

Research has found that children who sing in choirs:

- * get better grades
- * have better homework habits
- * show high levels of creativity
- * have more advanced social skills
- * are better team players
- * have better emotional expression and management
- * are more self-disciplined and punctual
- * score higher on the SAT
- * have a greater mastery of world languages

Singing:

- * Is a stress reliever
- * Releases endorphins into your system and makes you feel energized and uplifted. People who sing are healthier than people who don't.
- * Improves your mood. It releases the same feel-good brain chemicals as chocolate!
- * Improves posture
- * Fosters better sleep
- * Increases confidence
- * Strengthens concentration and memory
- * Enhances the process of learning. The systems it nourishes, which include our integrated sensory, attention, cognitive, emotional and motor capacities, are shown to be the driving forces behind all other learning.

This is true for adults, too! Consider joining our adult choirs:

- * Contemporary (rehearses Thursdays at 7:00pm; sings Sundays at 9:30am Mass)
- * Traditional (rehearses Thursdays at 2pm; sings Sundays at 11:00am Mass)