



Issue No 11

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NEWSLETTER

This week we were in full preparation mode for the Young Hearts Carol Service that is happening on Tuesday 18th of December in the Headford Road Shopping Centre. We will be spreading the joy of Christmas through song.

The corridors of Croí na Gaillimhe were filled with song this week as its walls echoed Christmas hymns and carols. Ronan De Burca was our choirmaster who taught us some breathing techniques and patiently practiced carols with the young hearts participants.

For many, carol singing helps prepare people to welcome Jesus into our hearts and homes on Christmas Eve. Moreover, it helps in bonding the community.

We are hoping to spread the Christmas cheer through carols and hymns next Tuesday from 10am 1.00pm at the Galway Shopping Centre to raise vital funds for Croí na Gaillimhe Resource Centre. The resource centre acts as a social network for people living in the City or County of Galway, where they can



YOUNG HEARTS PROJECT

Bringing in the spirit of Christmas through music at Croí na Gaillimhe



attend classes, clubs and groups, meet up with old friends or meet new friends, take part in activities which are enjoyable and fun, sometimes educational or creative as well as accessing useful information and resources.

We began the session by learning breathing techniques. Breathing well will support our voices. We learned that singing when we have no breath left is a common way of tiring our voices.



We practiced breathing in gradually, and
'Excellence Together'

thought of our lungs filling up in fractions, when we counted.



We also focused on the diaphragm, being careful not to hold tension in the throat.



Next, we explored our range by singing the note that came most naturally to us. Gradually we took the pitch up to the highest note we could sing without straining. Then we took it all the way down to the very lowest note, again without straining.

We went through breathing exercises and vocal exercises, to ensure that we warmed up before singing, and that our singing technique was sound. After we had finished warming up we practiced our carols and developed our technique and range.



We hope to bring the joy of Christmas to people. We will be singing some popular Christmas carols including Hark on hear, Little Drummer Boy, Long Time ago in, Joy to the world and Silent Night. Carols do not just represent songs, but thousands of years of Christian history. We hope to revive the real essence of Christmas spirit by singing some traditional Christmas carols for the public. Special thanks to Ronan for facilitating this session.

Please come along and support us if you can next Tuesday! All are welcome and the support is greatly appreciated!!