



ALOFT

Volume 1, Issue 3

♪ Notes from the Director ♪

My Friends

In the Fall Aloft, I spoke briefly to the concept that we must all be prepared spiritually and musically when we come to the Divine Liturgy each Sunday. Spiritual preparation, in the form of prayer, perhaps fasting, and being focused on the worship experience are essentials. In the musical realm, we need to be prepared to sing physically by vocalizing in advance and making sure that the music to be sung is marked and handy. Preparing in this manner, as I alluded to, will minimize distractions during the Divine Liturgy and lead to a more satisfying participation. The goal: to feel as though you have worshipped.

I have been asked, on occasion, about my philosophy on choir participation in rehearsals, both before the Divine Liturgy (we usually gather one-half hour early on Sunday morning) and rehearsals on week nights and Sunday afternoon. Without passing judgment on anyone, I can say with confidence that missing rehearsals and/or coming late for rehearsals (and the Divine Liturgy for that matter), is *inherently self-limiting* both in terms of the individual and in terms of the choir as an ensemble. To borrow (and paraphrase) a U. S. Army slogan,

we cannot “be all that we can be” if are not all rehearsing together and worshipping together!

“missing rehearsals and/or coming late for rehearsals is inherently self-limiting both in terms of the individual and in terms of the Choir as an ensemble...”

I suppose that my choice of advertising slogans could seem trite. But it has the virtue of coming right to the point!

What are your expectations for the Choir? Are you satisfied with continuing on in the same manner as always with the same music as usual? Or would you like to learn new musical settings of the Divine Liturgy and sing new and different arrangements of hymns? Are you happy with the Choir’s knowledge of part singing and the balance between the sections?

How you answer those questions for yourself will, in part, predict your philosophy on rehearsal attendance. For most, improvements are not made without sacrifice, but only come about by hard work. Therefore, rehearsal is necessary.

I know that there are many activities that make it difficult for us to attend each rehearsal. We all have to make choices. I will never complain about your contribution to the Choir. I only want us to “be all that we can be”.
Robert Paul



REV. STEVEN TSICHLIS
Pastor

REV. STEPHEN KARCHER
Assistant Pastor

ROBERT A. HENNING
Choir Director

ROLAND JENSTER
Organist

CHOIR OFFICERS

DR. JIM MANOS
President

JIM MANTRAS
Vice President

ANNE MANTRAS
Secretary

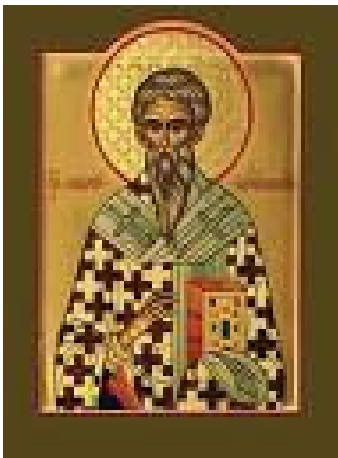
JOHN SMITH
Treasurer

TERRY MATANTOS
President-Emeritus

Mission Statement

“To Provide a Music Ministry worthy of the Worship of the One, True God, our Lord Jesus Christ and Support the Goals and Mission of St. Paul’s Greek Orthodox Church in the Community and Abroad to the best of our abilities”

December 7th	4th Plagel Tone Kont.	Εξ ὕψους κατήλθες: From on high did You... Ἡ Παρθένος σήμερον Today the Virgin...
December 14th	1st Tone Apol. Kont.	Του λίθου σφράγισθέντος: The stone that had been... Ἐν πίσει τοὺς Προπάτορας By their faith You justified... Ἡ Παρθένος σήμερον Today the Virgin...
December 21st	2nd Tone Apol. Apol. Kont.	Ὅτε κατήλθες: When You descended to the realm of death... Ἐτοιμάζου Βηθλεέμ Make ready, Bethlehem... Μεγάλα τὰ τῆς πίστεώς How great is the power of faith... Ἡ Παρθένος σήμερον Today the Virgin...
December 25th	Nativity in the Flesh of our Lord, God and Savior Jesus Christ Apol. Kont. Tris. Meg. Koin.	Ἡ Γέννησίς σου, Χριστέ Your birth O Christ our God... Ἡ Παρθένος σήμερον τὸν ὑπερούσιον τίκει Today the Virgin... Ὅσοι εἰς Χριστόν All those who have been baptized... Μεγάλυνον, ψυχὴ μου Magnify, O my soul the woman... Λύτρωσιν The Lord has sent redemption...
December 28th	Apol. Kont.	Ἡ Γέννησίς σου, Χριστέ Your birth O Christ our God... Ἡ Παρθένος σήμερον τὸν ὑπερούσιον τίκει Today the Virgin...
January 4th	4th Tone	Το φαῖδρόν: When the tidings of the resurrection from the angel....
January 11th	1st Plagel Tone Apol. Kont.	Τον συνάρχον Λόγον: Eternal with the Father... Ἐν Ἰορδάνῃ In the Jordan... Ἐπεφάνης σήμερον You have revealed Yourself...
January 18th	2nd Plagel Tone Kont.	Ἀγγελικάι δυνάμεις: When the angelic powers... Ὁ μήτραν παρθενικὴν For our salvation You took flesh...
January 25th	3rd Plagel Tone Kont.	Κατέλυσας τὴν Στάυρῳ: O Lord by Your sacred Cross... Ὁ μήτραν παρθενικὴν For our salvation You took flesh...
February 1st	4th Plagel Tone	Εξ ὕψους κατήλθες: From on high did You... Triodion Begins
February 8th	1st Tone Apol. Kont.	Του λίθου σφράγισθέντος: The stone that had been... Χαῖρε, κεχαριτωμένη Rejoice, O woman full of grace... Ὁ μήτραν παρθενικὴν For our salvation You took flesh...
February 15th	2nd Tone Apol.	Ὅτε κατήλθες: When You descended to the realm of death... Τῆς πατρῴας δόξης σου From my father's glory...



HYMNOGRAPHER

SERIES

ST. ANDREW

OF

CRETE

JULY 4TH

Kids in the Choir Loft

Years ago it would not have been common at all to see the children of adult choir members in the choir loft during the Divine Liturgy. Times have changed, haven't they? We are blessed in that many of our choir members have wonderful children and those children are spending time with us in the loft. They are more than the future of our choir; they are our present as well! We make this accommodation freely and willingly, knowing that some choir members would not otherwise be able to worship in song with us and we ask that God will bless this effort.

Sometime, in a few years, several of these youngsters will join the ranks of the choir because they were permitted to do so now. We give thanks to God for providing for the future of our music ministry!

We ask all mothers in the choir who bring their children to be sensitive to the needs of all and to monitor and moderate their children's activities while the young ones are in the loft with us so that we all can concentrate on the worship experience and be at peace with one another.

Saint Andrew was from Damascus; his parents' names were George and Gregoria. He was mute until the age of seven, when he was given the power of speech upon receiving Holy Communion. He became a cleric and secretary of Theodore, Patriarch of Jerusalem. From this, he is called "the Jerusalemite." He was present at the Sixth Ecumenical Council in Constantinople, which was convoked in 680 during the reign of Emperor Constantine IV (668-685). He became a deacon of the Great Church in Constantinople, that is, the Church of the Holy Wisdom of God, then after that, Archbishop of Crete. He reposed in 720 or 723. Beside his other sacred writings, he also composed various hymns, among which is the famous Great Canon, which is chanted during Great Lent (First and Fifth Weeks of the Fast). In the Great Canon, St. Andrew of Crete teaches us to speak to ourselves: "O my soul, you have given away the birthright and lost your Father's blessing, and in your wretchedness been twice supplanted in action and knowledge."

Vocal Wisdom

Maxims of Giovanni Battista Lamperti

“The throat feels ‘open’ only when diction controls vibration, resonance and breath-energy as a unit. Good diction alone excites the pneumatic action in the throat, causing it to feel ‘free’ at the same time it commandeers the energies throughout the whole body and mind. Then singing is easy, and a pleasure to both artist and audience.”

(Lamperti, (1839-1910) has been described as “the last master of the old Italian manner of singing.” He was a teacher of the Bel Canto style of singing. We will be examining his maxims, from time to time, to apply them when possible to our choral singing.)

Christmas Concert Planned at St. Sophia Cathedral

If you are interested in singing in the annual Christmas Concert at our L. A. Cathedral, the performance is on Sunday, December 7 at 5:30pm. Rehearsals are scheduled for November 1 & 15 (9:30am-12:30pm), and December 6 (10am-3pm). Everyone has a great time participating in this annual event. Please consider lending your voice to this special and fun concert. You will be happy that you did!

*Merry Christmas
and Happy
New Year to all
Choir Members
and their
Families*

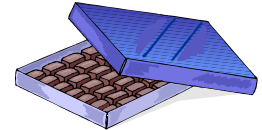
Art by G. Peters



Sees Candy Sales

The Choir Sees Candy Sale will begin again; the sale starts on November 16th and concludes on December 21st. Even though the retail price has gone up the \$15.00 a pound, the wholesale price to us remains the same as last year.

While Nanette has been kind enough this year to organize the sale for the choir, she will need all of us to help in the sale. Please ask her what you can do to be of assistance. Thank You!



Rehearsal Schedule

Tuesday, November 18th 7:30pm

Tuesday, December 2nd 7:30pm

Wednesday, December 10th 7:30pm

Tuesday, December 16th 7:30 pm

Sunday, December 21st 12:30pm (Blitz)

Tuesday, January 13th 7:30pm

Sunday, January 18th 12:30pm (Blitz)

Wednesday, January 28th 7:30pm

Tuesday, February 3rd 7:30pm

Wednesday, February 11th 7:30pm

Tuesday, February 17th 7:30pm



New Music

Plans to introduce new music are proceeding.

We want to gradually introduce the musical arrangement of the Divine Liturgy (in Greek and English) composed by Frank Desby. We are learning this music in phases, starting with the **Great Ektenis** (Litany) through the Small Entrance. While English will be the predominant language, some Greek will be used in the Litany and elsewhere.

We are preparing the Desby arrangement of the Apolytikion for Christmas, **H yennisis Sou Hriste**. This beautiful setting of the hymn is as wonderful to sing for a choir as it is for a congregation to hear. I believe that this arrangement will quickly become one of your favorites.



Coffee
Hour

Choir Coffee Hour

Choir Coffee Hour comes around on the first Sunday of every month. It is especially important for all of us to help with this effort so that the burden is not borne by the few. Please mark your calendars!



New Members

The truth is that many people wait to be asked to help or join in a group. A select few will offer their services unbidden, but they are the exception. We need new choir members to continually grow musically and enhance our sound and repertoire. Chances are good that the only way these new members will come into our ranks is if you ask them! If you know of someone who has singing ability and a willingness to give time to choir, then please, by all means, ask them to come to a rehearsal and give it a try!



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METROPOLIS OF
SAN FRANCISCO