



It's Summertime!

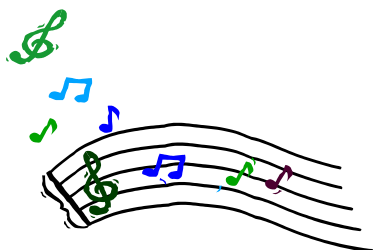
Please remember to sign-out on the calendar in the robe Room for the Sundays you will be gone. We really do look at this!

Remain Flexible

Sing, Sing, Sing

Here are a few intriguing findings about the benefits of singing

- and **Alzheimer's**. A British branch of the Alzheimer's Society reports that singing is helpful for patients with dementia.
- and **human intelligence**: Walter Freeman, a noted neurobiologist at UC Berkley, believes that singing is genetic in origin, and that it helped the brain evolve.
- and **snoring**. Yep, there are some studies that all that deep breathing may help decrease a person's snoring!



So keep on singing!

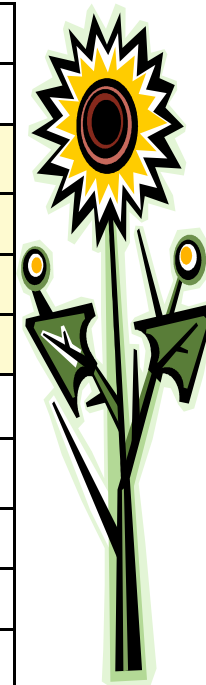
June 20, 2010

Choir Notes

Summer Scheduled Anthems

I will sing to the Lord all my life . . . Psalm 104:33

June 20	<i>Jesus, Lover of My Soul</i>
June 27	<i>Come Flood this Heart of Mine</i>
July 4	<i>America the Beautiful</i>
July 11	<i>Holy, Holy, Holy</i>
July 18	<i>Lord, I Will Lean on You</i>
July 25	<i>Glory, Glory, Hallelujah</i>
August 1	<i>Peace in the Valley</i>
August 8	<i>Keep Your Lamps!</i>
August 15	<i>Fly Away to Glory</i>
August 22	<i>All Night, All Day</i>
August 29	<i>Hold Me, Rock Me</i>



*All the night, all the day
I got the angels watchin' over me,
They're gonna keep me safe, they're gonna guide my feet,
They're gonna help me stay on the narrow way.*

*If I die before I wake,
angels watchin' over me my Lord,
Pray the Lord my soul to take,
Angels watchin' over me.*