

MONASTIC MUSIC HOURS

THE MUSICAL RHYTHM OF THE MONASTIC OFFICE
HOURS, SUNG AS IT HAS BEEN FOR HUNDREDS OF YEARS.

Friday 8th – Sunday 10th March 2024

[Minsteracres Retreat Centre, Consett, County Durham DH8 9RT](#)

THUMBNAIL DESCRIPTION

A weekend immersed in the beauty and serenity of the music of the monastic office hours. Slip into the rhythm of monastic life and let the music give you time for reflection, meditation and prayer. Sung by our schola, with the opportunity to join in singing the psalms, the music of the hours will transport you to a spiritual place while our retreat leader will give us insights into the power of liturgical music and its role in monastic life. From the haunting psalms in the Gregorian modes, through plainsong antiphons, polyphonic Magnificats and sumptuous motets, music has for centuries added an extra spiritual dimension to the rhythm of monastic life.

PROGRAMME

Intro

This retreat is a chance to immerse yourself in the music of the Office Hours, with complementary sessions giving an insight into the plainsong, polyphony and hymnody which have evolved over the centuries to bring to life the rhythm of the Office Hours. Vespers, Compline and Mass will be sung by our schola, with the whole community joining in the psalms and responses, very similar to the traditions in a monastery or convent. Morning Prayer will be said. There will be insight sessions on the music for each Hour, a look at how composers have responded over the centuries to the liturgical seasons and a musical journey from plainsong to polyphony. There will also be an opportunity for further private study into monastic life, the musical traditions of different communities and the history of these liturgies. Sessions will be led by Dominic McGonigal, with the schola providing musical illustrations.

LITURGY – FRIDAY 8TH MARCH**VESPERS**

Responses	Plainsong
Hymn	Pange Lingua (Plainsong)
Psalms	Tone V
Magnificat	Magnificat Quinti Toni (Guerrero, SATB)
Our Father	Pater Noster (Plainsong)

COMPLINE

Full setting	Minsteracres (McGonigal)
Marian Anthem	Ave Regina Caelorum (Correia, SAATB)

LITURGY – SATURDAY 9TH MARCH**MASS**

Introit	Fac mecum (Plainsong)
Kyrie	Mass XVIII (Plainsong)
Tract	Domine non secundum (Tone V)
Offertory	O Sacrum Convivium (Guerrero, SAATBB)
Sanctus	Mass XVIII (Plainsong)
Agnus	Mass XVIII (Plainsong)
Communion	Dominus virtutum (Plainsong)

VESPERS

Responses	Plainsong
Hymn	Pange Lingua (Plainsong)
Psalms	Tone V
Magnificat	Magnificat Sexti Toni (Asola, SSATTB)
Our Father	Pater Noster (Plainsong)

COMPLINE

Responses	Plainsong
Hymn	Te Lucis Ante Terminum (Plainsong)
Psalms	Tone V
Nunc Dimittis	Nunc Dimittis (Byrd, SAATB)
Marian Anthem	Ave Regina Caelorum (Victoria, SATB.SATB)

LITURGY – SUNDAY 10TH MARCH**MASS**

Introit	Laetare Jerusalem (Plainsong)
Kyrie	Mass XVII (Plainsong)
Gradual	Laetatus sum (Tone V)
Tract	Qui confidunt (Tone V)
Credo	Missa Ave Regina Caelorum (Victoria, SATB.SATB)
Offertory	Laetare Jerusalem (Bertholusi, SATB.SATB)
Sanctus	Mass XVII (Plainsong)
Agnus	Messe de Notre Dame (Machaut, SATB)

Communion

Laetare Jerusalem (Isaac, SATB)

MONASTIC MUSIC HOURS PROGRAMME
FRIDAY 8TH MARCH 2024

PROGRAMME

13.00 – 14.00

14.30 – 16.30

ARRIVE

16.45 – 17.30

**1. VESPERS: INSIGHT AND OPEN
REHEARSAL**

A look at the liturgy for Vespers, especially the psalms, responses, hymns and magnificat. Tune into the ancient Gregorian chant with its psalm tones, modes and melismas. Sing the plainsong like monks and nuns and hear our Schola sing the glorious polyphony which enriches the liturgy.

17.45 – 18.15

SUNG VESPERS

18.30 – 19.30

DINNER

19.30 – 20.00

PRIVATE STUDY & REFLECTION

20.00 – 21.00

2. COMMUNITY LIFE: INSIDER VIEW
Fr Emanuel

21.00 – 21.20

SUNG COMPLINE

MONASTIC MUSIC HOURS PROGRAMME**SATURDAY 9TH MARCH 2024**

8.00 - 8.15	LAUDS (SAID)
9.00 - 10.00	BREAKFAST
9.30 - 10.00	PRIVATE STUDY & REFLECTION
10.00 - 11.00	3. MASS: LITURGY & MUSIC An insight into the liturgy of the Mass, in particular the Responses, Prayers, Ordinary and Propers which are often sung. The plainsong settings of the Propers date back to the 8thC. The plainsong settings of the Ordinary followed.
11.00 - 11.30	COFFEE
11.30 - 12.45	SUNG MASS
13.00 - 14.00	LUNCH
14.00 - 16.15	PRIVATE STUDY & REFLECTION A period for private study and reflection, in the house or walking among the beautiful Giant Redwoods. You can listen to recordings of Vespers and Compline from other communities (such as Mount St Bernards, Pluscarden Abbey) and peruse the Study Booklet produced especially for Monastic Music Hours.
16.15 - 16.45	TEA
16.45 - 17.30	4. LITURGICAL YEAR A look at how the Office Hours and Mass changes through the liturgical seasons - Advent, Christmas, Lent, Easter, Ordinary Time. An exploration of the music for the Marian Anthems, the Propers in the Mass and other texts of the day - plainsong, polyphony, contemporary.
17.45 - 18.15	SUNG VESPERS
18.30 - 19.30	DINNER
19.30 - 20.00	PRIVATE STUDY & REFLECTION
20.00 - 21.00	5. COMPLINE: LITURGY & MUSIC An insight into the liturgy of Compline, in particular the Responses, Prayers, Nunc Dimittis and Marian anthems. Explore different musical approaches from plainsong, through polyphony to contemporary settings.
21.00 - 21.20	SUNG COMPLINE

MONASTIC MUSIC HOURS PROGRAMME

SUNDAY 10TH MARCH 2024

8.00 – 8.15 LAUDS (SAID)

9.00 – 10.00 BREAKFAST

9.30 – 10.00 PRIVATE STUDY & REFLECTION

10.00 – 11.00 6. EMERGENCE OF POLYPHONY FROM PLAINSONG
A tour of the emergence of polyphony from the earliest psalm tones, through the plainsong Propers and Ordinary, organum, Arts Nova, culminating in the late Renaissance. As today is Laetare Sunday, we will hear different composers' approach to this text, from the early plainsong Introit to full double choir polyphony of the late Renaissance.

11.00 – 11.30 COFFEE

11.30 – 12.45 SUNG MASS

13.00 – 14.00 LUNCH

14.00 – DEPART

PEOPLE

Monastic Music Hours has been created by a team of experienced musicians and liturgists.



Dominic McGonigal An award-winning composer whose work has been described as “beautiful”, with “confident writing for instruments and voices, great textures and a perfect sense of spacing and pacing.” The quartets *In Conversation*, *Mathilde* and *Chatelaine* were commissioned by Pat Halling of the Quartet Pro Musica which led to commissions from Philomel, Duo Kottos and other performers and ensembles. Dominic has many decades of experience in liturgical music, as a chorister in a monastery, daily services at King’s College, Cambridge, as director of music in several churches and singing in Brussels Cathedral and on the London pro circuit. More at www.dominicmcgonigal.com



Alison Hawes has a wealth of musical experience encompassing a range of styles, performances and teaching. From a liturgical perspective, Alison regularly sings and conducts services in all the major medieval cathedrals in England as well as others in Europe including St Mark’s, Venice. For over two decades Alison was a member of the renowned BBC Symphony Chorus with whom, as well as contributing to the usual musical season concerts, she also featured as a soloist on recordings and in the BBC Proms at the Royal Albert Hall.

Photo credit: Carol Hartfree