

# *Singing in choir is a “moo-ving” experience*



## *Join The Choir!*

According to a University of Northampton study, cows actually have best friends! When cows are surrounded by their best friends, their heart rates slow down significantly, and they experience less stress. Similar studies show that choir singing reduces stress and anxiety, raises endorphins and even confidence! Emmanuel's choir is educational, spiritual and its members genuinely enjoy each other's company. Cow-a-bunga! Check out a rehearsal and see what an udderly great time we have. And it's cheaper than a trip to the pharmacy!

Emmanuel's adult choir is open to everyone. High school students are especially welcome! Moo-sic reading and previous choral experience are helpful but not required.

First rehearsal: Wednesday, September 7, from 7 to 8:30 pm in the choir room. Choir also meets each Sunday at 8:30 am and can be “herd” at the 10 am choral liturgy. Come out and seize the moo-ment!