

# WHY START A SONGSTER BRIGADE?

## IT SUPPORTS CORPS MINISTRY

- Supports congregational singing and those leading worship
- Provides music ministry for community events
- Fosters a relationship with Christ

## IT'S GOOD FOR PEOPLE'S HEALTH

- Reduces stress, depression and anxiety
- Improves breathing, posture and muscle tension
- Decreases blood pressure
- Increased immunity
- Helps memory

## IT INCREASES ALTRUISM IN PEOPLE

- Greater awareness of the larger community and our shared humanity
- Increases generosity
- People become more helpful

## IT BUILDS A NETWORK OF BELONGING

- Build relationships with fellow Christians
- Sense of belonging to something bigger than just ourselves
- Feeling needed