

New Norcia Education Centre Activities Welcome Pack



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New Norcia



This unique hamlet – and Australia’s only monastic towns - 132 km north east of Perth and everyone, regardless of their beliefs, will find themselves stilled by the peace and tranquility of this community.

The New Norcia town site was first established in 1847 as a mission for the local Yued Aboriginal people by Spanish Benedictine monk, Dom Rosendo Salvado. The monks, together with the Yued people, set about establishing a self-sufficient town. With its impressive boarding colleges, the community provided important educational opportunities between 1908 and 1991.

Today, New Norcia is still home to Benedictine monks and the monastery is one of the 27 historic buildings on the Register of the National Estate.

Here, Benedictine monks move quietly amongst historical buildings on their way to pray together seven times daily. But it is not just the monks’ dedication to peace that makes New Norcia so special. It is also the town’s monastic, Aboriginal and European heritage which the monks invite all visitors to explore.

PAX, a Latin word meaning peace, is the motto of the Benedictine monks of New Norcia. It is the fruit of their regular, prayerful and stable life together and the gift they offer to all who visit their town.

New Norcia is a place that captures the imagination of young and old, and inspires them to create, perform and enjoy. It is the perfect destination for a school camp and a getaway from everyday life. Once you arrive at this unique site, surrounded by the monks’ 20,000 acre farm, you will experience a living tradition well worth a visit.

For more information about New Norcia, including its history and directions to get here, please visit **www.newnorcia.wa.edu.au**.

The Education Centre

New Norcia's Education Centre was established in 1996 to enable school students, in particular, to broaden their knowledge of the world inhabited by the Benedictine Community, and to gain a deeper appreciation of the town's monastic, European and Aboriginal culture.



New Norcia staff and monks facilitate activities and programmes which stem from the observations of Dom Rosendo Salvado in "The Salvado Memoirs" where he documented and recorded his interpretation of the skills, life and culture of the Yued people.

New Norcia has a variety of indoor and outdoor spaces suitable for students to work in groups, some of which can be used as performance and practice spaces for music camps. There are also sporting courts and ovals.

Many education programmes are based on latest curriculum documents, include hands-on learning opportunities and are conducted within the context of a living faith community.

Programmes include:

- Society and environment, Aboriginal studies, arts and history
- Catholic Education Office approved programmes for the ongoing renewal of Accreditation status

Programmes embrace communications, challenge, leadership, respect, responsibility, enthusiasm and learning. Groups can be guided by New Norcia's experienced staff, or be lead by their own teachers and facilitators. We can provide space, ideas and flexibility and would be delighted to assist you in creating a programme that suits your group's particular interests and aims.

Education Programmes

SOCIETY AND THE ENVIRONMENT

By participating in the following activities, the monks invite you to open the doors to their past and present world with an experience of living history.

Heritage Town Tour: 1.5 hours

You won't believe what lies behind the locked doors of our buildings! Join our Town Tour and let our experienced guides unravel the unique history and show you the hidden artworks of New Norcia. As you walk around town, hear the story of the settlement and development of Australia's only monastic town and learn about its unique European, Monastic and Aboriginal heritage. See the highly decorated interiors of the college chapels, the historic flour mill and the new Mission Cottages Interpretation Centre which is rich in cultural significance and tells the story of the Mission Cottages and the Indigenous families who, for more than 100 years, made their homes in the former New Norcia Mission Village.



Conducted by New Norcia Staff. Cost: \$6.50 per student.

Art Appreciation and Architecture: 1 hour



New Norcia is a rare, visually rich and exotic settlement on the West Australian landscape. This walking tour takes you in and around a range of the town's iconic buildings to discover their art and architecture and the cruciform plan of the whole. It includes the 19th century monastery parlour with its rare examples of colonial artworks – scenes of the mission commissioned by Salvado for

fundraising, promotional and reporting purposes in Europe. The highlight is the two colleges – St Gertrude's and St Ildephonsus' – amazing buildings influenced by 20th century Barcelona. Both contain elaborate, integrated and evocative chapels decorated by Spanish craftsmen who worked as a creative team across the site. In recent years a number of these buildings have been expertly restored. Students will gain insight into the style, methods and motivation behind this unique artistic heritage.

Conducted by New Norcia Staff. Cost: \$6.50 per student.

River Walk, Apiary and Indigenous Artefact Exhibition. 1 hour

This walk is an opportunity to explore the New Norcia community and the surrounding country side. The River Walk traces the development of early settlement, crosses the Moore River and gives you the opportunity to see a variety of native fauna, farm animals, bird life and wildflowers. The main trail is approximately 1.5 km long, with an optional sidewalk to the historic Olive Grove. Visit the Apiary along the route and learn about the history of bee keeping and honey production at New Norcia. The ancient, traditional connections of this Apiary site were rediscovered as a result of an archaeological survey conducted throughout the area, from the 1980s onwards, by Dr. Bernard Rooney OSB, a former Abbot of New Norcia with a PhD in the field of Indigenous Research. In the course of his field research, a virtual “treasure-trove” of Indigenous artefacts was discovered at the Apiary site and in its immediate vicinity. The concentration of artefacts discovered both at the old camp site itself and in the surrounding river environment helped to identify the place as having been a traditional Indigenous camping spot from time immemorial. A number of these fascinating artefacts are now on permanent display in the Apiary building. Note; There are picnic tables and benches along the route of the river walk making it a perfect opportunity to take a picnic and enjoy the bush surrounds.



Riverwalk free of charge.

Guided Walk and Apiary visit conducted by New Norcia Staff: \$6.50 per student.

New Norcia Museum and Art Gallery: 1.5 hours



The Museum contains a fascinating array of artefacts which tell the story of New Norcia’s mission era, the monk’s extensive farming activities and local centre for education and culture. The Art Gallery contains one of the largest collections of religious art in Australia. The European collection is made up of predominately 18th-19th century religious works from Spain and Italy. The contemporary Australian gallery contains religious works collected since

1975, many of were entries in the Mandorla Award for contemporary religious art.

It also houses the beautiful Charles Austin Gardner exhibition of botanic drawings and an exhibition about St Joseph’s Mission girls and their lives at New Norcia.

Trading hours 9.30 am–4.30 pm.

Self-guided; Cost: \$6.50 per student.

Cemetery Study: 1 hour

Be guided on a walk around the cemetery and hear stories about the people who once lived at New Norcia – the monks, Yued people and local residents. Students will learn more of the history of New Norcia. They will discover how those buried within the cemetery endeavoured to make a difference to the lives of others. Students will be presented with the concept of how they too might strive to make a difference.



Conducted by New Norcia Staff. Cost: \$6.50 per student.

The Musical Heritage of New Norcia: (subject to availability) 30 – 60 minutes



Throughout history, monasteries have been closely associated with music and New Norcia in particular enjoys a strong musical heritage. Its founder, Dom Rosendo Salvado, was a brilliant pianist and one of the very first Australian composers. Dom Stephen Moreno, a leading Australian composer of the first half of the 20th century, was a monk of the community. The Abbey Church houses the magnificent German Moser organ, which has over 2,000 pipes and is regarded as unique in Australia. Choose from a range of options such as Dom Rosendo Salvado - monk, performer and composer; Tour of the Moser Organ; or Piano master classes.



Conducted by New Norcia Staff. Cost: \$6.50 per student.

ABORIGINAL STUDIES

Bishop Rosendo Salvado, the Spanish monk who founded the mission at New Norcia, recorded the skills, traditional life and culture of the local Yued-Nyoongar people he encountered in his memoirs. His sense of learning to live together permeates New Norcia today, as the town presents a history of Aboriginal life and reconciliation in action through the following activities.

The Six Seasons Art Panels and Prindiville Room: 1 hour



Discover the beauty and significance of the unique series, *The Six Seasons*, which depicts the unfolding of the yearly cycle in traditional Yued culture through a harmonious blend of Indigenous and Western European art style. The series provides a perspective of the Moore River landscape, featuring unrivalled depictions of the way in which the flora and fauna developed and adapted in accord

with seasonal changes. In the Prindiville Room exhibition, discover interactive modules containing first-hand accounts and artefacts which provide a visual introduction to early Aboriginal life, culture and skills as encountered by Bishop Salvado in 1846. Topics include skills and equipment; food; language, communication and learning; and indigenous spiritual beliefs.

Conducted by New Norcia Staff. Cost: \$6.50 per student.



Aboriginal Art Workshop: 1.5 hours

Learn the symbols and techniques used in the art of the Yued-Nyoongar people. View examples of contemporary Aboriginal art (including the *Six Seasons Panels*). Paint your own boomerang using the symbols and techniques you have explored.

Conducted by New Norcia Staff. Cost: \$8.50 per student.

Spear and Boomerang Throwing: 1.5 hours



Learn the skill of karli (boomerang), miro and kidji (spear thrower and spear) throwing on the oval. Compete within your groups for the most accurate and longest throw. A short segment on Nyoongar language can be added to this session if desired.

Conducted by New Norcia Staff. Cost: \$6.50 per student.

MONASTIC LIFE



At the heart of New Norcia is a small community of Benedictine monks who live a simple, regular Gospel based life that has been observed since Benedict wrote a rule for monks in the 6th Century. Some monks have only been at New Norcia for a few years; others are older and have lived here for over 50 years. However, they are all on the same journey – seeking God. These activities are offered to all guests and may be of particular interest to retreats and confirmation camps.

The Habits of New Norcia: 45 minutes, usually from 7.30 am-8.15 pm

An opportunity to meet a monk, hear about life in the monastery and ask lots of questions!

Prayers with the Monks: 15-30 minutes

The monks warmly invite visitors of all spiritual beliefs to join them for any of their seven daily prayers in the Monastery oratory. It is critical that student groups arrive and are seated in silence in the oratory at least 3-4 minutes before the prayers begin, and that they remain silent during the prayers unless they join in using the prayer booklets provided at the door of the oratory. Once the prayers begin, anyone present should remain in the oratory until the prayers have been completed and the monks have left.

Monday-Friday

5.15 am	Vigils – recited
6.45 am	Lauds (morning prayer) – sung
7.30 am	Mass – sung
12.00 pm	Midday Prayer – sung
2.30 pm	Afternoon Prayer – recited
6.30 pm	Vespers (evening prayer) – sung, with some Gregorian chant
8.15 pm	Compline (night prayer) – part recited, part sung

Saturday

5.15 am	Vigils
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6.45 am	Lauds (morning prayer)
7.30 am	Mass
12.00 pm	Midday Prayer
2.35 pm	Afternoon Prayer
6.30 pm	Vespers (evening prayer)
8.15 pm	Vigil Office of Sunday (replacing compline)

Sunday (all sung)

6.00 am	Lauds (morning prayer)
9.00 am	*Mass
12.00 pm	Midday Prayer
5.30 pm	Vespers (evening prayer)
7.30 pm	Compline (night prayer)

Mass and prayers take place in the Monastery Oratory. Mass in Abbey Church on Sunday.

Prayer

A conversation with one of the monks about personal and liturgical prayer.

Reflection Time

A chance to reflect on your time at New Norcia by journaling or sketching, either outside or inside one of the beautifully frescoed chapels accompanied by Gregorian Chants or outside. *Self-guided by school staff.*

Reconciliation/Mass/Para-Liturgy

You are welcome to celebrate your own Mass or Para-Liturgy in either of the college chapels. A Priest from the monastic community may be available to hear reconciliation and to assist with your Mass; however you are encouraged to involve your school or parish Chaplain.

CEO ACCREDITATION PROGRAMME

The New Norcia Education Centre has created the *Benedictine Experience* Programme which has the Catholic Education Office approval for the use of ongoing Renewal of Accreditation B Status. New Norcia staff will work with you to develop a faith and knowledge-based programme for your staff which fulfils the specific needs of your school. There are two components in the

programme – the faith component and the knowledge component with seven optional units from which to choose. All options are conducted by a monk.

Option 1: Brief History of Benedictine Monasticism

Knowledge Component – 2 hrs

This predominantly academic presentation will provide staff with an overview of the historical development of Western Monasticism, thus extending their knowledge and appreciation of the scriptural and theological basis of the Catholic faith reflected in the 'Life in Christ' section of the Catechism of the Catholic Church. The presentation will cover the following areas:

- Pre-Benedictine Forms of Monastic Life
- Biographical Sketch of St. Benedict of Nursia
- Introduction to the Rule of St Benedict (6th Century)
- Scripture and the Rule
- Monastic Literature
- Outline of Monastic Theology
- Adaptability of Monasticism in a Variety of Cultures
- Contemporary Forms of Benedictine Life
- The Monastery in the World
- Adaptations of Monastic Spirituality for the Laity, the Young, and beyond Religion

Questions

Option 2: Introduction to the Monastic Vocation & Charism

Knowledge Component – 2 hrs

This presentation will provide staff with an introduction to the Monastic Vocation and Charism, thus extending their knowledge and appreciation of the scriptural and theological basis of the Catholic faith as particularly reflected in the 'Life in Christ' section of the Catechism of the Catholic Church. The presentation will cover the following areas:

- Meaning of the word 'monk', and explanation of why the monk comes to a monastery
- Historical sketch of Monasticism
- Brief introduction to the Rule of St Benedict
- Description of the formation process (initial and ongoing)
- A typical monastic timetable
- The ordering of time and place. What we do, and where and why we do it – includes prayer, work, reading/study, mutual support in the spiritual life, and hospitality
- Prayer: Contemplative and Conventual
- The character of monastic life. The sort of person Benedict expected the monk to be – exploring monastic values: silence, solitude, humility, obedience, stability, conversion, peace, patience, simplicity & discernment, and how these characteristics can be practised in life beyond the monastery.

- The lay experience of Monasticism and its ability to inform and enhance a Modern Western life: 'a spiritual oasis in a desert of working to term dates and deadlines, while writing reports and covering all learning areas of the curriculum!'
- How Staff's appreciation of their own 'Teaching Vocation' can be informed and enriched by the example of the 'Monastic Vocation'.
- Questions

Option 3 – Prayer: Liturgical & Personal

Faith Component –2 hrs

“The wonder of prayer is revealed beside the well where we come seeking water: there, Christ comes to meet every human being. It is he who first seeks us and asks us for a drink. Jesus thirsts; his asking arises from the depths of God’s desire for us. Whether we realize it or not, prayer is the encounter of God’s thirst with ours.” (CCC2560)

Through focusing on how prayer allows us to grow in our communal and personal relationships with Jesus Christ, this workshop will provide staff with:

- opportunities for spiritual formation, reflection and discernment; and
- meaningful and practical ways that prayer can be used to shape and build the Christian school community and to express the life of the Catholic Church.

The workshop will consist of two parts:

- Liturgical Prayer. Using the framework of The Divine Office, an examination of the role of communal prayer in our faith development.
- Personal Prayer. “Lord teach us to Pray” Lk 11:1 A time of reflection to examine how we can nurture a time of prayer and solitude amidst the busyness of daily life.

Prayer Timetable

(This prayer follows a formal structure - texts will be provided to guide participation. Prayers take place in the Monastery Oratory)

Monday-Saturday

5.15am	Vigils – recited
6.45am	Lauds (Morning Prayer) – sung
7.30am*	Mass – sung
12.05pm	Midday Prayer – sung
2.30pm	Afternoon Prayer – recited
6.30pm	Vespers (Evening Prayer) – sung, with some Gregorian chant
8.15pm	Compline (Night Prayer) – part recited, part sung

Sunday (All Sung)

6.00am	Lauds (Morning Prayer)
9.00am	Mass*
12.05pm	Midday Prayer
5.30pm	Vespers (Evening Prayer); note venue is Abbey Church, choir section
7.35pm	Compline (Night Prayer) – in darkness

Option 4 – The Art of Sacred Reading – Lectio Divina

Faith Component – 1.5 hrs

Lectio Divina is connected with our personal sense of vocation. The aim is to hear the call of God clearly and concretely in our present situation. Lectio Divina applies the Word of God to our own life situation, allowing revelation and experience to overlap.

By focusing on how prayer allows us to grow in our communal and personal relationships with Jesus Christ, this workshop will provide staff with:

- opportunities for spiritual formation, reflection and discernment; and
- meaningful and practical ways that prayer can be used to shape and build the Christian school community and to express the life of the Catholic Church.

The workshop will cover the following:

- The purpose and importance of Lectio Divina (the ancient art of spiritual reading) in the daily life of a monk
- Teaching this prayer form with the aid of supporting literature describing the six ‘movements’ in the practice of Lectio Divina
- The practice of reading scripture in this way, both individually and as a group
- Strategies for integration in the school environment
- Feedback and group discussion

Option 5 – Listening with the ‘Ear of the Heart’

Faith Component – 2 hrs

“Be still and know that I am God” Psalm 45 While we are speaking we cannot be listening to the voice of God. We can only hear the voice of God when we are silent. Through focusing on how prayer and silence allows us to grow in our communal and personal relationships with God, this session will:

- provide staff with opportunities for spiritual formation, reflection and discernment; and
- equip them to actively contribute to shaping and building a Christian school community.

This session will consist of the following:

- Workshop exploring the purpose and importance of silence
- Silence in the Rule of St Benedict
- Group and individual exercises to practice silence of varying types

- Guided Meditation experience
- Feedback and group discussion
- Option to have a meal in silence with a reading from a sacred or secular text (as the monks do twice daily)

**Option 6: Heritage Town Tour of New Norcia:
The Development of a Faith Community
Knowledge Component - 2 hrs**

This session will provide staff with an overview of the historical development of Australia's only Monastic Town and the formation of a Benedictine Faith Community, thus extending their knowledge and appreciation of the scriptural and theological basis of the Catholic faith reflected in the 'Life in Christ' section of the Catechism of the Catholic Church. This session will cover the following areas:

- Historical Context of the Founding of New Norcia: - the Role of Bishop John Brady, the Catholic Church in Western Australian and the Arrival of Missionaries.
- The Development of a Faith Community in New Norcia
- Witness to the Aborigines: a Monastic Mission catering for the physical and spiritual needs of indigenous people.
- 'The Miracle of New Norcia'
- Challenges to the Faith Community
- The phases of New Norcia: Mission, Education & Architecture, Consolidation, Advancing Education, Re-Evaluations, New Interpretations
- The Monastic Community Today: A place of prayer, ongoing reconciliation, heritage and education

Please note that all the costs mentioned are intended as a guideline only. Actual prices are dependent on your group size and your requirements. We invite you to contact us as options can be creatively packaged to accommodate your budget and available time.

Contact Details

For further information, or to make a booking, please contact us at:

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