can you identify with? (photo by Rodger Wilson (tenor))*

*Dear Choir Members,*

*Since choral music is, and always has been a part of worship that our Heavenly Father asks of us, I would like to share some thoughts I have gleaned from a course I am taking defining worship in today's church. It's amazing the various styles the church has adopted. So where does Pinnacle Presbyterian Church fit in and where are you as an individual worshipper wanting to please God with the talents and passions that He has endowed you with?*

*Below are nine worship styles that we might call "Channels" to worshipping God in "Spirit and in Truth". (John 4:23)*

*Naturalist:*

*Naturalists Draw near to God through nature.*

*Sensate:*

*Sensates draw near to God through the senses.*

*Traditionalist:*

*Traditionalists draw near to God through ritual and symbol.*

*Ascetics:*

*Ascetics draw near to God through solitude and simplicity.*

*Activists:*

*Activists draw near to God through bringing about social change.*

*Caregiver:*

*Caregivers draw near to God through caring for and serving others.*

*Enthusiast:*

*Enthusiasts draw near to God through celebration and mystery.*

*Contemplative:*

*Contemplatives draw near to God through personal adoration and heartfelt devotion.*

*Intellectual:*

*Intellectuals draw near to God through their minds.*

*I think we would all agree that Pinnacle Pres' style of worship is basically traditional, although music, sermons and other parts of worship can reach out and appeal to those who fit into many of the other 8 styles of worship. (just look at our repertoire of anthems and responses)*

*What about you, which style best fit your talents and passion? You might be surprised. Thinking that I too was strongly a "traditionalist", after contemplating the above categories, I balanced out with several of the other styles. Just go over the list and see what stirs your passions.*

*... Rodger Wilson, (tenor) (and yes, I can screw in a light bulb all by myself). (ed.: OK, can he, Shannon?!)*

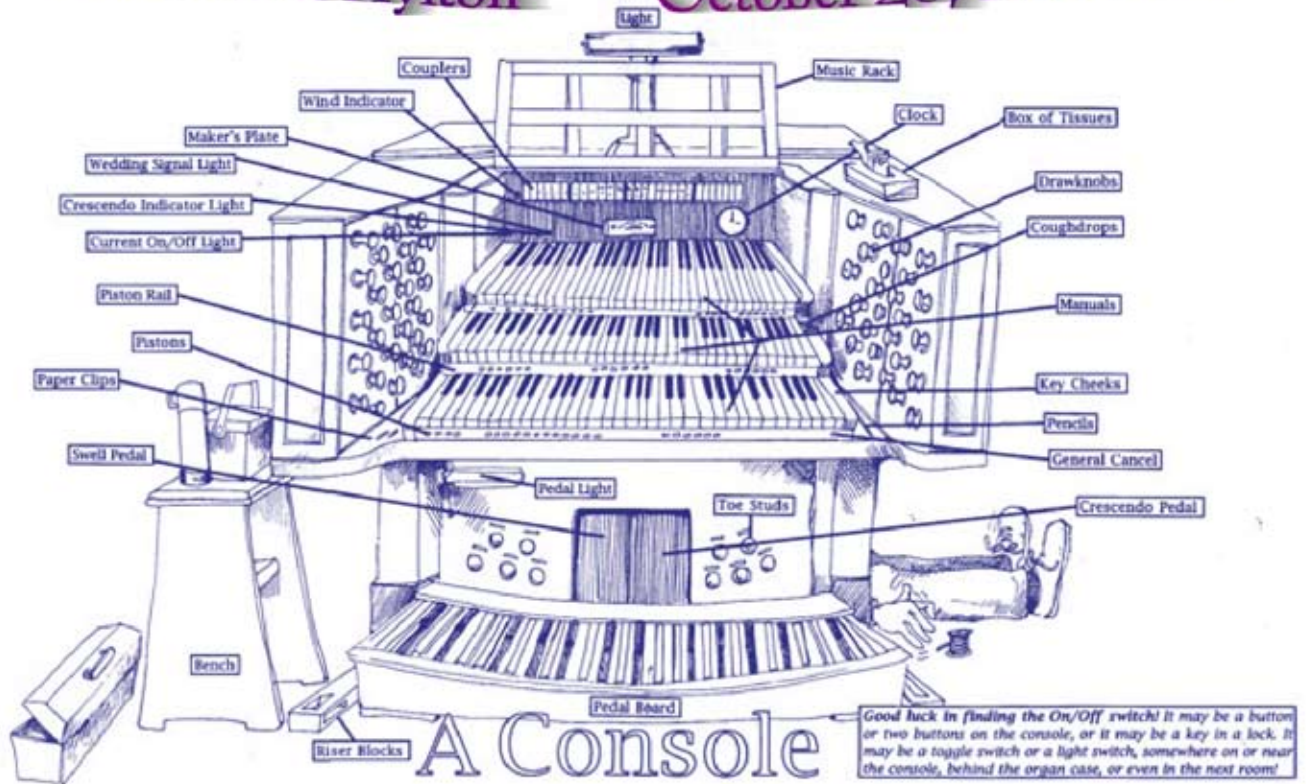
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# A Pipe Organ Encounter

with Brent Hylton **October 20, 7:00 P.M.**



Discover how an organ is built

Hear the various sounds of Pinnacle's Richards Fowkes Organ

How many pipes are there?

What is the Cymbelstern?

Walk inside the pipe chambers