

The Rule of Saint Benedict  
revolves around five practices:

**Prayer, Work, Study,  
Hospitality and Renewal.** Prayer  
is the foundation to the  
monastic life and calling, and  
can be a constant part of the life  
of non-monastics as well.



The word, "PAX" meaning peace is  
the motto that St Benedict  
practised and preached. It signifies  
our unity and solidarity with Christ  
and God through Benedictine  
spirituality in the Good Samaritan  
tradition.

#### THANKS

National Seniors Australia (Perth Branch) thanks  
Jardines Pharmacy, Maddington, for their gift package.

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**BENEDICTINE COMMUNITY OF  
NEW NORCIA**



**Benedictine Monasticism:  
its contribution to today's  
world**

**May 16-18, 2023**

**in association with  
National Seniors' Association**



## Venues

All prayers, and daily Mass:

Monastery Oratory

Talks: Guesthouse Lounge

Meals: Guesthouse dining room

## RETREAT TIMETABLE

### Tuesday, May 16

11.25 am (approximately) arrive by Trans WA Bus. Transport from Roadhouse to Guest House. Check in for Room Assignment. Coffee & Tea available.

12.30 (approximately) Arrival of guests using own transport. Park near GuestHouse. Check in.

2.00pm Visit art gallery and museum

3:00- Guided tour of New Norcia Campus Town

6:30pm- Vespers

7:00pm- Dinner (Guesthouse dining Room)

7:30pm- Introductory Session (Guesthouse lounge)

8:15pm- Compline (Monastery oratory)

St. Benedict instructed his monks to receive all guests as Christ, “*for he will say, 'I was a stranger and you welcomed me'*”

(Rule of Benedict, 53:1; Matthew 25:35).

This application of Jesus' words has had a notable impact in inspiring Benedictine hospitality since then.



### Wednesday, May 17

5:00am- Vigils (Monastery oratory)

6:30am- Lauds (Monastery oratory)

7:30am- Mass (Monastery oratory)

Breakfast is available in Guesthouse dining room

9:00-10:00am- WORKSHOP I (Guest lounge)  
*A History of Benedictine Monasticism, and the contribution of monasteries to Western culture and society.*

10:00-10:30am- Morning Tea

10:30-11:15- WORKSHOP II (Guest lounge)  
*The story of New Norcia and its work with the indigenous peoples of Western Australia*

12:00pm- Midday Prayer (Monastery oratory)

12.20pm- Lunch (Guesthouse dining room)

1:30-2:15pm- *Musical recital in the Abbey Church*

2:30-2:45pm- Afternoon Prayer (Monastery oratory)

3:00-4:00- **WORKSHOP III** Guest lounge

*The Value of Silence and Solitude*

6:30pm- Vespers (Monastery oratory)

7.00pm- Dinner (Guesthouse dining room)

8.15pm- Compline (Monastery oratory)

### Thursday, May 18

5:00am- Vigils (Monastery oratory) 6:30am- Lauds (Monastery oratory) 7:30am- Mass (Monastery oratory)

9:00-10:00am- Tour of Monastery, including library (Assemble at front monastery gate) (Photographs Taken of Participants)

12:00pm- Midday Prayer (Monastery oratory)

12.20pm- Lunch

*Check out after lunch.*

*TransWA Bus departs Roadhouse at 2.35 pm*