

# RSCM NEWSLETTER

Toronto Branch

December, 2009

## The RSCM's objectives are

- to support our members through  
*practical and applied programs of education and training*  
*music-making at festivals and courses*  
*music and training resources*  
*information, advice and guidance*
- to serve the churches through  
*encouraging music-making in general, and singing in particular*  
*providing training in essential skills for church musicians*  
*developing understanding of music in the church's ministry and worship*  
*nurturing good practice and high standards*
- to encourage good music everywhere through  
*fostering outreach from the churches into the community*  
*engaging with young people singing*



The Church of the Holy Spirit, Mississauga, was our host for the 2009 Senior Choir day on October 3, 2009.

A selection of 12 motets and hymns from "Season by Season" was the basis for the 2009 Senior Choir Day held at The Church of the Holy Spirit. The day started with registration at 9.30am and concluded after a 45 minute presentation of the day's work to the congregation of Holy Spirit at 4.30pm.

The day was led by Eric Hanbury (Organist and Choir Director, Holy Spirit Anglican Church), Michael Capon (Organist and Director of Music, Glenview Presbyterian Church), and Clement Carelse (Organist and Choir Director, St. Peter's Anglican Church, Erindale). 35 choristers and directors appreciated the expertise of these leaders who evoked an enthusiastic response.

The music selection was:

Come with newly-written anthems "St. Paul's Cathedral" Paul Bryan  
Lent and Holy Week

Jesu, lover of my soul -- David Wilson arr. Barnard

The Lord is full of compassion -- Philip Moore, harmonized Plainsong

Three days on -- David Iliff

Hymn: This is the night, dear friends "Intercessor" C.H.H. Parry

Easter

Lord of the Dance -- arr. Carter/Barnard

Sing Choirs of Heaven -- Richard Shephard

Hymn: Sing out my heart with gladness -- J.S. Bach

Ascension, Pentecost, and The Choristers' Prayer

Rejoice the Lord is King -- Malcolm Archer

May we, O Holy Spirit bear your fruit -- Paul Edwards

Bless O Lord us thy servants -- John Barnard

Hymn: When in our music God is glorified "Engelberg" C.V. Stanford  
Descant Barnard

The NEWSLETTER is published four times a year.

The 2009 deadlines for material are: April 1, June 1, September 1, and December 1.

Flyers may be included. One hundred copies are required and they must be folded to fit a business size envelope. The cost for inclusion of flyers is \$20.00.

Member churches may advertise positions available free: non-member churches are charged \$20.00. Rates for other ads depend upon the ad make-up and size.

Announcements about upcoming events are free.

The NEWSLETTER welcomes signed articles, reviews and letters. They should be in printed form and not exceed one 8.5 inch x 11 inch page. All news, editorial material, advertising and correspondence submitted to the R.S.C.M. NEWSLETTER are subject to selection and editing by the Editor before publication. Decisions are based on considerations of clarity, accuracy, length, content, balance and space limitations.

Views expressed in signed articles and letters are not necessarily those of the Editor or the R.S.C.M. (Toronto).

Acceptance of advertising and flyers does not imply endorsement.

Articles and information may be sent to  
John Buckworth,  
62 Greencroft Cr.,  
Markham, ON., L3R 3Y5

Website: [www.rscmtoronto.org](http://www.rscmtoronto.org)  
e-mail: [chair@rscmtoronto.org](mailto:chair@rscmtoronto.org)

## NEW BRANCH COMMITTEE

We are pleased to announce the following new Branch executive following the Annual General Meeting.

**Eric Hanbury, Chair**

**John Buckworth, past Chair and Newsletter Editor**

**Beth Gibson, Treasurer**

**Richard Gooch, Webmaster**

**Sarah Chung, Membership**

**Joy Horswill, Secretary**

**Rev. Geoff Sangwine, Chaplain**



Beth Gibson, Rev. Geoff Sangwine, Eric Hanbury, Richard Gooch

Bless, O Lord, us Thy servants, who minister in Thy temple.  
Grant that what we sing with our lips, we may believe in our hearts,  
and what we believe in our hearts, we may show forth in our lives.

Through Jesus Christ our Lord.

Amen.



Michael Capon directed the first segment



Clem Carelse led the second morning session



Eric Hanbury kept us awake and on our toes for the after lunch session

## ***From the Chair***

On Saturday, 21<sup>st</sup> November, at my church, Holy Spirit Anglican, Mississauga, suburban music history was made. A concert was performed, with a massed choir of 50 and an orchestra of 20, for an exciting performance of Handel's "Ode on St. Cecilia's Day (1739)." The audience was so moved by "The trumpet shall be heard on high, the dead shall live, the living die" they applauded and gave a standing ovation while I was still conducting the last four bars! I have a choir of 10 so this programme could not have been achieved were it not for the combining of choristers from four Mississauga Anglican churches. Of those four churches, three are RSCM affiliated choirs—Holy Spirit, St. Luke's, and St. Peter's. The concert was a great success, delighted our near capacity audience and, hopefully, opened the door to more combined choir liaisons in the future. I am hoping that many of you may be inspired to use this example of wonderful cooperation as a model for your own church. I would like to see the ranks of Toronto-RSCM increase so please think of organizing such a venture, with a neighbouring church, and then invite them to join our organization. Please check the RSCM website and you will see the affiliated choirs for our branch. There are many areas of our region, Mississauga being one of them, where we are badly under-represented. It is time, I think, to try and bring more of other denominations into the RSCM. RSCM has wonderful resources that can appeal to other denominations and get us all singing together. It is certainly not necessary, in my mind at least, to think of a combined venture always having to be founded on Anglican Chant and Cathedral Evensong! The RSCM Festival Books, in this regard, are excellent and most useful.

On Tuesday, 24<sup>th</sup> November, your new executive met for the first time and our meeting was very constructive. Our Chaplain, Rev Geoff Sangwine (St. Joseph of Nazareth Anglican, Brampton) asked the polite question what would he like us to have him write about in the Newsletter. We gave him a polite 5 seconds respite and then the man was still writing notes twenty minutes later! At this meeting we were informed about, and discussed, the exciting and helpful changes that will occur soon to our website. The website format will change in a dramatic fashion and bring it more in line with the look of RSCM England.

We then discussed activities for 2010. We will certainly have another Senior Choir Day in early October. This will take place in Toronto. It was decided that it is time again for a massed affiliated choirs event such as Lessons and Carols for the Easter Season. Since we would like to get as many of our 45 affiliate choirs participating in this as possible, this will need to be held in one of our large downtown affiliated churches. We will strive diligently to get as much media attention as possible for this event. We would also like to have a more relaxed "Meet and Sing" day whereby we want to include practitioners of Holistic medicine that would be available to demonstrate Yoga, Massage, and relaxation techniques for singers and organists alike. I hope you will agree that this sounds like a diversified and exciting programme.

I would like to close by wishing you, on behalf of your Executive Committee, a very Happy Christmas and Blessed New Year.

## **MUSIC AS THERAPY**

In the May, 2006 issue of this Newsletter I reported on an interesting experience as a volunteer subject in a research project at the Baycrest Centre, the object of which was to investigate the effects of life long musical experience on aging and brain function.

It has been recognized for some years that Alzheimer patients will remember tunes long after they fail to recognize even close family members. I have a dear friend suffering from frontal lobe dementia whose brain has forgotten how to tell her to walk, but still will spend hours at a piano.

An article in the Wall Street Journal on November 20th describes how physicians are using the power of music for therapy for not just Alzheimer patients but also for stroke victims. This rather intimidating internet link can take you to the full article

<http://online.wsj.com/article/SB10001424052748704538404574540163096944766.html> .

Here are a few highlights from the article:

*Caregivers have observed for decades that Alzheimer's patients can still remember and sing songs long after they've stopped recognizing names and faces. Many hospitals and nursing homes use music as recreation, since it brings patients pleasure. But beyond the entertainment value, there's growing evidence that listening to music can also help stimulate seemingly lost memories and even help restore some cognitive function.*

*"What I believe is happening is that by engaging very basic mechanisms of emotions and listening, music is stimulating dormant areas of the brain that haven't been accessible due to degenerative disease," says Concetta Tomaino, executive director of the Institute for Music and Neurologic Function, a nonprofit organization founded at Beth Abraham in 1995.*

*Dr. Tomaino says she frequently sees dementia patients make gains in cognitive function after music therapy. In one unpublished study she led a few years ago, with funding from the New York State Department of Health, 45 patients with mid- to late-stage dementia had one hour of personalized music therapy, three times a week, for 10 months, and improved their scores on a cognitive-function test by 50% on average. One patient in the study recognized his wife for the first time in months.*

*In addition to benefiting Alzheimer's patients, decades of studies have demonstrated that music can help premature infants gain weight, autistic children communicate, stroke patients regain speech and mobility, dental, surgical and orthopedic patients control chronic pain and psychiatric patients manage anxiety and depression. Now, neuroscientists are starting to identify the underlying brain mechanisms that explain how music connects with the mind and body, and they are starting to work hand in hand with music therapists to develop new therapeutic programs.*

*There's no single center for music in the mind-the brain appears to be wired throughout for music, since it engages a wide variety of functions, including listening, language and movement. But Petr Janata, a cognitive neuroscientist at the University of California, Davis's Center for Mind and Brain, recently located an area of the brain-the medial prefrontal cortex, just behind the forehead-that seems to serve as a hub for music, memory and emotions.*

*New research indicates that the medial prefrontal cortex may serve as a hub where music memory and emotions meet. It is also one of the last brain regions to atrophy in Alzheimer's patients.*

There are several references in the article to work by researchers at the Institute for Music and Neurologic Function. The Institute was founded in 1995 "on the idea that music has unique powers to heal, rehabilitate, and inspire -- and that we can use music therapy to restore and improve our physical, emotional, and neurological health." The Institute is an affiliate of the Beth Abraham Family of Health Services in New York. The Institute's website is [www.imnf.org](http://www.imnf.org).



## RSCM COMMUNICATES!

The RSCM communicates with its affiliates, members and friends through both print and internet media.

### Print media

#### International

**Church Music Quarterly** – mailed to all members  
FOR ALL WHO LOVE CHURCH MUSIC

- Feature articles and interviews on a wide variety of topics to inspire and support church musicians and music lovers
- A forum for members to share news
- Reviews of CDs and books

**Sunday by Sunday** – mailed to all Affiliates and, on request, to Individual members  
FOR ALL WHO PLAN AND LEAD WORSHIP

- Liturgical planner and worship leaders' resource
- Training material and articles for musicians and clergy
- Sheet music reviews

#### Canada

**RSCM Canada Newsletter** – mailed to all Canadian members

- information on Canadian programs
- Voice for life examination schedules and results
- news from Branches

#### Toronto Branch

**Quarterly Branch Newsletter** – mailed to all Toronto Branch members

- reports of Branch activities
- articles by Branch members

### Internet media

#### International

**Website** [www.rscm.com](http://www.rscm.com) – a frequently updated resource

- Education & Courses, information on Voice for Life, Church Music Skills and Sacred Music Studies programs
- Publications
- Online Shop

**Email Newsletter**, sign-up through the RSCM website

- timely reporting of church music news and events
- building partnerships with other organizations
- connecting with an audience beyond the RSCM network

#### Canada

**Website** [www.rscmcanada.org](http://www.rscmcanada.org)

- recently launched
- while the website is in development, many links take you to pages of the RSCM International

#### Toronto Branch

Website [www.rscmtoronto.org](http://www.rscmtoronto.org). Information on Branch events, access to Branch handbook

## **Toronto Branch Website has a new Webmaster**

It all started innocently enough. Senior Choir Day at the Church of the Holy Spirit in Mississauga – an opportunity to do a little singing in unfamiliar surroundings, re-learn a few long-forgotten lessons and witness three prominent choir directors sweating buckets as they fought heroically to keep their emotions in check.

After a morning of patchy progress, the group partook of a well-deserved luncheon, the digesting of which commenced to the accompaniment of the Toronto Branch AGM. To be brutally honest, “Annual General Meeting” is a rather flattering term for an event that spanned scarcely enough time to say those three words. I found myself glancing around to see if I could catch a glimpse of the official from the Guinness Book of World Records with stopwatch in hand. The one agenda item that put paid to our otherwise promising shot at inclusion in said weighty tome was the nomination and election of new members of the management committee.

The silence that greeted the call for nominees – during which I took the opportunity to drop a pin so as to confirm the veracity of the adage – was shattered by a voice I shortly thereafter discovered to be my own. I’d done it again. I’d allowed my ego to be flattered into thinking I could make a difference. It was not until some hours later that it dawned on me that I’d forgotten to take my morning medication, leading to a state of utter suggestibility that might have seen me volunteer to take on just about any task – short of running against Hazel in the next election. Maybe it's because I exhibit all the telltale signs of someone who spends all his working day (and most of his non-singing leisure hours) staring at a computer, or maybe it's because I plant the impression of a prototypical geek in peoples' minds on first meeting - but whichever is the case, I was inevitably "volunteered" to fill the position of webmaster. And now, a few weeks after the fateful day, I have been asked to write a piece detailing my plans for our website.

Yes, the Toronto Branch has a website ([www.rscmtoronto.org](http://www.rscmtoronto.org)) and, yes, it currently does what it needs to do. However, it is a little bland. It's functional rather than inspirational; humdrum rather than exciting. It also contains very little that would attract frequent visits. It is my intention to address both issues in the coming weeks. Following a few abortive attempts at devising a fresh new design, I received a timely message from the webmaster of the RSCM Canada site bearing the welcome news that he is working on a new format that borrows (with permission) the best of the design cues featured in the RSCM International website. In time, this new format will be filtered down to the three Canadian Branches so that they can all adopt a "corporate image" that is consistent worldwide. In the meantime, I plan to introduce some subtle changes to our own site so that it becomes a little more inviting. I'd welcome your input if you have ideas about content. Websites need to evolve, and I hope we'll eventually have a valuable resource that will provide a wealth of information for members and encourage others to join the RSCM Family.

Richard Gooch

### **A Word from our Chaplain**

At a children's talk recently, one of our bright young Church School kids asked about the word “Christmas”. “We know what Christ is”, he said, “but what does the “mas” mean”? It is an excellent question. If one is asking, others are probably thinking about it!

The “mas” in Christmas, is a short form of the word “Mass”, used commonly to describe the prayers and ceremonies that make up the liturgy of the Holy Eucharist which we celebrate as Jesus instituted and commanded at the Last Supper. In the Eucharist we hear Jesus' own words of institution, “This is my body, given for you, this is my blood shed for you” (Mk. 14.22-24). We are also reminded about the words of St Paul, “For as often as you eat this bread and drink this cup, you proclaim the Lord's death until he comes” (1 Cor. 11.26). In sharing his body and blood, we participate in Jesus' sacrificial death and resurrection.

The word “Mass” comes from the Latin word *missa* meaning dismissal. The *Mass* is used as a name for the Eucharist because of the "mission" or "sending" which is the way the liturgical celebration concludes. When the service is over, our mission work begins!

What does all this have to do with Christmas? Christmas is about redemption. The Incarnation is inseparable from the Crucifixion and Resurrection. When Jesus was born in Bethlehem and laid in a manger the cross and empty tomb loomed on the horizon. As we celebrate his birth we remember our calling to go out into the world with the banner of love and the cross of discipleship. So Christmas is a time of “Christ-sharing, Christ-sending out”. At the heart of our Christmas celebration is the mission of the Church, which involves the Christian community going out into the world, living lives of sacrifice and service as witnesses to God’s eternal love and sovereignty over creation. The poet Christina Rossetti (1830-1894) puts it like this:

*Love shall be our token,  
Love be yours and love be mine;  
Love to God and neighbour,  
Love for prayer and gift and sign.*

*(From Love Came Down at Christmas)*

This is a far cry from so much of what we see on the news and on our streets, but we all know it is the true meaning of Christ-mas. Liturgy and worship feed and equip God’s people to live out this challenging, hopeful Gospel message.

There is a lot of talk these days about the “Missional Church”, the Church looking and reaching out. That has always been our calling, but over the last few decades a malaise has set in. It seems to me that we have spent a lot of time bemoaning the decline of the church and not enough time highlighting our strengths. It is interesting to read the latest issue of CMQ to learn about the creative things happening in the Church of England. There are many good things happening here too. We do need to acknowledge our difficulties. There are church musicians and clergy who have strained relationships - that can come through in Sunday worship. There is also a good deal of creative, well-planned and dynamic worship happening in contemporary and traditional forms and there are good professional relationships. It would be great to hear more about the things that are going on here in the Toronto Branch of the RSCM. The recent joint concert in Mississauga with the choirs of St Peter’s, Holy Spirit, St. Luke's and St. Thomas a Becket is just one case in point.

If we are to live out the message of Christmas, that is to be “Christ-sending”, “Christ-sharing” people, music making, well-planned and thoughtful liturgy and healthy working relationships have a key role to play. Please let us know what is happening in your community and do get in touch if there is anything we can do to assist you. When we encourage and support each other in our liturgy and musicianship we honour the babe of Bethlehem whom we worship in this season.

Best wishes for a blessed Advent/Christmas season and may you have a Happy New Year.

Geoffrey Sangwine, Chaplain

***We wish you, your family and all choristers a blessed and joyful Christmas***