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Newsletter

Patron: Sir Trevor Garland

November 2025

From the Director

Some thoughts:

Another couple of studies have shown that singing is good for you! A study by the University of California discovered that immunoglobulin A, a protein used by the immune system to fight disease, increased by 150% during rehearsals and 240% during a performance. Also, researchers from Monash University and Cambridge University have done a study on singing and patients with chronic obstructive pulmonary disease (COPD) and interstitial lung disease (ILD). In short, it was a 12 week on-line singing programme with 90 minute sessions with various Elvis Presley songs, Beatles numbers and some war-time classic like *Pack up Your Troubles*. The placebo group were given the usual care.

At the end members of the singing group scored significantly higher in surveys assessing quality of life. Professor Natasha Smallwood from Monash University said "Group singing is increasingly used to manage symptoms. The way in which group singing improves quality of life remains unclear and may vary… but it could be due to better control of breathing, social connection or mood improvements."

This is not a surprise as many other studies have shown that singing releases endorphins which can make you happy and even relieve pain. It also requires good breath control.

So, encourage everyone to sing and if they have experience, come and join us on Wednesday nights- it will do you good!

Our list of services this year has had some very busy periods and then several weeks where we do not have any engagements. October is one of these periods. However, it does give us an opportunity to learn some new repertoire. When we have back-to-back weekends, it is sometimes difficult to fit in new repertoire.

We are grateful for a Ku-ring-gai Council grant which has enabled us to purchase some new music. The grant will also be used to give individual singing tuition to all singers.

We are streamlining our library and have some music for sale. We have some duplicated music and some spares when we have large numbers of copies. This will enable us to have more space for new music coming in. If you would like to purchase any music, the list is available here **https://rb.gy/9lu994** . Please contact us for more information

Jim Abraham – Director

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Notes from the Editor

Greetings to our friends and supporters.
As usual I am saying that the year is going too quickly!
We are now preparing for the Advent then Christmas season so want to let you know the dates and venues of our coming program. Hopefully you will get this Newsletter in time to be reminded of Evensong at Holy Trinity Terrigal at 3.00pm this Sunday.

The photos are at St Ives Uniting Church, St Ives, with Elizabeth, Bart and Janet enjoying their hospitality after the service.

As Jim has said we have recently had a couple of quiet months and now lots happening for the rest of the year. Details of all these dates can be seen further on. We are grateful that we can still sing in these churches and would welcome any other invitations from churches who would like us to visit them.

We were thrilled last year to recognize some of our followers at Forestville RSL when we sang carols there. Maybe you might like to have a drink with us. In this secular society, traditional carols and reminders of the meaning of Christmas seem to have a very low priority.

Our esteemed Director, Jim Abraham is always on the lookout for new music and has been steadily going through our extensive library and discarding old copies of music that we cannot longer use. We now have good copies as he said, that we would love to pass on to any other choir that can make use of this beautiful music. This would be great for choirs expanding libraries, choral students needing repertoire, choirs updating music, etc.

Blessings

Jan Kneeshaw – Editor

How to support TCS

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

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End of year Program for 2025.

Month	Day	Date	Time	Event	Venue
November	Sunday	2	3.00pm	Evensong	**Holy Trinity Terrigal**
	Sunday	9	4.00pm	Evensong Remembrance Sunday	**St John's Gordon**
	Sunday	23	9.30am	Morning Service	**St Ives Uniting Church**
	Saturday	29	5.30pm/ 6.00pm	Vespers Mass	**St Mary's Cathedral**
December	Saturday	6	6.45pm	Carols	**Oakhurst**
	Sunday	14	6.00pm	Lesson & Carols	**St John's Birchgrove/Balmain**
	Tuesday	16	7.00 – 8.30pm	Carol Singing	**Forestville RSL**
	Sunday	21	7.00pm	Lessons & Carols	**St John's Gordon**
	Wednesday	24	6.00pm	Christmas Eve Eucharist	**St John's Birchgrove/Balmain**
	Wednesday	24	8.00pm	Christmas Eve Mass	**Holy Spirit North Ryde.**

Check out our website and then tell your friends!
www.cathedralsingers.org.au
Would you like to consider joining us?
Contact Jan Kneeshaw on 9144 4915 or the Director,
Jim Abraham on 0405 817 276
Email: jan.kneeshaw@optusnet.com.au

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St Mary's Cathedral - 30th August 2025

On 30th August 2025, The Cathedral Singers sang Vespers at 5.30 followed by a Vigil Mass at 6 pm. We sang a beautiful setting of Mozart's Missa Brevis KV 65 Mass setting of the Kyrie, Sanctus & Agnes Dei.

Both services were particularly special as the Bishop blessed the runners and those who were participating in the Sydney Marathon the next day. There were so many participants, a photo was taken of all of them resulting in a wonderful "selfie" with all the Clergy & runners at the conclusion of the Mass.

Our Choir also sang Mozart's "Ave Verum" as a Motet during Communion & the Anthem, "Verily, Verily" by Tallis. Also included was a fantastic hymn "Glorious Things of Thee Are Spoken" to the tune of Abbotsleigh.

St Mary's Cathedral is such a joy to sing in acoustically.
Vespers is also such a beautiful, ethereal service to be part of with its simplicity of psalms painting a picture of the Mass that is to follow. The Choir always finds it a privilege to be part of these services especially helping personally with worship.

Many members of the congregation including overseas visitors came to thank us personally in this regard.

Elizabeth Fox
Soprano with The Cathedral Singers

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William Crotch 1775-1847

Crotch was born 250 years ago. As well as being organist of Banbury Parish Church, 1797-1806, he was Chorister Infirmatorum of Magdalen College, 1790-1797, Organist of St. John's College, 1797-1806, of Christ Church Cathedral, 1790-1806, and St. Mary's University Church, 1797-1806. He was also Professor of Music in the University. He later moved to London, and became first Principal of the Royal Academy of Music.

Crotch played for the opening service at Banbury Parish Church, which was very grand, with solemn music, choristers from Magdalen College, the Lord Bishop of the diocese, wands of office for the trustees, and "twenty constables to keep the vulgar populace in order". Later in the same week Professor Crotch conducted a mammoth performance of 'Messiah', for which the best seats cost an exorbitant guinea, and the cheapest seats were five shillings, more than the average labourer's weekly wage. Nevertheless, we are told that the church seated 3000 people and was packed for the occasion. A one-way system had to be devised for carriages.

It is doubtful if Crotch played the organ regularly at Banbury. The salary of £30 was attractive enough for him to put in a pupil as organist at a reduced fee, and to pocket the difference. However, Crotch as an organist of Banbury Parish Church, even if "in absentia", is commemorated each year by a performance of "Lo, Star-led Chiefs" from his Oratorio "Palestine".

This year TCS has sung one of his more popular anthems " Comfort O Lord".

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