

## *A Coffee with Alessio*



### Welcome to 2017

Happy New Year to you all! I hope you had a wonderful Christmas, and that the music you provided during the Christmas liturgies lifted people's hearts to God in joy. I can't believe how fast time flies. It only seems like we celebrated Christmas Day yesterday, and here we are at the end of January, and back to school to start another year of academia. One of the lessons I've learned the hard way over the years, is to strike a balance between work, rest and play. All three are essential, and too much of one element, and not enough of the other two is detrimental to one's mental health and general wellbeing! What has this got to do with music you ask. *Quite a lot.* You see we need to strike a balance in our music repertoire between the familiar and the new, and when we introduce a new hymn or Mass setting, when to repeat it, so that our congregation becomes familiar enough with the music, but aren't bored with it.

So, I'm sure by now your choirs are back into the swing of things. I would get together with a few of your choir members and look ahead to Lent and Easter and choose about 4 new hymns- 2 for the Lenten season, and two for the Easter Season. If you choose wisely, you should be able to use the four hymns you choose during the year after the Easter Season is finished. I say that, because the themes of mercy and forgiveness return to our Sunday cycle readings at various times during the Sunday Ordinary Time cycle readings. Similarly, the right Easter hymns can be used at other times during the year as well. We have five Sundays of Lent and six Sundays of Easter, plus the Ascension and Pentecost. Within that time frame you could sing your new hymns three times, one week on, one week off, and people will get to know them, but not be bored with them.

In next week's column, I will give some suggestions of music for Lent. In the meantime, you might like to make a note of the workshops that the Centre for Liturgy is offering during February:

Saturday 11 February; Music for the Season of Lent

Saturday 18 February: Music for Holy Week

Saturday 25 February: Music for the Sacraments

Full details and registration forms are available on the Centre for Liturgy website: <http://liturgy.perthcatholic.org.au/>

These workshops will teach 'new' music that you can take back and use in your parishes and schools. In particular during the Music for Lent workshop we will teach you settings of the Gospel Acclamation which you can use, as there is no Alleluia during Lent.

Well, I wish you every blessing for 2017. I'm going to look for a café to have a coffee and take some time to stop and enjoy the silence. Till next week- enjoy your coffee!

Friday February 3 2016