Paul Roy, a Massachusetts native, received his bachelor of music degree in liturgical music and organ performance from the Hartt School of Music of the University of Hartford and his Master of Arts degree in organ performance from Clark University in Worcester, Massachusetts. In 1983, Paul won the Worcester Chapter of the American Guild of Organists Competition and finished first runner-up in the New England Regional Competition. He has held positions as Organist and Choirmaster at Church of Our Lady of the Angels in Worcester, Massachusetts; Assistant Director of the Men's Glee Club, Worcester Polytechnic Institute; Director of Music at the Pakachoag Church, UCC in Auburn, Massachusetts; and faculty member of the Pakachoag Community Music School from 1983 to 1986. While serving at Our Lady of the Angels and Pakachoag Church, he oversaw the installation of two new pipe organs built by the firm of J. W. Walker of England. Paul also served as Associate Organist at Seattle's St. James Cathedral from 1994-1998 and St. Cecilia's Church on Bainbridge Island from 1992-2000. He founded the Bainbridge Island Women's Schola and was director from 1992 to 1997. He has performed at St. Mark's Episcopal Cathedral in Seattle; St. Patrick's Cathedral in New York City; Church of the Advent and Church of the Covenant in Boston; and at churches and concert halls on both the East and West coasts and in England. He is heard on the CD, Amid the Winter's Snow -Christmas at Mechanic's Hall.

Paul has presented workshops on church music for the American Guild of Organists, and other professional organizations; conducted and accompanied various instrumental and choral ensembles; acted as Artistic Director for several community concert series; and served on Diocesan Liturgy & Music Commissions for the Roman Catholic and Episcopal Churches. He was newsletter editor for both Seattle and Olympic Peninsula Chapters of the American Guild of Organists, past Dean of the Olympic Peninsula Chapter, AGO, and past Chair of the Anglican Association of Musicians (Regional VIII, North).