



HEALTH DAY

MUSIC & WORSHIP RESOURCES

Sunday, February 27, 2011

(Be sure to see the great health ideas and a long list of resources in the Cultural Resources unit.)

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Worship Planning Notes

The subject of health pervaded media in 2009 and 2010 and will likely continue to do so for at least a few years to come. Unfortunately, most of the news has not been good: The President and other politicians continue to battle over healthcare; rates of diabetes, heart attacks, HIV, and numerous other preventable diseases continued to soar for blacks; and the entire country continued to get bigger and bigger and bigger as obesity became a national crisis.

The Music and Arts Ministry Can Be a Church Health Agent

All members of your music and arts ministry should commit this year to being “Health Agents.” This will require that members commit to each doing one major thing that will improve their health and that they wish to share with others to teach and encourage them to do the same. For example,

- The Minister of Music/Director of Music and Arts might commit to losing weight and then after achieving his or her goal weight and maintaining it, share with the entire ministry how he or she did it.
- All of your choir members could commit to participating in a weight loss challenge throughout the year with each member serving as a buddy/encourager/partner for another member to help that member reach his or her goal.
- The entire department should select a time in the year where the achievements toward healthier living are celebrated by the department.
- Bring in a nutritionist to one of your meeting to help kick things off right.
- Select one day each month where the entire department exercises together. Make sure that it is a free event in which old and young can participate.

After your department has gotten off to a good start, invite the Pastor and the entire church to join you. The Music and Arts department has a lot of influence in any church. Starting now, why not commit to using it to make your church a health agent. This means that the entire church, over time, commits to consistent health practices and programs.

1. Liturgy or Responsive Reading

Litany on Health and Wellness

Leader: History bears witness that God has chosen the fragile vessels of people to be vehicles of grace and messenger of his ministering presence and mercy.

People: We bear the mark of God's image. We have been created as unique and special individuals, knowing that our bodies are temples of the Holy Spirit.

Leader: We live in a medical age unprecedented in history. We have eliminated many of the scourges and plagues that haunted the world through the ages.

People: We thank you, God. You are the Comforter and Healer of all sickness and affliction. We depend on you to give us insight and wisdom for greater cures, therapies, and techniques to conquer diseases and mental afflictions.

Leader: Bless all health practitioners, the methods they use and medicines they prescribe. Give us the faith and trust to cooperate with the revealed truth which you have given to help us attain wholeness of body and mind.

People: Heal your people through the hands of research, surgery, and touch. Relieve the pain of many who are languishing in despair. Give them the strength to endure and the faith to overcome what ails them.

Leader: Today we take responsibility for our own health and wellness by learning how to practice good habits and how to respond to our body's warning signs.

People: We take responsibility for our diet, exercise, and health care. Lord, give

us a balanced life of work and relaxation.

Leader: Pressures, demands, and worries fill us with disease. We take responsibility to keep them within manageable limits. Illness is often associated with the need for inner healing. Therefore, we take responsibility to confess our sins before God, and to be reconciled to our brothers and sisters.

People: **Wellness is a state of mind, body, and soul. We take responsibility to view health and wholeness as an important part of our salvation. Jesus said, “For which is easier to say, ‘Your sons are forgiven’ or to say, ‘Stand up and walk?’” (Matt. 9:5)**

Leader: We pray that all people may have access to quality health care, regardless of economic status or family situation.

ALL: **Jesus was concerned with the sick and he was attentive to the mind and spirit of those who suffered. May we do the same in daily service, reminding others that the healing power of the Holy Spirit is within every true believer.**

2. Hymns and Congregational Songs

(a) I Need Thee Every Hour. By Annie Hawkes. Tune, (NEED), by Robert Lowry

(b) Lord, Keep Me Day by Day. By Eddie Williams

3. Spirituals or Traditional Songs

(a) The Time for Praying. By Howard Helvey. Spiritual. For SATB

(b) All My Help Comes from the Lord. By Cleophus Robinson

4. Gospel Songs for Choirs, Ensembles, or Praise Teams

(a) And Yet I'm Still Saved. By Donald Lawrence

(b) Jesus Be a Fence Around Me. By Sam Cooke
YouTube: www.youtube.com/watch?v=WLBraqH2tNns

(c) Satan You Can't Tempt Me. By Major Robertson

(d) Lord, Help Me to Hold Out. By James Cleveland. Arr. by Evelyn Simpson-Currenton

5. Liturgical Dance or Mime Ministry Music

Yes. By Valencia Lacy

6. Anthem

(a) My Shepherd Will Supply My Need. By Isaac Watts

(b) Let the Heav'n Light Shine on Me. Arr. by Roland Carter

7. Modern Songs (Written between 2005–2010)

- (a) Help Is on the Way. By Christa Black
- (b) With Long Life. By Israel Houghton, Aaron Lindsey, Juan Najera, M. C., “T-Bone,” and Rene
- (c) Healing Rain/Let It Rain. By Matt Bronleewe, Michael Farron, Michael W. Smith, and Martin Smith
- (d) Everything. By Israel Houghton
- (e) You Survived. By James Fortune, Cheryl Fortune, and Terence Vaughn
- (f) Broken, But I’m Healed. By Byron Cage
YouTube: www.youtube.com/watch?v=-2JTeCxjIWc

8. Offertory Song or Instrumental

- (a) Pray for Me. Traditional
- (b) Glad I’ve Got Jesus. By Harvey Watkins, Jr.
- (c) Got What I Needed. By Vashawn Mitchell
- (d) Healing Virtue. By Guy Robinson
- (e) Greater Is He That Is in Me. By Lanny Wolfe
- (f) Hold On, Help Is on the Way. By Keith Paden

9. Song or Instrumental for the Period of Prayer

- (a) Touch Me, Lord Jesus. Text and Tune, (TOUCH ME), by Lucie E. Campbell
- (b) How Sweet the Name of Jesus. By John Newton. Tune, (ORTONVILLE), by Thomas Hastings
- (c) I Found the Answer. By Johnny Largo
- (d) From Every Stormy Wind That Blows. By Samuel F. Smith. Tune, (LOUVAN), by Virgil C. Taylor
- (e) Jesus, Lover of My Soul. Text and Tune, (MARTYN), by Charles Wesley

10. Sermonic Selection

- (a) Try Jesus (He Satisfies). By Nathan Carter. For SSATB and SSA trio
- (b) Run ‘Til I Finish and Run to You. By Smokie Norful

YouTube: www.youtube.com/watch?v=t6lytrEKyNo

(c) All Things Are Working. By Fred Hammond, Kim Rutherford, and Tommie Walker

(d) Thou Art a Shield for Me: Psalm 3. By Freda Tapp

11. Invitational Song or Instrumental

(a) The Broken Vessel. By Andraé Crouch

(b) The Corinthian Song. By V. Michael McKay

(c) O How He Loves You and Me. By Kurt Kaiser

12. Benediction Song or Instrumental

(a) He Touched Me. By William Gaither. Tune, (HE TOUCHED ME).

(b) It Is Well with My Soul. By Horatio G. Spafford. Tune, (VILLE DE HAVRE), by Phillip P. Bliss

(c) Because He Lives. By Gloria Gaither. Tune, (RESURRECTION), by William Gaither

Cites and Additional Information for Music and Material Listed

1. Litany or Responsive Reading

Litany on Health and Wellness.

Location:

African American Heritage Hymnal. Chicago, IL: GIA Publications, 2001. #90. Used with permission.

2. Hymns and Congregational Songs

(a) I Need Thee Every Hour. By Annie Hawkes. Tune, (NEED), by Robert Lowry

Location:

African American Heritage Hymnal. #451

The New National Baptist Hymnal 21st Century Edition. Nashville, TN: Triad Publications, 2005. #303

The Seventh-day Adventist Hymnal. Hagerstown, MD: Review and Herald Publishing Association, 1985. #483

Church of God in Christ. Yes, Lord! Church of God in Christ Hymnal. Memphis, TN: Church of God in Christ Pub. Board in association with the Benson Co., 1982. #305

(b) Lord, Keep Me Day By Day. By Eddie Williams

Location:

African American Heritage Hymnal. #129

The New National Baptist Hymnal 21st Century Edition. #145

3. Spirituals or Traditional Songs

(a) The Time for Praying. By Howard Helvey. Spiritual. For SATB

Location:

Beckenhorst Press
960 Old Henderson Road
Columbus, OH 43220
Phone: 614-451-6461

Online location: www.beckenhorstpress.com

Audio Sample: <http://www.beckenhorstpress.com/audio/1787.mp3>

(b) All My Help Comes from the Lord. Cleophus Robinson

Location:

African American Heritage Hymnal. #446

4. Gospel Songs for Choirs, Ensembles, or Praise Teams

(a) And Yet I'm Still Saved. By Donald Lawrence

Location:

Finale: Act II (Live). New York, NY: EMI Gospel, 2006.

(b) Jesus Be a Fence Around Me. By Sam Cooke

Location:

Hammond, Fred & Radical for Christ. Purpose by Design. New York, NY: Zomba, 2000.

(c) Satan You Can't Tempt Me. By Major Robertson

Location:

The Pilgrim Jubilees. Jesus Got Me Off. Jackson, MS: Malaco, 2007.

(d) Lord, Help Me to Hold Out. By James Cleveland. Arr. by Evelyn Simpson-Currenton

Location:

African American Heritage Hymnal. #446

5. Liturgical Dance or Mime Ministry Music

Yes. By Valencia Lacy

Location:

Shekinah Glory Ministry. Jesus (Live). Harvey, IL: Kingdom Records, 2007.

6. Anthems

(a) My Shepherd Will Supply My Needs. By Isaac Watts

Location:

The Mormon Tabernacle Choir. Consider the Lilies. Salt Lake City, UT: Intellectual Reserve, 2003.

(b) Let the Heav'n Light Shine on Me. Arr. by Roland Carter

Location:

Five Choral Responses #1

Marv-Vel Publishing

Phone: 423-266-7728

Online location: www.rolandcater.com

7. Modern Songs (Written between 2005–2010)

(a) Help Is on the Way. By Christa Black

Location:

Smith, Michael W. A New Hallelujah. New York, NY: Provident Label Group, 2008.

(b) With Long Life. By Israel Houghton, Aaron Lindsey, Juan Najera, M.C., “T-Bone,” and Rene

Location:

Houghton, Israel & New Breed. A Deeper Level (Live). Mobile, AL: Integrity Media, 2008.

(c) Healing Rain/Let It Rain. By Matt Bronleewe, Michael Farron, Michael W. Smith, and Martin Smith

Location:

Smith, Michael W. A New Hallelujah. New York, NY: Provident Label Group, 2008.

(d) Everything. By Israel Houghton

Location:

Sound of the New Breed. Kingdom. Mobile, AL: Integrity Media, 2007.

(e) You Survived. By James Fortune, Cheryl Fortune, and Terence Vaughn

Location:

Fortune, James & FIYA. You Survived. Houston, TX: Worldwide Gospel Music, 2004.

(f) Broken, But I'm Healed. By Byron Cage

Location:

Cage, Byron and Purpose. An Invitation to Worship. Inglewood, CA: Gospocentric, 2005.

8. Offertory Song or Instrumental

(a) Pray for Me. Traditional

Location:

Patterson, G. E. Bishop G. E. Patterson & Congregation Singing Songs the Old Time Way. Memphis, TN: Podium Records, 2006.

(b) Glad I've Got Jesus. By Harvey Watkins, Jr.

Location:

Canton Spirituals. Living a Dream: Live in Washington. New York, NY: Zomba, 1997.

(c) Got What I Needed. By Vashawn Mitchell

Location:

Gospel Music Workshop of America. Live in Kansas City. Nashville, TN: Light Records, 2004.

(d) Healing Virtue. By Guy Robinson

Location:

Crawford, Beverly. Beverly. New York, NY: Dexterity/Rhino Entertainment, 2001.

Robinson, Guy & Friends. Acknowledge Him. Baltimore, MD: Evergreen Music, 2006.

(e) Greater Is He That Is in Me. By Lanny Wolfe

Location:

The New National Baptist Hymnal 21st Century Edition. #311

Yes, Lord! Church of God in Christ Hymnal. #196

(f) Hold On, Help Is on the Way. By Keith Paden

Location:

Houston, Whitney. The Preacher's Wife (Original Soundtrack Album). New York, NY: Arista Records, 1996.

9. Song or Instrumental for the Period of Prayer

(a) Touch Me, Lord Jesus. Text and Tune, (TOUCH ME), by Lucie E. Campbell

Location:

African American Heritage Hymnal. #274

The New National Baptist Hymnal 21st Century Edition. #201

(b) How Sweet the Name of Jesus. By John Newton. Tune, (ORTONVILLE), by Thomas Hastings

Location:

The New National Baptist Hymnal 21st Century Edition. #312

The Seventh-day Adventist Hymnal. #238

Yes, Lord! Church of God in Christ Hymnal. #232

(c) I Found the Answer. By Johnny Largo

Location:

Randle, Lynda. A Tribute to Mahalia Jackson. New York, NY: Spring House Music Group, 2004.

The New National Baptist Hymnal 21st Century Edition. #342

Yes, Lord! Church of God in Christ Hymnal. #437

(d) From Every Stormy Wind That Blows. By Samuel F. Smith. Tune, (LOUVAN) by Virgil C. Taylor

Location:

The Seventh-day Adventist Hymnal. #527

(e) Jesus, Lover of My Soul. Text and Tune, (MARTYN), by Charles Wesley

Location:

African American Heritage Hymnal. #453

Lead Me, Guide Me: The African American Catholic Hymnal. Chicago, IL: GIA Publications, 1987. #169

The New National Baptist Hymnal 21st Century Edition. #64

The Seventh-day Adventist Hymnal. #489

Yes, Lord! Church of God in Christ Hymnal. #37

10. Sermonic Selection

(a) Try Jesus (He Satisfies). By Nathan Carter. For SSATB and SSA trio

Location:

Abbington, James. How Excellent Is Thy Name. Chicago, IL: GIA Music, 2005.

Octavo Score and mp3 sample also available:

GIA Publications, Inc.

7404 South Mason Avenue

Chicago, IL 60638

Phone: 1-800-442-1358

Online location: www.giamusic.com

Audio Sample: <http://www.giamusic.com/mp3s.6431.mp3>

(b) Run 'Til I Finish. By Smokie Norful

Location:

Life Changing. New York, NY: EMI Gospel, 2006.

(c) All Things Are Working. By Fred Hammond, Kim Rutherford, and Tommie Walker

Location:

Hammond, Fred. Pages of Life—Chapters 1 & 2. New York, NY: Zomba, 1998.

(f) Thou Art a Shield for Me: Psalm 3. By Freda Tapp

Location:

Cage, Byron. Byron Cage. Inglewood, CA: Gospocentric, 2003.

11. Invitational Song or Instrumental

(a) The Broken Vessel. By Andraé Crouch

Location:

The New National Baptist Hymnal 21st Century Edition. #535

(b) The Corinthian Song. By V. Michael McKay

Location:

Taylor, Kathy. Live: The Worship Experience. Indianapolis, IN: Tyscot Records, 2009.

(c) O How He Loves You and Me. By Kurt Kaiser

Location:

African American Heritage Hymnal. #228

12. Benediction Song or Instrumental

(a) He Touched Me. By William Gaither. Tune, (HE TOUCHED ME).

Location:

African American Heritage Hymnal. #273

The New National Baptist Hymnal 21st Century Edition. #147

Yes, Lord! Church of God in Christ Hymnal. #469

(b) It Is Well with My Soul. By Horatio G. Spafford. Tune, (VILLE DE HAVRE), by Phillip P. Bliss

Location:

African American Heritage Hymnal. #377

The New National Baptist Hymnal 21st Century Edition. #255

Yes, Lord! Church of God in Christ Hymnal. #376

(c) Because He Lives. By Gloria Gaither. Tune, (RESURRECTION), by William Gaither

Location:

African American Heritage Hymnal. #281

The New National Baptist Hymnal 21st Century Edition. #120

Yes, Lord! Church of God in Christ Hymnal. #265