

Sacred Music Retreat

Singing the Hours

in the Dominican Tradition

Saturday

December 5, 2026

Saint Cecilia Motherhouse
Nashville, Tennessee
9:30 AM – 5:45 PM

A day of silence, chant, and prayer
Culminating in Sung Vespers

Join us for a one-day retreat culminating in the chanting of Vespers with Dominican-Gregorian tones, using the new translation of the *Abbey Psalms and Canticles*.

Registration

This retreat is open to anyone who wishes to deepen their love for Gregorian chant and the Liturgy of the Hours. No previous chant experience is necessary—only a desire to pray more deeply with the Church's song.

Highlights

- *Chant workshop*. Learn the psalmody in the Dominican tradition
- *Reflection*. The fruits of the Divine Office prayed in common
- *Eucharistic Adoration*, silence, and personal prayer
- *Sung Vespers* with the new translation of the psalms as the high point of the day

Schedule

(The conventual Mass is at 7:15. All are welcome.)

- 9:30 am – Registration & Welcome
- 9:45 am – Introduction: What Is the Divine Office
- 10:15 am – Chant Workshop I (learning tones for psalmody)
- 11:30 am – Quiet Reflection / Silence
- 12:00 pm – Midday Prayer (short chant office)
- 12:15 pm – Lunch
- 1:15 pm – Talk: The Fruits of the Divine Office in Common + Q&A
- 2:15 pm – Chant Workshop II (rehearsal for Vespers)
- 3:30 pm – Silence & Personal Prayer
- 4:00 pm – Eucharistic Adoration
- 4:45 pm – Sung Vespers (Dominican-Gregorian tones with new translation)
- 5:15 pm – Rosary, followed by Benediction
- 5:45 pm – Closing

REGISTER HERE

https://forms.cloud.microsoft/r/5AnFBzGf0Y