

## Message from the Director

In our increasingly complex modern world, many people are keenly seeking out the wisdom and secrets of ancient traditions, to equip themselves with powerful tools to meet the challenges of today. Benedictine monasticism is a movement which has been a powerful transformative force over 1,500 years, and uses the practices of discipline, silence, solitude, and meditation to promote a way of life which is stable, strong and successful. This complex, ancient and beautiful expression of our Western spiritual heritage has many time-tested secrets for cultivating inner peace, contentment and resilience. The retreat and study programmes the New Norcia Institute for Benedictine Studies aim at unlocking these priceless treasures for our participants.

In 2024, we are excited to unveil a varied and stimulating range of retreats and study programmes. As well as weekend retreats, a number of one-day events are also on offer. In keeping with the Benedictine charism of hospitality, the monastic community is delighted to welcome as our guests persons from all backgrounds of life and all traditions. Our scenic and serene environment and the quite prayerfulness of the monastic routine form the perfect backdrop for seeking and finding peace, enlightenment, renewal and clarity.

*In pace Christi,*  
Fr. Robert Nixon, osb



## Weekend and Day Start and Finish Times

The first session for all Weekends Retreats begins at 7:30pm on the Friday (Participants are encouraged to attend Vespers at 6:30pm, followed by dinner, in possible). The final session for each weekend will conclude at 11:30am on the Sunday.

One-day events all commence at 9:00am on Saturday, in the monastery guesthouse, and conclude at 5:00pm. Attendees may arrive earlier for a cup of coffee. Participants in one-day events may also arrange overnight accommodation through our guesthouse ([guesthouse@newnorcia.com.au](mailto:guesthouse@newnorcia.com.au)).

## Custom Retreats

The NNIBS is delighted to be able to offer custom retreats, for groups of four or more participants, subject to availability. These retreats, presented by monks of the monastery, can be adapted to the particular needs and interests of the group, and scheduled on any mutually convenient dates. If you are interested in organising a special retreat for a group, please contact Fr. Robert Nixon, OSB, at [institute@newnorcia.com.au](mailto:institute@newnorcia.com.au).

## Individual Retreats

Persons are welcome to stay in the monastery guesthouse to make individual retreats. These may be done without direction, simply allowing the experience of prayer, silence and solitude to enrich and renew one's spirit. Alternatively, it is often possible to arrange for a monk qualified in spiritual direction to meet daily with retreatants. Inquiries should be directed to the monastery guesthouse, at [guesthouse@newnorcia.com.au](mailto:guesthouse@newnorcia.com.au).

## NEW NORCIA Institute for Benedictine Studies

The New Norcia Institute for Benedictine Studies seeks to broaden and deepen awareness of the monastic tradition within Christianity. It offers an environment conducive to prayer, study and reflection with excellence in teaching and research. It aims to encourage participants at all stages of life to reflect on their journey of faith with the pastoral support of rich traditions in prayer, discernment and discipleship, whether as lay people, professed religious, academics, or in ordained ministry.

### Retreat and Course Costs

For weekend events, participants are asked to contribute \$360, which includes two nights' accommodation (Friday and Saturday) and all meals, as well as admission to the Museum and Art Gallery. The cost for one-day events is \$120, which includes lunch at the monastery guesthouse. Participants in one-day events who wish to stay overnight are very welcome to book into the monastery guesthouse ([guesthouse@newnorcia.com.au](mailto:guesthouse@newnorcia.com.au)).

### For Enquiries and Bookings

Bookings are to be made via New Norcia's webshop at [www.newnorcia.com.au](http://www.newnorcia.com.au)

For all other queries please contact Fr. Robert Nixon, osb, at [institute@newnorcia.com.au](mailto:institute@newnorcia.com.au)



New Norcia Institute for Benedictine Studies  
New Norcia Road, New Norcia WA 6509

[www.newnorcia.com.au](http://www.newnorcia.com.au)

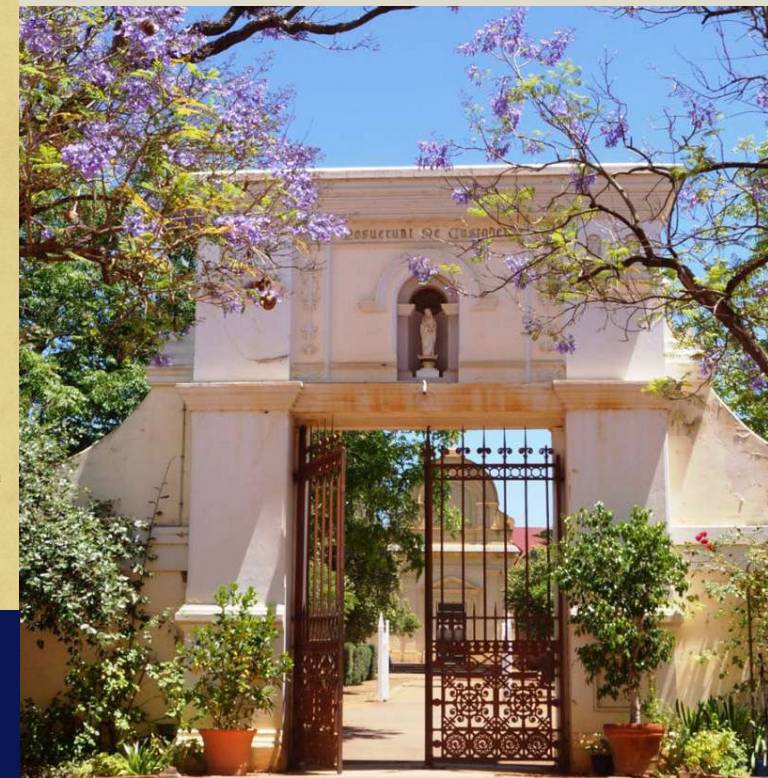


NEW NORCIA

## Institute for Benedictine Studies

*Weekend and One-Day Retreats  
and Courses*

## PROGRAMME 2024





# Institute Events in 2024

## Weekend and One-Day Retreats and Study Courses

**February 9–11**

*Pre-Lent Retreat—Uncluttering our Lives and Hearts*  
(Fr. Robert Nixon, OSB)

For forty days before commencing His public ministry, Jesus retreated into the desert, fasting and living a life of absolute simplicity. In imitation of this example, the forty days of Lent should be for Christians a time of consciously uncluttering our lives and heart, and freeing ourselves from all the extraneous baggage and complexities which hold us back from the freedom and simplicity to which God is calling us. This weekend retreat will prepare participants for a fruitful and effective Lenten experience.

**February 24**

*Christian Stoicism* (Fr. Robert Nixon, OSB)

The ancient Stoic philosophers promoted an approach to life based on trust in Divine Providence and the cultivation of inner strength, freedom and dignity. Throughout the centuries, many Christian saints have turned to the thoughts and words of these great philosophers, showing that the psychological and existential insights they offer complement and clarify the teachings of Christ. This one-day workshop will delve into the wisdom of the Stoics, showing how it can help modern Christians to develop resilience and inner strength.

**March 8–10**

*Monk Mode—Applying Monastic Principles to Everyday Life* (Fr. Robert Nixon, OSB)

The principles of monastic life include commitment, perseverance, patience, and self-discipline. These are values which run counter to our mainstream culture, where self-indulgence, distraction, and rush are very much the norm. Yet these lead to a dissipation of strength and focus, and ultimately a loss of happiness, independence and freedom. This weekend retreat will explore how the principles of monastic living can be applied to everyday life, to harness your inner strength, and achieve resilience, success and contentment.

**March 16**

*Lent Workshop—Fasting for Body, Mind and Spirit*  
(Fr. Robert Nixon, OSB)

In recent times, a new awareness of the traditional monastic discipline of fasting has emerged, revealing a multitude of physical, mental and spiritual benefits resulting from the practice. Our modern world encourages us to engage in virtually constant consumption—of food, communications, and entertainment. Yet it is within our power to say “no” to this dangerous message. This one-day workshop will explore the benefits of various form of fasting, and viable ways to put them into practice, to promote physical, mental and spiritual well-being.

**April 13**

*Vocational Discernment Day, For Ages 18-40*  
(Various Presenters)

God calls each one of us to a full, meaningful and satisfying life. This may be expressed through single life, marriage, priestly ministry, or the charism of a religious order. This one-day retreat will provide the opportunity to explore these various options, and to gain information and insights about the possibilities which God and the Church offers to people discerning their calling in life.

**May 3–5**

*The Song of Songs—The Song of the Soul in Love with God*  
(Fr. Robert Nixon, OSB)

Despite its short length, the Song of Songs is one of the most beautiful and intriguing books of the entire Bible, and occupies a central role in monastic lectio divina. This weekend, which is both a study opportunity and a retreat, will examine the origins of this book and its inclusion within the canon. It will also explore the many and varied interpretations of the book which saints and scholars have advanced over the centuries.

**May 18**

*St. Hildegard—Her Life and Visions* (Sylvia Grevel)

The life of Hildegard of Bingen speaks powerfully to the imagination. This Benedictine nun from the Middle Ages led an extraordinary and extremely fruitful life. In this one-day retreat, we will dive into her biography, and connect to her amazing books of vision. This multidimensional woman, theologian and Doctor of the Church has much to offer for those who want gain a deeper insight in God, world, humanity and themselves.

**June 7–9**

*Benedictine Secrets For Balance And Serenity*  
(Fr. Robert Nixon, OSB)

The Benedictine way of life is recognized for its promotion of balance and serenity, and the flourishing of the Order of St. Benedict for over 1,500 years is clear testimony to this reality. This weekend retreat will unlock for participants the secret wisdom of St. Benedict, for achieving a sustainable life of balance and serenity.

**June 28–30**

*Letting Go* (Sr. Lilian Bong, SJA)

As we journey through life, we are in a continual process of ‘letting go’, in many different ways. This letting go can be the result of the loss of loved ones, of the process of aging, of relationship changes, and families growing up, etc. On the other hand, there can be things in our hearts—anger, regret, grief, attachment and pain—of which we would like to let go, but find it difficult to do so. Yet, in learning to let go, we can embrace God’s plan for us more deeply, and thus come to live with greater fullness and freedom. This weekend retreat will provide companionship and guidance in this process.

**July 13**

*Hildegard—Her Art and Healing* (Sylvia Grevel)

Hildegard of Bingen was a very talented woman, gifted with almost endless creativity. Her innovative music and illuminations are amongst the most beautiful in the history of Christianity. Healing by nature was another one of her remarkable gifts. These aspects of Hildegard’s legacy continue to offer rich spiritual nourishment. This one-day retreat and workshop will explore these fascinating dimensions of this great holy woman.

**July 26–28**

*An Introduction to Ecclesiastical Latin*  
(Fr. Robert Nixon, OSB)

Since the very beginning of the Roman Catholic Church, Latin has been its principal language for spiritual and theological literature, as well as for the celebration of the liturgy. A knowledge of Latin is an important resource, which unlocks the vast and rich treasures of the writings of the Church Fathers and saints of Western Christianity in their original form. This weekend will provide a concentrated introduction, which will equip participants with enough knowledge to continue their own studies with confidence. No prior knowledge is required.

**August 9–11**

*An Inner Pilgrimage with Hildegard* (Sylvia Grevel)

Hildegard’s life and writings will lead us through this weekend of inner, spiritual pilgrimage. She was a woman who knew well the ways of the Lord and the human soul. We will journey alongside Hildegard’s visions, music, art and medicinal practice into our own inner life and path with God. For Hildegard, divine Wisdom is expressed in cosmic creation, and every aspect of human existence is indicative of God’s plan. How can we recognize God working in our lives? This weekend retreat consists of introductions, silence, music and reflection.

**August 23–25**

*Monk Mode—Applying Monastic Principles to Everyday Life* (Fr. Robert Nixon, OSB)

The principles of monastic life include focus, perseverance, patience, and self-discipline. These are values which run counter to our mainstream culture, where self-indulgence, distraction, and rush are very much the norm. Yet these lead to a dissipation of strength and focus, and ultimately a loss of happiness and freedom. This weekend retreat will explore how the principles of monastic living can be applied to everyday life, to harness your inner strength, and achieve resilience, success and contentment.

**September 14**

*Moving On—Dealing with Loss, Pain and Separation*  
(Fr. Robert Nixon, OSB)

Loss, pain and separation are realities of our human condition which can be difficult to deal with. This one-day retreat will focus on equipping oneself spiritually to move on from darkness into light and from fear to hope, and to find God’s grace at work even in the most heartbreaking events of life.

**September 21**

*Men’s Retreat Day—The Challenges of Being a Catholic Male in the 21<sup>st</sup> Century* (Various Presenters)

This one-day retreat will be an opportunity to explore, share and develop approaches to deal with the many challenges, pressures, trials, and temptations of being a faithful Catholic man in the 21st century. Together, we will discover how our faith offers us a rich font of wisdom, strength and clarity to draw upon.

**October 12**

*St. Benedict’s Model of Leadership*  
(Abbot John Herbert, OSB)

The Rule of St. Benedict presents a dynamic and balanced model of leadership which is responsive, flexible, and focused, and which promotes both individual and communal flourishing. This one-day retreat will explore the principles of Benedictine leadership, and look at how they can be applied to our business and personal lives to create success and harmony.

**November 29–December 1**

*Benedictine Secrets for Balance and Serenity*  
(Fr. Robert Nixon, OSB)

The Benedictine way of life is recognized for its promotion of balance and serenity, and the flourishing of the Order of St. Benedict for over 1,500 years is clear testimony to this reality. This weekend retreat will unlock for participants the secret wisdom of St. Benedict, for achieving a sustainable life of balance and serenity.

