

Theme: Play skillfully and shout for joy (One Sound, One Spirit)

Duration: June 22, 2025 1PM – 6PM (About 5 Hours)

◆ **1:30 – 2:00: Heart Before Skill (Sheng)**

Focus: *Spiritual Foundation & Attitude Check*

- Opening prayer + devotional (not a full lesson but just a brief explanation) (Psalm 33:3)
 - Nej cia li hu nkauj tshiab rau nws mloog. Nej ua tib zoo ntiv tej xov qeejlaus thiab qws zoo siab hlo.
 - Sing unto him a new song; play skillfully with a loud noise.
 - Team Share-Out:
 - “Why do you serve?” (Vim li cas koj thiaj li xav los hu nkauj rau Vajtsv.)
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◆ **2:00 - 3:00 : Worship Team Vocal Basics (Sheng)**

Focus: *Basics of singing*

- Breathing and pitch warm-up
 - Practice:
 - Sing **1 familiar song** slowly with focus on:
 - Breathing
 - Mouthing Position
 - Warm up
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◆ **3:00 – 4:00 : Song Structure & Flow (Vamyeejkoob)**

Focus: *Following the Musician*

- Teach common sections:
 - Flow of a song
 - Basics of notes and beats

- Pitch matching (play note → team matches by ear)
- 7 tones
 - **Do – Tonic (God)**
 - This is **home base**. No tension, full rest.
 - **Analogy:** God – the center of it all. Where everything begins and ends.
 - **Chord Type:** Major
 - **Re – Supertonic (Child Running to Dad)**
 - A light tension note that often moves to the dominant (5).
 - **Analogy:** A child who runs to Dad when scared. Needs protection.
 - **Chord Type:** Minor
 - **Mi – Mediant (Middle Child)**
 - Sits in the middle, doesn't pull strongly in any direction. Adds color.
 - **Analogy:** The middle child—emotional, unsure, sometimes overlooked.
 - **Chord Type:** Minor
 - **Fa – Subdominant (Mom)**
 - Prepares the way for the dominant (5).
 - **Analogy:** Mom – supportive, gently pointing toward resolution.
 - **Chord Type:** Major
 - **Sol – Dominant (Dad)**
 - Strongest tension toward home (Do/1). It wants to resolve.
 - **Analogy:** Dad – authority figure who leads the family back home.
 - **Chord Type:** Major
 - **La – Submediant (Daughter)**
 - Feels sweet but avoids going home—commonly used in deceptive cadences.
 - **Analogy:** Teenage daughter – lovely but unpredictable, delays closure.

- **Chord Type:** Minor
 - **Ti – Leading Tone (Dog)**
 - The most unstable tone. It desperately wants to resolve to Do.
 - **Analogy:** A dog pulling on a leash—always leading toward home.
 - **Chord Type:** Diminished
 - Practice:
 - Rehearse **songs in sequence**
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◆ **4:00 – 5:00: Leading Without Chaos (Niam Nyiaj)**

Focus: *Team Communication & Emotional Feelings*

- 1.
- 2.
- 3.

Feel free to add more.

◆ **5:00 – 6:00 (Optional): Encouragement & Challenge (Sheng)**

Focus: *Spiritual Growth & Commitment*

- Ask what they learned that they can apply
- Closing prayer: Unity, growth, and Spirit-led worship