

["Beautiful music is the art of the prophets that can calm the agitations of the soul; it is one of the most magnificent and delightful presents God has given us." - Martin Luther](#)



On Sunday, October 3, at 11:15 a.m. the Parish Choir will sing some of the most beautiful sacred music ever composed, *Missa Aeterna Christi Munera* (Mass of The Eternal Gifts of Christ) by Palestrina.

After brief service at the cathedral of his hometown Giovanni Pierluigi da Palestrina (1525-1594) was called to St. Peter's in Rome, where he was soon appointed director of the papal choir. The rest of his life was spent in Rome, composing hundreds of masses and motets that have come to be considered perfect models of sacred music.

["He is the real king of sacred music and the eternal father of Italian music." -Giuseppe Verdi](#)

His music is known for its transcendent power. The feeling imparted by his music, of solemnity, meditative thought, and divinity, transcends the bounds of language.

["Music expresses that which cannot be put into words." -Victor Hugo](#)

Science now backs up the feelings that listeners have experienced for centuries. Research shows that listening to this chant-like music generates alpha brain waves—the same brain waves emitted when the body is in a calm and reflective state. The effect can be a state synonymous with prayer and meditation.

["Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife." - Khalil Gibran](#)

I think we can all agree that we are living in strange, unsettling and chaotic times. I hope that you will join us as we celebrate the gifts of Christ and let Palestrina's divine sacred music calm the agitations of our souls.