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# Holiday Activity Guide

*A guide on #MannMusicRoom*

This is the Activity Sheet that will be coupled with our Mann Music Room Christmas Video.

The sheet will include:

- **A Gospel Music History Section**
- **An O Holy Night Section**
- **A Recipe**
- **A Coloring Sheet**

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## GOSPEL MUSIC

Justin Powell & Adoration is a Gospel Music ensemble based in Delaware.

Gospel Music has a rich heritage rooted in the faith of the African American. Deriving from the African American Spiritual, Gospel Music was the voice of hope in despair. Thomas Dorsey is noted as the “Father of Gospel Music”. He conducted the first Gospel Choir at Pilgrim Baptist Church in Chicago, Illinois. This high-spirited style of music has been the sound of the African American Church for generations however, it transcends through both sacred and secular genres as inspiration. Gospel Music has evolved into a staple genre in the Choral Tradition.

### Vocal Techniques of Gospel Music include:

- Passionate Belting
- Full, Throaty Timbre of Voice
- Robust Vocal Harmony

**Gospel Music is a style that you feel within your soul, how did this performance make you feel?**

Instrumentation in Gospel Music include:

- Piano
- Drums
- Bass Guitar
- Organ

**What instruments do you see/hear?**



Thomas Andrew Dorsey was an American musician, composer, and Christian evangelist influential in the development of early blues and 20th-century gospel music. He penned 3,000 songs, a third of them gospel, including “Take My Hand, Precious Lord” and “Peace in the Valley”.





## O HOLY NIGHT

Justin Powell & Adoration sang the Sacred Holiday Hymn, "O Holy Night".

The words were written by French poet, Placide Cappeau in 1843 and set to music by Adolphe Adam shortly after. This song celebrates the Birth of Jesus. In its origin, this song was sung at the beginning of midnight mass within the French Catholic Church. John Dwight then translated the song in English in 1855. It has grown notoriety for its captivating melody and wide vocal range. "O Holy Night" has been arranged and performed by artists of all genres and remains one of the standard pieces in the Holiday Season. Justin Powell and Adoration sang a Gospel Arrangement of the piece by Dr. Kaelen Coleman, a member of the Ensemble.

## GINGERBREAD MAN COOKIES

Soft and chewy Gingerbread Cookies recipe made with a simple gingerbread recipe and decorated however you like! Everyone loves this classic recipe and they taste delicious.

Prep Time	Cook Time	refrigerate	Total Time
25 mins	10 mins	2 hrs	35 mins

Course: Dessert Cuisine: American

Servings: 24 (depending on size of cookie cutter) Calories: 214kcal

Author: Lauren Allen Cost: 5



### Equipment

- Rolling Pin
- Pastry Blender
- Hand mixer
- cut and serve turner
- Stand Mixer optional
- Parchment Paper
- Baking Sheet
- wire cooling rack
- gingerbread cookie cutter

### Ingredients

- 3 cups all-purpose flour
- 3/4 cup dark brown sugar , packed
- 3/4 teaspoon baking soda
- 1 Tablespoon ground cinnamon
- 1 Tablespoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 12 Tablespoons butter , room temperature, cut into 12 pieces
- 3/4 cup molasses (dark molasses)
- 2 Tablespoons milk

### For the frosting:

- 2 Tablespoons butter , room temperature
- 2 cups powdered sugar
- 2 Tablespoons milk



## GINGERBREAD MAN COOKIES *continued*

### Instructions

1. Add flour, brown sugar, baking soda, cinnamon, ginger, cloves and salt to a mixing bowl and mix.
2. Add the butter pieces and use a pastry blender to cut the butter in until the mixture resembles fine meal.
3. With a mixer running on low speed gradually add the molasses and milk and mix until combined, about 30 seconds.
4. Divide the dough in half, forming each into a ball. Wrap each in plastic wrap and refrigerate for 2 hours or overnight, or place in the freezer for about 20 minutes, until firm, if you're in a hurry.
5. Preheat the oven to 350 degrees. Line 2 baking sheets with parchment paper.
6. Remove one dough sheet from the fridge/freezer and place on the counter. Roll out the dough (use a little flour on your rolling pin if needed), until it's about ½ inch thick. Cut gingerbread men and place them on prepared baking sheets.
7. Refrigerate the gingerbread men for 5 minutes (meanwhile you can roll out the other dough ball).
8. Bake the cookies until set in the centers and the dough barely retains and imprint when touched very gently with fingertip, 8 to 11 minutes (depending on the size of your cookie cutter). Do not overbake!!
9. Remove the cookies to a wire rack. Allow to cool to room temperature before frosting.
10. Store gingerbread cookies in an airtight container with parchment paper between the layers. Freeze for up to 3 months.

### For the frosting:

1. Add butter, milk, and 1 cup of powdered sugar to a bowl. Mix until smooth. Add additional cup of powdered sugar and mix until smooth. Add frosting to piping bag if desired.

### Notes

**Make Ahead Instructions:** Make the gingerbread cookie dough and store it, well covered, in the refrigerator for 3-4 days. Roll out and cut into cookies when ready to bake. You can also bake the cookies and freeze them.

**Freezing Instructions:** Wrap dough really well in plastic wrap and freeze in a freezer safe container for 2-3 months. Allow the dough to thaw in the refrigerator before attempting to roll. Baked cookies can also be frozen for up to 3 months.

### Nutrition

Calories: 214kcal | Carbohydrates: 37g | Protein: 2g | Fat: 7g | Saturated Fat: 4g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 2g | Trans Fat: 0.3g | Cholesterol: 18mg | Sodium: 143mg | Potassium: 190mg | Fiber: 1g | Sugar: 24g | Vitamin A: 210IU | Vitamin C: 0.01mg | Calcium: 39mg | Iron: 1mg



COLORING SHEET



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