



MARCH / APRIL 2023

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***Deadline for the May /
June 2023 Newsletter is
February 15, 2022***

NOTES FROM THE DEAN



Dear Friends,

Sending love and best wishes to you all as I write this message on Valentine's Day!



Are any of you interested in playing on the **Member's Recital** on June 4 at 3:00pm at the Cathedral of St John? Please let me know by April 1 if you'd like to play. We are tentatively allowing 5-10 minutes for each player.

After a weighty discernment, decision, and details process, we had no entrants in Albuquerque for the **Young Organists' Competition**, and in fact, only one entrant in the Southwest Region. I'm disappointed about this but am hoping that we will be asked again in the future. It was such an important project, and one that seemed achievable by a relatively small chapter.

Please check the calendar for all the goings on. Coming up soon is the **Raven Chacon** premiere, and the **Friday concerts** continue at First Presbyterian in Santa Fe. Please remember to list events at your churches so that we may all participate.

Many Blessings,

Nancy Granert (Dean)

USEFUL CHAPTER EMAILS

Dean: Nancy Granert – dean@agoabq.org

Sub-Dean/Program Coordinator: Pauleta Hendrickson – program@agoabq.org

Treasurer: John Homko – treasurer@agoabq.org

Newsletter/Webmaster: Evelyn Henson – editor@agoabq.org

PHOTOS FROM THE EPIPHANY BRUNCH – JANUARY 7, 2023

Many thanks to members Maxine and Edmund who invited us into their home for this event.



REPORT: FEBRUARY 11, 2023 (BY SUB-DEAN PAULETA HENDRIKSON)



On Saturday, Feb 11, **Ingela Onstad** presented a timely workshop on *Understanding and Coping with Performance Anxiety*. I have attended several of Ingela's workshops and learn something new every time. My biggest take-away from this particular workshop was "You can't practice yourself out of anxiety." For me, this was an eye-opener. I practice. I train. I work. And yet, there they are, butterflies the size of pterodactyls. Fortunately for me (and you) Ingela assured me that there are concrete biological reasons, not just psychological ones, for anxiety. She pointed out Maslow's hierarchy of needs where we have to feel safe in order to operate at higher levels. In other words, if you are experiencing anxiety,

you aren't on one of those higher levels at that moment. So, what do we do? Ingela suggests that we build our toolkit of routine and ritual.

Both routine and ritual sounded a lot like practice to me. It also made me think about my musical improvisation class: You can't improvise until you know the rules, i.e. build a toolkit. What are the things in an anxiety-busting toolkit? Taking care of yourself with nutrition, exercise, and meditation. Determining your anxiety level. Examining thoughts, since not all thoughts are kind or helpful. Redirecting thoughts into positive language. Practicing cognitive behavioral therapy either on your own or with professional help.

Ingela ended the workshop with a summary of R-A-I-N as presented by Tara Branch.

- **R** - Recognize what is happening. "I'm feeling anxious/tense."
- **A** - Allow the experience just to be there, just as it is: "It is ok" "Yes" "I consent."
- **I** - Investigate with kindness: "What needs the most attention?" "What am I believing right now?" "How am I experiencing this in my body?"
- **N** - Non-Identification: "I am not this emotion/feeling." OR
- **N** - Nurture: "What do I need right now?"

I am grateful that Ingela took time to share with us. If you are interested in learning more, or meeting with Ingela, she can be reached through her website: <https://www.courageousartistry.com/>

TGIF CONCERTS – FIRST PRESBYTERIAN CHURCH, SANTA FE

These concerts have now resumed in person – *masks and proof of vaccination required at the door.*

Whether you're ending your week or starting your weekend, every Friday evening at 5:30pm, First Presbyterian Church invites our Santa Fe neighbors and visitors from all over the world to our sanctuary to enjoy a half hour of music and reflection.

2023

March

- 3 — Jane Trembley, soprano, and Debbie Wagner, piano
- 10 — Sergio Rodriguez, piano
- 17 — eternal Summer String Orchestra
- 24 — Linda Raney, organ: Bach's Birthday
- 31 — High Desert Saxophone Quartet with Peggy Abbott

April

- 7 — Chancel Choir: Good Friday
- 14 — Black Mesa Brass
- 21 — Kathleen Echols, soprano
- 28 — Kehar Koslowsky, mezzo soprano, and Debbie Wagner, piano

UPCOMING EVENTS

RICK SEATON

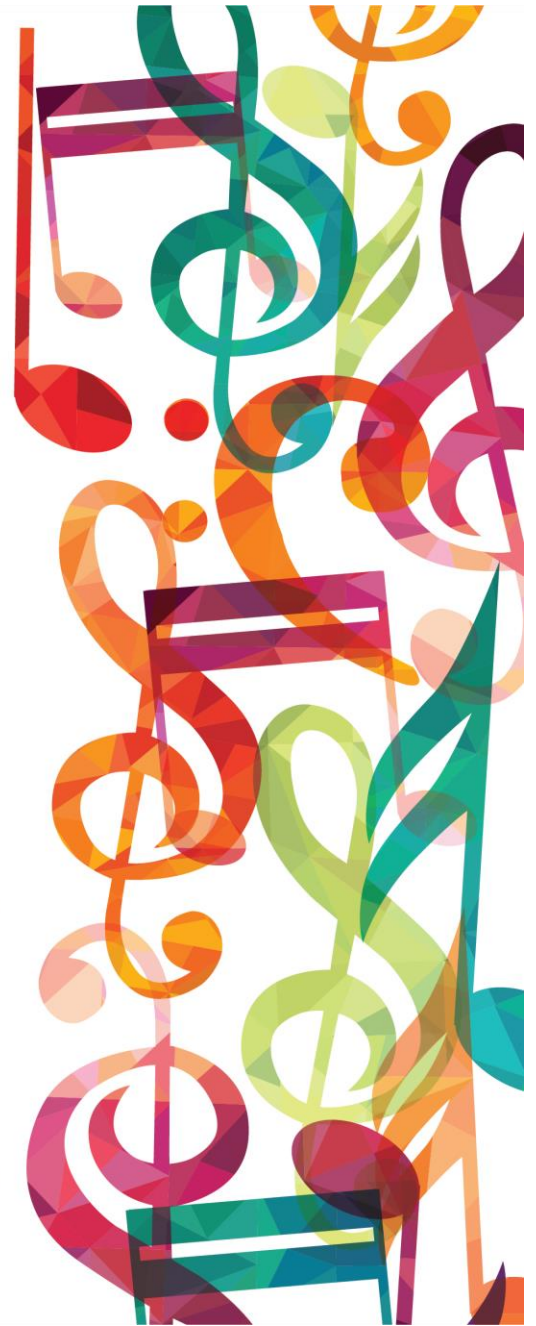
ORGANIST

 **February 24**
7:00 PM

St. John Vianney Catholic Church
1001 Meteor Ave NE
Rio Rancho, New Mexico, 87144

Come and hear the debut concert for St. John Vianney's brand-new Rodgers Infinity 367 organ, installed earlier this month. Rick Seaton, director of music at Bethany Lutheran Church in Denver, will present an exciting and varied program, showcasing the amazing variety of sounds and styles this innovative instrument has to offer!

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March 4, 2023 | 10:30 AM

ENCOUNTERING THE SPIRIT

Featuring *Voiceless Mass* by 2022 Pulitzer Prize-winning Diné artist, Raven Chacon



9:30 AM | PRE-CONCERT CONVERSATION

A conversation with 2022 Pulitzer Prize Winner Raven Chacon and Dr. Ana Alonso-Minutti from the University of New Mexico Department of Music.

*Limited seating - *First come, first served.*

**Must be a concert ticket holder to attend the lecture.
The conversation will be recorded and made available on our website at a later time.*

10:30 AM | ENCOUNTERING THE SPIRIT

Chamber Orchestra
Maxine Thévenot, organ soloist
David Felberg, conductor

Featuring the New Mexican premiere of *Voiceless Mass* by 2022 Pulitzer Prize-winning Diné artist, Raven Chacon.

Distance, Michael Barnes
Quartet for the End of Time, Olivier Messiaen
Prelude and Allegro for Organ and Strings, Walter Piston
Black Anemones, Joseph Schwantner
Flicker, Michel Galante
Voiceless Mass, Raven Chacon



With additional sponsorship from the NYC AGO Centennial Millennium Fund.

Tickets for the concert can be purchased through <https://fcmabq.org/voiceless-mass/>

If you have difficulty reading the print, please remember you can enlarge the print on your device.



Contact Us

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Facebook: [agoabq](https://www.facebook.com/agoabq)

HAVE YOU USED THE CHAPTER WEBSITE LATELY?

The whole year's calendar is on the Calendar page (use Agenda tab). Please notify the webmaster (editor@agoabq.org) of events you would like to have advertised. Also, paid "[Positions Vacant](#)" or requests for volunteer musicians and singers can be advertised free of charge. Our website gets about 400 views per month. **NOTE:** our Facebook page has over 220 followers and can be used for posting notices about events, vacancies, etc. If you "Like" our page, you will receive new postings in your own News Feed.

The deadline for submissions for the next newsletter due to be published for May and June 2023, will be **April 15, 2022**. Please email news, articles, or photos, upcoming events or reports, plus any other website items to the Editor, Evelyn Henson, at editor@agoabq.org by April 15, 2023.

AGO ALBUQUERQUE CHAPTER

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