

# Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Faith Background: \_\_\_\_\_

Parish/School/Church: \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_  
\_\_\_\_\_

Payment of Registration Fee: (check one)

I am mailing a check for the full registration fee

I am mailing a check for the \$300 registration deposit

I am submitting online payment

Checks can be made payable to Aquinas College, with the memo line "Singing the Hours"

## Workshop Presenter Sister Rosemary Esseff, O.P.



Sister Rosemary is Director of Sacred Music at Saint Cecilia Motherhouse in Nashville, where she forms singers and

musicians in the Church's liturgical tradition. A composer of sacred choral works and an opera, she is deeply committed to the renewal of the Liturgy of the Hours in parish and religious life. She has been actively engaged in preparing musicians for the new English translation of the Abbey Psalms and Canticles, helping communities enter more fully into the sung prayer of the Church.



*"The Divine Office is the voice of the Church herself, addressed to God in the name of all the faithful."*

— *Sacrosanctum Concilium (adapted from §84)*

## SINGING THE HOURS: *The Divine Office as Prayer, Tradition, and Song*

INTENSIVE  
RESIDENTIAL WORKSHOP

**July 15-19, 2026**

*Aquinas College – Nashville, TN*



## COURSE DESCRIPTION

Singing the Hours is a five-day residential sacred music workshop dedicated to the Church's sung prayer. Rooted in the "Roman School" of Gregorian chant and enriched by Dominican-Gregorian tones, the course immerses participants in silence, chant, and prayer through the daily celebration of Lauds, Vespers, and the Holy Sacrifice of the Mass. Designed especially for singers and church musicians, the week combines theological formation with hands-on chant practice, forming participants to understand and embody the Divine Office as living tradition. Particular attention will be given to the forthcoming English edition of the Liturgy of the Hours, including the newly approved Abbey Psalms and Canticles, preparing musicians to receive and serve this new translation with confidence. The workshop culminates in solemn sung Vespers — the fruit of study, rehearsal, and contemplation.

For more information or inquiries, please contact [smolar@aquinascollege.edu](mailto:smolar@aquinascollege.edu) or visit [AquinasCollege.edu/Sing](http://AquinasCollege.edu/Sing)

## REGISTRATION

Registration for this intensive residential workshop is \$1,100 per participant. The fee includes the full workshop, all meals, and overnight accommodations.

### Early Bird Rate:

Participants who complete registration with full payment by May 1 receive a discounted registration rate of \$995.

Space is limited to 24 participants. To reserve your place:

1) Mail registration form with a \$300 (nonrefundable) deposit to:

Aquinas College  
4210 Harding Pike  
Nashville, TN 37205

-OR-

2) Register online and pay by credit card using the QR code below or at [AquinasCollege.edu/Sing](http://AquinasCollege.edu/Sing)



If the registration fee presents a financial hardship, partial scholarships may be available. Contact [smolar@aquinascollege.edu](mailto:smolar@aquinascollege.edu) for more information.

## MEALS & LODGING

Participants live on-site for the duration of the course, fostering a contemplative and communal environment that supports deep learning and spiritual growth. Overnight accommodations are provided for four nights at the beautiful on-site [Siena Hall Conference Center](#), where each participant enjoys a private, spacious bedroom with a Jack-and-Jill bathroom shared with one other attendee. All meals—breakfast, lunch, and dinner—along with snacks are included, beginning with dinner on Wednesday and concluding with lunch on Sunday, allowing participants to remain fully immersed in the rhythm of prayer, study, and shared life throughout the week.

