



SO NOTED

Week of April 11, 2016

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Member Presbyterian Church (USA)
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NEWSLETTER DEADLINE

Sunday, p.m.

Send news to:
isoldedavidson@yahoo.com

From the Music Stand...

The last few verses of Psalm 92 would make a great birthday song ...

*The righteous will flourish like a palm tree,
they will grow like a cedar of Lebanon;
planted in the house of the LORD,
they will flourish in the courts of our God.
They will still bear fruit in old age,
they will stay fresh and green,
proclaiming, "The LORD is upright;
He is my Rock, and there is
no wickedness in him.*



As some of you may know, my mother-in-law, Wilma, will be turning 100 years young in August of this year. The entire family will be congregating in quaint Lake View, Iowa, for the celebration. Wilma spent most of her life teaching kindergarten in her hometown of Lake View. The majority of the 50-and-older" population all had her as their first teacher.

Adlai Stevenson used to share a favorite story of an elderly friend who was 102 years old. The elderly gentleman was being interviewed on his birthday and asked to what he attributed his long life. He replied he had never smoked, drank, nor over-loaded his stomach. He went to bed early and got up early.

The reporter said, "You know, I had an uncle who did the same thing, but he lived to be only 89. What do you attribute that to?" The old gentleman replied, "He just didn't keep it up long enough."

I think most of us tend to quit too soon. Our birthday is a wonderful time to both reminisce about the past and dream about the future while we celebrate the present with family and friends.

The psalmist has shared with us how wonderful life is when we give our thanks and praise to the Lord. We do not have to think in terms of aging but look always to new and more fulfilling possibilities of who we are as the righteous people of God.

The Psalmist uses wonderful descriptive illustrations for the righteous, like palm trees

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NEWSY NOTES & SHAMELESS PROMOTIONS



THIS WEEK . . . and Beyond

Remaining Choir Schedule

Regular Rehearsals – April 13, 20, May 4, 11 (last regular rehearsal) No rehearsal on April 27 (Pa Pa Choo-Choo will be babysitting in San Diego)

Our Anthem this Sunday

“Draw Us in the Spirit’s Tether” – Richard Friedell.

Sunday Worship

We will continue to sing for worship through June 26, except May 1, which is Youth Sunday. The Chancel Choir will not be in loft on May 1.

ODDS & ENDS...

Social Director **Lynda Elliott** says:

1. A big thank you to everyone who helped us feast between worship hours on Palm Sunday and Easter.



2. The Choir Recognition Party has found a home in Fellowship Hall. After a tenuous week and many phone calls by many people our own Fellowship Hall is the best fit for this years festivities. **The party is set for Saturday, April 23, at 5:00 p.m.**

3. A gentle reminder to all who still haven’t made a \$10 donation per person for the Choir Party meal, I would appreciate it sooner than later.

* * *

Who is the mystery violinist that’s been occasionally playing with the choir? Why, that would be **Olivia**

Lemmeling. She graduated with her Masters in Music from ASU last year and she is now teaching violin privately in the Phoenix area.

* * *

Back with the choir from the far north are **Eileen and Ron Tellefson.** Tenor and trumpet guy **Al Roselieb** is rehabbing from knee replacement surgery.

* * *

Missed tenor soloist **Andrew Peck’s** recital at ASU? You can listen to it at <https://www.youtube.com/watch?v=i6C1K1f-5c>

Join the Crowds!



Brent and Marilyn Hylton will be feted twice next month to mark their retirement after 15 years as director and assistant director, respectively, of the Pinnacle music program. So get these dates on your calendar:

Friday, May 20, 6:00 p.m. – A fun filled evening of DINNER & ENTERTAINMENT at Ancala Country Club, 11700 E. Via Linda Rd., Scottsdale. Cost is \$25/person; no host bar; complimentary valet; resort casual attire. **Your check is your RSVP to the church office by May 15.** Contact Marcia Sobek at (602) 618-8618 or sobeys@cox.net for more info.

Sunday, May 22, 11:00 a.m.—CONGREGATION-WIDE CELEBRATION in fellowship Hall with light refreshments. It will be time to share stories and express your personal gratitude for the music ministry at Pinnacle.

Choir Singing May Boost Cancer Patients' Health

By Gabrielle Sorto Special to CNN

A new study has found an association between choir singing and a boosted immune system in cancer patients. The study suggests singing in a choir could help put cancer patients in the best possible position to receive treatment and maintain remission.

The research published by the cancer journal founded by the European Institute of Oncology in Milan featured 193 patients who were either in remission, caring for cancer patients or were caregivers to a now-deceased cancer patient.

Each participant was involved in a Sing with Us choir in South Wales. Tenovus Cancer Care runs the Sing with Us choir and funded the study. Participants sang in a single 70-minute choir rehearsal. Choir members gave a saliva sample and filled out a questionnaire assessing their mood and stress levels before and after rehearsal.

The results indicated that singers' mood increased and their stress levels decreased. This is the first study to demonstrate that the immune system can be affected by singing, according to the study.

"This research is so exciting, as it echoes everything all our choir members tell us about how singing has helped them," Rosie Dow, head of Sing with Us at Tenovus Cancer Care and co-author of the research, said in a press release. One participant, Diane Raybould, 64, has been singing with Bridgend Sing



Us choir since 2010. She was diagnosed with breast cancer 14 years ago. Her daughter was diagnosed with breast cancer at the same time and died of the disease when she was 28.

"Singing in the choir is about more than just enjoyment. It genuinely makes you feel better," Raybould said in a press release. "Having cancer and losing someone to cancer can be very isolating. With the choir, you can share experiences openly and that is hugely important." The sense of community and uplifting songs that a choir provides may lift patients' spirits, but Dr. Otis Brawley, chief medical officer of the American Cancer Society, said more research would have to be done to know if this is an effective treatment.

"A study to show that choir participation reduces risk of cancer requires at least a decade or more of follow-up and requires several thousand people," he said. The researchers, who are employees of Tenovus Cancer Care, are launching a two-year study looking in more depth at the longer term effect of choir singing. "I've seen people's lives transformed through singing in our choirs so knowing that singing also makes a biological difference will hopefully help us to reach more people with the message that singing is great for you: mind, body and soul," Dow said.

Shared by Diane Oeste.

DEVOTIONS SCHEDULE

APRIL

13 - Bruce Porter
20 - Sonja Hall

MAY

4 - Meredith Downing
11 - Jim Stull



28 - Bill & Lynda (Elliott) Kirk



3 - Carl Gates
10 - Mary LaValley
12 - Marilyn Hylton
12 - Tom Lyon
14 - Nancy Houston
15 - Dick Phelps
20 - Mark Leal
24 - Laurie Porter
28 - Isolde Davidson

From the Music Stand...

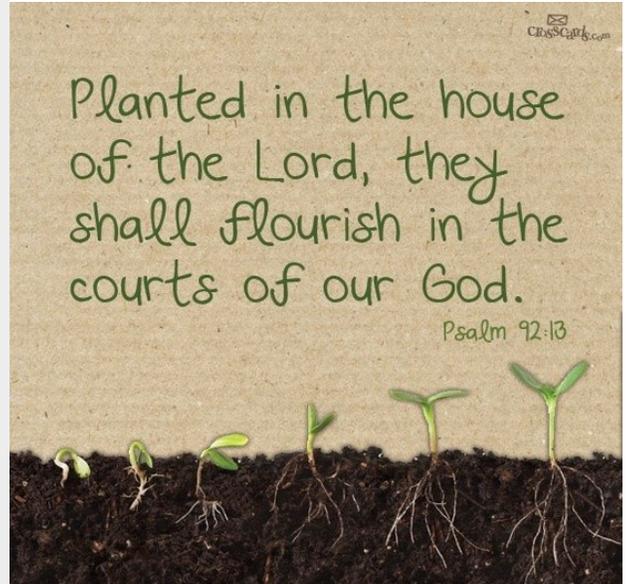
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which are known for their long life, and cedar trees which grow to 120 feet high and 30 feet around. What majestic symbols for those who trust in the Lord all their days.

Then he goes on to say that in old age they still produce fruit and they are always green and full of sap, showing that the Lord is upright. What strength is found in those words – what a joyous life awaits those who trust in the Lord. Rejoice in all that life means today, tomorrow and always for those who live in the Lord.

Happy 100 Wilma!

Have a great week! Brent



Organized Rhythm



Friday, April 15, 2016
7:30 p.m.

Premium Seating: \$35
General Admission: \$20
Student: Free

TICKETS: <https://www.wiztix.com/dnboxoffice/inet/eventview.aspx?CID=27>

Clive Driskill-Smith, a young English organist sensation, and **Joseph Gramley**, a young American percussion virtuoso, have teamed up to present organ and percussion in a whole new way. Performing unique arrangements of classical masterpieces such as Gustav Holst's *The Planets* and Saint-Saens' *Carnival of the Animals*, the duo displays passion, technical mastery and precision as they take audiences on a musical adventure.

This concert is certain to please young and old alike with a blend of well-prepared music and entertaining humor.

This concert is co-sponsored by the Central Arizona Chapter of the American Guild of Organists.