



FOR IMMEDIATE RELEASE

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NEW YORK PHILHARMONIC ANNOUNCES 2024–25 SEASON’S *TAKE A BREATH* SERIES

**First Baptist Church of Corona Joins NY Phil, Northwell Health, and
Harlem’s Mother AME Zion Church as Collaborative Partners**

**Workshops Led by Northwell Health Facilitators with
Performances by NY Phil Musicians and Cultural Partners**

The New York Philharmonic announces the 2024–25 season’s events in *Take a Breath*, an initiative supporting mental health and wellness through musical performance that was launched during the 2022–23 season. This season First Baptist Church of Corona joins Northwell Health and Harlem’s Mother AME Zion Church in collaborating on the series, which in 2024–25 comprises four free workshops and a community concert.

Take a Breath workshops are facilitated by experts from Northwell Health, and feature performances by Musicians from the New York Philharmonic and cultural partners. Each program will last approximately 45 minutes, and will be followed by a 30-minute instrument tryout session led by New York Philharmonic Teaching Artists.

The 2024–25 season of *Take a Breath* — which will be held at Mother AME Zion Church, 140 West 137th Street, New York, NY, and at First Baptist Church of Corona, 100-10 Astoria Boulevard, East Elmhurst, NY — comprises the following sessions:

- ***Music and Joy***, featuring Sylvia Földes-Berman, facilitator, and NY Phil violinist Sharon Yamada; other musicians and cultural partners to be announced.
 - Saturday, April 5, 2025, at 2:00 p.m. at Mother AME Zion Church
 - Sunday, April 6, 2025, at 11:45 a.m. at First Baptist Church of Corona
- ***Music and Well-Being***; facilitators, Musicians from the New York Philharmonic, and cultural partners to be announced.
 - Saturday, May 3, 2025, at 2:00 p.m.: at Mother AME Zion Church
 - Sunday, May 4, 2025, at 11:45 a.m.: at First Baptist Church of Corona

The series is previewed with a free community concert presented by The Unsung Collective, a Harlem-based music organization directed by Dr. Tyrone Clinton, Jr., devoted to celebrating stories of the Black experience. Titled *An Unsung Symphony*, the concert features The Unsung Collective and NY Phil musicians in a program of Carlos Simon's *Songs of Separation* — with mezzo-soprano J'Nai Bridges as soloist — and Brahms's *A German Requiem* — with soprano Brittany Renee and baritone Phillip Bullock. The concert will take place on February 28, 2025, at 7:00 p.m., at Abyssinian Baptist Church, 132 West 138th Street, New York, NY.

Reverend Patrick H. Young of First Baptist Church of Corona said: “This incredible partnership with the New York Philharmonic and Northwell Health will help to enrich the emotional and spiritual needs of our congregation and those in our community — especially members of our older community, who are often alone and thrive in programs like this.”

Bios

[Sylvia Foldes-Berman](#), [Sharon Yamada](#)

Northwell Health is New York State's largest healthcare provider and private employer, with 21 hospitals, about 900 outpatient facilities, and more than 12,000 affiliated physicians. Northwell cares for over two million people annually in the New York City metro area and beyond, thanks to philanthropic support from its communities. Its 85,000 employees — 18,900 nurses and 4,900 employed doctors, including members of Northwell Health Physician Partners — are working to change healthcare for the better. Northwell is making breakthroughs in medicine at the Feinstein Institutes for Medical Research and training the next generation of medical professionals at the visionary Donald and Barbara Zucker School of Medicine at Hofstra/Northwell and the Hofstra Northwell School of Nursing and Physician Assistant Studies.

First Baptist Church of Corona was organized in 1922. The manse of the church is located in the former Earle home, which hosted meetings for the East Elmhurst Civic Association, formed in 1951. The Reverend Dr. Martin Luther King, Jr. served as a student pastor at the church every other month in 1950. To recommit to his values, the church has held an annual Dream Luncheon to celebrate Dr. King's life, and awards the Dream Community Scholarship to kindergarteners at East Elmhurst Community School.

Mother AME Zion Church is recognized as the oldest Black church in New York State. Founded in 1796 and chartered in 1799, the church introduced Black religious expression while catering to a growing population of Black abolitionists. After affiliate Zion churches started to open, the original church began to distinguish itself as the “Mother” church. Mother Zion served as a stop along the Underground Railroad, and was referred to as a “Freedom Church” for its active participation in Black social activism. The present Neo-Gothic church, completed in 1925, was a haven for Black artists and intellectuals during the Harlem Renaissance and an amphitheater for civil rights activism during the 1950s and '60s. During the COVID-19 pandemic the church continued serving the community with Sunday services on YouTube. Since welcoming back its members in person in 2022, Mother Zion continues to engage with the community through social media and outreach abroad.

ALL PROGRAMS SUBJECT TO CHANGE

All *Take a Breath* workshops are free, and registration is not required. For more details, visit nyphil.org/takeabreath.

Information about New York Philharmonic performances and presentations can be found online at nyphil.org. Customer Relations office: (212) 875-5656, 10:00 a.m. to 6:00 p.m. Monday through Friday; 1:00 p.m. to 6:00 p.m. Saturday; and noon to 5:00 p.m. Sunday.

For press tickets, contact Lanore Carr at (212) 875-5714 or carrl@nyphil.org.

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Photography and video are available in the New York Philharmonic's online press room, nyphil.org/pressroom, or by contacting the Public Relations Department at (212) 875-5700 or pr@nyphil.org.

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