

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 spiritual heritage has many time-tested secrets for cultivating inner peace, contentment and resilience. The retreat and study programmes of the New Norcia Institute for Benedictine Studies aim at unlocking these priceless treasures for our participants, mixing ancient wisdom with contemporary insights.

In 2026, we are delighted to offer 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

Below: Fr. Robert Nixon plays the piano in the monastery music room



The abbey church under the Milky Way galactic core

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, if 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).

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.

INDIVIDUAL RETREATS

People 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.

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 in the monastery guesthouse. Participants who wish to do so are very welcome to stay overnight and will need to book separately into the monastery guesthouse. (e-mail: guesthouse@newnorcia.com.au)

For Enquiries and Bookings

Bookings are to be made via
New Norcia's webshop at
www.newnorcia.com.au

For all other queries please contact
Fr. Robert Nixon, OSB, at
institute@newnorcia.com.au



New Norcia Institute for Benedictine Studies
Great Northern Highway, New Norcia WA 6509

www.newnorcia.com.au



NEW NORCIA

Institute for Benedictine Studies

Weekend and One-Day Retreats
and Courses

PROGRAMME 2026



Retreat Programme:

March 6-8

LENTEN RETREAT—BLESSED ARE THE PURE OF HEART

(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 are, 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 assist participants identify practical and effective ways of simplifying and uncluttering their lives and heart.

March 21 (One-Day Retreat)

PRAYER—CONNECTION WITH THE GOD WHO KNOWS YOU

(Sr. Hilda Scott, OSB)

This retreat will be a gentle day allowing us to wander through our own connections with God and the many ways in which He connects with us, as we are in the here and now. That connection is “prayer” and as there are so many and varied ways to say “I love you”, there are that many ways to pray, to connect with God and He with you. Prayer it is that brings meaning and sustenance to our lives in all weathers, indeed “More things are wrought by prayer than this world ever dreams” said the English poet, Alfred Lord Tennyson.

April 10-12

BENEDICTINE SECRETS FOR BALANCE AND SERENITY

(Fr. Robert Nixon, OSB and Sr. Hilda Scott, 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.

MAY 1-3

MEDITATION AND UNION WITH GOD (Fr. Robert Nixon, OSB)

The practice of meditation and the experience of union with God form a key part of the mystical life of many of the saints, and also appear (in varying forms) in most of the great religious traditions of the world. Meditation consists of a deliberate stilling of the mind and spirit, and liberating it from distractions, illusions, sensory perception, and its usual assumptions and perspectives. In this way, the spirit is opened up to a unitive vision of a higher reality— God Himself, and the true self. Through this discipline, practitioners are able to arrive at peace, freedom and inner joy. This one-day workshop will combine a general orientation and the experience of specific practices.

June 12-14

MONASTIC WISDOM FOR 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 energy, 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.

Benedict teaching shepherds at Sacro Speco - Lesmes Lopez OSB NNC 1978.718a



June 27

ST. HILDEGARD OF BINGEN—MYSTIC, VISIONARY AND HEALER

(Fr. Robert Nixon, OSB and Sr. Hilda Scott, OSB)

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 into God, world, humanity and themselves.

July 17-19

CARL JUNG AND SPIRITUALITY—THE MYSTERIES OF THE DEEPER SELF AND THE UNCONSCIOUS

(Fr. Robert Nixon, OSB)

Carl Jung was one of the key figures in the development of modern psychoanalysis. A student of Freud, he came to appreciate the deep importance of spiritual, mythological and religious traditions as representing fundamental truths of the human condition. In particular, he recognized in the person of Christ as an archetype of a new and redeemed humanity and a connection with the transcendent. This weekend will explore the work of Jung in the field of spirituality, and hopefully lead participants to fresh new insights and deeper self-knowledge.

AUGUST 14-16

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SEPTEMBER 4-6

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SEPTEMBER 12

THE LORD OF THE RINGS - ITS CHRISTIAN MEANING

(Dom Anthony Viswalingam, OSB)

J.R.R. Tolkien's The Lord of the Rings is a modern masterpiece of epic and exciting storytelling, which is also richly imbued with Catholic symbols and themes, reflecting the author's own faith. In this retreat, participants will explore the deeper and hidden meanings of the first entry, The Fellowship of the Ring, and how great cinema can be a pathway to prayer. Participants are encouraged to have viewed the film in advance.

OCTOBER 23-25

BEING CONTEMPLATIVE IN THE 21ST CENTURY

(Judith Valente)

The practice of contemplation is an essential part of any healthy and balanced human life, and Christ Himself affirmed it as “the better part,” and even “the one thing necessary.” Our current times offer both particular challenges and particular opportunities for the practice of contemplation, which this retreat will explore in depth. Participants will be led to an awareness of the importance and benefits of being contemplative, and receive practical guidance on how to attain this wonderful blessing.

