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Why we sing choir

Singing in a choir is much more than a fun hobby, it literally makes your life better in many ways: it is healthy both emotionally and physically, and makes you feel better. But... What do you enjoy singing in a choir? Here we explain 10 reasons why singing in a choir makes your life better. 1) It improves your cardiovascular function. Singing makes you have a slower breathing rhythm, it has a biological calming effect and it is beneficial to your heart. 2) It reduces your stress levels and prevents depression. Various studies indicate that singing benefits your mental health, and singing in groups increases your oxytocin levels, which helps you control stress and anxiety. 3) It helps you stop snoring. When you sing, you run the muscles in your throat, which can help you reduce snoring at night. 4) It improves your social life. Like team sports, it helps you meet people with whom you have common interests, which will help you create social and emotional connections with members of your choir. 5) Choristers are better citizens. Choir integrators are generally more empathetic with the people around them, and more generous when it comes to volunteering in their communities and collaborating with charitable causes. 6) It keeps your brain young. By learning the words and melodies you sing in the choir, you force your brain to work harder and exercise your memory skills. 7) It can increase your life expectancy. Yes, just like you read it! That sounds too good to be true, but Harvard and Yale universities published a study in 2008 that actually showed that the life expectancy of singers was longer than that of other people who don't sing in a choir. (They did the study with a choir in the city of Connecticut). 8) You can travel with your choir. You may need to raise money for these trips, but I can tell you that it is definitely worth it. Travelling and singing with your choir is a rewarding experience to travel with your fellow singers, discover new places and sing in beautiful concert halls around the world. At Sing and Travel, we are specialists in choir concert tours, and we like to create great experiences to great destinations for singers (we love it because we're singers too!). In addition, we give you some tips to help your choir gain visibility, ideas to raise money for your tours concerts, and lots of interesting content for choir singers on our blog. 9) You can reduce your stage fright by singing in a choir. Maybe you like to sing and would like to be able to sing in front of an audience, but you feel completely terrified to just think about it? Then singing in a choir can be the solution: it can help you overcome your fear of the stage. It's much easier to sing in a group because you feel supported and it's not just your voice rings out there. Singing in a choir can help you feel much more comfortable singing in front of an audience, and with time and patience, you might be able to transfer that comfort feeling to your solo singing. Once you feel good enough singing in a band, you might be able to audition for one of the solos. Don't you think so? © 10) It will boost your self-confidence. By singing in a choir, you are part of a new social community, where you can make new friends. By rehearsing and exercising your voice with the choir, you will help you become a better singer. And performing in front of an audience gives you the most obvious and physical sign of other people's approval: applause. All this together will help you to have a better self-esteem. Artist: The Young Voices Choir Album: Young Voices Music Pack 2018 Heyo! SONGLYRICS has just been interactive. Emphasize. Review: RIFF-it. RIFF-it good. A sound of hope A sound of peace A sound that celebrates and speaks what we believe A sound of love A sound so loud It's amazing what is given when we share a song That's why we sing Why we raise our voice Why we stand as a harmony That's why we sing Why we raise our voice Take my hand and sing with me Soothe a soul Mend a heart bring tgt Lives that have been torn Share joy Find a friend It's an endless gift that goes round in circles again Music builds a bridge It can demolish a wall Music is a language that can speak to one and all submit lyrics correction -- / article / detail / C / Why we sing / 3303113 Why we sing Greg Gilpin - Shawnee Press The concert consumed closer! A sound of hope, a sound of peace, a sound that celebrates and speaks what we believe. A sound of love, a sound so strong. It's amazing what you give when you share a song. That's why we sing... You won't find a better song than this one for the combined choirs celebrating the joy of music! Now available in a cappella version for SATB. Select a My Library Product Select SATB #3303113 SATB #3303113E SATB A Cappella Version #10994258 SATB A Cappella Version #10994258E SAB #3303243 SAB #3303243E #3303244 in two parts #3303244E SSAA #10009366 SSAA #10009366E TTBB #10009367 TTBB #10009367E Performance MP3 SATB Full Performance #11000542F #10009367E Performance MP3 SATB A Cappella #11314008F P/A CD #3303280 MP3 accompaniment #11203481F Instrumental Parts Full Orchestra #3701788 Part-Dominant MP3 Bundle SSAA #11303658F Part-Dominant MP3 Bundle TTBB #11303659F Part-Dominant MP3 Bundle SATB #11303657F Part-Dominant MP3 Bundle SAB #11303656F Part-Dominant MP Mp3 Bundle Two Part #11303655F What is My Library? Loading... Powered by Rating-System.com Greg Gilpin Browse our 5 arrangements of Why We Sing. The score is available for 2-part choir, Descant, Piano Accompaniment and 4 others with 5 scores in 4 genres. Find your perfect arrangement and access a so you can print and play instantly, anywhere. The lyrics begin: That's why we sing, why we raise our voice, why we stand in it, we stand in harmony, photo of Martin Christian, courtesy of KVIE Public Television, www.kvie.org It is a great honor to serve our clients, their families and their caregivers at a tender stage of life. The opportunity to offer comfort and peace is a great motivation for the singers of Threshold Choir. But as our founder Kate Munger says: Who benefits? Of course, our customers and their families ..., but the advantage for us, the singers, was the great, amazing surprise. We are healed by our songs before the vibrations leave our bodies. We are blessed first, then we send the blessing. We like to hear and feel our voices blend in unison and in harmonies. We find repetitions soothing or energizing, depending on our needs when we are at this point. We make friends, and our relationships are deepened by the work we do together. For some, threshold choir is a spiritual home or an extension of other spiritual practices. We often find ourselves singing songs for ourselves away from rehearsal. Some of our singers share where they took our music and where she took them: Making My Own Music (Gina) Thank you for the gift of the song I received through Threshold Choir and the greatest gift of being able to connect with others through the songs. They are my form of prayer — I travel half an hour to work in the morning, and I never listen to music on the radio. I'm doing mine. Connecting with Song (Diane) Today I went to visit one of my hospice patients. When I got there, she was asleep. I decided to sing softly for her for a while since I had gone all the way there. I was singing softly with my eyes closed, and suddenly I realized that I could no longer hear her light snoring, so I opened my eyes, and she was awake. She had tears in her eyes and said she thought it was so beautiful and a wonderful way to wake up. Celebration and Mourning (Susan) Four years ago, my father died in my childhood home. The Threshold Singers were there to send him on the way with gentle harmonies. I was swallowed up and stunned by the experience of this, and for me, the rest went in perfect balance. I went home, immediately found the Threshold Choir, and from that day on I celebrated (and beautifully mourned) my father's life and death. Connecting to Spirit (Nancy) Threshold Choir is an enchanting experience. Music is my main connection to the mind, and my singing with Threshold women has crescendoed this belief for me. I have always loved singing, and the addition of the service of singing on the bedside of those who die or are born has brought a whole new dimension to art. Singing to Ellen, our first client, was like singing to a grateful angel, even on the day of her death. We're keep peace with his mind. Sometimes I felt a lot in the way of the hospital staff, but not when I saw Ellen's face while we were singing for her. We were comforting his soul. Transforming Fear (Cathy) People have sometimes told me that they would be afraid to sing at the bedside or, as members of the choir, afraid to be the leader at a singing bedside. What I have discovered is that it may or may not be outside of me who is afraid, but fear has no consequences. I am quite aware that what is happening is simply what is happening and is so perfect as it is. Without attachment to the result, but only a commitment to the work itself. I have no expectations and nothing to want control over. I realize that if I could approach everything in my life with this lack of fear and lack of attachment to the result, my life would be transformed. I hope to have the grace to remember it when I become aware of resistance and fear in other situations. Being in the choir has not only given a voice, but now provides this wonderful breakthrough in my perspective on life. Sharing Joy (Nancy) I sang with Threshold women to welcome a new little girl into the world. Parents and friends gathered in the courtyard as we sang as part of a love ceremony to say hello to a new soul, Tembani. The feelings of joy were shared by all who were present. Tembani may not have a conscious memory of the afternoon, but his presence brought together many loving people to share the beginning of his life in harmony. Finally connecting (Susan) I was able to hold my stepfather and sing to him, just the two of us, a few hours before he passed. I never had this opportunity and I remembered how you trained us to be as close as a mother who breastfed a baby. I'm the one who did this. His eyes burned in mine and the room became as still as an exhalation for a while. It was such a grace! He and I have not been able to connect in any other way, verbally or emotionally, until that moment. Growing understanding (Ellen) Before being in threshold choir, my father died while I was holding his hand. Shortly after, I saw an article about Threshold Choir in the newspaper; I reread it several times. I cut it and I saved it. At the time, I was not a singer and I still had unresolved feelings about my father's death, so the possibility of me joining such a choir seemed remote. However, within a year or so, I had started singing and had been diagnosed with breast cancer, so I was faced with of my own death. A little later, when a friend asked me if I had ever heard of Threshold Choir, I was ready. My experiences in the choir have allowed me to explore the process of death from so many unique and positive directions. I also grew up in my understanding of singing as a cultural link: Singing in unison celebrates our human, human bond, that we are literally on the same wavelength. Singing in harmony celebrates our diversity, that our differences can

come an amazing energy with the power to move ourselves and others. Other.

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