



Let's Make Music!

What would we do without music?

Studies have shown that listening to music can help calm your nervous system and reduce stress. Likewise, making music can help release emotion, decrease anxiety and improve overall mental health.



Join us to hear **Carol Van Natta**, from the **Vancouver Symphony**, and our own **Pastor Lynne Ogren**, who lifts



her voice in song with the **Vancouver Master Chorale**, share how music makes a difference in their lives.

Hope Circle will be hostessing this potluck event. Bring whatever hot dish, fruit or dessert bread you like.

Saturday – May 6 – 10 a.m.

Make a joyful noise unto the Lord, all the earth: make a loud noise, and rejoice, and sing praise.

Psalm 98:4