

News from the Cathedral Singers

We would like to take this opportunity to thank those who have already supported our work in this unusual ministry. As we are finding it harder than ever to find more choristers, we are very aware that the music we offer is becoming less known and appreciated. There is a new generation who has no experience of traditional music used in worship and does not understand its benefits.



We have had 2 interesting Sunday mornings this month – last week we sang at Gordon Uniting Church for the first time, with the newly amalgamated Gordon/ Pymble Uniting Churches to assist with their Holy Communion Service. This was well received and we enjoyed singing there. We even skyped to the Uniting Church at Mudgee!

Today we visited another neighbouring church – this time St Martin's Anglican Church Killara, where we joined their choir to sing a special Choral Communion for Trinity Sunday – a lovely service.

Before that, in May, we again went to Bowral for Evensong and a short concert. It was good to see our friends again there. We also sang a rousing Post Easter Evensong at St John's Gordon, Te Deum and all! It was good to have sung there in April as well – for the annual Anzac Day Service arranged by Kuring-gai Council with various dignitaries present. We are honoured to be included in this Service.

We look forward to keeping in touch during the year as we travel around Sydney.

- Next week (23rd June) we are at John's Balmain for Mass at 9.30am.
- On Saturday 29th June Vespers and Vigil Mass at St Mary's Cathedral at 6.30pm.

After that we have a break as we prepare to do a short recording in August in conjunction with the Sydney Organ Music Society.

We sometimes need a break too, as learning different music for most services can be quite "STRESSFUL"!

I could not resist including some words of advice discovered by Belinda for those who suffer from that dreaded word!

PTO (does that apply any more these days?)

With every good wish

Jan Kneeshaw

Secretary/Chair

The Cathedral Singers



17 June 2019

The Ten Commandments for reducing stress

Thou shalt not be perfect or try to be

Thou shall not be all things to all people

Thou shall leave things undone that ought to be done

Thou shall not spread thyself too thin

Thou shall learn to say NO

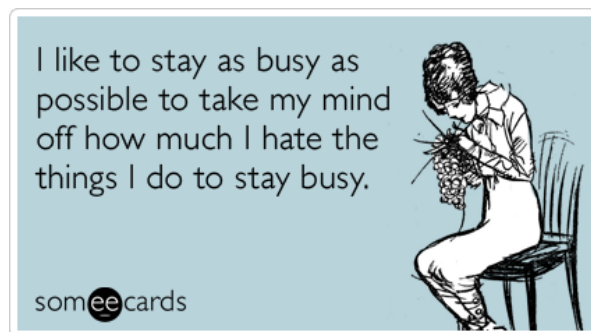
Thou shall schedule time for thyself and thy supportive network

Thou shall switch off and do nothing regularly

Thou shall be boring, untidy, inelegant and unattractive at times

Thou shalt NOT even feel guilty

Especially shall thou NOT be thy worst enemy, but be thy best friend



Cheques should be made payable to “The Cathedral Singers Donation Fund”

Banking details for direct transfers (please notify us by email):

Bank account details: BSB 814 282 A/c 504 371 53

Postal address: The Cathedral Singers PO Box 569 Gordon NSW 2072

Please email us for further details: tcs@cathedralsingers.org.au

or ring Jan Kneeshaw on 9144 4915 or 0411 785 117

More details on our website: www.cathedralsingers.org.au

All donations of \$2.00 and over are tax deductible

ABN: 51 354 744 290