

The Quarter Note

Newsletter of the GOMSF Church Music Federation Ministry

Autumn 2019

Welcome to our Autumn newsletter and a Message from your Ministry Chair!

I am so grateful for the love, confidence, and support of His Eminence Metropolitan Gerasimos and the executive board of the previous six years as I begin my work with you as Ministry Chair. God has blessed us with an engaged and energetic group of Ministry Team Leaders who are hard at work bringing effective resources and programs directly to our parishes and to church musicians, young and old, through a variety of events and initiatives.

Welcome to our Autumn Quarter Note! So many wonderful things are happening with our ministry this Fall. You will be heartened to read about the amazing work of our Church Music Development Team in providing new resources and events for the youth of the Metropolis. Be sure to mark your calendars and watch your in-box for more details of our return to St. Nicholas Ranch for an uplifting and enriching conference in November. Check out the fun photos “From the Archives” column and get a great vocal technique tip from Andriana Kolendrinos in “The Voice Box.” Don’t forget that you can now update your contact information through our online data platform, CHARMS and check us out on Facebook for more fun news and updates.

May God bless each of you here in the beginning of our liturgical year with all the health, strength, faith, and joy you need to carry you from the warm early days of autumn through chilly beauty of Thanksgiving and Christmas.

In Christ,
Kay Harkins
Ministry Chair
GOMSF Church Music Federation Ministry
www.sfchurchmusic.org

Our Gift to His Eminence Archbishop Elpidophoros

Our GOMSF Church Music Ministry Federation has sent a collection of our CD recordings of liturgies and hymns as a gift to His Eminence Archbishop Elpidophoros to welcome him to America and to introduce him to the music of the wonderful musicians and composers of our Metropolis, +Frank Desby, +Theodore Bogdanos, Tikey Zes, and Steve Cardiasmenos to name a few. Thank you to Athena Anastos for suggesting this gift and to Terry Kastanis who gathered these recordings to send.



New Year of Church Music Institutes

Our Theme This Year:

Let us Honor and Magnify in Song the Theotokos and the Mother of the Light



This beautiful theme will call us to turn our eyes toward Our Glorious Lady the Theotokos and the place she holds in the Church and in our hearts.

Did you know that our ministry will now tailor a CMI according to the requests of your parish? Would you like a youth component? How about a special workshop just for those in your congregation who would like to improve and enjoy their singing more? Could your singers use tips to help them care for and their voices and sing more comfortably no matter their age? Any of these features and more could be incorporated into your Saturday of fellowship and learning. We can plan your CMI for a weekend that fits best with your parish schedule. To learn more about hosting a CMI, please check our website:

<http://sfchurchmusic.org/events/a-new-year-of-church-music-institutes/>



GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΓΙΟΥ ΦΡΑΓΚΙΣΚΟΥ

August 26, 2019

✠ Holy Martyrs Adrian and Natalie

Beloved Church Musicians,

“Bless the crown of this year with Your goodness, O Lord.”
Koinonikon for the Feast of Indiction

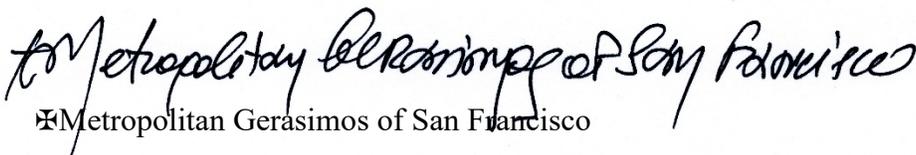
It is with great joy as I greet you as we commence the new Ecclesiastical Year. I am excited about the opportunities that await our Metropolis Church Music Ministry and the exciting vision you have charted for the growth of your important work in support of the Liturgical life of our Church.

What a blessing that the efforts your leadership team have undertaken over the past two years have come to fruition as we begin the Ecclesiastical Year. We will journey through the life of Christ and the many Feast Days and observances of the Saints and their sacrifices for the Church. At the same time, we will also journey together to build a stronger music infrastructure that is more responsive to the needs of our parishes so that music may resound with great joy and uplift our faithful in worship.

I convey my gratitude to all of you for the beautiful examples of stewardship you exemplify as the beloved church musicians of our Metropolis. I hope that many of you will take advantage of the opportunity join in fellowship and song at the Church Music Conference at Saint Nicholas Ranch in November, expanding your knowledge and gaining even more momentum for the broader scope of your work.

Extending to you my fervent prayers that the Lord may bless your efforts with every abundance, I remain,

With Love in Christ,


✠ Metropolitan Gerasimos of San Francisco

The Voice Box



We're so grateful to **Andriana Kolendrianos**, choir director at Saint Barbara GOC in Santa Barbara, California for sharing her wonderful vocal technique wisdom with us this issue!

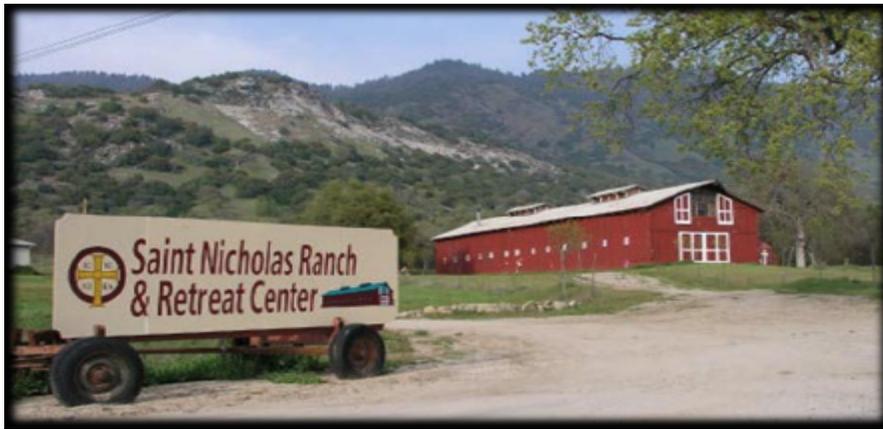
1. If I tell you to breathe with me, the Conductor, we will always start together, since you must see me to breathe with me and the downbeat will always be perfect. As you inhale, think surprise, or a tickle between your ears. Put a sparkle in your eyes. It's amazing how the voice comes to life, finding the sweet spot in the resonators. Always warm up before singing, to wake up the body and the resonators. move your body as you sing, gently swinging your arms, which relaxes but invigorates the body, and engages the ABS.
2. For Seniors, if a vibrato is too wide, it can be indicative of pushing the voice too hard or too loud without adequate breath control or abdominal support. So as we get older LET the voice sing without forcing it. Let it float as on a magic carpet and it will blend and be beautiful. If you experience dryness in your mouth or throat, keep a small lozenge, (sugar free) in the side of your mouth. It works!
3. The human voice functions like a wind instrument. Clarinets sound the same because they are all built the same with a perfectly shaped bell and a wonderful resonating wood body. The mouth, is the bell of our instrument. If we drop and relax the jaw and allow the mouth to be slightly round in shape, the vowels and the voices will blend as well.
4. Choir is an ensemble. " a group producing a single effect or unity" so think as one in order to create one collective beautiful sound. Leave the ego home, and be part of that unity of sound.
5. LISTEN for your voice blending with the voices in your section. Do your vowels sound the same? Can you hear your voice adding beauty and blending in to your section without being overbearing or too loud?
6. The words and prayerful expressions are the ultimate reason we open our mouths to sing. We listen for the beauty of the choir and the sincere expression of the hymn. We don't each possess a beautiful solo voice, but together we can make ONE truly beautiful Choral sound. I keep referring to beautiful sound, because if we fail to blend our voices or make dissonant sounds, we distract the congregation and ourselves from the beauty and depth of the Liturgy we have inherited.

SAVE THE DATE

Greek Orthodox Metropolis of San Francisco Church Music
Federation Ministry Conference

November 14 - 17, 2019

St Nicholas Ranch – Dunlap, CA



Nestled in a beautiful valley in the Sierra Nevada foothills, just a short drive from both Sequoia National Park and Fresno International Airport, Saint Nicholas Ranch and Retreat Center is one of the most outstanding conference centers in central California. The Ranch operates throughout the year and can accommodate a wide variety of groups and events including conferences, retreats, family gatherings, camps and business meetings. The facilities include hotel style lodge rooms, dormitories, a dining hall, two large conference rooms and several smaller meeting rooms, along with picnic areas, athletic fields, a pool, a lake, and hiking trails.

Offering a quiet and peaceful rural setting we also feature, for your convenience, a few modern touches like free wireless Internet access.

The Monastery of the Holy Theotokos the Life Giving Spring, is a women's monastery built on a hill overlooking the Ranch. Founded in 1993 by Bishop Anthony, the monastery is currently home to 30+ nuns. A spiritual oasis of Orthodox Christian worship and spirituality, the monastery welcomes pilgrims throughout the year. Visitors to the monastery stay at Saint Nicholas Ranch.



Please visit your website : sfchurchmusic.org and like us on Facebook:
<https://www.facebook.com/Greek-Orthodox-Metropolis-of-San-Francisco-Church-Music-Federation-526971140699538/?ref=bookmarks>

HELP WANTED!!

Here are some opportunities to share your talents and have fun with our ministry teams. Many hands make light work.

- Our Communication and Outreach Team would love to have you join them if you have just a few hours a month and skill in creating newsletters and electronic communications (via Mail Chimp, Constant Contact, etc.)
- Both the C&O and the Ways and Means Team would be blessed with someone with expertise in Excel and online form creation in conjunction with our Charms management system, which is easy to learn.

Our ministry is here to involve as many as are called to join us in our adventure of service to the music of our Metropolis.

Please contact sfchurchmusic@sanfran.goarch.com, and we will respond to you right away. Thank you!

MUSIC DIRECTORS! PLEASE NOTE! Thank you for printing and sharing this newsletter with the church musicians in your parish who do not have e-mail, Internet access, or have personal access to a computer, and let us know if these folks wish to have hardcopies of important formation sent to them via the postal service.

Also, please remember that church musicians may now update their contact information and access the calendar, forms, and documents through our online platform, Charms Office Assistant. Please click this link for easy directions to access this service. <http://sfchurchmusic.org/wp-content/uploads/2019/06/Charms-Public-Access1.0.pdf>

From the Archives



Father Peter Salmas, whose parish in Honolulu will host the 1986 Choir Conference got together with George George, who probably has been singing in praise of the Lord for more than 62 years! Both are wearing the leis which the Hawaiian representatives presented to all guests at the farewell luncheon in the St. Demetrios Community and Cultural Center. ALOHA to Father Peter and to Mr. George and everyone else who made Seattle 1985 great.



Annunciation 25 year Reunion San Francisco, 1957



Salt Lake 1956

Perry
&
Tikey
1955



(left) Federation meeting
Oakland, 1953



'The Federation' — One Man's Dream

By Perecles Phillips
Honorary President

Thirty-eight years ago, while democracy was struggling to win a global war, a clergyman's dream began its lengthy journey to becoming a reality. That dream emanated from the late Reverend Naoum Nitsiotis, then pastor of the Greek Orthodox Church of the Annunciation in Modesto, California. Father Naoum's dream was to bring the Northern California choirs together for a "Christian fellowship through the music of our church to discuss choir problems and to participate in the Sunday Liturgy.

Several choirs were to respond to Father Naoum's invitation. They met in Modesto and on that weekend. In 1944, what is now the Federation of Greek Orthodox Church Choirs of the Western States was born. The Modesto gathering was a success, and the choirs present decided to pursue Father Naoum's dream further and met the following year in Sacramento. It was at this meeting that concrete plans were made for the future. In 1946, the choirs met in San Francisco and became Federated with the ratification of a constitution.

And thus, "The Federation: as many of us have come to know it, began its long and faithful service to our Most Holy Orthodox Church. Two years later, the late Ecumenical Patriarch Athenagoras, at that time Archbishop of North and South America, attended the second San Francisco conference and gave his blessings to "The Federation:

The years that followed brought continual growth. By 1951 the organization had touched the entire state of California and Utah as well. That meeting, in San Diego, was another milestone and the combined choirs, under the direction of Dr. Frank Desby, sang the Divine Liturgy, for the first time, as one choir. A year later, the combined Federation Choirs were to be heard coast-to-coast on CBS's Church of the Air. Two more coast to coast broadcasts were eventually to be heard from Oakland and then Denver.

There have been many accomplishments over the years. Among them—the publication and printing of music, choral workshops, directors' seminars, choir schools, recordings, and a music library. And then, as if some unknown form of lethargy had descended upon it, "The Federation" suddenly went dormant for the greater part of the 1960's.

The organization had a spirited revival in 1972, meeting in Oakland where it all resumed as if there had never been an interruption. Two years later, the Federation was to send a choir to Greece. It was the first Greek Orthodox Church Choir from the Americas to be seen and heard in Greece. Representing the Archdiocese, the choir traveled to the birthplace of our late and beloved Patriarch - at Vasilikon in Eperus, and chanted a Memorial Service to his memory. Under the direction of Dr. Desby the choir also performed several concerts in Greece and appeared on national television.

And so, here we are again in San Francisco where very much of what was to influence many of our lives was decided. Where will we go from here? We don't really know, do we? But neither did the choir members in San Francisco 36 years ago, either. They met, and through a genuine fellowship solved the problems of creating the organization that was to change the musical course of the Greek Orthodox Church in this country.

Just before the organization had its 1971 Oakland revival, I phoned Father Naoum to inform him that his dream was once again about to become a reality. That was the last time I was to hear his voice. Always enthusiastic, he left me an important reminder and I now pass it on to this conference. "Remember", he told me, "you have in the past, made many valuable contributions to the music of our church. But there is one thing you must never forget. FELLOWSHIP. That is the most important of all." Amen.