

# 'Now and at the Hour'

## Local nuns' heavenly voices on new CD



Deb Grove / Intelligencer Journal

Music therapist Cass Jendzurski, O.P., and Mother Mary Albert, O.P., talk Friday at the monas-

tery on Lititz Pike about creating the CD, "Now and at the Hour," shown below.

BY LORI VAN INGEN  
Intelligencer Journal Staff

Their vocation may be contemplation and a life set apart from the rest of us, but a local order of nuns is allowing their music to reach the outside world.

Lancaster County's cloistered Dominican Nuns of the Perpetual Rosary will release a CD of prayer and meditative music on Wednesday.

"Now and at the Hour" is the first CD to feature the local nuns, who are known for their contemplative, monastery-centered lives and their belief in the importance of prayer in daily life.

"It's such a blessing," said Cass Jendzurski, a member of the Fraternities of St. Dominic who coordinated the recording, played instrumental accompaniment and sang.

"We live in a day and age where communication is at the point where we can take the beauty of the prayer life of the sisters here, who are behind this wall all the time, and, with their permission, we are able to take that out and give it to people who are truly, truly in need — spiritually searching or a patient who is chronically ill."

"We're very excited about

it," she said.

Jendzurski is a certified therapeutic musician who previously recorded six CDs with Songs for the Journey, a Lancaster-based volunteer organization that she founded. The CDs were recorded to provide music at the bedsides of the dying in hospices, hospitals and nursing homes across the United States, she said.

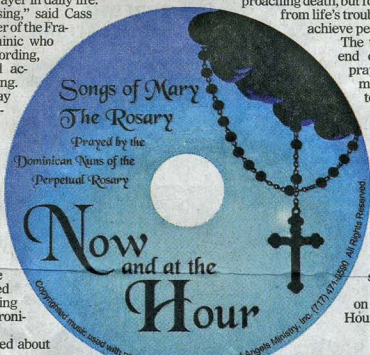
Because the CDs were so popular, Jendzurski said, she received numerous requests for CDs with music for the general public.

As a result, the tracks on "Now and at the Hour" were selected not just for those who may be approaching death, but for those seeking relief from life's troubles or just striving to achieve peace in their lives.

The title comes from the end of the "Hail Mary" prayer, in which the mother of God is asked to "pray for us sinners now and at the hour of death."

Because the tracks are so soothing, Jendzurski said she doesn't recommend listening to the CD while driving for fear of falling asleep. Nor is it intended for those in critical care, she said.

Among the tracks on "Now and at the Hour" is the "Sub Tuum,"



Please see CD, page A12

# CD: *New*

Continued from A1

one of the most ancient prayers of the Christian tradition and the oldest prayer known to address Mary, the mother of Jesus.

The "Sub Tuum" and the recitation of the Glorious Mysteries of the Dominican Rite of the Rosary, prayed by the nuns, are followed by a number of songs about Mary, both traditional and modern.

Wednesday's release date is significant, Jendzurski said, because it is the Roman Catholic feast day of the Annunciation, a memorial of the

day when the angel Gabriel appeared to Mary and announced she had been chosen to be the mother of the Son of God.

Featured on this CD are the Angelus bells of the Dominican monastery on Lititz Pike. In Catholic tradition the ringing of the Angelus bells with the recitation of the Angelus prayer is a daily commemoration of the Annunciation.

"We came in to record the rosary at 5 p.m. to try to fit it in the sisters' schedule and not pull them from the main purpose in their life and the community's," Jendzurski said.

When the Angelus bells began ringing, Sister Veroni-

ca suggested the CD include the bells, too, and Jendzurski thought that was a great idea.

Including them proved a daunting task, however, Jendzurski said. The first recording was in August with the windows open, and the traffic along Lititz Pike interfered with the recording.

They tried again in October, when there was less traffic, and recorded inside the monastery's quadrangle. But the sound that resonated off the walls was too sharp.

The third time in February was the charm, and they got what they were looking for.

During this last recording, Jendzurski said, the bells were used to play the Marian

hymns — hymns dedicated to the Virgin Mary. "We got more than seven glorious minutes of the most beautiful carillon bells," she said. "It takes your soul to heaven and makes you think of God."

A shorter version of the bells plays at the beginning of the CD prior to the rosary, so that they are, in effect, a call to prayer, Mother Mary Albert, O.P., said.

Mother Albert described the story of St. Francis of Assisi, who went into the camp of the sultan of Egypt in hopes of converting him to Christianity. St. Francis was struck by the way Muslims frequently stopped to pray and wished Christians did the

same thing, she said.

"We are called as Catholics to stop our daily routine and take time out to pray the Angelus prayer," she said.

Therefore, included in the CD is a prayer card with the Angelus prayer on one side. On the other is the famous The Angelus painting by Jean-Francois Millet, showing two peasants praying in a field.

Besides the bells, the musical CD also features the sounds of a harp, a synthesized keyboard and a QChord — a type of electronic auto-harp — played by Jendzurski.

The recording was engineered and produced by Da-

vid Patterson II of Echo Back Sound, Ephrata. The artwork, layout and design accompanying the CD were created by Sue Riger of Florida-based Seed of Faith Design Studio.

A portion of the proceeds from sales of "Now and at the Hour" go to the Monastery of the Immaculate Heart of Mary. Copies of "Now and at the Hour" are available online at [www.opnunslancaster.org](http://www.opnunslancaster.org). The CD also can be purchased at the monastery office, 1834 Lititz Pike.

For more information, contact Jendzurski at 471-0590 or by e-mail at [mamacassirpa@yahoo.com](mailto:mamacassirpa@yahoo.com).

E-mail: [hvzningent@lpnews.com](mailto:hvzningent@lpnews.com)