



## The Quarter Note

*Newsletter of the GOMSF Church Music Federation Ministry*

### **Winter 2019**

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

Blessings to all in the season of Nativity and Theophany! May our hearts be filled with joy from the first notes of *I Parthenos Simeron* to the last notes of *En Iordani*. These melodies touch our hearts and draw us together around the Good News of the coming and revelation of our Savior. Then it will not be long until the Holy time of Great Lent brings us more beloved hymns!

We are looking forward to a challenging and fruitful year for our ministry. While the cancellation of our conference at the Ranch was disappointing, we remain grateful to Mike Pappas and his staff for offering us the only weekend on their calendar that would afford us the cooler days we requested. We continue to be so appreciative of the option of this beautiful venue in years when we do not have a parish willing to host. The good news is that we do have *two parishes* planning to host our upcoming conferences in 2020 and 2021! Please mark your calendars for October 1-4, 2020 at Holy Cross, Belmont and for October 21-24, 2021 at Assumption, Scottsdale AZ. *Watch your e-mail and the website for unfolding details.*

We are also so excited to announce a ground breaking two day CMI for youth and adults in January to be held at St. John the Baptist GOC in Las Vegas, Nevada. One goal of our revitalized vision is to increase the number of local and regional Church Music Institutes, broadening their scope, and tailoring them to the needs of the parish. Large annual conferences, while worthwhile in many ways, have become increasingly costly for our church musicians to attend and a pose a greater challenge and risk for many parishes to undertake. Local Church Music Institutes allow the ministry to bring exceptional resources closer to church musicians, and provide parishes with an easier way to enrich the musical skill, knowledge, and faith of both adults and youth. *Please see the flyer in this issue and our website for more details.*

Finally, *efcharisto!* to all the faithful stewards and parishes who have offered their contribution to our work so far in response to our Annual Stewardship Appeal. The to option to give to the ministry on-line has been overwhelmingly positive. It is not too late to offer your support-- please find everything you need by clicking here on the website:

[https://sfchurchmusic.org/2019-2020\\_stewardship/](https://sfchurchmusic.org/2019-2020_stewardship/)

We cannot provide our many resources to parishes and church musicians without your generous partnership.

In love, gratitude, and best wishes for Christmas and the New Year,  
Kay Harkins, Ministry Chair



GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO  
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΓΙΟΥ ΦΡΑΓΚΙΣΚΟΥ

December 18, 2019

✠Sebastian the Martyr and his companions

Beloved Church Musicians,

***“For unto us a Child is born, unto us a Son is given; and the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.”***

***Isaiah 9:6***

This is a time of great joy as we celebrate the Incarnation of Our Lord and Savior Jesus Christ. The fulfillment of the prophecy of Isaiah changed the entire world. The shining star that led the Wise Men to the newborn babe is that same light that guides us in our daily lives to follow the Lord. It is that same light that illumines our churches as we proclaim the Resurrection of Jesus Christ.

May this same light also inspire you in your continued ministry to our church through the raising of your voices for His Glory! I commend you for your excellent work to revitalize the efforts of our Church Music Ministry, and I am confident that the continued growth in this important area will reap great rewards for our parishes and Metropolis in the years to come.

Praying that your voices may ceaselessly offer praise as did the angels on the night of Christ’s birth, and extending to you every good wish for a most blessed New Year, I remain,

With Love in Christ,

*Metropolitan Gerasimos of San Francisco*

✠Metropolitan Gerasimos of San Francisco

## **Announcement of the 2019 Winners of the Katherine Trapp Youth Musician and George N. George Service Awards**

*Despite the cancellation of the 2019 annual conference, the Federation Ministry determined that our two annual awards should be given to these worthy individuals. The certificates were presented at their home parishes by their priests and choir directors with the blessings and congratulations of His Eminence Metropolitan Gerasimos, Dr. Chris Vitakes, Awards Chairman, and Kay Harkins, Ministry Chair.*

**The Katherine Trapp Youth Musician Award** was established to honor our first Federation Youth Music Specialist, Katherine Trapp of blessed memory. A gifted music educator with a vibrant personality and authentic Christian spirit, she not only taught young people how to learn to sing in our beautiful Orthodox Christian tradition, she taught youth to love it! She traveled throughout the western states conducting workshops for youth choirs and encouraging young people to develop their musical talents for the Lord. The intent of the award is to recognize a youth musician who demonstrates a deep love for the music of the Orthodox Church through their participation in their parish music program.

**The George N. George Service Award** was established in honor of George N. George of blessed memory to recognize church musicians who have given of themselves selflessly for many years not looking for praise or recognition. During World War II when he was in the Navy, George George was stationed in the Bay Area and immediately joined the Oakland choir even as an active duty sailor. Upon returning from serious naval battles as a gunner's mate in the South Pacific, he returned to the Oakland choir and became one of its most loyal, dedicated choir members. He was not interested in being an officer of the choir, nor did he seek high recognition. His contribution was consistent attendance, willingness to help with any project at hand, and, of course, his musical ability and excellent bass voice. He was by any measure a choir director's dream. These qualities are the criteria upon which a parish music director nominates a church musician for this award.

### **The 2019 winner of the Katherine Trapp Youth Musician Award is: Ana Constantine, St. Spyridon San Diego**



It all started for Ana with a wonderful Pappou, a professional musician who inspired his tiny granddaughter with such a great love of music that she began her musical career in elementary school. Having won a guitar at a family game night, she threw herself into learning the instrument, and in the fourth grade started her own musical band that has wowed audiences at music venues all over San Diego.

Now a vibrant young woman, she uses her musical gifts in service and love to her Greek Orthodox faith and community. An active participant in the Dance and Choral School, Ana regularly sings with the adult choir for Sunday liturgies, and has performed as a feature musician with the youth choir at FDF competitions, having added skill on the bouzouki to her guitar and singing excellence. She continues to study music, and has recently formed a new band with Villa Musica here in San Diego as well as becoming a member of the newly formed young adult choir, *Livani*. Ana remains a credit to her Pappou of blessed memory, her family, and all the church musicians in the St. Spyridon San Diego parish, who are proud of her in receiving this well-deserved award.

**Winners of the 2019 George N. George Service Awards are:  
Elaine Mackis, Annunciation Sacramento**

For over 57 years, this gifted soprano has given her talent and service to the glory of God in the Annunciation choir, through countless rehearsals, liturgies, feast days, concerts, and weddings. Although those in her choir and community see her as star, she has remained a steadfast and devoted model of quiet dependability and a generous mentor to other singers.

While still a teenager she met and fell in love with her fellow youth choir member, tenor George Mackis, with whom she has shared a life of faithful service to the choir. This devoted couple was most often seen as the first the singers to arrive for Sunday services and blessed many a concert and wedding with their harmonious duets.



During her time as standout singer in her Sacramento High School choir, Elaine was responsible for recruiting her school choir director, Mr. Bill Bobolis, to be the director of the Annunciation choir, which he has served for over 55 years. Through the years Elaine has been a regular participant in Federation conferences and CMIs, sharing friendship and encouragement with other church musicians, and was fortunate to meet George N. George himself at these events.

The gift of Elaine's beautiful voice and example of devotion to God in her service continue to be an inspiration to the Annunciation Choir.

**Patricia Spire, St. Spyridon San Diego**



Certainly, a choir director's dream come true, Pat has given nearly two decades of love and service to the St. Spyridon San Diego Choir. Rarely ever missing a rehearsal or performance, she is an anchor of the soprano section, learning her part to perfection and encouraging her fellow singers. Need some music copied? Need risers for a concert? Food for a fellowship, help cleaning the loft, a shoulder to cry on? She's your girl. Never seeking the spotlight, she's the one to get things done behind the scenes, caring for the elderly and homebound, generously offering financial support, always remembering every birthday, special occasion, illness, or grief with a caring card or visit—truly an example of Christ's love. God brought this faithful convert to Orthodox Christianity a long way from her birthplace in the woods of Maine to the sunny shores of San Diego, and her parish is thrilled that she has received this honor.

**Send us your News!**

We love hearing about all that's going on with music in your parishes. ***The deadline for our next newsletter is March 1, 2020.***

## *The Voice Box*



### **Keep Singing Together! The Benefits Just Keep Coming.**

There has been a great deal of research published recently in scientific journals about the physical and mental health benefits of singing, particularly in groups. A few interesting findings include:

- Enhancement of positive immune factors. Research documented a 150% increase in the protective secretory immunoglobulin A during rehearsals and a 240% increase during performance.
- Improved lung function, breathing awareness, and memory training - all skills needed for singing, but beneficial to all aspects of physical and mental health.
- Spiritual uplift and enhancement of psychological well-being, leading to a substantial reduction in the stress hormones. One study reported a 30% reduction in cortisol level during rehearsals and a 37% reduction during performance.
- Neurological changes have been documented in groups of singers working together.
- Enhanced social interaction promoting "togetherness" based on a common experience, especially if the choir is an inclusive, community-based organization. *Singers' self-reported group cohesion is even greater than that reported in sports teams!*

## Youth Corner

The Church Music Development Team is pleased to announce a special two-day Church Music Institute offering an inspiring and challenging event for both youth and adults utilizing the materials being developed for our music education projects.

### Innovative Two Day CMI!



The Church Music Ministry of the Greek Orthodox Metropolis of San Francisco Presents:

### THEOTOKOS, THE HOPE OF CHRISTIANS

A weekend-long Church Music Institute for Youth and Adults focusing on the hymnography of the Presentation of the Lord into the Temple.

**ST. JOHN THE BAPTIST GREEK ORTHODOX CHURCH, LAS VEGAS**  
**JANUARY 24-26, 2020**

#### Featuring

Masterclass by John Michael Boyer  
Workshops by Samuel Herron

#### Theological reflections

Fr. John Hondros  
Fr. Seraphim Ramos

#### Registration:

\$75/Adult

\$30/Under-18

Registration Form: <https://tinyurl.com/y54xzflm>

*This CMI has been funded in part by the generous support of the National Forum of Greek Orthodox Church Musicians.*

### Music Survey of the Status of Church Music in the Metropolis

In June-July of 2019, a music survey was sent to the choir/chant directors as well as the head priests of each parish to gather information of status of church music in the Metropolis. The summary of findings are as follows:

The survey received sufficient responses across the demographic areas of interest to statistically represent the Metropolis of San Francisco.

- Church musicians and clergy within the Metropolis both perceive an increase in English-language worship that is based on unison, a cappella music.
- Within parishes in the Metropolis chanters are younger than choir members.

- There is an anticipated increase in the usage of Byzantine chant (psaltic art) within the parishes of the Metropolis and a decrease in the use of polyphonic music with an organ.
- There are positive relationships between clergy and church musicians and within choirs across the Metropolis providing a fertile and cooperative ground to develop music programs without conflict.
- Church Music Leaders are educated in music theory and have very strong abilities to read music in at least one notation system.

To read the full survey report, please go to our website [www.sfchurchmusic.org](http://www.sfchurchmusic.org)

Respectfully submitted,  
Christopher Hondros  
Church Music Development

## Upcoming Annual Conferences



GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO  
CHURCH MUSIC FEDERATION MINISTRY  
ANNUAL CONFERENCE

OCTOBER 2 - 4, 2020

GREEK ORTHODOX CHURCH OF THE HOLY CROSS  
BELMONT, CA

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OCTOBER 21- 24, 2021

ASSUMPTION GREEK ORTHODOX CHURCH  
SCOTTSDALE, AZ

*Like us on [Facebook!](#)*

*Visit us at our website [www.churchmusic.org](http://www.churchmusic.org)*

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.

<https://sfchurchmusic.org/wp-content/uploads/2019/06/CharmsPublic-Access1.0.pdf>