

## Standing Together in Song

In the last few weeks you may have seen on the internet or TV News videos of people across the world singing from their windows.



The craze started in Italy. Since the country went into lockdown to try to the spread of the coronavirus outbreak, whole neighbourhoods of people have come together to fill the silence of the streets with music. The “Flash Mob Sonoro” or ‘sound flash mob’ has encouraged people to pick up whatever they have lying around the house – from a pot and wooden spoon to a traditional instrument – and come together to create music and sing. There are dozens of videos that have gone viral this week, click this link: [people in quarantine singing together](#)

Just a few weeks later, the trend started by the Italian people had spread all around the world. From Dallas to Belgium, people are coming together via music, using the power of singing to connect to each other. It’s no surprise that, in a time when we’re all feeling a little bit fed up with isolation, we’re turning to singing to make ourselves feel better. After all, think about how much better you feel when you sing at the top of your voice in school or maybe at home.



Here’s the science bit:

- Singing releases **endorphins** and **dopamine** in the brain. Both of these are **neurotransmitters** which are responsible for helping us to feel happier.
- When we sing sound comes out of our mouths at approximately 75 miles per hour. It is 1/2200 second, from the time that the sound is made until it exits your mouth.
- The amount of **cortisol** (a hormone) in **saliva** (the watery stuff in your mouth) reduces after you sing – cortisol is a stress hormone, and therefore less cortisol means that you feel less stressed and worried when you sing.
- Some animals, such as many types of bird and whale, sing. Other animals, such as many types of cats, make musical purring sounds.

It's clear that singing is a fantastic way to feel good so it's no surprise that the trend which started in Italy has spread all over the world. Across the UK, a number of online projects have been launched to allow people to sing with other people across the globe – like a kind of world choir - check out The Sofa Singers <https://www.thesofasingers.com>.



## Why do Christians sing?



Sing praises to God, sing praises:  
sing praises unto our King, sing  
praises. For God is the King of all  
the earth: sing ye praises with  
understanding.  
Psalms 47:6-7

Christians believe that singing to God is a great way to worship him, in fact the Bible encourages Christians to let God hear happy singing. Worship songs can be about how great God is or they can simply be songs of thanks, thanking God for the wonderful things he has done. Jesus teaches us to love our neighbour – that includes everyone, no matter their nationality, gender, belief or behaviour. Now that IS something to sing about and there is no better time than now to show our love for our neighbours – not just the people next door but everyone in our villages, towns, cities and countries across the world!

This year schools and churches in the Portsmouth and Winchester dioceses have been getting involved in the 'Standing Together' project which encourages us all to challenge prejudice (disliking and judging others simply for being who they are) and celebrating what makes us individuals and unique. This is so important if we are to live in peace and happiness with each other.



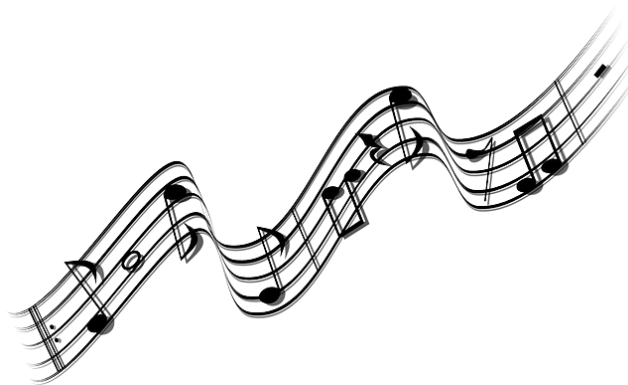
## **Start your own choir and let God hear you!**

You and your friends must know lots of worship songs that you sing at school in Collective Worship or perhaps songs from a school performance you remember.

Why not start your own choir; these tips might help you:

- ✓ First choose a good name for your choir
- ✓ You might want to create a kind of personality for your choir (even though it doesn't really exist yet!). You can do this by adding a short, punchy sentence which identifies what your choir is going to do (e.g. "harmony through song", "release your voice", "singing for peace")
- ✓ Choose one of your favourite worship song and practise it (or just a part of it) until you can sing it really well on your own.
- ✓ Think about whether you could use an instrument (even one made from things around your house, remember the Italian people with their saucepans and wooden spoons?) and accompany yourself singing.

- ✓ Now it's time to get others involved. Teach the song to one, two or all the people in your house. Discuss what the words mean, telling the song's 'story'. Sing it together until you sound really good.
- ✓ Then, after checking with your grown up, share the song with your friends online and get them to sing with you. Your choir is growing!
- ✓ Try and get as many people as you can singing the song. You may like to find accompanying music online.
- ✓ Make a time and date for your family and friends to sing the song from your windows. Perhaps you could video it so you can see each other.
- ✓ Ask as grown up if you can safely deliver song words to your neighbours so they can join your choir. Give them a date and time that you will be singing so they know to look out for you and join in. You may like to create a poster.
- ✓ Please don't forget to share your choir's performances with teachers in school. Happy singing!



**Thank you for standing together and helping others in your community in this special and happy way.**