

**February 2019**

faith

## What makes your heart sing?



When was the last time that you had a really good sing? On the football stands? At school? In the car? Or maybe just a good old kitchen karaoke...? There is something in all of us, that just loves a good old singsong.

Singing in a group has been scientifically proven to have benefits for mental health. It lowers stress levels, helps you to sleep better and even boosts your immunity. The controlled breathing that you use when you sing is good for your lungs and your posture.

There are a number of community choirs across Gloucestershire, but if you struggle to get to choir meetings or are nervous about taking those first steps into singing with others, why not come along to your local church? A big part of what happens in lots of services is the singing—some churches have the traditional hymns that we all remember from our school days, some have more modern styles of singing, but what is certain is that joining in and singing with a smile can help you to feel better about yourself and the world.

If you're interested in coming along, have a look at [achurchnearyou.com](http://achurchnearyou.com) for details of your nearest church—don't forget that they are all different, so if one style isn't quite what you are looking for, speak to your local vicar who can help you find a place that suits you.



## Jazz time at the Festivals

Do you love jazz music? The fluid rhythms, the changing moods and the playful notes make jazz enduringly popular but ever fresh. This year, continuing our partnership with the Cheltenham Festivals, the team will be back at Montpelier Gardens in Cheltenham to bring our own take on jazz.

From 4 to 6 May, (the early May Bank Holiday) we will be asking the question 'What makes your heart sing?' and asking people to add their answers to a giant wind chime in our diocesan tent.

We will help you to make a hand drum so you can join in with your own beat in our tent full of inspirational lyrics. If you have a faith, don't know anything about church or just fancy popping in to keep the children entertained,

we would love to see you for a chat. Booking for Jazz Festival is now open at [www.cheltenhamfestivals.com/whats-on/grid](http://www.cheltenhamfestivals.com/whats-on/grid) and follow @CheltJazzFest on Twitter for up to the minute news.

## iSingPop the sequel...



The Revd Sue Greatorex, Vicar of St Bartholomew's, Lower Cam and Coaley said that having a children's choir in her church has hugely enriched what is happening locally. The

children had an organisation called iSingPop come into their school. This organisation spends a week with children, teaching them pop songs with a

Christian theme and putting on a concert within a week. The children loved it and Sue could see that they were keen for more. She decided to start a children's choir in the monthly family service. It has grown and they are now starting to put together a music group.

If your church would like to do something similar, you might like to sign up to contemporary music training with the Worship Foundation. Find course dates, more information and booking at [www.gloucester.anglican.org/2018/worship-team-training](http://www.gloucester.anglican.org/2018/worship-team-training)

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## Events and training

### Candlemas Carol Service

Sunday 3 February, 6pm at Gloucester Cathedral

The candlelight Candlemas service brings to a close the first part of the great sweep of the Christian year from Advent, through Christmas and Epiphany.

### Food for thought

Wednesdays, 10.15am to 12 noon at Toast, Tutshill, NP16 7BN.

A chance to talk life and faith with coffee and cake. Contact Steven Shaw on 07934 436935.

### Valentine's Day Tower Tours

Thursday 14 February, 2pm and Saturday 16 February, 2pm at Gloucester Cathedral

A romantic trip up to the top of the tower. On a clear day you can see 40 miles across the glorious Gloucestershire countryside. Enjoy a glass of prosecco or non-alcoholic alternative. £15 per ticket, from [www.gloucestercathedral.org.uk](http://www.gloucestercathedral.org.uk)

### Bishop Rachel, Liedentity talk

Saturday 23 February, 2pm at Shipton Reading Room.

Speaking about her work with young people focused on the issue of value rooted in appearance and how low self-esteem is being fuelled by the pressures of social media to look a certain way. Followed by a question and answer session. <https://bit.ly/2VTWucv>

### Big brew and Bake Off as part of Fairtrade Fortnight

Saturday 2 March, 10am to 2pm at St Stephen's Church, Cinderford

Free samples light lunches, Fairtrade hot drinks, large Fairtrade shop and lots of information about Fairtrade and producers. [www.cinderford-churches.org.uk/fairtrade](http://www.cinderford-churches.org.uk/fairtrade)

### Wild + Fit exercise class

Saturday 9 March, 10am to 12.30pm in Gloucester Cathedral

Zumba, pilates, body weight fitness session in the Cathedral for the whole family. Fund raised will go to Gloucester City Mission to support their work with people affected by homelessness in Gloucestershire.

Tickets £10 adults, £5 children, £7 teens and concessions, £25 family ticket. [www.gloucester.anglican.org/wild](http://www.gloucester.anglican.org/wild)

Have your say: Visit Facebook /**Diocese.of.Gloucester**, email Katherine at [kclamp@glosdioc.org.uk](mailto:kclamp@glosdioc.org.uk), follow us on Twitter @**glosdioc**, view videos on **YouTube Diocese of Gloucester** or visit our website [Gloucester.anglican.org](http://Gloucester.anglican.org)