



## **Come join the choir! No prerequisites required!**

Choir rehearsal is held at 9:00am to help prepare for that Sunday service and from 11:15-Noon to help prepare for future services. We are trying to make sure we choose music that is a suitable fit for all who wish to lift up their voice in song.

Did you know there are physical, physiological and social benefits to singing??

Physical and emotional benefits include:

- Singing Strengthens the immune system
- Singing is a workout
- Singing improves your posture
- Singing helps with sleep
- Singing lowers stress levels

Social benefits include:

- Singing can widen your circle of friends!
- Singing boosts your confidence
- Singing broadens communication skills
- Singing increases your ability to appreciate other singers

So...come lift your voice up and join us whether it's just to sing hymns with us, provide a musical offering of vocal solo/duet or play an instrument, or jump all in and help us with Anthems – we'd love to have you.

Yours in Music,

Kay-Marie and David