

The Quarter Note

Newsletter of the GOMSF Church Music Federation Ministry

Spring 2020

Kali Sarakosti!

I had the honor of sharing the great things happening in our ministry with the Metropolis Council at the Clergy-Laity Assembly this past month and had the opportunity to visit with many church musicians, parish members, and clergy from across the Metropolis about their music programs and the positive ways our ministry can offer support through our many initiatives.

I am happy to report that our ministry teams are beginning to grow during this building year, and our team leaders look forward to hearing from everyone who wishes to become involved.

Please enjoy our newsletter, brimming with news, reports, and opportunities for you. I pray that your journey through Great and Holy Lent will be blessed, and that a joyous Pascha awaits us all. We always love to hear from you, so don't hesitate to send us your news!

Praying God's peace and protection on all our church musicians, our Church, and our world in these times of pestilence. We will keep you updated via e-mail on any changes in meetings and events as things unfold over the next months. May the hope and joy of Christ's Holy and saving Resurrection be our refuge as we move toward a blessed Pascha.

In His love,
Kay Harkins, Ministry Chair



GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΑΓΙΟΥ ΦΡΑΓΚΙΣΚΟΥ

March 24, 2020

✠Forefeast of the Annunciation of the Theotokos

Beloved Church Musicians,

*“And let us not grow weary while doing good,
for in due season we shall reap if we do not lose heart.”
Galatians 6:9*

During Great and Holy Lent we are usually immersed in attending the beautiful services of this season. Our churches are filled with the meaningful hymns to enlighten us throughout our Lenten journey. Choir members and chanters are practicing diligently to prepare for Holy Week and Pascha. Instead, the services are devoid of congregations. Choir lofts are silent. Vacant chairs fill our Sunday School classrooms. Our pews are empty.

I know this is a challenging time for all of us, but we must remain strong in our faith. Do not let the silence in our parishes overtake our hearts. Fill your home with the hymns of our faith. Take time to include music as part of your prayers. When you are watching online services, join with the chanters in singing the hymns and responses.

This situation is temporary, and I pray that very soon that we will all be back together in worship and fellowship. I also know that you are anxious to continue the good works of our recently re-energized Church Music Ministry. I read with great joy the enthusiastic response to the Church Music Institute held in Las Vegas in January, and I know that plans are being made for other similar gatherings later this year. I encourage you to take advantage of these opportunities to enhance your knowledge, to share in the music of our faith, and to grow in your personal commitment to this important ministry.

Beseeking the Lord to grant you His love, peace and strength on your journey through Great Lent, I remain,

With Love in Christ,



✠Metropolitan Gerasimos of San Francisco

Plenary Information and Planning Meeting

1:00 – 3:00 Saturday, May 16, 2020

Resurrection GOC, Castro Valley, CA
and online

Please mark your calendars for the first of our two-yearly Ministry Federation information and planning meetings. As of now, there are no voting issues, but we are eager to present the good things happening around the Metropolis and answer any of your questions about upcoming programs, conferences, and CMIs. Agenda and registration information forthcoming 30 days before the meeting date.

CMI NEWS

Our first two-day Church Music Institute, “Theotokos, The Hope of Christians,” a weekend-long Church Music Institute for youth and adults focusing on the hymnology of the Presentation of the Lord into the Temple” was presented at St. John the Baptist GOC the last weekend in January.



Many thanks to Christopher Hondros and his Church Music Development Team for creating this enriching event that brought together so many strands of focus for our ministry this year. This event was attended by 36 church musicians, who received instruction in hymnology and vocal training through a Master Class by John Michael Boyer, workshops with Samuel Herron and theological reflections with Fr. John Hondros and Fr. Seraphim Ramos. Nearly two-thirds of attendees were under the age of 30, and 7 were under 18. Several church musicians from the Antiochian jurisdiction were also welcomed. Reviews by the participants were overwhelmingly positive, and following the success of this weekend, other CMIs of this format are being planned to include both youth and adults. Stay tuned for upcoming dates and locations.



The Voice Box



Our vocal tips for this issue are from Katherine Loukatos Meck, Choir Director at St. Spyridon GOC, San Diego, CA and past Federation President.

Tips to Make Your Choir Director Smile

Church choir members are volunteers, and sometimes choir directors might forget that fact. Maybe it's because they always want the very best for their choirs. Or maybe they feel that their choir members are the best and know they can give their very best. I think it is all of the above.

Choir directors try to always remember that most of choir members can't read music. Some have a language barrier with the Greek. I've gathered a few simple tips here to help give your very best each and every week:

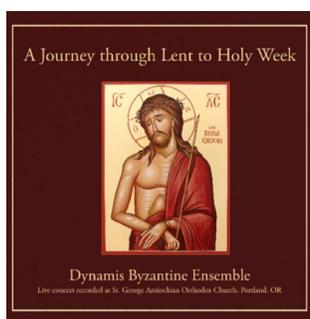
1. Attend rehearsals as much as possible. Choir directors cannot work on singing skills during Divine Liturgy. Rehearsals are so needed.
2. Be prepared for Liturgy. Get your music out and be ready to go when the Doxology begins.
3. If you come in late, don't start singing while preparing your music. You are not focused on your voice nor are you watching your director. It's ok to take a few minutes to prepare yourself.
4. Bring water!!! Lubricate those vocal cords. They will thank you by working better for you.
5. Here are three simple rules for you if you are just beginning to read music: 1. If the note goes up, your voice goes up. 2. If the note goes down, your voice goes down. 3. If the note stays the same, your voice stays the same. Yes, this sounds corny, but it really works.

6. Breathe!!!!!!! Singing requires air and lots of it.
7. Engage your whole body. Singing is not just sound coming out of your mouth. It's breathing, thinking, working hard. Sometimes choir members look at their director cross eyed at times when they are told your body should be warm. Ladies and gentlemen, it's work to sing.
8. Stand up tall. Have a good attitude when your director says, "Altos, you are flat!" What does that really mean anyway? It means that the note or notes you are singing are not quite there. You are singing below the pitch and it doesn't sound correct, giving your listeners a little cringe when they hear you. Listen carefully.
9. Smile! You are singing to God. Can you think of a better way to give thanks?

Directors love their singers. They appreciate them and want them to grow and be happy in their minds and hearts every time they sing.

Chant Stand

Announcing a new CD from Dynamis Byzantine Ensemble



Dynamis Byzantine Ensemble's forthcoming live album titled "Journey through Lent to Holy Week" is due to ship out in early April, perhaps earlier. You may listen to a sample of the music at this link: <https://youtu.be/8C5xMiYtqsc>

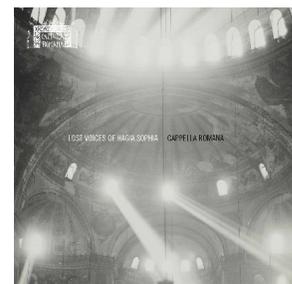
It features compositions from noted Metropolis church musician [Samuel Herron](#), as well as Papa Ephraim, Protopsaltis John Michael Boyer, Gabriel Cremeens, Phillip Carl Phares, and Nick Roumas. This offering promises to be not only an enjoyable CD, but also a didactic tool for learning excellent Byzantine chant performed in English.

If you wish to pre-order the CD, you may go to www.dynamisensemble.org to place your order. The cost for the CD is \$15.

In Other Music News!

Congratulations to Cappella Romana

Billboard Magazine named Cappella Romana's new album [Lost Voices of Hagia Sophia](#) the #1 Traditional Classical Album for the week of March 7, 2020. You can hear the fascinating NPR story about this historic recording and hear an excerpt here: <https://cappellaromana.org/lostvoices/>



Extraordinary Learning Opportunity from the ISOCCM! Registration is open for the 2020 Pan-Orthodox Music Symposium

The third North American regional music symposium will be held **Wednesday, June 10, 2020** through **Sunday, June 14, 2020**. The event, co-hosted by [The International Society for Orthodox Church Music](#) (ISOCCM) and [St. Vladimir's Orthodox Theological Seminary](#) (SVS) Through its [Institute of Sacred Arts](#), will take place on the SVS campus in Yonkers, New York.

Exploring the theme of "**Music as Liturgy**," the Symposium will feature [masterclasses](#), [workshops](#), [liturgical worship](#), and [presentations](#).

[Join us](#) for four days of singing at liturgical services, engaging dialogue, learning from experts in the field of liturgical music – and from each other.

The 2020 Symposium will provide fellowship and discourse with other directors, hymnographers, composers, singers, chanters, readers, youth directors, church schoolteachers, musicians,

musicologists, and those interested in Orthodox liturgical music. Participants are expected from around the world.

A PLACE FOR EVERYONE

We believe that a vibrant and dynamic ministry is impossible without utilizing the talents and energy of church musicians from across the Metropolis. Our goal is to include all church musicians who seek to share in the ministry to find a place of service on our ministry teams:

THE CHURCH MUSIC DEVELOPMENT TEAM for those with music education, composing, and directing background in the areas of choir, chant, and youth music.

THE EVENTS TEAM for those who enjoy planning, preparing, and executing our CMIs, conferences, workshops, and concerts.

THE WAYS AND MEANS TEAM for those with fund raising, bookkeeping, budgeting and banking experience.

THE COMMUNICATION AND OUTREACH TEAM for those with writing, graphic and photographic arts, audio visual recording, social media, website design and maintenance, database management, and personal networking skills.

THE RECORDS AND ARCHIVES TEAM for those with good organizational skills who enjoy celebrating and curating the history and important documents of the organization.

GET INVOLVED

Our ministry team leaders encourage you to find your place of satisfying and joyful service on one or more of our teams. You can make a difference with a time commitment of a little as 2-3 hours per month. Please reach out to our Ministry Chair at any time with questions you have or to be connected to the ministry team(s) that interest you at sfchurchmusic@sanfran.goarch.org.

All of our exciting initiatives require the gifts of skill, time, spiritual, and financial resources.

We encourage all parishes and church musicians to give generously to our shared work through parish contributions and individual stewardship. Connect with us on the Stewardship page of our website: sfchurchmusic.org

In Memoriam ~ Elaine Mackis

Our hearts are broken at the loss of our beautiful Elaine (Moustakas) Mackis who passed from this life March 5, 2020 into the arms of our loving Lord. She leaves behind the people she adored most in this world – her husband, George; son, Andy; daughter-in-law, Summer; and grandchildren: Helena, Georgio, Penelope, Valentina and Gianni. We take comfort in remembering her huge heart, unparalleled kindness and radiant smile. She led an amazing and inspiring life, and we all feel blessed to have been part of it.

Born May 25, 1946 in Manhattan, NY, Elaine moved to Sacramento in 1958 with her parents, Demetrious and Andromache (May), and her brother, John (they welcomed baby sister, Sophia soon after). She was strikingly gorgeous and possessed an angelic soprano voice, deeply impressing everyone who heard her sing. She joined the choir at Annunciation Greek Orthodox Church as a teenager and remained with it for over 57 years, going on to perform as a soloist for countless weddings, concerts and Divine Liturgies. It was through this choir that she met her future husband, George as a teenager and the two have been inseparable ever since, celebrating 48 years of marriage at the time of her passing. Funeral services were held at Annunciation Greek Orthodox Church in Sacramento were officiated by Frs. James Retelas, Timothy Robinson and Dino Pappademos. In lieu of flowers, donations can be made in Elaine's honor to the Sacramento Annunciation Greek Orthodox Church Choir and/or the American Cancer Society.

From the Archives

Throughout this issue you'll find a few choir photos from the 1982 Church Music Federation Conference held at Holy Trinity Church in San Francisco. Hope you enjoy reminiscing.

GREEK ORTHODOX CHURCH OF THE ANNUNCIATION



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Rev. Father Demetrius T. Dogias, Pastor



FRONT ROW

Demetra M. Olyphant, Presvitera Eleutheria Dogias, Steve Denas, Rev. Father Demetrius T. Dogias, Bill Bobolis, Evelyn Bobolis, Cassiani Gleie

SECOND ROW

Sylvia Maritsas, Barbara Takanikos, Elaine Glum, Anastasia Lambrose, Fros Lambrose, Emily Vrattos, Shirley Weaver, Katina Kokkos,
Elenie Kambas, Sylvia Salidas, Stella Kambas

THIRD ROW

Valerie Stathos, Don Glum, Elaine Mackis, Valerie Kondos, Mary Jane Skopos, Roe Kondos, Maria Corelis, George Mackis

BACK ROW

Bessie Papailias, Julie Mamalis, Jim Chuchas, Eugene Fotos, Demetre Fotos, Toni Spallas, Helen Arabatzis, John Kyriakides, Stephanie Bobolis, Antoinette C. Sargetis

Diocese of San Francisco

From the National Forum of Greek Orthodox Church Musicians

We were notified just recently of honors given to four of our Metropolis choir directors for their years of musical service to the Church. The Archbishop Elpidophoros' Years of Service Award was presented to Elsa Libowitz of St. John the Baptist, Anaheim, for 40 years, to Voula Margelos Brown of Holy Trinity, San Francisco, for 30 years, to Elaine Palaiologos of St. Katherine, Redondo Beach, for 27 years, and Ernest O'Banion (of blessed memory) for 25 years at St. Katherine, Elk Grove. Congratulations to each of them!

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**

and

OCTOBER 21- 24, 2021

**ASSUMPTION GREEK ORTHODOX CHURCH
SCOTTSDALE, AZ**

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Send us your News!

We love hearing about all that's going on with music in your parishes.

The deadline for our Summer Newsletter is June 1

Like us on [Facebook!](#)

Visit us at our website 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>