



**ST. JAMES COMMONS  
ST. JAMES CATHEDRAL, CHICAGO**

**DOREEN RAO, CONDUCTOR AND MASTER TEACHER  
BRUCE J. BARBER II, DIRECTOR OF CATHEDRAL MUSIC  
MEMBERS OF ST. JAMES CATHEDRAL CHOIR**

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Starting in 2015, Doreen Rao will lead a series of spiritually inspired meditation and movement-based choral workshops for singers, conductors and teachers. In partnership with Bruce J. Barber II and members of the St. James Cathedral Choir, Doreen and Bruce will be joined by contemplative leaders from diverse spiritual traditions and musical practices. Mindfulness meditation and contemplative instruction will form the basis for this boundary-crossing, spiritually informed series of Chicago Weekend Workshops.

As musicians and teachers, we know that singing and conducting at our personal best depends on the cultivation of awareness, the skills of deep listening, and the development of a social consciousness – mindfulness-based practices that support the invisible ensemble skills of cooperation, receptivity and respect.

The Rao Center Weekend Workshops and Conducting Master Classes are designed for emerging and established professionals, university students and retired musicians – ALL are welcome. The mindfulness instruction will approach the art of singing and choral conducting through a stylistically diverse repertoire

of spiritually inspired European classics, contemporary, and world music compositions appropriate for liturgy, education and concert performance.

The downtown Chicago weekend workshops will be offered as an annual course of sequentially developed weekend workshops open internationally. Doreen, Bruce and members of the Cathedral Choir will be joined by a guest roster of composers, visual artists and contemplative leaders.



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### THE ARTIST AS PEACEMAKER

The Rao Center for Choral and Contemplative Arts is designed for musicians interested in an exploration of singing and peace as a *path of action*. We will be guided by the question “*How do musicians sing, conduct and teach in a way that honors who we are, connects us to our true selves, empowers our choristers and builds community?*” The repertoire-based workshops will motivate what Harvard University research defines as “*GoodWork*,” i.e. characterized as high quality work that is socially responsible.<sup>1</sup>

We define peace not only as a form of conflict resolution, but as the presence of connection, inner peace and peace with others. For musicians, finding peace is much like finding perfect intonation. It is an on-going practice closely related to the quality of our relationships, personal and musical. Knowing ourselves, and the world around us through musical experience, is an ideal to which we aspire. As Aristotle says, however, “it is not for every person, nor is it easy.”

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<sup>1</sup> William Damon, *et al.*, *Good Work: When Excellence and Ethics Meet* (New York: Basic Books, 2001). In this text, the term *good work* is used in a dual sense: first, work that is deemed to be of high quality and second, work that is socially responsible. This study led to several other related lines of investigation that include a look at how contemplative practices or meditation influence how professionals carry out work.

How we sing, conduct and teach as peacemakers is about learning to be fully present in the here and the now. It is about learning how to listen deeply, really deeply. It is about our ability to honor diversity -- musical and cultural. It is about singing as a deep form of empowerment, affirmation, remembrance and celebration. It is about engagement, service to others and community-making. It is about celebrating differences, practicing co-creativity, and engaging in honest connection with Self and Other.

The Rao Center Workshops will focus on topics related to *the artist as peacemaker*. Through the practices of *musical understanding*, *compassion* (coming together with passion), *mindfulness* (being present in the here and now), *joy* (the practice of being joyful), and *equanimity* (the practice of letting go of those things we cannot control) the workshops will help musicians and teachers develop the 'skillful means' of being their personal best.

This course is for musicians who wish to sing, conduct and teach for the benefit of others. It is for those who seek to drop from the mind to the heart -- to develop what Thomas Merton calls "*a listening heart*." We welcome musicians who wish to sing, conduct and teach as an act of social consciousness (making socially driven choices related to choral repertoire, rehearsal pedagogy, concert performance and worship). This course is for musicians who wish to move beyond the traditional aesthetic values of "art for art's sake" toward the democratic, 21<sup>st</sup> century ideals of diversity, inclusion and social responsibility. This course is for musicians who wish to *merge technical competence with spiritual wisdom for the benefit of society* and for those who wish to tackle the problems of today with the music of yesterday and tomorrow. "*Let each of you look not to your own interests, but to the interests of others.*" (Philippians 2)

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### THE RAO CENTER COURSE SCHEDULE

#### Weekend Workshop I

January 9-10, 2015

Friday, 7:00 – 9:30 PM

Saturday, 9:30 AM – 5:00 PM

Sunday, January 11, - 11:00 AM, St. James Cathedral Choral Service, (optional)

#### Weekend Workshop II

May 8-9, 2015

Friday, 7:00 – 9:30 PM

Saturday, 9:30 AM – 5:00 PM

Sunday, May 10 - 11:00 AM, St. James Cathedral Choral Service, (optional)

#### Weekend Workshop III

September 18-19, 2015

Friday, 7:00 – 9:30 PM

Saturday, 9:30 AM – 5:00 PM

Sunday, 11:00 AM, St. James Cathedral Choral Service, (optional)

### Weekend Workshop IV

November 20-21, 2015

Friday, 7:00 – 9:30 PM

Saturday, 9:30 AM – 5:00 PM

Sunday, 11:00 AM, St. James Cathedral Choral Service, (optional)

### Weekend Workshop V

January 15-16, 2016

Friday, 7:00 – 9:30 PM

Saturday, 9:30 AM – 5:00 PM

Sunday, 11:00 AM, St. James Cathedral Choral Service, (optional)

#### *What is The Rao Center?*

Offering mindfulness-based choral workshops and master classes with Doreen Rao and members of the St. James Cathedral Choir

#### *Where is it?*

St James Commons, a wellness center at St. James Cathedral in downtown Chicago.

#### *Who is it for?*

Singers, conductors and choral teachers – emerging and established professionals (university students and retired professionals) ALL are welcome!

#### *How is it presented?*

Interactive, collaborative workshops on singing and voice pedagogy, conducting and choral pedagogy with Doreen, Bruce and Contemplative Leaders, taught through the practices of breathing meditation, yoga and tai chi movement forms adapted for singing and conducting.

All Rao Center Course Workshops take place at St. James Commons, at the corner of Huron and Rush, 65 East Huron Street, Chicago, IL 60611.

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## THE RAO CENTER COURSE FACULTY

### **Doreen Rao**



Celebrated internationally for her moving concerts and inspirational teaching, Doreen Rao's pioneering career changed the landscape of choral music in America. Linking the goals of music performance and teaching with the values of diversity, inclusion and social responsibility, Rao's seminal work teaching children to sing inspired a generation of conductors and teachers to lead young choirs in schools and communities around the world. In a national tribute presented by the American Choral Director's Association, the eminent conductor Robert Shaw wrote: "The world of choral music owes her special thanks. She is preparing our future."

Doreen is a member of the Zen Peacemakers and a long time student of the American Zen Buddhist teacher, Joan Halifax roshi. She is the author of *Circle of Sound* – a contemplative approach to voice education and choral conducting which serves as the philosophical and practical foundation for her mindfulness-based approach to conducting and teaching.

Now home in Chicago following her distinguished tenure as Director of Choral Programs and Elmer Iseler Chair in Conducting at the University of Toronto, Doreen is the newly appointed Artistic Director of the Chicago Chamber Choir. As Editor and Choral Advisor to music publisher Boosey & Hawkes, Rao's award-winning *Choral Music Experience* series of music and choral textbooks sets the bar for concert repertoire in music education. Doreen is the Director of *CME Institute for Choral Teacher Education*, a professional development and international choral certification program for emerging conductors and choral music teachers in the US, UK, Canada and Ireland. [www.doreenrao.com](http://www.doreenrao.com)

### **Bruce J. Barber II**



Bruce J. Barber II was appointed Director of Cathedral Music of St James Cathedral, Chicago, in January 2004. Prior to joining the staff of St. James, he served as Canon Precentor & Director of Cathedral Music at the Cathedral Church of St. John, the Diocese of the Rio Grande, Albuquerque, New Mexico, for 10 years.

An avid conductor, he has conducted a wide range of sacred music, orchestral literature and concerto repertoire ranging from Bach to Beethoven, Haydn and Mozart, Brahms to Duruflé, Bernstein and Stravinsky.

Trained as a choral and orchestral conductor, an organist and cellist, Mr. Barber holds a Bachelor of Arts Degree from Rollins College, Winter Park, Florida, and a Master of Music Degree from the Yale School of Music and the Yale Institute of Sacred Music. [http://www.doreenrao.com/raocenter\\_barberbio.php](http://www.doreenrao.com/raocenter_barberbio.php)

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### **ST. JAMES COMMONS**

St James Commons embraces the Cathedral Church, the Church Center and the Plaza. All have become venues for the openness the Cathedral congregation seeks as it strives to be the Soul of the Neighborhood, the Mother Church for a Diocese, and the Seat of the Bishop.

The Cathedral community seeks to be a welcoming presence to worshipers, neighbors and strangers. Programs such as Summer in the City, the St. James Café, Rush Hour concerts and its own concert series raise awareness of the Episcopal presence in the city. Programming on the Plaza invites new connectedness to the City. See more at <http://www.saintjamescathedral.org/about/st-james-commons/>

### **ST. JAMES CATHEDRAL CHOIR**

The St. James Cathedral Choir is a mixed voice, semi-professional choir, numbering 30 musicians. The Choir has a distinguished history of service to the Cathedral, the Diocese and the community at large. Drawing from a wealth of sacred music ranging from the pure, polyphonic music of the 16th Century through the most daring of sonic tapestries by modern day composers, the Cathedral Choir continually seeks to offer musical presentations which are characterized by a well-shaped and beautiful tone, rhythmic precision, and thoughtful interpretation. <http://www.saintjamescathedral.org/worship/music/>

#### ***Suggested Accommodations***

The Warwick Allerton Hotel is located just around the corner from St. James Commons and offers discounted rates for those engaged in activities at The Commons. Reservations may be made by calling the hotel directly at 312-440-1500 or online at [www.theallertonhotel.com](http://www.theallertonhotel.com) with the code STJC.

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### **2015-2016 COURSE REGISTRATION**

The annual RCCC Course includes three scheduled Weekend Workshops at St. James Commons, downtown Chicago. Participants may register for the full course of three workshops, or for one Weekend Workshop only. Additional fees are required for Doreen Rao Conducting Master Class participation. Optional Graduate University Credit is available on request.

Registered conducting master class participants are invited to rehearse and conduct the St. James Cathedral Choir. Scheduled for the Saturday afternoons of each weekend workshop and open to the public, the master class repertoire is assigned in advance and videotaped upon request.

Please complete and submit the form below.

# The Rao Center for Choral and Contemplative Arts

## 2015-16 Course Registration

Name \_\_\_\_\_

Preferred Phone \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Voice Part \_\_\_\_\_

Choir/Teaching/Conducting Affiliation(s) \_\_\_\_\_

- |  |   |
|--|---|
| <input type="checkbox"/> Full Course*** (Choose Three).....  | <input type="checkbox"/> Tuition \$495 (15% discount) |
| <input type="checkbox"/> Workshop Only .....                 | <input type="checkbox"/> Tuition \$195                |
| <input type="checkbox"/> Student -Workshop Only .....        | <input type="checkbox"/> Tuition \$100                |
| <input type="checkbox"/> Rao Conducting Master Class .....   | <input type="checkbox"/> Added Fee \$75 per Workshop  |
| <input type="checkbox"/> Graduate Credit (Full Course) ..... | <input type="checkbox"/> Available on request         |

\*\*\* Participants registered for the Full Course are eligible to take three workshops in any sequence. The repertoire varies for each workshop but the schedule and curriculum remain the same.

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| <input type="checkbox"/> Workshop I, January 9 – 10, 2015 .....      | <input type="checkbox"/> Rao Master Class (Limit 10) |
| <input type="checkbox"/> Workshop II, May 8 – 19, 2015 .....         | <input type="checkbox"/> Rao Master Class (Limit 10) |
| <input type="checkbox"/> Workshop III, September 18 – 19, 2015 ..... | <input type="checkbox"/> Rao Master Class (Limit 10) |
| <input type="checkbox"/> Workshop IV, November 20 – 21, 2015 .....   | <input type="checkbox"/> Rao Master Class (Limit 10) |
| <input type="checkbox"/> Workshop V, January 15 – 16, 2016 .....     | <input type="checkbox"/> Rao Master Class (Limit 10) |

Fridays, 7:00 – 9:30 PM Saturdays, 9:30 AM – 5:00 PM Optional – Sundays, 11:00 AM Choral Service at St. James Cathedral
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Mail Registration Form, along with your check made out to The Rao Center, to:

RCCCA  
235 Main Street  
Evanston, IL 60202

Questions and additional information: [mjmusic440@gmail.com](mailto:mjmusic440@gmail.com) or 847-869-3925