

Rapid City NPM Chapter Fall Meeting & St. Cecilia Banquet

October 8 - 9, 2021

Cathedral of Our Lady of Perpetual Help, Rapid City

Special Guest Presenter: Dr. Dan Girardot, D. Min, Austin, TX

Schedule of Events – Friday, October 8, 2021

6:30pm – 9:30pm “Awake the Soul: Music Ministry as a Spiritual Practice” – evening retreat led by Dr. Dan Girardot

Schedule of Events – Saturday, October 9, 2021

9:00am – 9:30am Registration & Refreshments in Parish Hall (provided by musicians from St. Isaac Jogues); bring & set up items for the Silent Auction (*bidding throughout the day, with closing bids by 3:40pm*)

9:30am – 9:40am Welcome Attendees – Fr. Matt Fallgren, OLPH

9:40am – 9:55am Morning Prayer (led by musicians from St. Michaels)

10:00am – 11:10am “Extraordinary Time: Best Practices For Music Ministry, In COVID Times & Beyond” – Dr. Dan Girardot

11:10am – 12:20pm “Small Choir, Big Music: Care & Feeding of the Rural Pastoral Musician” – Dr. Dan Girardot

12:25pm – 1:10pm St. Cecilia Banquet (catered lunch from The Olive Garden)

12:45pm – 1:10pm Business Meeting

1:10pm – 1:50pm Awards Presentations (Peggy Langenfeld Memorial; St. Cecilia (laity & clergy); Emerging Music Minister (adult and youth); Service Years (10, 25, 40, 50 yrs); ‘In Memoriam’ remembrance; Recognition of Past Chapter Board Members

1:50pm – 2:05pm Commissioning of Music Ministers – Bishop Peter Muhich (led by music from St. Francis of Assisi)

2:05pm – 2:15pm *short break - time for review/bidding on Silent Auction items*

2:15pm – 3:40pm “Music Reading Session, With Skill-building for Directors & Cantors” – Dr. Dan Girardot

3:40pm – 3:45pm *short break – FINAL BIDS for Silent Auction*

3:45pm – 4:00pm Closing Prayer (led by musicians from Blessed Sacrament - RC)
Winning bidders make payment and collect their items

Our sincere thanks to the Cathedral of Our Lady of Perpetual Help for hosting our Fall Meeting and 30th Anniversary celebration!

Please complete the program evaluation found on the reverse side of this page.



Evaluation Form NPM Rapid City Chapter ~ 30th Anniversary Weekend



To assist our efforts to offer you learning and formation experiences that help you grow in your music ministry, please share your evaluation of this weekend: talks, prayer, and presenter.

1. Did the weekend of retreat and music ministry workshops meet your expectations? Y / N
2. What was helpful to you?
3. What improvements would you recommend, if any?
4. Name something that you will remember about the retreat and workshops as you go home (experience, talk, interaction, discussion, etc.)?
5. Is there anything else you would like to share about your experience this weekend?

Friday Evening Retreat

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Helped me in my need for spiritual renewal	_____	_____	_____	_____	_____
Was well-organized and enjoyable to attend	_____	_____	_____	_____	_____
Individual & Group reflection – appropriate priority	_____	_____	_____	_____	_____
Program and topic were interesting & inspiring	_____	_____	_____	_____	_____
The presenter was knowledgeable and engaging	_____	_____	_____	_____	_____
Participation of attendees was good	_____	_____	_____	_____	_____
Format and presentation of ideas was effective	_____	_____	_____	_____	_____
Atmosphere was harmonious and cooperative	_____	_____	_____	_____	_____

Prayer Services:

What helped you to pray at the liturgies?

What may have hindered your prayer?

Workshops:

Please share a reflection on your experience of attending the Workshops on Saturday. Include what worked for you and what needed improvement.

The major benefit I received from this program is...

Could you give permission to use some of your comments for future workshops? Y/ N

Your name& Parish (optional) : _____

You may also send comments and/or questions to the presenter, Dr. Dan Girardot at drdanministry@gmail.com

Rapid City NPM Chapter Fall Meeting ~ October 8 - 9, 2021

Awake the Soul: Music Ministry as a Spiritual Practice

Friday Evening Retreat ~ Dr. Dan Girardot, Presenter ~ Cathedral of Our Lady of Perpetual Help, Rapid City

✦ OPENING PRAYER ~ ORACIÓN DE APERTURA ✦

INTRODUCTION | INTRODUCCIÓN

Leader: ✦ En el nombre del Padre y del Hijo y del Espíritu Santo.

Brothers and sisters, we stand in awe in the presence of our God, who has generously poured out the gift of music on our community through the talents of each one gathered here. Whether we play an instrument, sing, or lead the chorus, each of us contributes to cheerfully acclaim the Lord by singing hymns week after week in our parish. As members of the Body of Christ, we offer that Body ways to express its joy, its pain, its suffering and its thanks. For this we are forever grateful to God. So let us sing together our hymn of wonder and praise.

(Translation) ✦ *In the name of the Father, and of the Son, and of the Holy Spirit. Hermanos y hermanas, estamos asombrados ante la presencia de nuestro Dios, que ha derramó generosamente el don de la música en nuestra comunidad a través de los talentos de cada uno reunido aquí. Así toquemos un instrumento, cantemos, o dirijamos el coro, cada uno de nosotros contribuye a aclamar alegremente al Señor entonando himnos semana tras semana en nuestra parroquia. Como miembros del Cuerpo de Cristo, le ofrecemos a ese Cuerpo maneras de expresar su alegría, su dolor, su sufrimiento y su admiración. Por esto estaremos eternamente agradecidos a Dios. Así que cantemos juntos nuestro himno de maravilla y alabanza.*

HYMN | HIMNO - *Many and Great*

1. Man - y and great, O God, are your works, Mak - er of
2. Grant us com - mu - nion with you, our God, Though you tran -

1. earth and sky; Your hands have set the
2. ascend the stars. Come close to us and

1. heav - ens with stars; Your fin - gers spread the moun - tains and
2. stay by our side: With you are found the true gifts that

1. plains. You mere - ly spoke and wa - ters were
2. last. Bless us with life which nev - er shall

1. formed; Deep seas o - bey your voice.
2. end, E - ter - nal life with you.

Text: 96 99 96; *Wakantanka tuki nitawa*; Dakota hymn; para. by Phillip Frazier, 1892-1964.

Music: *Dakota Odowan*, 1879.

Original Dakota: **Wakantanka taku nitawa | tankaya qaota; | mahpiya kin eyahnake ca, |
makakin he duowanca. | Mniowanca sbeya | wanke cin, | hena ovakihi.**

PRAYER | ORACIÓN

Leader: Oremos. (Pause) God of abundant life, you have called us to serve your people as ministers of music. Your Son, Jesus Christ, is your everlasting song of goodness, truth, and peace. Baptized into his image, we continue his song of hope for a world often lost in darkness and despair. Open our hearts to receive your word and imitate Him in whose image we have been baptized, your Son Jesus Christ, who is your eternal hymn of goodness, truth and peace, and who with you and the Holy Spirit is God for ever and ever. **All: Amen.**

(Translation) Dios de vida abundante, nos has llamado a servir a tu pueblo como ministros de música. Tu Hijo, Jesucristo, es tu canción eterna de bondad, verdad y paz. Bautizados a su imagen, continuamos su canto de esperanza por un mundo a menudo perdido en la oscuridad y la desesperación. Abre nuestro corazón para recibir tu palabra e imitar a Aquél a cuya imagen hemos sido bautizados, tu Hijo Jesús, que es tu himno imperecedero de bondad, verdad y paz, y que contigo y el Espíritu Santo es Dios por los siglos de los siglos. Amen.

READING | LECTURA Colossians 3:12-17 SEATED | SENTADOS

Lector: A reading from the Letter of Paul to the Colossians.

Because you are God's chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility, meekness, and patience. Bear with one another; forgive whatever grievances you have against one another. Forgive as the Lord has forgiven you. Over all these virtues put on love, which binds the rest together and makes them perfect. Christ's peace must reign in your hearts, since as members of the one body you have been called to that peace. Dedicate yourselves to thankfulness. Let the word of Christ, rich as it is, dwell in you. In wisdom made perfect, instruct and admonish one another. Sing gratefully to God from your hearts in psalms, hymns, and inspired songs. Whatever you do, whether in speech or in action, do it in the name of the Lord Jesus. Give thanks to God the Father through him. Lector: The Word of the Lord. All: Thanks be to God.

RESPONSORY | RESPONSORIO Psalm 89 (88):2-3, 4-5, 16-17, 18-19, 21-22, 25 and 27 Cantaré Eternamente/For Ever I Will Sing, Mary Francis Reza

Can - ta - ré e - ter - na - men - te las mi - se - ri -

cor - dias del Se - ñor. Can - ta - ré e - ter - na -

For ev - er I will

men - te las mi - se - ri - cor - dias del Se - ñor.

sing the good - ness of the Lord.

Text: Psalm 89 (88):4-5, 16-17, 27 and 29, 2-3, 18-19. Spanish © 1970, Comisión Episcopal Española de Liturgia. All rights reserved. Used with permission. English refrain © 1969, 1981, 1997, ICCL. All rights reserved. Used with permission. English verses © 1970, 1986, CCD. All rights reserved. Used with permission. Music © 1998, Mary Francis Reza. Published by OCP. All rights reserved.

Estrofas | Verses (Translations)

1. Sellé una alianza con mi elegido, jurando a David mi siervo: "Te fundaré un linaje perpetuo, edificaré tu trono para todas las edades."
2. Happy the people who know the joyful shout; in the light of your countenance, O LORD, they walk. At your name they rejoice all the day, and through your justice they are exalted.
3. Él me invocará: "Tú eres mi padre, mi Dios, mi Roca salvadora". Le mantendré eternamente mi favor, y mi alianza con él será estable.
4. The promises of the LORD I will sing forever through all generations my mouth shall proclaim your faithfulness. For you have said, "My kindness is established forever;" in heaven, you have confirmed your faithfulness.

GOSPEL ACCLAMATION | ACLAMACIÓN DEL EVANGELIO - STAND | DE PIE



Letra y música: Misa Popular.

Versa: La diestra del Señor ha hecho prodigios, la diestra del Señor me ha salvado.

(Tr.) *The right hand of the Lord has done wonders, the right hand of the Lord has saved me.*

GOSPEL | EVANGELIO Matthew 26:26–30

A reading from the holy Gospel according to Matthew

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, "Take, eat; this is my body." Then he took a cup, and after giving thanks he gave it to them, saying, "Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom." When they had sung the hymn, they went out to the Mount of Olives.

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

REFLECTION | REFLEXIÓN - SEATED | SENTADOS

INTERCESSIONS | INTERCESIONES - STAND | DE PIE

Leader: Sisters and brothers, God calls us to use our talents to help build the kingdom of God here on earth. (*pause*)

(Tr.) *Como músicos, nosotros contribuimos a hacer realidad el reino al crear ritmos y melodías que le dan al pueblo de Dios un anticipo de la vida eterna. Démosle alabanzas a nuestro Dios.*

Leader: O God, you are the giver of every good 'gift.

All: **Thank you for the gifts you have so generously given us.**

Leader: O God, you filled your people, Israel, with a song of praise and thanks' giving.

All: **May their song uphold us in our ministry.**

Leader: O God, you sent your Son to be your song of mercy and saly'ation.

All: **May his song be on our lips and in our hearts.**

Leader: O God, you bless us with voices to sing; with mouths, hands, and feet to play instruments; with ears to hear and to refine our 'skills.

All: **Bless us, O God, as we make a joyful sound to your name.**

LORD'S PRAYER | PADRE NUESTRO

Leader: In the language of our own mother tongue, let us pray the prayer that our Savior taught us:

All/Todos: **Our Father, who art in heaven... / Padre nuestro, que estás...**

FINAL PRAYER | ORACIÓN FINAL

Leader: (pause) O marvelous God, you created us in your image and likeness and that you are the source where music finds its beauty. Keep our hearts faithful to the call we received in our Baptism, to carry a song of hope to all who have fallen into despair; a song of comfort to the afflicted; a song of joy to those who are joyful; a song of healing to the sick. We ask this in the name of your Son, our Lord Jesus Christ, who lives and reigns with you and in the unity of the Holy Spirit and is God forever and ever. Amen.

(Translation) Oremos. Oh Dios portentoso, tú nos creaste a tu imagen y semejanza y que eres la fuente donde encuentra la música su belleza. Guarda nuestro corazón fiel al llamado que recibimos en nuestro Bautismo, de llevar un canto de esperanza a todos los que han caído en la desesperación; un canto de consuelo a los afligidos; un canto de júbilo a los que están alegres; un canto de curación a los enfermos. Te lo pedimos en el nombre de tu Hijo, nuestro Señor Jesucristo, que vive y reina contigo y en la unidad del Espíritu Santo y es Dios por los siglos de los siglos. Amen.

Leader: May the Lord + bless us, protect us from all evil and bring us to everlasting life.

All: **Amen.**

SIGN OF PEACE | SEÑAL DE LA PAZ

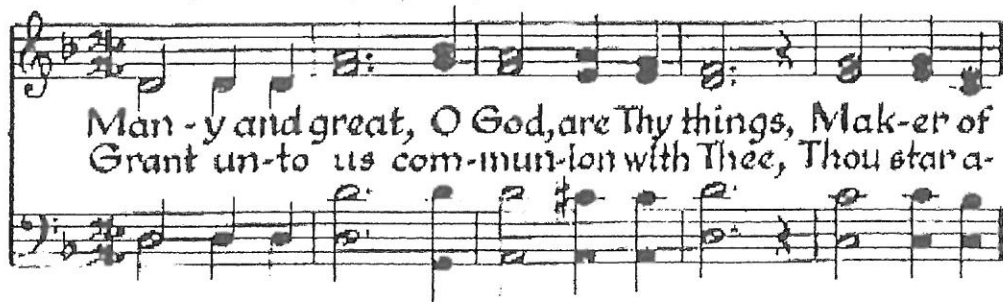
Leader: Brothers and sisters, to conclude our prayer and continue our evening retreat, let us turn and bow to one another in a gesture of Christ's peace.

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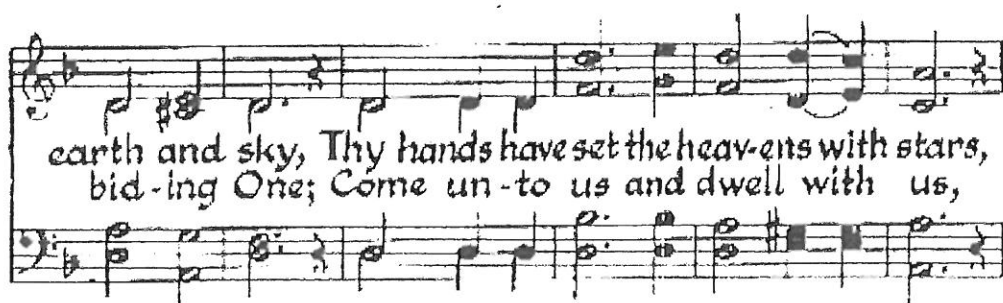
Dakota Hymn

LACQUIPARLE

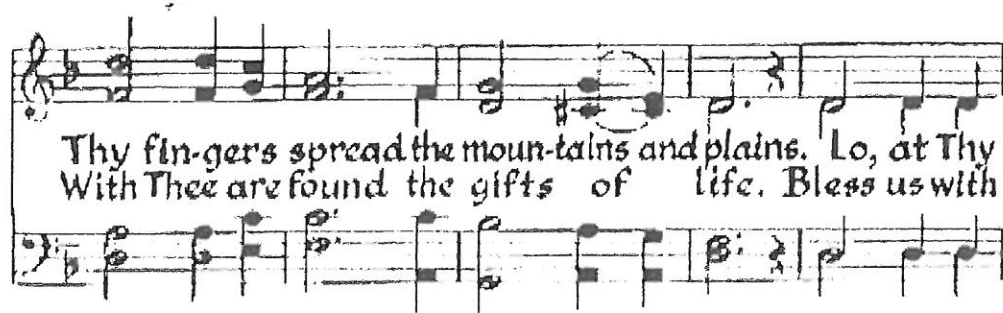
Paraphrased by Phillip Frazier of the Dakotas



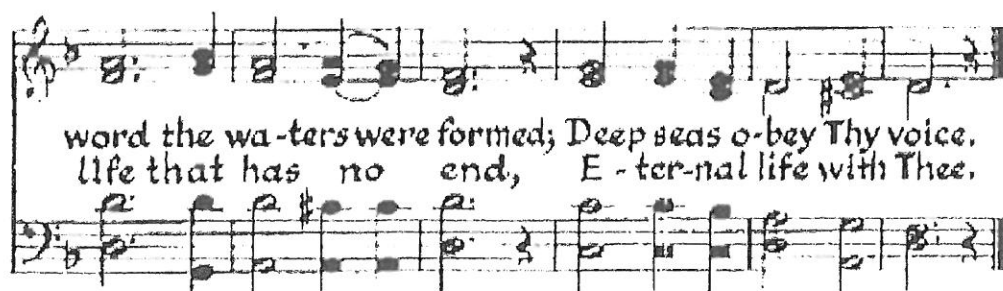
Man - y and great, O God, are Thy things, Mak - er of
Grant un - to us com - mun - ion with Thee, Thou star a -



earth and sky, Thy hands have set the heav - ens with stars,
bid - ing One; Come un - to us and dwell with us,



Thy fin - gers spread the moun - tains and plains. Lo, at Thy
With Thee are found the gifts of life. Bless us with



word the wa - ters were formed; Deep seas o - bey Thy voice.
life that has no end, E - ter - nal life with Thee.

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drdamnministry@gmail.com ~ (468) 2464

Leader: Guide My Feet- *All: While I run this race!* (3x's) **All:** For I don't want to run this race in vain!

Introduction

~ Your Hopes... _____

~ Your Questions... _____

Goal for spiritual formation: "Spiritual formation aims to arouse and animate true hunger for holiness, desire for union with the Father through Christ in the Spirit, daily growing in love of God and neighbor in life and ministry, and the practices of prayer and spirituality that foster these attitudes and dispositions. It promotes and strengthens that fundamental conversion that places God, and not oneself, at the center of one's life. Openness to this ongoing conversion is a prerequisite for fruitful spiritual formation (*Co-Workers in the Vineyard of the Lord: A Resource for Guiding the Development of Lay Ecclesial Ministry*, p. 38)."

I. Intimacy with God

- a. God knows you and is already intimate with you more than you can imagine: ("Lord, you probe me and you know me," Ps. 139)
 - i. God loves us and calls us by name ("Do not be afraid. I have called you each by name." Isaiah 43:1)
 - ii. How much God loves you! ("God so loved the world that he gave his only Son." Jn 3:16)
 - iii. How God calls you to love others! ("There is no greater love than to lay down your life for your friends." Jn. 15:12)
 - iv. Intimacy with God through the Body of Christ
 - v. Love one another in ministry
- b. Fear of intimacy with God - obstacles in our life
- c. Fear of intimacy or relationship in our ministry – Jesus example of dying to self
- d. Paul's letter to the Colossians: (Col. 3:12-17)
 - i. Reflection, journaling and faith sharing

Reflection: _____

II. Examine the Prayer Life

- a. Jesus said...*Ask and you shall receive; knock and it shall be opened.* (Luke 11:9-10)
 - i. Homily of pope Benedict XVI, Feast of the Epiphany, 6 January 2010
- b. We are called to pray and seek direction - Spiritual director and spiritual companions
 - i. What is spiritual direction?
 - ii. The spiritual director
 - iii. Spiritual companions

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Awake the Soul: Music Ministry as a Spiritual Practice

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Rapid City

Read and reflect upon this passage from the letter of Paul to the Colossians.

Col. 3:12-17

Because you are God's chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility, meekness, and patience. Bear with one another; forgive whatever grievances you have against one another. Forgive as the Lord has forgiven you. Over all these virtues put on love, which binds the rest together and makes them perfect. Christ's peace must reign in your hearts, since as members of the one body you have been called to that peace. Dedicate yourselves to thankfulness. Let the word of Christ, rich as it is, dwell in you. In wisdom made perfect, instruct and admonish one another. Sing gratefully to God from your hearts in psalms, hymns, and inspired songs. Whatever you do, whether in speech or in action, do it in the name of the Lord Jesus. Give thanks to God the Father through him.

- ❖ How do Paul's words relate to my life and ministry?
- ❖ What is God calling me to do in my music ministry?
- ❖ How am I responding to God's call?
- ❖ What are my hopes for my spiritual growth?
- ❖ What are my expectations of the people with whom I'll be working?
- ❖ How will my ministry affect my life at home and/or at work?

Guide to Lectio Divina

Choose a word or phrase of the Scriptures you wish to pray. It makes no difference which text is chosen, as long as you have no set goal of “covering” a certain amount of text. The amount of text covered is in God’s hands, not yours.

- **Read.** Turn to the text and read it slowly, gently. Savor each portion of the reading, constantly listening for the “still, small voice” of a word or phrase that somehow says, “I am for you today.” Do not expect lightning or ecstasies. In lectio divina, God is teaching us to listen, to seek him in silence. God does not reach out and grab us but gently invites us ever more deeply into his presence.
- **Ponder.** Take the word or phrase into yourself. Memorize it and slowly repeat it to yourself, allowing it to interact with your inner world of concerns, memories, and ideas. Do not be afraid of distractions. Memories or thoughts are simply parts of yourself that, when they rise up during lectio divina, are asking to be given to God along with the rest of your inner self. Allow this inner pondering, this rumination, to invite you into dialogue with God.
- **Pray.** Whether you use words, ideas, or images—or all three—is not important. Interact with God as you would with one who you know loves and accepts you. Give to God what you have discovered during your experience of meditation. Give to God what you have found within your heart.

It is not necessary to assess the quality of your lectio divina, as if you were “performing” or seeking some goal. Lectio divina has no goal other than that of being in the presence of God by praying the Scriptures.

—Fr. Luke Dysinger

Luke Dysinger, OSB, is a Benedictine monk of Saint Andrew’s Abbey, Valyermo, California.

Teach Us to Pray: The Colloquy Fr. James Martin

To think of speaking with God as a friend may seem shocking. After all, God is the Creator of the universe. How could anyone approach God as a friend? But the idea of a friendship with God has a distinguished history in Catholic spirituality.

St. Ignatius Loyola, the sixteenth-century founder of the Jesuit Order, encouraged this practice in his Spiritual Exercises. At the close of many meditations, Ignatius suggests that we imagine ourselves speaking to Jesus “in the way one friend speaks to another . . . telling one’s concerns and asking counsel.” This form of prayer he calls a “colloquy,” or “conversation.” But note the stance Ignatius recommends: one friend to another.

Many believers engage in colloquies in a simple way: they picture Jesus in front of them, say, sitting in a chair. Then they pour out what they want to say in prayer. Your colloquy doesn’t have to be only petitions. It could include thanks-giving. Or you can just let Jesus know what’s going on in your life. Of course he knows already, but there is something con-soling about sharing yourself with Jesus in this way.

Prayer: The Daily Examen

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

The method presented here is adapted from a technique described by Ignatius Loyola in his *Spiritual Exercises*. St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily—at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day.

How Can I Pray?

A great way to pray is to look for God's presence in your life. More than 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us. Try this version of St. Ignatius's prayer.

1. Become aware of God's presence. Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

2. Review the day with gratitude. Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

3. Pay attention to your emotions. One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings? God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

4. Choose one feature of the day and pray from it. Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

5. Look toward tomorrow. Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope. Write down these prayers and reflections in a journal. A prayer journal can be very helpful for your continued prayer and further reflection.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God.

End the Daily Examen with the Our Father.

<http://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>

SONG OF MARY

Dan Schutte



1. Let us sing the prais-es of Ma-ry, daugh-ter of Da-vid's
2. Let us sing the prais-es of Ma-ry, cho-sen as bless-ed
3. Let us sing the prais-es of Ma-ry, wom-an of strong and
4. Let us sing the prais-es of Ma-ry, pierced by the sword of
5. Let us sing the prais-es of Ma-ry, friend of the poor in



1. ho-ly line, she who heard the voice of an an-gel
2. from the least, she who heard the song of the an-gels
3. stead-fast love. She who raised the Sav-ior of na-tions
4. sor-row's pain, she who saw the child of her lov-ing
5. ev-'ry age, she who saw her Son and her Sav-ior



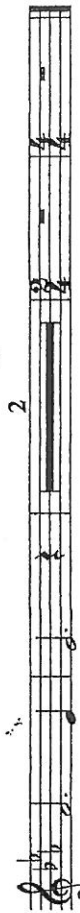
1. tell-ing the plan of God's de-sign, how in wis-dom's
2. fill-ing the night with heav-en's peace. When the prom-ised
3. held in her arms the Son of God. She who knew the
4. nailed on a cross to die in shame. Though his friends would
5. ris-en in glo-ry from the grave. Sin and death shall



1. ho-ly sight she would moth-er heav-en's Christ.
2. time had come she gave birth to God's own Son.
3. Fa-ther's grace taught her Son to know God's face.
4. flee in fear she re-mained for-ev-er near.
5. reign no more; Christ has o-pened heav-en's door.



- 1-5. Bless-ed be the name of Ma-ry, she who trust-ed the



- 1-5. love of God.

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Midmorning Prayer

Hymn: *Song of Mary verses 1-3(stand)*

Leader: In the name of the Father, + and of the Son,
and the Holy Spirit.

All: **Amen**

Leader: May God confirm us in our calling and
strengthen us with every gift of the Holy Spirit,
through Christ our Savior.

All: **Amen.**

Please be seated.

Leader: Lord, you are good and forgiving.

All: **Lord, you are good and forgiving.**

Leader: You, O Lord, are good and forgiving,
Abounding in kindness to all who call
upon you. Hearken, O Lord, to my
prayer and attend to the sound of my
pleading.

All: **Lord, you are good and forgiving.**

Leader: All the nations you have made shall
come and worship you, O Lord, and glorify
your name. For you are great, and you do
wondrous deeds; You alone are God.

All: **Lord, you are good and forgiving.**

Leader: You, O Lord, are a God merciful and
gracious, Slow to anger, abounding in
kindness and fidelity. Turn toward me, and
have pity on me; Give your strength to your
servant.

All: **Lord, you are good and forgiving.**

Reading

Leader: A reading from Acts 1:14

All these devoted themselves with one accord to
prayer, together with some women, and Mary
the mother of Jesus, and his brothers.

All: **Thanks be to God.**

Reflection(few moments of silence)

Leader: Please stand.

Leader: Let us ask Mary's intercession on behalf of us all. That the Church, sustained by the prayers of the Blessed Virgin Mary, may be totally open to God's will, we pray:

All: Lord, hear your Mother's prayer.

Leader: That all music ministers may continue to sing and make music without fear, trusting truth of God's Word, we pray:

All: Lord, hear your Mother's prayer.

Leader: For all our prayers, we pray:

All: Lord, hear your Mother's prayer.

Leader: Let us pray The "Memorare"

All: Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession was left unaided. Inspired with this confidence, I fly unto you, O virgin of virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen

Leader: In the name of the Father, + and of the Son, and the Holy Spirit.

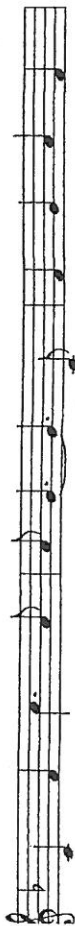
All: Amen

Hymn: Song of Mary vs. 4 & 5

How Can I Keep from Singing



1. My life flows on in end-less song A -
2. Through all the tu - mult and the strife, I
3. What, though my joys and com-fort die, The
4. The peace of Christ makes fresh my heart, A



bove earth's lam - en - ta - tion. I hear the real though
hear that mu - sic ring - ing; It sounds and ech - oes
Lord, my sav - ior liv - eth. What though the dark - ness
foun - tain ev - er spring - ing. All things are mine since



far - off hymn That hails a new cre - a - tion.
in my soul; How can I keep from sing - ing?
gath - er 'round? Songs in the night it giv - eth.
I am his; How can I keep from sing - ing?



No storm can shake my in - most calm, While to that rock I'm



cling - ing. Since Christ is Lord of heav-en and earth,



How can I keep from sing - ing?

xt: Robert Lowry, 1826-1899
nc: HOW CAN I KEEP FROM SINGING, 8 7 8 7 with refrain; Robert Lowry, 1826-1899; harm. by Robert J. Bausilini, b.1942

Commissioning of Musicians

Hymn: *How Can I Keep From Singing* vs 1-2

Prayer

Bishop: Lord, may everything we do begin with your inspiration and continue with your help, so that all our prayers and works may begin in you and by you be happily ended. We ask this through Christ our Lord.

All: **Amen**

Bishop: God provides the Church with suitable ministers to assist in divine worship. Let us pray for these liturgical musicians, that God may bless them as they continue to serve their parishes in music ministry.

All: **Lord, graciously hear us.**

Reader: For the Church of Christ and for the Diocese of Rapid City, that all Christians may offer themselves as living sacrifices. We pray to the Lord:

All: **Lord, graciously hear us.**

Bishop: Lord God, you give to each person the gift of your Spirit for the building up of the Church. Bless us and keep us all in your love.

We ask this through Christ our Lord.

All: Amen

Bishop: Let us remember those who are no longer with us. (say names)

Roy Brumbaugh
Luanne Russell
Thomas Bommersbach

We ask St. Cecilia to help us remain in Christ as we lead our people in worship.

Hymn: How Can I Keep from Singing vs.3-4

Reader: *For these parish musicians, that the beauty which they create in song and praise may echo always in our hearts. We pray to the Lord:*
All: Lord graciously hear us.

PRAYER OF BLESSING (BISHOP)

Loving Father, we give You praise and glory for all Your gifts: You have called us to follow Your Son Jesus, You have invited us to be Your People of praise. Father, we give you honor and glory. In Your love for Your Church, You have given the gift of musical ability to these men and women or faith. Bless + them as they use their talents for Your glory. Give them strength to continue their efforts to lead Your Church in song and music. Fill them with joy as they carry out their ministry of praise. Heavenly Father, we give You praise through Christ Your Song in the love of the Holy Spirit, now and for ever.
All: Amen

VERSES Majestically

1. I, the Lord of sea and sky, I have heard my peo-ple cry.
 2. I, the Lord of snow and rain, I have borne my peo-ple's pain.
 3. I, the Lord of wind and flame, I will tend the poor and lame.

1. All who dwell in dark and sin my hand will save. I who
 2. I have wept for love of them. They turn a - way. I will
 3. I will set a feast for them. My hand will save. Fin-est

1. make the stars of night, I will make their dark-ness bright.
 2. break their hearts of stone, give them hearts for love a - lone.
 3. bread I will pro-vide till their hearts be sat - is - fied.

1. Who will bear my light to them? Whom shall I send?
 2. I will speak my word to them. Whom shall I send?
 3. I will give my life to them. Whom shall I send?

REFRAIN a tempo

Here I am, Lord. Is it I, Lord? I have heard you
 call-ing in the night. I will go, Lord, If you

lead me. I will hold your peo-ple in my heart.

Closing Prayer

Hymn: *Here I Am, Lord vs. 1-2 (stand)*

Leader: In the name of the Father, + and of the Son, and the Holy Spirit. All: Amen

Leader: May God confirm us in our calling and strengthen us with every gift of the Holy Spirit, through Christ our Savior. All: Amen.

Leader: The Lord's kindness is everlasting to those who fear him.

All: The Lord's kindness is everlasting to those who fear him.

Leader: Bless the Lord, O my soul; and all my being, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits.

All: The Lord's kindness is everlasting to those who fear him.

Leader: Merciful and gracious is the Lord, slow to anger and abounding in kindness. As a father has compassion on his children, so the Lord has compassion on those who fear him.

**All: The Lord's kindness is everlasting
to those who fear him.**

Leader: But the kindness of the Lord is from
eternity to eternity toward those who fear
him, And his justice towards children's
children among those who keep his
covenant.

**All: The Lord's kindness is everlasting
to those who fear him.**

Leader: Gracious and loving God, we ask to
know your will: grant us wisdom. We seek to see
the light of truth: show us the face of your Son in
all people. Through Christ our Lord.

All: Amen

Leader: In the name of the Father, + and of the
Son, and the Holy Spirit.

All: Amen

Hymn: *Here I Am Lord vs. 3*

Extraordinary Time: Best Practices for Music Ministry In COVID Times & Beyond

Rapid City NPM Chapter Fall Meeting & St. Cecilia Banquet ~ October 8 - 9, 2021

Saturday Morning Workshop I ~ Cathedral of Our Lady of Perpetual Help, Rapid City

Presenter, Dr. Dan Girardot, D.Min. ~ drdamnministry@gmail.com ~ (512) 468- 2464

1. What do you hope to learn today? Name one or two points:

2. Effective music ministry leads to vibrant liturgy and vibrant liturgy sends us out to do the work of the Gospel, which is our mission. Do you...

Agree____ Disagree____ Other_____

3. *Sing to the Lord: Music for Divine Worship* articulates, "Music does what words alone cannot do. It is capable of expressing a dimension of meaning and feeling that words alone cannot convey." Is there a hymn or song text that leads your parish assembly into encounter with Christ in the Liturgy?

- Name of hymn:
- Example of a phrase in the text:

3. I pray with the readings and texts of the Liturgy to prepare music for worship, considering the world, Church, and local experiences of the people in my parish/community.

- Daily
- Weekly
- Monthly
- Special occasions during the year
- Never

The Paschal Mystery: The passion/suffering, death resurrection/joy of Christ

Encountering Christ in your Life and Ministry..... *Consider and reflect.....*

- 1) How do you experience the passion/suffering of Christ in your ministry and daily life?
- 2) How do you experience the death of Christ in your ministry and daily life?
- 3) How do you experience the resurrection/joy of Christ in your ministry and daily life?

Process for Reflection on Your Act of Service in Ministry

1. Remember what we did. (Being specific)

- How did we move?
- What did we say?
- Were there certain sensations, feelings?
- What songs did we sing?
- What's the concrete thing that happened?

2. Get in touch with our feelings. (Being honest)

- What touched you?
- What moved you?
- What had an impact?
- When you remember those things, how do you feel? What's the emotion?

3. Think about what we are saying. (Being made whole)

- What did that say to you about God?
- What did that say to you about the Church?

- What did that say to you about faith?
- What did that say to you about yourself?
- What did I learn?

MYSTAGOGICAL CATECHESIS

1a. Recall a Significant Experience of Eucharist &/or Ministry that especially touched your spirit deeply.

Use your mind to recall images, words, sounds, moods, colors, actions to describe the event.

1b. Describe the experience – Write a brief description

1. What did you experience?
2. What did you see, hear, smell, taste, feel?
3. What touched you about the event?
4. In what ways were you engaged/disengaged?
5. How would you describe your feelings at any particular moment/s?

2. Secondary reflection: the quest for meaning

1. In what way were you struck by God's presence?
2. How did you see God in this moment?
3. What did that say to you about faith?
4. How would you describe the presence of Christ during the event?
5. How was the Church made present? What was your understanding of Church?
6. If we could place lips on the symbols, what would the symbols say to us?
7. What was written on your heart during this event?
 - What did that say to you about God?

3. Sharing the Christian vision

In dialogue with the experience, some relevant aspects of the Tradition may be developed, always using the experience and the reflection upon that experience as a starting point.

This movement is designed to probe further the worlds of meaning revealed in the experiences and subsequent reflections. Many people would call this a "catechetical moment," yet the entire process should be seen as catechetical, through and through!

- What did that say to you about the Church?
- What did that say to you about yourself?
- What 'new understanding' did I learn?

4. Change for the sake of mission

- Given the event, the reflection upon that experience, the worlds of meaning disclosed and the dialogue with Christian Vision, what difference does it all make?
- How has the event shaped the lives and future actions of the participants?

Where is God leading

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HANDOUT 4 ~ THE CANTOR AS TEACHER ~ *The 3 X 5 Method of Teaching New Music*

Preparation: The Teaching Cantor determines and prepares an abbreviated outline written on a 3x5 card.
The teaching should include 3 to 5 repetitions of the new music and take no longer than 3 to 5 minutes.

Include the following on the 3 x 5 card:

- A. The style and wording of your assembly greeting.
- B. The directions for the assembly: hymnal and page number of the music. Indicate when it is sung in the liturgy.
- C. The rehearsal process: Decide what to rehearse and include the following:
 - Starting pitch(es) from accompanist.
 - Which musical segment the cantor sings (cantor sings a segment *a cappella* first, before the assembly).
Determine the lengths of the phrases the cantor will use to teach the short segments of the piece.
 - Assembly's repeat of the segment with the cantor while accompanist plays a single melody line (in double octaves) to support their part.
 - The phrases the cantor will join together when singing the second time through the melody.
 - The number of times the cantor will repeat (3-5) the new melody with the assembly.
- D. Determine a signal for the accompanist that will indicate that the congregation has learned it well enough to add the full accompaniment to the assembly part.
- E. Affirm the assembly in their singing.
- F. Thank them for singing fully and actively!

Sample Script

1. "Good Morning!"(pause)
2. "Before we begin our celebration, please turn to page _____ in your _____ hymnal. We will sing this gospel acclamation for the next few months, during the last weeks of Ordinary Time."
3. "When this is sung, it sounds like this." Cantor gets starting pitch, then sings a short segment *a cappella*.
4. "Please join me." Cantor leads the assembly in singing the segment with gesture and voice, while the accompanist supports their singing by playing the melody in unison double octaves on their part. Cantor repeats this procedure with each short segment of the melodic phrase.
5. Cantor returns to the beginning of the melodic line and sings two segments together *a cappella*. Cantor leads the assembly in singing the two segments with gesture and voice, while the accompanist supports them by playing the melody in unison double octaves. Cantor repeats this procedure until the whole melodic phrase has been sung.
6. Cantor sings the complete melodic phrase *a cappella*. Cantor leads the assembly in singing the complete melodic phrase with gesture and voice, while the accompanist supports the singing by playing the melody in unison double octaves. While saying, "Let's sing together!" Cantor then gestures for the assembly to repeat this melodic phrase again.
7. When the Cantor senses that the assembly is comfortable with the melody, the Cantor asks the accompanist to play the full accompaniment with them. Cantor gestures for them to sing it again. Cantor repeats this again if necessary.
8. If the assembly sings it well, encourage and affirm them. "That was beautiful." If necessary, invite them with, "Lovely, let's sing it again."
9. Encourage and affirm the assembly. "You sang that well. (Optional: You may want to place the ribbon in your hymnal at this page, in order to find it easily when we get to the Gospel Acclamation.) As the principal parish choir of the liturgy, you sound beautiful. Thank you."

Small Choir, Big Music: Care & Feeding of the Rural Pastoral Musician

Great Things Come In Small Packages

Rapid City NPM Chapter Fall Meeting & St. Cecilia Banquet ~ October 8 - 9, 2021

Saturday Morning Workshop II ~ Cathedral of Our Lady of Perpetual Help, Rapid City

Presenter, Dr. Dan Girardot, D.Min. ~ drdamnnministry@gmail.com ~ (512) 468- 2464

I. Assessment of the Music Ministry in the Small Parish

A. Spiritual Formation and Growth in Holiness as primary purpose

- i. Pastoral leadership
- ii. Music ministry leadership
- iii. Prayer and process with parish leadership
(Defining parish priorities/role of liturgical music)
- iv. Music ministers renewal/retreat
- v. Assembly as primary music minister

B. Assess parish Music Ministry needs in collaboration with pastor and parish leadership - S.T.R.I.P.E. Process (Sr. Margaret Andre Waecht, I.H.M.)

- i. **Situation** - Identify the current "situation" in every aspect of the parish music ministry.
- ii. **Target** - Identify the "targets", the goals and dreams for music ministry in the parish with liturgical music teachings and the church documents as a guiding influence.
- iii. **Restraining forces** - What are the "restraining forces" that inhibit accomplishing the group's goals and dreams. List all of them.
- iv. **Ideas** - Share any and all "ideas", no matter how absurd or imaginative, that will help overcome the restraining forces to the goals.
- v. **Practice** - Put into "practice" the ideas after coming to consensus on the priorities for your parish. Set clear action steps and dates to accomplish those steps.
- vi. **Evaluate** - "Evaluate" the actions taken, openly and honestly, at certain intervals. Revise and evaluate continually as your parish grows and as your ministry grows and changes.

II. Survival Guide For Priests and Music Ministers

A. The Minister(s) of Music in small parishes

- i. Knowing your people (all cultures and types)
- ii. Leading musical prayer
- iii. Working together; priest, musician and parish
- iv. Being a person of prayer
- v. Being a musician
- v. Planning, preparation and rehearsal
- vi. Preparation of assembly
- vii. Openness and continuing education

B. Music for Worship in small parishes

- i. Sing to the Lord: Music in Divine Worship (STL) - Music for Eucharistic celebration**
- ii. Choosing music**
 - a. What is "good" Music? (criteria)**
 - b. Cultural and original music for worship**
 - b. Appropriate music for the rites**
 - c. Taste, style, text and context of the music**
 - d. "What language shall I borrow?"**
- iii. Using a limited budget wisely (making the most out of little or nothing)**
- iv. Worship aids and hymnals; What works?**
- v. Choirs; age groups, placement in church, recruitment and retention**

C. Pastoral Concerns

- i. Accountability and Styles of leadership**
- ii. Practical matters**
 - a. To pay or not to pay - the pros and cons of paying musicians**
 - b. Guidelines and agreements**
 - c. Copyrights and liabilities**
- iii. Pastor as "primary liturgist"**
- iv. Hospitality and appreciation**

Four Movements of the Mass - Reflection for Ministers

Gathering

Before and during the Gathering Rite, what do you notice from your place in the pew, from your ministry, from your place in the liturgy? how do you understand your role as a ***Liturgical Assistant, Eucharistic Minister, Lectors, Music Minister, Sacristans, Hospitality Minister (Usher/Greeter), Collection Steward, or Dust Buster***, during this time of gathering...what do you see and what do you experience? As a _____ (ministry) _____ what three to five practices will help you prepare your heart, mind, and spiritual presence to give your gift of praise and thanks to God at the Sunday Eucharist?

WORD

As a _____ (ministry) _____ how do you hear, truly HEAR, the Word during the Liturgy?what helps you?what hinders you? What helps you make a spiritual connection to God's story and Word? What helps you make a connection from the Word to your own daily life? How do you respond to the Word? ...with a strong "Thanks be to God?"...with a full-throated and beautiful (or even strong but off-key) sung responsorial psalm refrain? How do you feel singing God's praise with an Alleluia while standing song or while trying to here and understand Jesus's words in the Gospel? Does your personal reaction to the scriptures have a different focus than the homilist? What come to mind as you are standing to profess your faith in the creed? What helps you to fully enter into the prayers and intercessions for the Church and the world? How does my inner response mirror my external response...or does it?

EUCCHARIST

How do I feel after hearing and processing all that the Eucharist gifts give? What do I have to give? What am I offering? What distractions keep me from offering? What do I see and hear and focus on? What words or songs attract my attention? What does that say to me? What is the lack that I need filled? Praise? Thanks? Praise? Thanks/ love? Care? Healing? Nurturing? Affirmation? What is the lack that I need filled? What can I give to God in the body of Christ? Praise! Love! Service! Thanks! Presence at times not all engaged..... but just being present.... is that enough? How much is enough? What is in my attention during the Eucharistic prayer? what are my distractions? Can the distractions draw me to God? Is God in the distractions? Why sometimes a loud response? What happens when at times response remains silent?

COMMUNION

What do I receive? How do I receive? Processing to see what gives me the deepest sense of the holy during communion? How does my singing at communion affect my experience of Jesus? Do I feel one with the body of Christ? do I feel alone in devotion to Jesus after receiving? How can I experience personal and communal experience of the body of Christ? Where are my distractions or my consolations?

After communion... the announcements, How do these perfect? Prayer after communion.....how does that affect the sending forth right? exit sign is a symbol for what? how do I carry the Eucharist with me home? to work? In my family? In my neighborhood? In my daily living? How do I live the Eucharist? Suffering, death, and resurrection of Jesus is the pschal ,mystery! What do I need to suffer in to draw me closer to Jesus? 40 days in the desert? Persecution? Questioning in front of others? Interrogation? What do I need to die to, in my ministry? Old habits? Lack of openness? Expectations? Lack of intentional preparation? Shall I prepare as if this is the most important hour of everyone's life? I am responsible to be the best I can be! If I forget to be at my best I might approach liturgy with a lack of attention...a lack of self-reflection? A lack of empathy? A need for better listening? Can I avoid the myopic focus on self, drowning out the need and cries of the hearts of others? Do I notice the holy moments in this worship?The amazing and beautiful Images? Am I living out my week to bring all that I am to the next Sunday Eucharist? ...The summit to which my life flows? Do I bring all of my week's work and play as a gift offering to God on Sunday? ..is if I am saying he is here, NOW? And I offer myself to God ...here I am? What can be a set of goals and reminders that are touchstones for Eucharistic presence for each minister.

Music Reading Session with Skill-Building for Directors and Cantors

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Saturday Afternoon Workshop III ~ Cathedral of Our Lady of Perpetual Help, Rapid City
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Formation of the Cantor and Psalmist **Outline**

I. Formation of the Cantor and Psalmist

A. The Call:

Why are you here? What do you hope to learn today? How were you called to be a cantor?

“Singing is for one who loves.” St. Augustine

B. The Roles of the Cantor and Psalmist:

1. Why does your church need a cantor? A psalmist? What is the difference?

The Constitution on the Sacred Liturgy called for people to be led to “**that full, conscious, and active participation in liturgical celebrations** called for by the very nature of the liturgy.” [SC 14]. How? The Constitution answers “To promote active participation, **the people should be encouraged** to take part by means of acclamation, responses, psalmody, antiphons, and songs, as well as by actions, gestures and bearing.” [SC 30].

2. A Quick History of the Cantor; Handout A
3. Church Documents: Handout B

C. Spiritual Formation of the Cantor and Psalmist: Handout C

Develop your personal relationship with God through habits of prayer, personal faith formation and attentiveness to the action of God in your life and in your ministry.

1. Encounter God in scripture.

- (a) Become familiar with the liturgical calendar
- (b) Enter into the spirit of the text and scriptures of the Mass
- (c) Live daily life with the text of the psalm resonating in your heart
- (d) Read spiritual writings: Bible, prayer books, spiritual books, scripture guides, journaling, use *Lectio Divina* (see Handout C).
- (e) Pray the Liturgy of the Hours; Morning and Evening Prayer
www.universalis.org or www.ebreviary.com

2. Develop spiritual habits.

- (a) Reflect on your experience at Sunday Mass.
- (b) Make daily prayer a routine.
 - i. Read the Daily mass scriptures – www.usccb.org
 - ii. Be attentive throughout the day to God.
 - iii. Download daily podcasts – www.pray-as-you-go.org
 - iv. Read *The Practice of the Presence of God* by Bro. Lawrence
- (c) Make a daily Examen or examination of conscience.
 - i. Examen – Reflect on your day (see Handout C)
 - ii. Use the *Spiritual Exercises of St. Ignatius of Loyola* to reflect on your life
- (d) Participate in daily Mass
- (e) Spend time in prayer in adoration of the Blessed Sacrament and pray the Rosary
- (g) Pray with your family and friends
- (h) Receive the Sacrament of Reconciliation
- (i) Make time for a retreat yearly

3. Time with God – nurture the relationship - Prayer, Detachment, The Word, Wonder and Awe
- Prayer...10 – 20 min. goal, 5 minute minimum each day.
 - Trinitarian Prayer- Father, Thanks... Son, forgiveness... Spirit, Prayer for future...a brief time in the morning and the evening has restored many to the spiritual life!
 - Detachment...from joys to sufferings let nothing mean more or less.... it is all gift!
 - The Word, Scripture...5 minutes before bed. EXPERIENCE THE MIRACLE OF Five MINUTES WITH GOD –
 - Wonder and Awe... transfigure our world...see through a child's eye!

4. Encounter God in scripture.

- Use scripture from the readings of the liturgical year. Become familiar with the liturgical calendar. Enter into the spirit of the text and scriptures of the Mass.
- ***Pray with the text of the Sunday liturgy.***
 - Read Gospel first
 - Read First Reading
 - Read/Sing the Responsorial Psalm.
 - How does it connect?
 - Why these verses?
 - Why this refrain?
 - Who is speaking to whom? Does this speak to me today?
- ***When you do this study and prayer, it can touch your heart, and you can communicate that message of God's love. (But even if you are in a dry spell, trust that the Holy Spirit will use you.)***
- Living your daily life with the text of the psalm resonating in your heart will allow you to express the psalms out of lived experience. Let this daily practice help you prepare well for your Sunday ministry.

5. Use "Lectio Divina": a specific method of reading, meditation, prayer and contemplation, of which in September 2005, Pope Benedict XVI stated:

"I would like in particular to recall and recommend the ancient tradition of *Lectio divina*: the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart. If it is effectively promoted, this practice will bring to the Church - I am convinced of it - a new spiritual springtime."

D. Practical Formation of the Cantor and Psalmist:

Develop your vocal, musical and communication skills so that all have sufficient confidence in your abilities, allowing all to maintain focus on the liturgy.

1. Develop vocal and musical gifts and skills.
2. Develop practical knowledge.

E. A Plan for Growth and Development as a Cantor and psalmist.

1. Use this session and further reading (see bibliography) for further growth and development
2. Make an honest assessment of your gifts, skills and desire.
3. Consult with your pastor and music director for direction, advice and support.
4. Grow through the process for achieving NPM Cantor Certification:
(See Handouts)

"Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him." (Colossians 3:16-17)

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HANDOUT 3 - VOCAL TECHNIQUES FOR CANTORS AND SINGERS

SOME GENERAL PRINCIPLES

- Vocalization is necessary for the instrument to be released; activated, stretched and trained (we are athletes!)
- Each vocalization should have a specific goal; no time for mindless activity
- 10-15 minutes daily is a good start
- Engage the body in vocalization
- Exercises should begin in the middle register; then explore the extremes
- Engage the light singing mechanism first and work it down – vowels only
- Warm up the emotions

VOCAL MECHANICS OF SINGING

I. POSTURE/BODY POSITION

- Tall, erect posture – “royalty”
- Feet are grounded and not more than shoulder width apart; one foot slightly ahead of the other, weight on the forward foot
- Knees are relaxed and not locked; use glutes to hold yourself up
- Aware of spinal support – upward stretch
- Chest is elevated and chin tucked into chest; arched; balance head on the neck
- Face, jaw, tongue, lips relaxed
- Eye focus
- Arms relaxed and hanging at the sides of the body

II. BREATHING (BODY)

Inhalation

- Fill in an imaginary inner tube around the waist
- Suck in through a straw
- Series of sniffs
- Imagine a belt of noses around the waist and breath in
- “Home Alone” astonishment
- Rhythmic breathing on a set of sniffs – increase the number
- Rhythmic breathing on a selected consonant, i.e. t or d
- Inhalation from both the nose and the mouth
- We feel the air enter from the naval point; the diaphragm lowers as the intercostal muscles stretch outward
- Avoid tightening the stomach muscles
- We should study our anatomy and know what body parts are involved in the process of singing

Exhalation

- Blow out candles one at a time
- Slow, leaking sound
- Fix on a spot on the wall (laser beam)
- After the lungs have filled, the resistance must begin; we hold back the air
- Do not let the lungs completely empty before taking the next breath
- Let in, set, spin
- Exercises: Lip Trills, i.e. motorboat, staccato and pulsed exercises

VOCAL MECHANICS OF SINGING

III. RESONANCE (HEAD)

- Physiology includes tongue, jaw, lips, mouth, palates, nasal/sinus cavities, eyes
- Yawn-sigh
- Relaxation of jaw; blah, blah, blah
- Raising the soft palate
- Sound rides on well-shaped vowels
- Italian vowel sounds are most effective for singing (they can be shaped to fit any style of music)
 - AH (A) as in father
 - EH (E) as in fed
 - EE (I) as in feet
 - OH (O) as in fought
 - OO (U) as in food
- Fish face
- Inner smile
- Breath of clean air
- Diphthongs
- Working the passagio

IV. RANGE

- Think like an operatic singer – “I love to sing” on 5-8-5-3-1
- Exercises that encompass a large scale range

V. ARTICULATION

- Consonants should be short and crisp – move quickly to the vowel sound
- Relaxation of tongue, teeth and lips

VI. SINGING HEALTH/LESSONS/TEACHERS

- Best resource for singing teachers is the National Association of Teachers of Singing (NATS)
- Be a wise consumer; know what you expect from a teacher; hold an audition
- Difference between teacher and coach
- Determine a period of study
- Practice, practice, practice

Music Reading Session with Skill-Building for Directors and Cantors

Rapid City NPM Chapter Fall Meeting & St. Cecilia Banquet ~ October 8 - 9, 2021

Saturday Afternoon Workshop III ~ Cathedral of Our Lady of Perpetual Help, Rapid City

Presenter, Dr. Dan Girardot, D.Min. ~ drdamnministry@gmail.com ~ (512) 468- 2464

Final Handout 5 ~ Reflecting in prayer and contemplating on the Eucharistic Liturgy:

✦ Reflection on a liturgical gesture:

- *This is the one who came by water and blood, Jesus Christ, not with the water only, but with the water and the blood. And the Spirit is the one that testifies, for the Spirit is the truth. (1 John 5:6)*
- As I sign myself with this holy water, am I committed to the cross that I now trace on my own body?
- Will I embrace this commitment proudly, and without shame?
- Can I allow this action to be a transition for me, a moment to slow down and consider who I am and what I am called to be in this time and place?
- (Add your prayer to God here.)

✦ Reflection on a liturgical procession:

- *Isaiah 42:16 I will lead the blind by a road they do not know, by paths they have not known I will guide them. I will turn turn the darkness before them into light, the rough places into level ground. These are the things I will do, and I will not forsake them.*
- Do I hesitate with each step?
- Is my heart open to the guidance of the Holy Spirit?
- Will I allow myself to listen with my entire being, or trust only worldly senses?

Blessing Prayer

✦ The Rite of Acceptance from the RCIA, reminds us of the people we are called to be and of the response we are called to make:

- ◆ Receive the sign of the cross on your ears, that you may hear the voice of the Lord.
- ◆ Receive the sign of the cross on your eyes, that you may see the glory of God.
- ◆ Receive the sign of the cross over your heart that Christ may dwell there by faith.
- ◆ Receive the sign of the cross on your shoulders, that you may bear the gentle yoke of Christ.
- ◆ Receive the sign of the cross on your hands, that Christ may be known in the work that you do.
- ◆ Receive the sign of the cross on your feet that you may walk in the way of Christ.

(Pray the reflection prayer to God below...or make up your own.)

- ✦ ***Almighty God, by the cross and resurrection of your Son, you have given life to your people. We, your servants, have received the sign of the cross. Make us living proof of its saving power and help us to persevere in the footsteps of Christ.
We ask this through Christ our Lord. Amen.***

(Adapted from RCIA 56, 57)

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GIA Publications

- Gather—Fourth Edition **Info** <https://www.giamusic.com/store/gather-4#f-r>
- Unbound Series – **Info** <https://www.giamusic.com/store/unbound>
- 1. ****How Deep the Silence of the Soul**, Text: Sylvia Dunstan, Arr: Carol Browning, <https://www.giamusic.com/store/resource/how-deep-the-silence-of-the-soul-print-g9749>
- 2. **God Hushes Storms to Silence**, John T. Kyler , Karen Schneider Kirner, <https://www.giamusic.com/store/resource/god-hushes-storms-to-silence-print-g10330>
- 3. **Peace I Leave with You**, Luigi Cherubini, Arr: Hal H. Hopson, <https://www.giamusic.com/store/resource/peace-i-leave-with-you-print-g3425>
- 4. **The Prayer of Saint Francis**, Bob Moore, Video w-score, <https://www.giamusic.com/store/resource/the-prayer-of-saint-francis-print-g8241>
- 5. **You Call Us, Lord / Creator of the Stars of Night**, Carol Browning, Arr & text: Carol Browning, <https://www.giamusic.com/store/resource/you-call-us-lord-creator-of-the-stars-of-night-print-g5890>
- 6. **Unbound - After the Flood**, Mark Miller, Text Author: David Bjorlin, <https://giamusic.com/store/resource/after-the-flood-pdf-du00755>
- 7. **Unbound - Three Rounds for Advent/Christmas**, Paul Inwood, <https://www.giamusic.com/store/resource/three-rounds-for-adventchristmas-print-005794>
- 8. **Unbound - O Joseph, Awaken, Let Go of Your Fear**, Bex Gaunt, Text Author: Chris Shelton, <https://www.giamusic.com/store/resource/o-joseph-awaken-let-go-of-your-fear-pdf-du00614>
- 9. **Unbound - Open My Eyes, That I May See**, Sally Ann Morris, Text Author: Clara H Scott, <https://www.giamusic.com/store/resource/open-my-eyes-that-i-may-see-pdf-du01183>
- 10. **Unbound - Blessed are the Poor: Rejoice, Be Glad**, Kate Williams, Text: Adam M. L. Tice, <https://www.giamusic.com/store/resource/blessed-are-the-poor-rejoice-be-glad-pdf-du01184>
- 11. ***Video - w-score, Stop By, Lord**, Doris Wesley Bettis <https://youtu.be/SHmrka634pY>
- 12. **Let No Ambition Rule Our Hearts**, Thomas Tallis, Text Author: Chris Shelton <https://www.giamusic.com/store/resource/let-no-ambition-rule-our-hearts-pdf-du00653>
- 13. **The Lord Bless You and Keep You** | Carlton R. Young <https://youtu.be/StUk23ZmTDI>
- 14. **Of the Father's Love**, Arr. Chris de Silva, w/ Flute, Oboe, Cello, https://youtu.be/KBHKqd8bK_8

GIA Spanish

- 1. ***Oración de San Francisco / Prayer of Saint Francis**, Mary Frances Reza, Arr: Peter M. Kolar, <https://www.giamusic.com/store/resource/oracion-de-san-francisco-prayer-of-saint-francis-print-g10564?fbclid=IwAR28WRSXx7ltXCQ-80psJT6bVrz7iPbYHtjz-d0KR9UE8NhQNQtmsL3M7o>
- 2. ***Video w-score, Una Gran Nube de Testigos / A Wondrous Cloud of Witnesses**, Tony Alonso, VIDEO- https://youtu.be/_Sol9Bw0EqA, with MUSIC: From - Cantememos con Jesus, Latin Grammy Nominated Album - Cuban Bolero Style
- 3. ***Video w-score, Cántico de Daniel** · Tony Alonso, <https://youtu.be/gcpRmdHhrH0>
- 4. ****Video w-score, Es Mi Cuerpo / Take and Eat**, Arr. Tony Alonso, https://youtu.be/_Aq0dAO-v8w
- 5. ***Video w-score, Qué Alegría Cuando Me Dijeron** · Tony Alonso, <https://youtu.be/FoIKOTkK1vo>
- 6. ***Video w-score, Letanía a la Madre de las Americas**, Tony Alonso, <https://youtu.be/jBYpnoIHvEI>
- 7.

2021 GIA & WLP Digital Showcase <https://youtu.be/3UnPwxetb9U>

- 1. **8:48**, ***When in Our Music God Is Glorified**, Biery w-score,
- 2. **20:29** **Holy Spirit Come**, Carol Browning, (Ostinato - Taize-like)
- 3. **51:10** **Small Things with Great Love**, Daniel Rose (Contemporary)
- 4. **1:16:32** **You Search Me and You Know Me, O My God**, Sally Ann Morris
- 5. **1:04:30** **Himno de Alabanza/Hymn of Praise**, Carlos Zapien

WLP New Pieces

1. **VIDEO W- Score How Wonderful Your Name/ Que Admirable Tu Nombre, Peter M. Kolar
<https://youtu.be/j0rXUQkhoUY> or <https://www.giamusic.com/store/resource/how-wonderful-your-nameque-admirable-tu-nombre-print-009434>
2. Missa de Lumine, Based on CONDITOR ALME SIDERUM, Carol Browning, Arr: Kathleen Demny, Advent Mass Setting - <https://www.giamusic.com/store/resource/missa-de-lumine-print-g10250>

WLP – 2020 Showcase <https://youtu.be/uYFDkecgBEM>

- **25:18** Walk in the Light, Craig Colson
Children Choir
- **29:36** - Our Savior Has Come, Orin Johnson, Shannon Cerneka
- **35:16** To the Infant Jesus
- Nova, Nova Ave Fit ex Eva, Text: Carl Daw, Arr. Edward Eicker
Voices Hymnal
- **41:00** Open up the Heavens
- *Holy Spirit We're Calling You
- **(58:05)** Lord Come to My Aid, Mark Haas
- **1:03:12** - O Sacrum Convivium, Farrant, arr. Hommerding
- **1:07:11** *O Sons and Daughters, arr. Jennifer Durham
- **1:16:43** *Be Forever Praised, Text: Dolores Dufner, Music: Paul Inwood
- **1:20:07** OK - Christ Before Me, Kathleen Basi,

WLP - ND Folk Choir Music

1. Lead Kindly Light, Steven C. Warner, <https://giamusic.com/store/resource/lead-kindly-light-print-007269>
2. Rosa Mystica, Chrysogonus Waddell, <https://giamusic.com/store/resource/rosa-mystica-print-007222>
3. *Bless the Corners, Arr: Carolyn A. Pirtle, Steven C. Warner,
<https://giamusic.com/store/resource/bless-the-cornersarr-warner-print-007321>
4. *Christ Has No Body Now But Yours, Steven C. Warner, Text: St. Teresa of Avila
<https://giamusic.com/store/resource/christ-has-no-body-but-yours-print-007284>
5. *How Can I Keep From Singing, Text: Robert Lowry, Arr: Steven C. Warner,
<https://giamusic.com/store/resource/how-can-i-keep-from-singingarr-warner-print-007201>

OCP - NPM 2021 OCP Showcase – Still We Sing <https://youtu.be/gu9cNLw7O2M>

- **0:00** There Is a Longing/Con Luôn Khao Khát (Anne Quigley)
- **4:30** Entrance Antiphons for the Easter Season (Maureen Briare)
- ***10:52** Every Moment of Each Day (Bob Moore)
- **13:43** On Christmas Night (Steven Ottományi/M.D. Ridge)
- **20:05** Te Adoramos, Oh Cristo/We Adore You, O Christ (Jaime Cortez)
- **22:22** Virgencita del Tepeyac (José Luis Castillo)
- **+*34:41** Drawn to You (Sarah Hart)
- ***44:16** Alleluia! He Is Risen (Bob Hurd)
- **+*54:52** Oh, Who Can Know the Mind of God (Justin Wedgewood)
- Hear the Prayers That Rise, By Various artists, compiled by Barbara Bridge and Suzanne Toolan, RSM., <https://www.ocp.org/en-us/collections/dg/330/hear-the-prayers-that-rise>, Experience a place of peace and worship with these simple and meditative Taizé-style songs,
- Saint Meinrad Entrance and Communion Antiphons for the Church Year, By Columba Kelly, OSB, <https://www.ocp.org/en-us/collections/dg/401/saint-meinrad-entrance-and-communion-antiphons-for-the-church-year>

- Mandatum Novum, Luke Mayernik, <https://www.ocp.org/en-us/songs/85580/mandatum-novum>

Other Independent Publishers

St. James Music Press, 2015 — www.sjimp.com

- **Love Is Little, trad. Shaker Song arr. Mark Schweizer, <https://youtu.be/F1Eey0S4YeI>,

Note: Morningstar Music Publishers, with Canticle Distributing etc. <https://www.morningstarmusic.com/>

- **Peace Prayer of St. Francis, Peter Latona, <https://www.morningstarmusic.com/peace-prayer-of-st-francis.html>, SATB, Soloist, Congregation, Oboe, and Strings or Organ, Morningstar Music, Choir Score, MSM-50-9126, Full Score, Order No. MSM-50-9126A, *Composed for the occasion of the Canonization of Junípero Serra by His Holiness, Pope Francis at the Basilica of the National Shrine of the Immaculate Conception, Washington, DC.*
- The Five Graces Psalter: Lectionary Psalms, Luke Mayernik, <https://www.morningstarmusic.com/the-five-graces-psalter-lectionary-psalms-cantor-accompanist-edition.html>

Liturgical Press

- Let the Peoples Praise You: Psalms for the Liturgical Year, Karen Schneider Kirner, <https://litpress.org/Products/6568/Let-the-Peoples-Praise-You> - Sample link on this website
Let the Peoples Praise You is a diverse, accessible and joyful collection of twenty psalms for general use throughout the church year. These psalms are available in a singable range, with memorable melodies, for cantor and keyboard, often augmented with parts for SATB choir and optional additional instrumentation such as guitar, handbells, flute, violin and cello. Some are set with through-composed verses, others with metrical verses, and a few are available in gospel style. Printable refrains for worship aids are available for download on litpress.org and through OneLicense.
- Psallite, by The Collegeville Composers Group, Carol Browning, Catherine Christmas, Cyprian Consiglio, OSB Cam, Paul F. Ford, Ph.D., Paul Inwood and Anna Betancourt, https://litpress.org/music/psallite/Psallite_music.html
- The Stations of the Cross in Atonement for Abuse and for the Healing of All, Paul Turner, illustrated by Ronald Patrick Raab, CSC, <https://litpress.org/Products/6563/The-Stations-of-the-Cross-in-Atonement-for-Abuse-and-for-the-Healing-of-All>

International Liturgy Publications – Oremus & St. Augustine hymnals

<https://www.ilpmusic.org/SFNT.html>

- Requiem for the Innocents, E. Louis Canter, OEF, <https://www.ilpmusic.org/product/CD40565.html>
- Christ Be With and Within Me, Jim Hughes <https://www.ilpmusic.org/product/CD4700.html>
- Music of Franciscan Ministry of Peace, Both Brother Louis Canter and Jim Hughes, <https://franciscan-peace.com/music-2/>

ILP NOTE: New Hymnals are coming soon! Watch for an amazing New Spanish Music Resource (From Mexico, Central, and Latin American composers and much more! Led by Dr. Gerardo Ramos.)