Catherine Helferty is from Douglas, Ontario, where she first sang in the choir at Saint Michael Parish before beginning piano studies at the age of ten. Catherine earned a Bachelor of Music degree at Queen's University, where she studied piano with Dr. Ireneus Zuk and, through Royal Canadian College of Organists scholarships, organ with Jill Mingo. Upon graduation, she served as the Director of Music and Organist at the Cathedral of Saint Mary of the Immaculate Conception, Kingston, for three years. In addition to directing the Cathedral Choir, which provided sacred music for Cathedral and Archdiocesan liturgies, Catherine directed the Kingston Traditional Latin Mass Schola, which sang Gregorian chant and polyphony for the monthly Missa Cantata at Saint James Chapel. Having also earned a Bachelor of Education degree, Catherine currently works as an Occasional Teacher while continuing to develop her interest in sacred liturgy and further her organ studies.