

## UUSGU Hymn of the Month for March 2022: “From You I Receive” Instructions for Participants

HERE'S WHAT YOU NEED:

1. [The words and music](#) (in case you don't already know it)
2. The guide track (choose one of the following, depending on whether you want to sing or recite the words)
  - Here is the [singers' guide track](#), which is what most people will use.
  - If you prefer to speak (rather than sing) the words, then use this [reciting guide track](#) instead.
  - And if you want to sing an alto harmony instead of the melody, here is the [alto guide track](#) (and [alto sheet music](#)).

To participate, you will record a video (of yourself) on a computer, phone or tablet - while listening to a separate "guide track" recording that includes the accompaniment. The best way to do this is to use two devices - one to play the guide track and a second to record the video of yourself singing. You will need headphones or earbuds that plug into the device playing the guide track, so that the sound from that track isn't recorded on your own video.

If this process is new to you, more detailed [instructions are here](#). You've seen our choir and other musicians participating in these videos over the past few years - it really is not complicated! And if you have any technology limitations, please speak up and we will figure out how to help you.

### TIMING

We need to receive your videos by Sunday February 20. You can mail drop them to Barry ([barry@ninstones.com](mailto:barry@ninstones.com)) via any method you prefer (e.g., Google Drive, iCloud, etc.) or you can put them in our Google Drive [submissions folder here](#).