



Transform Your Team – 27th March 2017

“Music can change the world because it can change people.” – Bono

#The Essential News Story – The power of music breaking records

Ed Sheeran this month released his brand-new album '÷'. It sold 432,000 copies in the first three days on sale and has sold more on its first day 232,000 copies more than any album have in a full week in 2016. This album follows on from the multi-million selling 'x' released in 2014 and his debut '+' that catapulted Ed from unsuspecting singer/songwriter to global superstar. His latest album includes the storming singles 'Shape of You' and 'Castle on The Hill' which broke chart records in the UK when they debuted at #1 and #2. On today's Official Chart Update (March 20), the singer-songwriter's third studio album has shifted over 1 million copies (1.07m) across physical, digital and streaming equivalent sales.

#Monday Cricket Fact – The power of music can improve your performance.

Research suggests well-chosen songs at the right time can aid performance and recovery. We are all creatures of habit, and we should incorporate music into pre – game rituals. The songs will have a meaning to the individual. So, next week sees the start of a new season what songs will define/influence/inspire this year's cricket season both as a group and as an individual.

View from @PhilJBish – The power of music: can benefit your health

" I think music in itself is healing," American musician Billy Joel once said. "It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music." Music is uniquely connected us. Sociologists have told us that there has not been a people group that has ever existed without some form of music. Music possesses a power that is able to connect the listener to “something else.” Music can capture a moment in time for you to relive even outside of the event that may be captured within the song itself. When you hear, a certain song can you be instantly being transported back to Along that same line, music has the ability to embody a whole era or ethos, it captures the spirit of the moment. Indeed, music also has the power to unify a group of people, their ideas and ideals, emotions and more. So, take a moment today and consider - What is your song? And how does that song change you?

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Bach gave us God's word.
Mozart gave us God's laughter.
Beethoven gave us God's fire.
God gave us Music that we might pray
without words.
- From a German opera house

Contact

As your Sports Chaplain @ Glamorgan CC my role is to provide an impartial and confidential point of contact to talk about any matters you may be worried about on or off the field, offering pastoral and spiritual support. This support is offered to all connected with Glamorgan CC. including players, coaches, staff, volunteers and families. Please feel free to contact me whenever you need any support.

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