

## Cappella Nova Outreach Newsletter, Christmas 2024

Plenty of seasonal singing opportunities to share with you!...

### *Sing for your Life!*

We were overwhelmed by the support for the recent trial session, so Rebecca Tavener and I will lead another hour of fun singing together with positivity, healthy singing tips, and a jolly good laugh on **Thursday 5 December** starting at 2.00pm. Hopefully everyone will find their favourite Christmas song to be on the menu! Part of our new, occasional series of group-singing activities for all at [St Bride's Church](#) in Glasgow's West End, there is no admission charge, and refreshments are served at the end.

### *Cappella Nova Outreach in association with Musica Sacra Scotland...*

Cappella Nova Outreach's 'community liturgical choir' *St Columbkille's Schola Cantorum* continues to meet approximately once a month to sing at the 4.00pm Sunday Mass in the magnificently beautiful, neo-Romanesque [St Columbkille's Church](#) in Rutherglen, G73 2SL. Prior to Christmas, as well as singing on **Sunday 8 December**, we shall be back there for our favourite, annual fixture: the **First Mass of the Nativity on Tuesday 24 December**.

Anyone who loves singing (it's ecumenical in every way – you don't have to be religious, just respectful of the context) is welcome to join in: simply indicate that on Cappella Nova's [Contact Form](#), and we shall gladly add you to the Schola circulation list with no obligation. As part of the pre-Mass rehearsal there are always tips on healthy singing. There's no charge/subscription.

### *A Big Festive Sing...*

Our annual Christmas-time 'big sing' returns on **Thursday 19 December 10.30am-12.45pm**. Under the guidance of the Cappella Nova Outreach Team Leaders, come and enjoy the health benefits of singing as they share tips for preparing to sing (gentle warming-up, breathing and vocal exercises to encourage good use of the voice. Then sit back and enjoy a variety of songs which participants in *The Morning Choir*, *Health and Wellbeing through Song* and *Songs of the Great Musicals* have been learning this term, interspersed with Christmas singalongs for all. No experience needed! The Workshop will take place in Glasgow's Renfield Centre, and we all take a tea/coffee break half way through the Workshop. [Tickets available here](#).

## ***Cappella Nova Outreach in association with Alzheimer Scotland...***

A warm welcome is extended to all participants from our various group-singing activities and their friends who would like to support and join in with these fun singalong sessions, *We Sing Together Café*, led by Bill & Hilary Jones at Alzheimer Scotland's Resource Centre at 81-91 Oxford Street Glasgow G5 9EP (handy for buses and Bridge Street Station Subway, and a 10-minute walk across the Clyde from Glasgow Central Station).

Generally taking place on the third Friday of each month, the final Session of the year will be Christmas-themed and will take place on **Friday 20 December, as usual 1.30 for 2.00-3.00pm**. If you would like to come along to this Session or to any in the New Year and are not already on the specific circulation list, simply indicate this on [Contact Form](#).

*...and, moving into the New Year...*

## ***Cappella Nova Outreach in association with Musica Sacra Scotland...***

### ***Strathclyde University's Centre for Lifelong Learning...***

[Bookings](#) are already for a wide range of group-singing opportunities in the New Year Term:-

*The Morning Choir*: 10.30am-12.30pm on Tuesdays 28 January to 1 April 2025: a rare opportunity to participate in a daytime choir in Glasgow: "open access" (no auditions) although it is suggested that those with no experience of singing in a choir take one of the *Health and Wellbeing through Song* classes first.

*The Joy of Jazz through Song III*: 10.30am-12.30pm on Wednesdays 29 January to 2 April 2025: another exploration of Jazz through the songs associated with it through active participation in a selection of the songs. No musical prerequisites – simply a willingness to have a go!

*Health and Well-being through Song for Beginners*: 10.30am-12.30pm on Thursdays 30 January to 3 April 2025: come along and experience first-hand how singing can help to improve your vocal and physical health, singing confidence and listening ability, and discover that singing with others is both fun and uplifting. No previous singing experience required.

*Health and Well-being through Song for Improvers*: 1.30-3.30pm on Thursdays 30 January to 3 April 2025: offering an achievable degree of challenge as well as an emphasis on the enjoyment of unison and harmony singing, with special attention given to breathing and posture – friendly and encouraging choral fun!

## *Sing medieval Plainsong...*

Calling all those who would love the opportunity to participate in singing plainsong together, we are gathering a community choir to work on the medieval chant for St Brigit on **Saturday 8 February 2025 at 1.00pm**, also at [St Bride's Church](#). You will also have the opportunity to participate in the concert of 15<sup>th</sup> century Irish music performed by Canty with Bill Taylor (on medieval clarsach) and the Schola Cantorum of St Bride's taking. Beginning at 5.00pm, the concert will end by 6.15pm with a wee reception. There is no charge to participate and, if you would like to register, simply email me at the address below.

## *...also celebrating St Kentigern*

Here's a little extra for those of you who love plainchant – I shall direct Strathclyde University Chamber Choir who will be joined by Rebecca Tavener as Cantor for a celebration of Glasgow's Patron Saint, familiarly known as Mungo. Arranged by the [St Mungo Festival](#), this will take place on **Wednesday 15 January 2025**, close to the day of his Feast Day in [St Andrew's Metropolitan Cathedral](#) in Clyde Street, Glasgow, and will feature chant from medieval manuscripts celebrating Saints Kentigern, Brigit of Kildare and Columba.

With every good wish for a musical and healthy Christmas and New Year.

Alan Tavener

Conductor: Cappella Nova, and Director: Cappella Nova Outreach, [alan.cappella-nova@strath.ac.uk](mailto:alan.cappella-nova@strath.ac.uk)

**Cappella Nova is a charitable body, registered in Scotland, number SC005380,  
at 35 Crosbie Street, GLASGOW G20 0BQ.**

<https://cappella-nova.com/>