

# SOUND AND WORSHIP

## FREQUENTLY ASKED QUESTIONS



### **What is the goal of our current volume level at Anthem?**

The goal of our current volume level is to passionately engage our attenders in worship (see Psalm 95, 98, 100, 148, 149, 150, and many more). We're not going for as loud as we can get away with (there are many churches and live events with volumes higher than our own). However, our desire to reach the next generation ("we give our best to the next generation" is one of our anthems) does drive us towards being confident with our sound rather than timid and this leaves our music volume considerably louder than more traditional churches.

### **What are the pros and cons of our current volume levels?**

The pros of our current sound volume is that it fills the room with energy and creates a full, vibrant sound. The cons of our current sound volume is that it may be too loud for some people's preferences or personal needs. We care deeply about all these factors and work hard to keep them in balance.

### **What impact does being multi-generational have on volume levels?**

Having a wide variety of ages, backgrounds, and people in the same room every Sunday means that there will be different needs and preferences among such diverse populations. While it is not possible to equally please everyone in the room, our team works hard to pick volume levels that are both safe and engaging for all in attendance.

### **What are we hearing from new people at Anthem?**

On a consistent basis, new people mention our worship team and leaders as one of the top 3 reasons they came back to our church and invited a friend. The other two include the relevance of the preaching and the relational way they were welcomed on their first Sunday. This is great news.

### **What is our own church body saying about the volume?**

If we surveyed the church body (as big as we are) there would be some who believe the volume to be (1) too loud for them, (2) too quiet for them, and others who would say it is (3) just right. Because of the many conversations we have had over the years we know that all three of these are happening on a regular basis at Anthem. For this reason, there is no easy solution for the variety of opinions.

### **Is there a maximum volume level?**

A normal conversation is approximately 60 decibels (dB). A common restaurant experience is in the neighborhood of 80dB. A loud rock concert is about 120dB. The sound of a gunshot is upwards of 140dB to 190dB. At Anthem we measure our dB levels at every service and run all of our sound in the 85dB to 95dB range. We never go beyond 100dB. The type of measurement we use is A-weighted, slow response.

### **Are our current volume levels potentially damaging to hearing?**

OSHA PEL recommends maximum exposure time for unprotected ears per day to be 8 hours at 90dB (A-weighted, slow response). For every 5 dB increase in volume, the maximum exposure time is cut in half. Therefore, the maximum time at 95dB is 4 hours (continuous), 100dB is 2 hours (continuous), and 105dB is 1 hour. At Anthem, we keep everyone safe by staying far below these maximums.

### **Does the volume change from week to week?**

From week to week, the volume may adjust higher or lower depending on song choice and creative direction, but we work hard to keep every service in line with the information shared here.

**What if the noise level is too loud for me on a personal level?**

Sound preferences are both subjective and personal. We all know that not everyone enjoys music at the same volume. In fact, everyone's sensitivity to volume (especially loud and quiet noises) is different; age and health can also be factors. If for any reason the volume level is too high for you on a given Sunday, we encourage you to simply wear disposable ear plugs which can reduce the decibels by 10-20dB or simply enjoy the music from the tv's in the lobby and then enter the service once it is quieter (after the first song or two).

**What should I do with any questions or concerns?**

Please contact the church office by calling 918-794-7200 or by emailing [office@weareanthechurch.com](mailto:office@weareanthechurch.com). Please ask for the Creative Director, Worship Arts Director, or other pastor on staff that you have relationship with.