



NATIONAL  
ASSOCIATION OF  
PASTORAL  
MUSICIANS  
ARCHDIOCESE  
OF KANSAS CITY  
IN KANSAS AND  
KANSAS CITY/  
ST JOSEPH

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## MARK YOUR CALENDARS

Oct 4 and 11, 7 pm  
Matt Winterhalter  
Organ and Piano Recital  
St Joseph, Shawnee

Nov 17, 3 pm  
St Cecilia Festival  
Cathedral of the  
Immaculate  
Conception, KCMO

Nov 20, 7 pm  
St Cecilia Mass  
Savior of the World  
Pastoral Center, KCK

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# NPM News

Volume III, Issue II

October 1, 2020

## Virtual Hand Bells and Hand Chimes Workshop Fall 2020

This time of social distancing has created a challenge for church choirs to gather and sing together and so our local NPM Chapters offered a workshop exploring alternate ways to make music in a communal setting.

A hand bell and hand chimes workshop, titled "Let Your Voices Ring Out", was a virtual workshop offered on Thursday, September 17, 2020 via Zoom. There were 35 participants during the live-stream, including both beginner and experienced ringers and directors. Additional viewers have also watched the video on our chapter YouTube page.

The presenter, Kathleen Ebling Shaw, Conductor of the Westminster Concert Bell Choir, covered topics including: tuning, the basics of ringing, damping, ringing techniques, and part assignments. She also gave recommendations on repertoire for small and beginner choirs, and she gave insight on how to rehearse safely during this pandemic. Resources she used were emailed to participants and are available to access on the chapter website. The workshop was well received by participants, who commented that they learned valuable information that they will be able to use in their ministries. Find the video of the workshop at the NPM of greater Kansas City YouTube page [https://www.youtube.com/feed/my\\_videos](https://www.youtube.com/feed/my_videos). (Article by Kristen Beeves)



## 40 Years and Counting: Who is NPM?

- **NPM is a community of pastoral musicians**, committed to mutual learning and sharing of resources in service to the Church. NPM provides the support, formation, and skill development opportunities that pastoral musicians need.
- NPM membership reflects the growing **cultural diversity** of the Church across the United States.
- **NPM is a community** for all those who are passionate about sung worship, those whose heart pounds as a community sings together, and those who miss their choirs over summer break (or during pandemics!)
- **NPM is a network of support** for colleagues. NPM is for everyone who wants to make Sunday morning better through singing praise to God.
- We promote **professionalism and competence** in pastoral music leaders. The members of NPM exercise leadership in our field and promote a vision for Church music.
- **NPM is able to advocate** for the **profession** and **vocation** of the pastoral music minister with the leadership of the Church in the United States, as well as representing the field of pastoral music ministry to the wider Church.
- Our association **collaborates with other national ministry organizations** to strengthen liturgical worship in the Church. With over 70 diocesan chapters already established nationwide, **new chapters** are forming all the time to unite pastoral musicians in a **common purpose for a common mission**.

## NPM Awards Include Local Musician Maria Milazzo

NPM honors some of the shining stars among our pastoral musician community each year. The list of 2020 recipients with details about each person and the awards can be found on the [npm.org](http://npm.org) website.

In addition, NPM awards a number of scholarships each year that assist young pastoral musicians to further their training. Our own Maria Milazzo from Nativity of Mary in Missouri received the Dr. James W. Kosnik Scholarship. A variety of other scholarships were awarded to another six recipients. Congratulations to Maria and all the rest!

## PROGRESSIVE SOLEMNITY DURING COVID

All music is not equal when it comes to the Mass. Sing to the Lord (STTL) calls the order of precedence for singing the Mass the Principle of Progressive Solemnity (Chapter IV:A). COVID has upended our usual celebration of the Mass with the ban on assembly singing and choirs. STTL describes the role of music in the paragraph 110: “Music should be considered a normal and ordinary part of the Church’s liturgical life.” Paragraph 9 states: “Particularly inspired by sung participation, the body of the Word Incarnate goes forth to spread the Gospel with full force and compassion.” Paragraph 11 goes on to say: “Within the gathered assembly, the role of the congregation is especially important. ‘The full and active participation by all the people is to be considered before all else, for it is the primary and indispensable source from which the faithful are to derive the true Christian spirit.’ (Second Vatican Council, no. 14)”

Progressive solemnity should be considered as the assembly is allowed to participate more fully. The role of the assembly to participate fully in worship is primary, but also continue considering limiting the total worship time and the spread of possible COVID-carrying droplets and aerosols.

The definition found in paragraph 111 states: progressive solemnity means that ‘between the solemn, fuller form of liturgical celebration, in which everything that demands singing is in fact sung, and the simplest form, in which singing is not used, there can be various degrees according to the greater or lesser place allotted to singing.’ (General Instruction of the Liturgy of the Hours/GILH, no. 7)” Progressive solemnity includes not only the nature and style of the music, but how many and which parts of the rite are to be sung. (para 112). More detail can be found in STTL and the General Instruction to the Roman Missal/GIRM but the distilled essence is summarized in the below lists. As your parish returns to singing their prayer, this order of precedence is most liturgically correct to follow. Pastoral judgments may, of course, cause you to choose differently.

### Quick Reference Guide

Below is a chart of what the USCCB recommends singing as a minimum, plus the order of precedence in which to add music for more festive occasions. This chart, and the page following, summarizes the Bishop’s guidance in brief. Essentially one begins by singing Category 1 music and then add Categories 2 and 3 as the level of solemnity increases. The Church encourages us to sing **Category 1 at nearly every Mass** and Category 2 and 3 are often sung at most Sunday Masses.

**CATEGORY 1:** A. the Dialogues between celebrant and assembly (The Lord be with you, etc.)  
B. Alleluia, mandatory, Gospel Acclamation verse never spoken, omitted if not sung  
C. Holy Holy, Mystery of Faith, Great Amen (*continued on page 4*)

## CANTOR CORNER

### The Masked Singer

Lest your assembly sit, wondering if you are “Killing Them Softly With Your Song,” (see last issue for more on this topic), it behooves anyone allowed to sing during Catholic liturgy to wear a mask. Research continues to show that wearing a mask limits both droplets and aerosols better than face shields or any sort of barrier. Barriers only prevent droplets from spraying beyond the singer’s or speakers mouth, not aerosols, which gradually fill the room, particularly if the air exchange is limited. A University of Colorado study of singers and actors and other research proves masks’ effectiveness in limiting the spread of both.

All masks are not equal when it comes to limiting the distribution of droplets and aerosols when singing or speaking. The surgical type—pleated with a metal piece to bend over the nose so it spreads very firmly over the nose and mouth, provides the best protection. Many people have sewn various versions of masks that fit loosely and without the nose piece. Without these features, droplets and aerosols can escape. Using a ribbon with buttons, a plastic piece with hooks, or attaching two pieces of Velcro to the elastic loops, allows use of the surgical mask that is even firmer fitting and also doesn’t pull on the ears of the wearer.

Barbara Leyden has begun making a “singer’s mask” using a pattern developed by Joan Fearnley, another choir director who spent the summer designing one. She created a “duck bill” portion that juts out and is supported with zip ties so singers can articulate and breathe more easily. Minimal materials are needed to make a cheap mask rather than trying to purchase them for \$20.00 or more online—if they are even available. Many school choirs are rehearsing and have bought all the existing supplies. Directions for Fearnley’s mask are posted on our NPM website.

Another device also helps singers—a mask bracket, which is a plastic piece to wear under the surgical mask and hold it away from the mouth. Feedback is that it helps some people very much, including teachers who are talking much of the day. The frame doesn’t fit every jaw so it can be too uncomfortable for some. A big run on these also might mean waiting for your purchase to arrive.

## Moving Forward At Six Months

Last week marked the six-month point of COVID restrictions in our area. Where are you, your parish musicians and your parish at this point? Feelings of anxiety and depression with the unhealthy behaviors that often arise from these emotions are widespread. Rather than succumb to these, we are called to shine Christ's light to others every day and in every way we can.

Dr. Kevin Vogt at St Michael the Archangel parish in Leawood is using a process called Appreciative Inquiry (AI) with his liturgical commission. The process focuses on beginning any evaluation with positive principles and can be used for any issue. The promoters base this on the well-researched psychological and educational Pygmalion principle. High expectations improve results, even without changing any methods. Psychologists have learned that people need a positive psychology or outlook in order to function well. As Dr Vogt told his committee, "times of crisis can reveal what is most important to us, inviting us to embrace our best values, and to make changes. The way of Christ is the way of change, the path of conversion. Worship of the Father, through Son, and in the Holy Spirit requires us to always be changing."

One website defines the process as the "4-D Cycle." ([www.AppreciateEngagement.com](http://www.AppreciateEngagement.com)). Whether it is just you working alone, or a group or staff planning together, begin with "Discover"—ie., state the best of what is in your current situation. Fr Scott Wallisch, St. Joseph, Shawnee, pastor, in the bulletin marking the six-month point of COVID, asked his parishioners to reflect, "what has God taught you about yourself and your relationship to Him?....God is forming and teaching us right now, in every circumstance." Dr Vogt asked this question, "What connections to the parish Church have you experienced [during this time]?" Combining AI with these questions means looking for all the good first, rather than what has been lost.

The next step in the 4-D Cycle is to "Dream"—to imagine what could be, followed by "Design"—plan what will be—and "Destiny"—create what will be. Dreaming and designing would include what can be done right now, while COVID still restricts singing, choirs and wind instruments, and for the future, when we are past this unprecedented and temporary time. When Dreaming or Designing it is important to concentrate on what is actually in your sphere of influence. We might all dream that we create an effective vaccine by tomorrow, but we cannot accomplish that feat. However, we can dream that our choristers all return to our choir; or dream that they maintain vocal technique or even improve some aspect of singing or music reading as long as we then design a plan to accomplish that goal. We can dream that members of a small faith group we assist in creating increase in faith, hope and love. **(see below inset box to continue)**

### A Reflection by Margaret Hochla

When looking over the calendar the other day wondering which saint or celebration would beckon to me for reflection, I was surprised to be feeling sad, really sad. Only a moment before I had been rejoicing over the cooler weather, anticipating the brilliant colors of fall foliage, and busily planning my participation in the many smells and traditions of my favorite season: Autumn.

It's not too soon in September to start thinking about what you'll "be" for Hallowe'en, or how many dozen kolache or what pies to bake for Thanksgiving, or whether this year is the year to finally make the best fig cookies ever for the traditional Sicilian cookie tray at Christmas.

I was sad because I was mourning. I was mourning for something that hadn't even been lost yet. Is it possible that I was thinking that those days and times wouldn't even come? I know

those days will come. Now I know, however, that I really, really want them to come in a certain way. Will I recognize them? Will I be able to celebrate if they don't come with "all the trimmings"? I can't imagine I am alone in this feeling and I've probably come late to it. Most of you have already been here. For those of you familiar with meditation, you're probably thinking: **It's time for her to come into the present.**

**Name five things in the room and breathe.** Realize that in this moment, you're okay. Feel where you are, the coolness of the room, the softness of a blanket, whatever is *actually* happening. Take time with your feelings and **let go of what you can't control.** Focus on what you can control, like washing your hands, wearing a mask, keeping your distance, "stocking up" on compassion and finding meaning. We are restless until we can find meaning. Tell the truth about what you feel, then go and find the meaning. This is something you don't have to put "on hold".

*(Moving Forward continued)* In order to lift up your fellow pastoral musicians, **please share on one of our NPM Facebook pages**, or email to the newsletter editor (email on the page 4 sidebar): (1) some of the positives you have experienced these past six months and in your current situation.; (2) share some of the initiatives you and your fellow parish staff members or musicians are finding effective or are planning. Meanwhile, some activities that have worked well are listed below.

Virtual choir performances have frequently been recorded by individual singers and assembled by software in these first months. They require lots of equipment and time to assemble but have served a purpose in keeping choristers singing and providing some sense of the group remaining alive when resources and expertise allow.

As we move forward and groups are rehearsing masked and distanced, some choir directors are planning on live-streamed performances or recording their choir to post on YouTube. Danny Baker at St James in Liberty live-streamed and posted a series of lunchtime musical recitals in the church this summer. The musicians were either soloists or a distanced small ensemble while the audience wore masks in spaced seating. Village Presbyterian is live-streaming Thursday lunchtime concerts as well as music lesson presentations on Mondays.

Raffele Cipriano at Good Shepherd, Shawnee, has used Zoom frequently to connect with the parish choir and continue to rehearse music. Michael Carney at MusicMinistry101.com has run a series of free lessons on singing technique and reading music. Using your NPM membership to play the videos on the national website either via a Zoom meeting or in person is a way to continue personal growth among your music ministers while not singing.

Attending daily Mass without serving in a ministerial capacity bears much fruit. One reason Dr. Barbara Leyden left teaching was so that she could attend Mass nearly every morning. Daily Mass became core to her prayer life. The schedule ensures that she prays every day; the Scripture always speaks to her in some phrase or thought; the gift of Jesus in the Eucharist continues to strengthen her and the presence of other believers builds her faith and inspires. The lack of the usual number of rehearsals or working at

**(continued on page 4)**

NPM CHAPTERS FOR  
THE DIOCESE OF  
KANSAS CITY/  
ST JOSEPH AND THE  
ARCHDIOCESE OF  
KANSAS CITY IN  
KANSAS  
NEWSLETTER

Visit our Chapter Youtube page at:  
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## Progressive Solemnity continued from page 2

**CATEGORY 2:** A. entrance song and communion antiphon or hymn  
B. The Responsorial Psalm  
C. Litanies, particularly the Kyrie and Agnus Dei

**CATEGORY 3:** (not as critical for the assembly to participate)  
A. Glory to God  
B. Offertory Hymn  
C. Additional litanies such as Prayers of the Faithful  
D. Song of Praise after communion **or** a Recessional Hymn

### Quick Planning Reference for Most Sundays

PRELUDE: **sometimes sung; choir or solo most appropriate**

GATHERING: **Sung nearly always**

PENITENTIAL RITE: **spoken or sing invocations or simple setting of Lord Have Mercy when Glory to God is omitted**

GLORY TO GOD: **not sung during Advent or Lent; special choir arrangements for festive occasions; setting appropriate for congregational participation other times**

RESPONSORIAL PSALM: **sung nearly always**

GOSPEL ACCLAMATION: **ALWAYS sing; setting should be rhythmically strong, melodically appealing, and affirmative**

PRAYERS OF THE FAITHFUL: **spoken or sung litany type occasionally**

OFFERTORY/PRESENTATION OF GIFTS: **sing occasionally; choir or cantor solo very appropriate**

HOLY, HOLY: **always sung; setting should be rhythmically strong, melodically appealing, and affirmative**

MYSTERY OF FAITH: **always sung; setting should be rhythmically strong, melodically appealing, and affirmative**

GREAT AMEN: **always sung; setting should be rhythmically strong, melodically appealing, and affirmative**

LORD'S PRAYER: **Sung only if entire congregation and priest can participate**

LAMB OF GOD: **sung by cantor/congregation or choir**

COMMUNION: **always sung; song of unity and love**

SONG AFTER COMMUNION/SONG OF PRAISE OR THANKSGIVING: **May be sung by assembly; choir alone also appropriate. Important note: there is no such thing as a "Meditation Song" described in the documents.**

RECESSIONAL: **not necessary to be sung at all; may be sung by choir or be instrumental only**

### (Moving On continued)

home may allow time for attending in person or virtually. Encourage your pastoral musicians to do the same.

One of the Archdiocesan evangelization initiatives is a return to the formation of small faith groups within the larger parish. Forming a music ministry, choir, or instrumentalists' small faith group is a way to encourage community and attachment to the ministry while praying and discussing matters of faith and/or music. The normal demands of weekly liturgy generally limit the amount of time an ensemble or choir have to pray together, discuss the weekly readings or work on vocal or instrumental technique, but now there is time if the technology is available to you.

Mario Milazzo at Nativity of Mary in Missouri began virtually praying a version of the Liturgy of Hours on Thursday mornings with music and scripture back in April, open to all parishioners.

They celebrated the Nativity of Mary Feast Day with a virtual concert and prayer service. Other music ministers are making masks, or organizing parishioners to make them.

So assess the positives, dream the possibilities, design a way to achieve the dream, and then please share your ideas with the rest of our pastoral musician community!