**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 Vajtswv.)

**🔹 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

**🔹 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**

**🔹 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