



# Newsletter

March 2014

*Patron: Sir Trevor Garland*

*Past Patron: Dr IG Dicker*

## From the Director

What has happened since Christmas Day and our broadcast on Wesley Impact? We had a few weeks off before starting rehearsals again at the start of February followed by our Rededication service. Soon afterwards, a workshop was run with Jim Coyle (details later in the newsletter). These workshops are extremely valuable as it gives us the opportunity to work on tone production and interpretation without the usual frenetic rehearsals preparing for the service the following weekend.

The committee has also been busy in the background and we have a recording session booked at PLC Chapel to produce a demonstration CD. The finding a suitable venue and recording engineer has been very time-consuming. The finances of this will come from the grant from Ku-ring-gai Council for which we are very grateful. There are many places that have good acoustics and a poor organ and



a few that have a good organ but poor acoustics (or a main road outside) but not many that can offer both a sympathetic acoustic and a reasonable instrument! Our thanks to PLC Pymble for their help with this.

We have not made a CD for a while now and it is useful to have a recording of the choir with the present membership. This links in with future plans for TCS. Following our successful trip to Canberra last year, we will be visiting Bathurst in August. Plans are also being made for a trip to New Zealand in 2015 and possibly the UK in 2016.

However, whilst the choir is singing well, we are lacking in depth of numbers if any singers are unavailable. Consequently, we need a few more members. Thanks once again to the deputies who come and help us. Hopefully, 2014 will be the year when we get an increase in membership. Please ask anyone that you think might be interested to get in touch. Whilst we are busy, the commitment is not every weekend.

**Jim Abraham**

DIRECTOR



TCS at St Clement's Mosman

# From the Chair

Greetings everyone.

TCS is now well and truly back in harness, our first service being our re-dedication at St John's Gordon on 9<sup>th</sup> February. Since then we have sung Evensong at St Clement's Mosman and St Martin's Killara, both churches being fairly new to us. We thank them for their hospitality and welcome. We are just as booked up as usual this year and are pleased to be singing together again. I am keen to publish this Newsletter to circulate our dates for the year so you can diarise when we will be singing somewhere near you!

We are greatly looking forward to singing at St John's Balmain on 30<sup>th</sup> March to assist in the important service to farewell Fr James Butt as he leaves after 15 years in that parish. One of their parishioners, Dorothy Straesser, has kindly written an article about Fr James and what he has done for that parish, where music has a high priority. This will be a big service and we are learning newly commissioned music for it.

With the grant kindly given us by Ku-ring-gai Council last year, and with the help of our friend Jim Coyle, we have been working towards making a recording at the end of March to have a sample of the sound the choir is making at present. This will be used to advertise the choir and also to be sent to possible destinations of tours in the future. We are very grateful to the Principal and staff at PLC Pymble for allowing us to use their chapel for this recording.

We will again be singing at Christchurch St Laurence on 6<sup>th</sup> April for both Mass and Evensong to assist while their choir prepares for their Easter music. We are looking forward to returning there.

It will soon be Easter and we will again present Stainer's "Crucifixion" at St John's Gordon on Good Friday, 18<sup>th</sup> April at 2.30pm. This year the soloists will be tenor Damian Arnold and baritone Javier Vilariño. We hope many of you will consider joining us for that event. It is a very thought provoking work to hear on Good Friday.

The next big event we will be involved in will be an Evensong at St John's Dee Why on Sunday 4<sup>th</sup> May at 6pm. when their organ will be dedicated after having extensive improvements. Their present Director of Music, Tom Edwards is working on expanding the choir and is advertising for choral scholars – see notice elsewhere.

We look forward to meeting up with many of you again this year. If you have a spare tenor or two in your pockets, we would appreciate knowing about them They are a rare commodity these days! Please encourage anyone you know who may be interested in joining us to get in touch. We are a very supportive lot!

God bless!

**Jan Kneeshaw** – Editor/Chair



As seen on Facebook!

The Rector of Killara, Rev Matt Heazlewood (centre) with bass John Stanbridge & alto Jan Kneeshaw

## Major events and venues for 2014

Month	Day	Date	Time	Event	Venue
<b>MARCH 2013</b>	Sunday	30	9.30am	Mass – Fr James' Butt's last service.	St John's Balmain
<b>APRIL</b>	Sunday	6	10.30am	Mass	Christ Church St Laurence
	Sunday	6	6.30pm	Evensong	Christ Church St Laurence
	Sunday	13	7.00pm	Passion Service with The Order of St Lazarus+St Johns choirs and The Jacobean Singers	St John's Gordon
	Friday	18	2.30pm	<i>Stainer</i> Crucifixion (Concert)	St John's Gordon
<b>MAY</b>	Sunday	4	6.00pm	Evensong & Organ Dedication	St John's Dee Why
	Sunday	11	9.30pm	<i>Choral Eucharist (St John's Day) TBC</i>	St John's Gordon
	Sunday	18	2.30pm & 3.15pm	Concert and Evensong	St Simon & St Jude's Bowral
<b>JUNE</b>	Sunday	8	4.00pm	Evensong (Queen's Birthday)	St John's Gordon
	Sunday	15	9.30am	Patronal Festival	St John's Balmain
	Sunday	22	6.00pm	Evensong (Corpus Christi)	St John's Dee Why
<b>JULY</b>	Sunday	13	4.00pm	Evensong	St John's Gordon
	Saturday	19	2.30pm	Concert	Lady Gowrie Village
<b>AUGUST</b>	Saturday	16		TBC	Bathurst
	Sunday	17	8.30am	Eucharist	All Saints' Bathurst
	Sunday	17	4.30pm	Evensong	All Saint's Bathurst
	Saturday	30	6.00pm	Vigil Mass	St Mary's Cathedral
<b>SEPTEMBER</b>	Sunday	14	4.00pm	Evensong	St John's Gordon
	Sunday	21	9.00am	Divine Service	Scot's Kirk Mosman
<b>OCTOBER</b>	Sunday	12	4.00pm	Evensong	St John's Gordon
	Friday	17	7.00pm	Songs of Praise	St John's Gordon
	Sunday	19	3.00pm	Evensong	Mowll Village Chapel
<b>NOVEMBER</b>	Monday	3	7.30 pm	Orchestral Requiem ( <i>Fauré</i> )	St John's Dee Why
	Sunday	23	10.00 am	Mass – Christ the King	St John's Dee Why
	Sunday	30	7.00 pm	Advent Carol Service	St Alban's Leura
<b>DECEMBER</b>	Sunday	14	6.00 pm	Lessons and Carols	St John's Balmain
	Friday	19	7.30 pm	Lessons and Carols	St Peter's Cremorne
	Sunday	21	7.30 pm	Lessons and Carols	St John's Gordon
	Tuesday	24	11.00 pm	Choral Eucharist	St John's Gordon

# The Cathedral Singers

## EASTER SERVICES



Passion Sunday – Sunday 13 April 2014

7.00pm

Festival of Lessons and Music for Passiontide

St John's Parish Choirs

The Jacobean Singers

The Cathedral Singers

# Stainer's Crucifixion

Good Friday

18 April 2013

2.30pm

St John's Church  
Cnr Pacific Hwy/St John's Ave  
Gordon

## The Cathedral Singers

*Damian Arnold – Tenor*  
*Javier Vilariño – Baritone*  
*Brett McKern – Organist*  
*Jim Abraham – Director*

**Free entry**

***A retiring collection in support of TCS' ministry***

*Enquiries to Jan Kneeshaw:*

**The Cathedral Singers Inc**

PO Box 569 GORDON NSW 2072

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## The distinguished supporters behind TCS

I suppose most of you know that TCS relies on the generous donations of individual supporters and through the generosity of the churches where we sing. Although we received a grant from Ku-ring-gai Council last year, this was to be used very specifically – “Enhancing our Reputation” through workshops and vocal training.

**Without donations we would not survive.**

However, we are blessed to have the support and assistance of several very prominent people in our community. I think this should be highlighted at the beginning of another year – a year when our program is already full!



As you will know by seeing the cover of the Newsletter, our Patron is Sir Trevor Garland KBE AM CSI. Sir Trevor has been a wonderful friend to TCS for many years.

You may not know that, due to our tax deductibility status and listing on the Register of Cultural Organisations (ROCO), we are required to report to the Government every 6 months on matter relating to our ROCO status and to have a special ROCO committee to oversee these activities and the returns that need to be submitted.

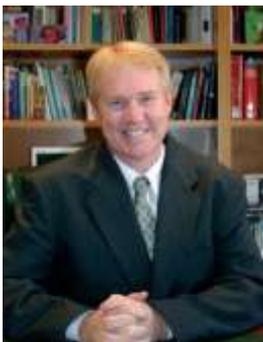


The Chairman of this committee is Mr Justice Robertson Wright, recently appointed a Supreme Court Judge and the Inaugural President of NCAT – the NSW

Civil and Administrative Tribunal. We congratulate him on his appointment and thank him for his intention to continue as our ROCO Chairman.



As well as having a very distinguished career, Emeritus Professor David Barker AM, is also a parishioner at St John’s Gordon, enjoys singing with us on occasions and encourages us at all times.



A long time supporter of TCS is Mr Phillip Heath, who has recently taken up his appointment as Head of Barker College. We congratulate him as well and wish him well in his new appointment.

Closer to home, our own Mr Don Mayes, whose wife Lois has been in the choir for many years, is the Convenor, while the Secretary is Lynn Bock, one of our longstanding choir members, TCS Librarian and a first soprano.

We are indeed blessed to have such support and thank these dedicated people for their practical support of our work.

**Jan Kneeshaw** – Chair

**TCS is available to sing at weddings and other events.**

**Contact us:**

By mail: PO Box 569 GORDON NSW 2072

By email: [tcs@cathedralsingers.org.au](mailto:tcs@cathedralsingers.org.au)

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[www.cathedralsingers.org.au](http://www.cathedralsingers.org.au)

## Ku-ring-gai Council Grant Workshop



As a latecomer into The Cathedral Singers, my habits and weekly agenda had already been well and truly established. When it was announced that there was to be a workshop on a Saturday afternoon, I was strongly inclined to absent myself. Saturdays are often extremely busy in our household. We have a talented netballing grand-daughter and we like to go and see her play. On Saturday afternoons, I play tennis and regard this time as almost sacrosanct. I have been playing tennis for nearly as long as I have been singing.

However, I was convinced to attend and was glad that I did.

The conductor of the workshop, Jim Coyle, is a charismatic leader who brought new insights into the performance of two masses which we have been either performing or practising, namely Darke in F and the Little Organ Mass by Haydn. The Haydn Gloria in particular has been challenging. The semi-quaver runs, a generally high register and some tricky rhythmic variations present difficulties. However, Jim communicates clearly and enthusiastically and very quickly we seemed to be singing it much more confidently and coherently. The Haydn mass is to be an item on the promotional recording we are to make on 23 March at the PLC. Thirteen choristers attended and we were agreed that the workshop was well worthwhile.

We appreciate the generosity of Ku-ring-gai Council who made such an event possible.

**Brian Copeland**

Bass.



Check out our website and then tell your friends!

**[www.cathedralsingers.org.au](http://www.cathedralsingers.org.au)**

*See details of the choir, news, coming events, music listings, contacts for bookings weddings and other events, information for interested choristers wanting to audition.*

**Are you a tenor or bass? We need you!!!**

St John's Anglican Church Dee Why



are offering choral scholarships. Any students interested should contact  
the Parish Office on (02) 9971 8694  
[music@stjohnsdeewhy.org.au](mailto:music@stjohnsdeewhy.org.au)  
[www.stjohnsdeewhy.org.au](http://www.stjohnsdeewhy.org.au)

## Music Therapy – continued from December 2014 Newsletter.

So, you all know that singing has been a significant blessing in my life. When I joined The Cathedral Singers I was suffering from severe depression. The depression has motivated an interest in how the brain works and ultimately the effect that singing has had on my brain (very positive).



I was really thrilled to find another article, complete with clinical trial, investigating working memory, i.e. that part of the brain that holds multiple pieces of transitory information where they can be integrated, synthesised or assimilated.[1] This is also sometimes referred to as 'short-term memory'.

The trial compared a group of non-musicians trained in speech compared with a group of trained musicians (piano, trumpet and strings) and looked at which areas of the brain are activated as each undertakes their given tasks.

The investigators used functional magnetic resonance imaging (fMRI)[2] to identify which specific anatomical areas of the brain were activated during rehearsal of either speech or music and which were activated during the playing of an instrument alone.

While the researchers found considerable overlap in the core structures that were activated for both verbal and tonal working memory they postulated that there are differences in the sub-units activated for either verbal working memory or tonal working memory. They found that tonal working memory used specific sub-units that were different and more diverse to those used for verbal working memory.

Some of the discussions at The Cathedral Singers have centred on the effects of music on people living with Alzheimers - it appears they can remember their childhood songs but experience difficulty remembering anything in the short term or working memory. We know that the structures activated by speech and music are different for short term memory and postulate that they are also uniquely different for longer-term memory.

Perhaps this indicates that when interacting with people living with Alzheimers we can gain the best outcome by using both speech and music to access those parts of the memory that are still functional.

My experience with depression and recovery has highlighted that through words and music I have gained a dual therapeutic effect. The article provides support for the idea that music, combined with words is good therapy for the brain as it activates a broad array of anatomical structures and sub-units in the brain by increasing blood flow to those areas. To take this further is to say that singers may have an added advantage over instrumental musicians because they combine words and music. This possibility raises the need for further research.

Thank you Cathedral Singers.

**Nicola Leaney**

Soprano

[1] Schulze et al 'Neuroarchitecture of Verbal and Tonal Working Memory in Nonmusicians and Musicians - Human Brain Mapping 32:771-783 (2011)

[2] Magnetic resonance imaging uses strong magnetic fields and radio waves to form images of the body as opposed to using ionising radiation as with x-rays. **Functional magnetic resonance imaging** or **functional MRI (fMRI)** is an **imaging** procedure using **MRI** technology that measures brain activity by detecting associated changes in blood flow. This technique relies on the fact that cerebral blood flow and activation of neurons are associated. When an area of the brain is in use, blood flow to that region also increases (with gratitude to that fountain of all knowledge – Wikipedia)

## St John's Balmain farewells Fr James Butt.



Fr James with a very different TCS in 2011

Father James Butt began his journey in the Anglican Church as a young boy when a friend took him to Sunday school at All Saint's Ainslie in Canberra. All Saints' (originally the Rookwood mortuary railway station bought by the parish and reassembled in 1957) is a beautiful church with a strong tradition of excellent music, worship and preaching. It was here that James developed his passion for good classical liturgical music and sacramental worship.

After many years of worshipping at All Saints' James felt called to full time ministry. He trained for the ministry at St Mark's Theological College in Canberra. On 21 December 1990 he was deaconed in St Saviour's Cathedral in Goulburn on the feast of St Thomas and priested on 2 February 1992. This was a memorable time for the Anglican Church as his priesting was to include the ordination of the first women priests in Australia. When a legal injunction prevented Bishop Owen Dowling from proceeding, the women were priested a month later, on 7 March, in St George's Cathedral in Perth by Archbishop Peter Carnley.

Following his priesting Fr James was asked by Bishop Dowling if he would be interested in a placement in Sydney. At the time he thought that was the last place he wanted to be, however, following God's guiding hand he accepted the position as Assistant Priest at St Alban's Epping, taking up the position in March 1992.

While All Saint's was an ideal introduction to church life, St Alban's would be an ideal introduction to priestly life. In common with All Saint's, St Alban's is a parish grounded in a rich Anglo-Catholic tradition. It is also a large parish with multiple staff, many services and parish activities. James would spend seven very happy years at St Alban's serving the parish, honing his skills as a priest and making many longstanding friends who have supported his ministry at St John's.

St John the Evangelist (1882) is an Anglican Church in the Catholic tradition on the Balmain Peninsula.

Once a thriving parish in a working class area, by 1999 St John's was a church struggling to survive in a now-growing middle class suburb with a population not particularly interested in church attendance. The congregation was aging and dying out, the church in need of major repair, the rectory and organ had seen better days; there were no staff and no Sunday school. What had survived, however, was Anglo-Catholic, a tradition that the parish wished to maintain, along with the desire of parishioners to continue as a community of faith on the peninsula. To grow and revitalise St John's would be a hard call but this did not deter Fr James. Daunted but unfazed he was inducted as Rector by Bishop Peter Watson on 23 April 1999.



Fr James at Balmain

Fr James is a kind and compassionate person but can also be a bit of a taskmaster. In his years as Rector he has rallied and inspired the parishioners into achieving things they would have thought impossible. He is also a man of vision. It did not take long for Fr James to realise that the church organ was in dire need of major restoration. To restore the organ became his passion and “pipe dream”. It would have remained so but for an unexpected substantial bequest that enabled St John’s to successfully apply for a heritage grant. This was not the first time Fr James had been involved in organ matters; at All Saints he had been the Chair of the Organ Committee. This was very fortuitous for St John’s as he was able to put his prior experience to good use. The result has been a wonderfully restored organ rededicated on 4 November 2012, a legacy to his vision and determination.



**TCS at Balmain in 2013**

Fr James has made music an integral part of life at St John’s. Music provided by visiting organists, choirs and instrumental and vocal musicians has added depth and solemnity to worship. There have been soirees, jazz at parish lunches and ukulele players to entertain at the parish fete. Music has also played an important part in community outreach by encouraging the local school and others to use the church and hall for concerts.

On the eve of his retirement, Fr James can be proud of his many accomplishments at St John’s. The St John’s of 2014 is very different to the St John’s of 1999. Although still small, the parish has grown and stabilised, major improvements have been made to the fabric of the buildings (unfortunately for Fr James not the rectory), a Sunday school has been established, tired vestments and hymnbooks have been replaced and more. While these have been welcome and needed improvements, it is for his ministry that he will be best remembered.

The parishioners of St John’s give thanks for Fr James’s faithful ministry. For 15 years he has pastored the parish with love, friendship and acceptance. His love of sacred music, his reverence for the sacraments and his attention to what he calls “good catholic order” have enriched all aspects of worship and parish life at St John’s. He will be missed.

With his retirement life, for Fr James will have come full circle. He is moving back to Canberra in April and will re-establish his connections with All Saints’ Ainslie. We pray that God will richly bless him in his retirement.

A farewell Eucharist will be held at St John’s on Sunday 30 March at 9.30am followed by a sumptuous morning tea. Fr James will be sent off in a fanfare of music.

**Dorothy Straesser** – Balmain parishioner and TCS Supporter Extraordinaire



**TCS at All Saint’s Ainslie in 2013**

## How can I keep from singing? – Rosemary Osborne

I grew up in Sydney and attended St George High School. Music Education through High School and beyond at Sydney Conservatorium. Rosemary holds Licentiate and Associate Diplomas in Performance (Piano) from Australia and England. Upon finishing school and still completing studies at the “Con”, she was appointed Specialist Music Trainee with the Australian Broadcasting Commission and some years later, Personal Assistant to the Professor of Music at Sydney University (Professor Donald Peart). Then with a growing family, was invited to join the Music Staff of both Sydney Grammar School and Loreto College, Normanhurst and during these years was also as a tutor in piano, University of NSW.



Now, looking back on my life in review, my thanks for the gift I was given know no bounds. This gift has enabled me to spend my whole life in what seems to be every aspect of music (starting with my first six years of piano lessons with a truly savage teacher, whose modus operandi was to crack a wooden ruler across the backs of my 7 year old hands if a wrong note or finger was put down!)

My mother was a keen amateur violinist and music always took top priority in our home, my parents ensuring that my younger sister and brother also had music lessons from an early age, and the three of us became professionals.

At the beginning of High School I was “roped in” to play the organ at church (St James’ Carlton) and every Wednesday, straight after school, I was playing the piano for physical culture classes in the church hall (for 7/6 for 3 hours to start with, which by high school’s end had reached £1.10.0!)

From these early beginnings followed eisteddfods and sundry music competitions (hated that!), Young Australian broadcasts and several concerto performances,. Lots of accompanying (and I was singing as much as possible – Sydney Madrigal Singers, The Lydian Singers, Pro Musica Choir) then later came teaching, choral conducting, operatic rehearsals and adjudicating.

Max and I have 2 daughters and one son, 2 “children-in-law” and 7 grandchildren and they ALL enrich our lives by just “being”. We have been fortunate to do a fair bit of travelling, but the many islands of the Pacific are particularly dear to our hearts because of the beautiful, gracious and radiant island people. One occasion I shall never forget was on Rarotonga in the Cooks Islands, at a Sunday Morning Service in a small, white limestone church. A single male voice began from the gallery upstairs, then joined, gradually, voice by voice by the whole congregation, upstairs and down, until we had what seemed like at least 17-part harmony swirling all around us. The beauty of sound was completely overwhelming and never forgotten (and in the Cook Islands we discovered that everything starts with prayer – even football practice and afternoon tea!)

Now, for the past 12 months, I have been privileged to be an alto in The Cathedral Singers and I feel I have arrived at a place where I can sing my own thanks to God (and may we give thanks for the composers, musicians and singers who help others glimpse the Resurrection).

### **Rosemary Osborne.**

Alto.

Cook Island dancers at the Christmas Party hosted by Sir Trevor Garland last December, We assisted by singing carols up on the balcony!



# CD Order/Donation Form



**The Cathedral Singers**



**TCS Sings Evensong**



**Lo! The Star**

Mr/Mrs/Ms/Dr/Other \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_ Telephone \_\_\_\_\_

Enclosed is my cheque/money order for: (√ Tick appropriate box/s)

- |                          |   |                 |
|--------------------------|---|-----------------|
| <input type="checkbox"/> | CD 3 “Lo! The Star” @ \$20 each _____                     | \$ _____        |
| <input type="checkbox"/> | CD 2 “The Cathedral Singers” @ \$20 each _____            | \$ _____        |
| <input type="checkbox"/> | CD 4 “The Cathedral Singers Sing Evensong” @ 20each _____ | \$ _____        |
| <input type="checkbox"/> | CD 2 + CD 4 @ \$30 _____                                  | \$ _____        |
| <input type="checkbox"/> | CD 2 + CD 4 + CD3 @ \$45 _____                            | \$ _____        |
| <input type="checkbox"/> | + Postage and handling @ \$5 per CD _____                 | \$ _____        |
| <br>                     |   |                 |
| <input type="checkbox"/> | Donation for our ongoing ministry _____                   | \$ _____        |
|                          | <b>Total:</b>   | <b>\$ _____</b> |

***Cheques should be made payable to “The Cathedral Singers Inc”***

***Banking details for direct transfers:***

**Bank account details: BSB 814 282 A/c 1074 8975**

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

Please email us for further details: [tcs@cathedralsingers.org.au](mailto:tcs@cathedralsingers.org.au)

or ring Jan Kneeshaw on 9144 4915 or 0411 785 117

More details on our website: [www.cathedralsingers.org.au](http://www.cathedralsingers.org.au)

**All donations of \$2.00 and over are tax deductible**