



SACRED MUSIC RETREAT  
Singing the Hours  
*in the Dominican Tradition*

SUNDAY

March 22, 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 in the Nashville community 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 (bring your own 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.office.com/r/zF2TqfyjY8>