



Musicians are basically saying "this is for you, from my soul to yours" when they sing, write, or play a song.

notes from sherri

I'm just going to keep saying it: "WOW!" More than music, more than joy and fun, you all are singing from the depth of your hearts. The sound, the harmonies, the spirit in each song is incredible. And we still have our violinist and percussionist yet to add some finishing sparkle on all the brilliance.

So many of you have come up to share with me that the music, or a particular song, is very special to you. I'm a firm believer that isn't by chance. It's whatever spirit/guide/energy that brings the messages to us that our hearts most need. And I am honored to be a part of making these extra meaningful moments with all of you. I am humbled by how much work - and heart - you are all putting into our music and concert prep. People will be deeply touched, and I'm sure, come away with the hope and comfort that is the Solstice light and the best of our holiday messages. Please keep sharing on Facebook and posting flyers!

Our Nov 16 rehearsal:

5:00pm - Sectionals

5:45pm - short warmups and then running through our program in order:

In Meeting We Are Blessed
 Be the Light
 Where the Light Begins
 Loosin Yelav
 There's Still My Joy
 When You Believe
 A Hand for Mrs. Claus
 Feminist Holiday Songbook
 Have Yrself a Merry Lil Xmas
 A Million Dreams
 Go Where I Send Thee
 Night of Silence

Please take care of yourself...

So much is happening in the next few weeks. Please prioritize **your** well-being. I'm not as worried about missed notes as one of you missing this concert!!

A few reminders from pro-singers on how to protect your health and voice:

1. Hydrate: Staying hydrated is non-negotiable when it comes to vocal health. Your vocal cords need moisture to function properly, like a sponge.
2. Warm-Up Before You Sing: Your vocal cords are muscles! Five to ten minutes of vocal exercises can prevent strain and improve your sound and resilience.
3. Sleep: getting your sleep is essential -- take naps, relax.... Oooooohhhmmmm
4. Your environment: Dust and dry air are rough on us. A humidifier and air purifier can help, but breathing in steam from a shower and wearing a mask while dusting help too!
5. Breathe deeply and practice good posture: and not just while singing

And, please invite potential singers to our Dec concert so they can see and hear the magic!!