

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

WHO ARE THE CISTERCIANS?

- The Cistercians are a religious order that came to life after a reaction against the superfluous practices of the Cluniac Order.

- Their aim was to follow a stricter observance of the **Rule of St. Benedict** and thus recover the ideals of the original Benedictines.

- **Silence.**
- **Austerity** in their surrounding environments.
- **Self-sufficiency** (return to manual labor - agricultural work in the fields.)

- They are called Cistercians after the village of Citeaux in eastern France, where a group of Benedictine monks founded Citeaux Abbey in 1098 (Current Mother Abbey).

- They are also called **Bernardines** after the highly influential St. Bernard of Clairvaux

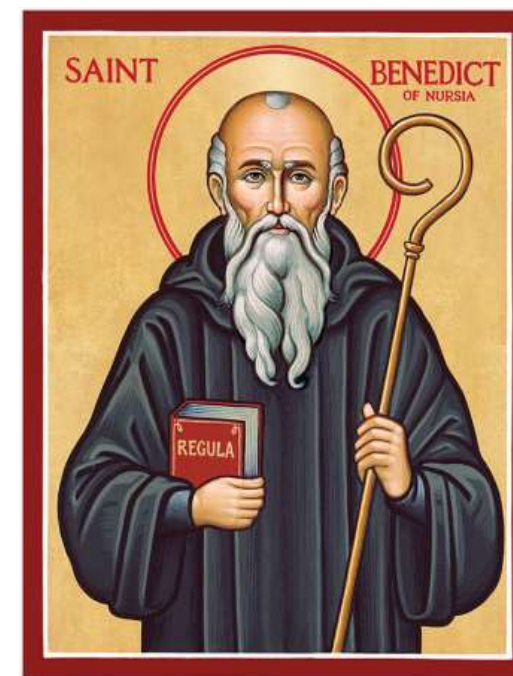
- They are also called **‘White Monks’** because of the color of the “*cuccula*” - a white choir robe worn over their habits (Cluniac Monks = ‘*black monks*’) (Kruger, 2008, 167)

TAKE AWAYS

- **Austerity**



‘White Monk’ on the inside of Citeaux Abbey, France.
robertharding.com/preview/809-1432/monk-citeaux-abbey-st-nicolas-les-citeaux-cote/



Saint Benedict of Nursia Icon
monasteryicons.com/product/st-benedict-icon-403/icons-of-saints



Copy of the Rule of Saint Benedict
duluthbenedictines.org/rule-of-st-benedict



Aerial View of Citeaux Abbey, France.
cister.net/abbey/en/68/citeaux/



Cistercian Monks’s Cuccula
gettyimages.com/event/cistercian-monks-return-to-the-ruins-of-rievaulx-abbey-642458943#/cistercian-monks-father-joseph-and-brother-bernard-john-read-from-a-picture-id535961140

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

WHO ARE THE CISTERCIANS?

- The Cistercians are a religious order that came to life after a reaction against the superfluous practices of the Cluniac Order.

- Their aim was to follow a stricter observance of the **Rule of St. Benedict** and thus recover the ideals of the original Benedictines.

- **Silence.**
- **Austerity** in their surrounding environments.
- **Self-sufficiency** (return to manual labor - agricultural work in the fields.)

- They are called Cistercians after the village of Citeaux in eastern France, where a group of Benedictine monks founded Citeaux Abbey in 1098 (Current Mother Abbey).

- They are also called **Bernardines** after the highly influential St. Bernard of Clairvaux

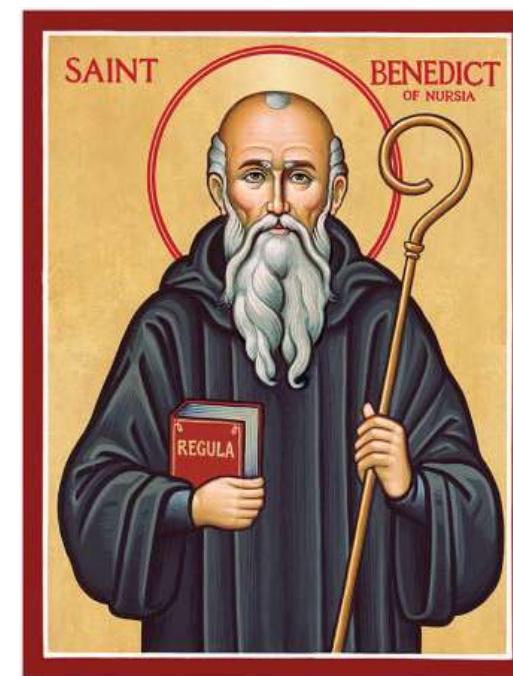
- They are also called **‘White Monks’** because of the color of the “*cuccula*” - a white choir robe worn over their habits (Cluniac Monks = ‘*black monks*’) (Kruger, 2008, 167)

TAKE AWAYS

- **Austerity**



‘White Monk’ on the inside of Citeaux Abbey, France.
robertharding.com/preview/809-1432/monk-citeaux-abbey-st-nicolas-les-citeaux-cote/



Saint Benedict of Nursia Icon
monasteryicons.com/product/st-benedict-icon-403/icons-of-saints



Copy of the Rule of Saint Benedict
duluthbenedictines.org/rule-of-st-benedict



Aerial View of Citeaux Abbey, France.
cister.net/abbey/en/68/citeaux/



Cistercian Monks’s Cuccula
gettyimages.com/event/cistercian-monks-return-to-the-ruins-of-rievaulx-abbey-642458943#/cistercian-monks-father-joseph-and-brother-bernard-john-read-from-a-picture-id535961140

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

WHAT SETS THEM APPART?

- In contrast with Cluniacs who lived an opulent lifestyle, the Cistercians were rigid followers of the Rule of St. Benedict and lived a life that was **austere and ascetical** - a simple lifestyle characterized by abstinence from sensual pleasures, often for the purpose of pursuing spiritual goals.

- Their dedication to the Rule of St. Benedict resulted in a more strict daily schedule. In consequence, spaces were configured **pragmatically**.

- Unlike other orders in their time, who believed in social status within a monastery and were part of the feudal system outside of their grounds, Cistercians had no belief in social hierarchy.

- This **lack of hierarchy** added to the appeal of this new founded order. Resulting in a large number of people joining it.

- They became the **center for their communities** by scouting new land and developping it. (Kruger, 2008, 166)

TAKE AWAYS

- **Acceptance**



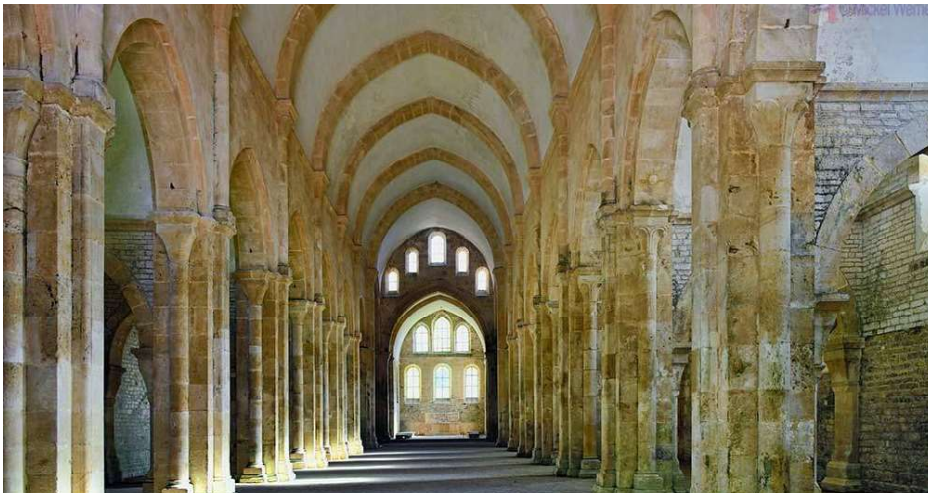
Cistercian Monks Praying

walmart.com/ip/Monks-Nmedieval-Cistercian-Monks-Farming-Their-Land-After-A-Nineteenth-Century-Painting-Poster-Print-by-Granger-Collection/621160421



Cistercian Monks Farming Their Land.

walmart.com/ip/Monks-Nmedieval-Cistercian-Monks-Farming-Their-Land-After-A-Nineteenth-Century-Painting-Poster-Print-by-Granger-Collection/621160421



Inside the church of the Fontenay Abbey in Montbard, Burgundy

travelfrance.tips/montbard-fontenay-abbey/



France, Var, Le Thoronet cistercian Abbey

flickr.com/photos/thomas-aus-der-krummhelde/34712197573/



Cistercian Church

flickr.com/photos/9524771@N06/

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

WHAT DID THEY PRODUCE?

- Cistercians became the main force of technological diffusion in medieval Europe in relation to **agriculture**, **hydraulic engineering**, and **metallurgy**.

- Until the Industrial Revolution, most of the technological advances in Europe were made in the monasteries.

Agriculture

- Brewing Ales and making wine.
- Horse and Cattle Breeders.

Metallurgy

- They became the leading iron producers in Champagne, from the mid-13th century to the 17th century, also using the phosphate-rich slag from their furnaces as an agricultural fertiliser.

Hydraulic Engineering

- Most Cistercian abbeys were built in low valleys due to topographical and spiritual requirements.

- These valleys had often been carved by rivers which still flowed near the abbeys. They developed a master of water-driven technology.

- Diversions, drains, canals, underground pipes, waterways, and mills are to be found in numerous monasteries.

- Waterpower was used for crushing wheat, sieving flour, fulling cloth and tanning. (Kruger, 2008, 183)

TAKE AWAYS

- **Autonomous**



Facilitated the spread of waterwheel technology.

en.wikipedia.org/wiki/Cistercians#/media/File:Braine_le_Chateau,Belgium,moulin_banal.JPG



Part of the hydraulic hammer used by the forge.

travelfrance.tips/montbard-fontenay-abbey/



Lavander plantation in France

pxhere.com/en/photo/998922



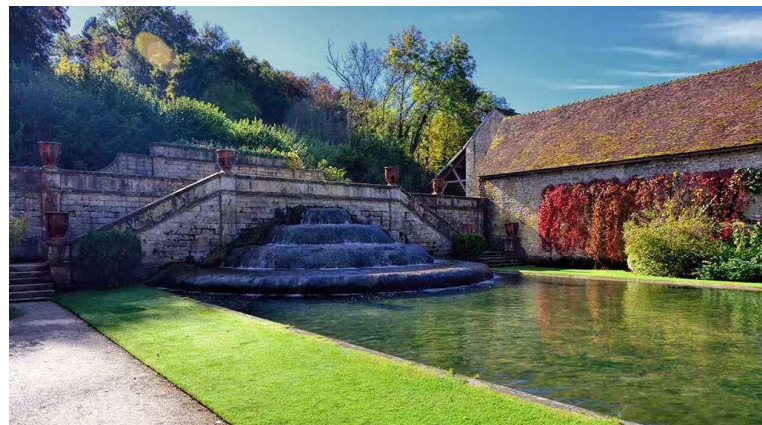
Forge of the Fontenay Abbey in Montbard, Burgundy.

travelfrance.tips/montbard-fontenay-abbey/



Watermill at Fontenay Abbey

travelfrance.tips/montbard-fontenay-abbey/



Fountain and Fish Lake at Fontenay Abbey, Burgundy.

travelfrance.tips/montbard-fontenay-abbey/



Monk at a field of wheat in California.

newclairvaux.org/blog-category/work

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

CONNECTION TO THE COMMUNITY

- Their contribution to the community’s livelihood was never of economic significance. (Kruger, 2008, 170)
- With the clear hierarchical segregation of the monks and lay brothers, the reality outside the abbey was reflected in the living and working arrangements inside.
- The religious community was no longer a world of its own, beyond social segregation. Instead, anyone who entered the monastery remained in his familiar domain and served God accordingly to his status and abilities acquired in secular life. (Kruger, 2008, 183)
- Bernard of Clairvaux, describes the monastic community as providing an opportunity for growth in humility through abasing oneself before others, comparing oneself unfavorably to others, concealing one’s own virtue, and rejoicing in the virtue of one’s neighbor.
- The community is seen as a setting for individual growth not as an opportunity for service.

- Role of monasteries:
Education and study, Relief for the poor, Intercessory prayer, Land development, Missionary work.

TAKE AWAYS

- **Cenobitic**



Cistercian monk harvesting grapes
[flickr.com/photos/monaci/13589844143/](https://www.flickr.com/photos/monaci/13589844143/)



Cistercian monk
[flickr.com/photos/monaci/13589840153/](https://www.flickr.com/photos/monaci/13589840153/)



Bernardine monks
eurohist1600.blogspot.com/2012/11/the-commercial-quickenning-and-religious.html



Cistercian Abbey from the outside
[flickr.com/photos/110067695@N07/35624187196/in/photolist-WgZgJ5-Vv8Qn9-D8cvFw-6MjG26-oUqKjh-Nb4aTG-ZX8bx9-SGD8cU-YwBxHx-22ZHLvs-dRPXrE-dRQKcz-JJRFwB-27kWBjs-JhJ4Jw-YGCpRE-dPa3Vi-rZZT68-ebRSAj-HPy4V9-oKJQ1r-29XkjFy-bQt6YK-dUntWC-c2LTbo-JNZVki-812F5f-28Nr7xz-dPpA5a-26qiyYY-GxJ3Sw-7jf3Q6-bDSc1j-28q7HDh-6RNyrH-W7UTaP-ij9urH-7ZVbkE-ajweAJ-SqwQrM-kN5pu3-2a69JYe-8r8AfH-6e6mVA-Gai4t2-34ZNMz-dYLMz1-oFvyJb-XtdkJC-oDx2Yf](https://www.flickr.com/photos/110067695@N07/35624187196/in/photolist-WgZgJ5-Vv8Qn9-D8cvFw-6MjG26-oUqKjh-Nb4aTG-ZX8bx9-SGD8cU-YwBxHx-22ZHLvs-dRPXrE-dRQKcz-JJRFwB-27kWBjs-JhJ4Jw-YGCpRE-dPa3Vi-rZZT68-ebRSAj-HPy4V9-oKJQ1r-29XkjFy-bQt6YK-dUntWC-c2LTbo-JNZVki-812F5f-28Nr7xz-dPpA5a-26qiyYY-GxJ3Sw-7jf3Q6-bDSc1j-28q7HDh-6RNyrH-W7UTaP-ij9urH-7ZVbkE-ajweAJ-SqwQrM-kN5pu3-2a69JYe-8r8AfH-6e6mVA-Gai4t2-34ZNMz-dYLMz1-oFvyJb-XtdkJC-oDx2Yf)

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

THEIR APPROACH TO SPIRITUALITY

- The very earliest Cistercian spirituality was based on **poverty and charity** as well as the Rule of Saint Benedict. As to poverty, monks possessed nothing as individuals and were given what they needed to live. (Kinder, 2000, 15)
- The abbey lands and buildings were held as common property. Yet poverty was not just a question of possessions, but a **state of mind**. It also meant poverty of spirit. (Kinder, 2000, 16)
- Certainly one had to be fed, clothed, and sheltered, but monastic life was designed to provide a release from preoccupation with material things in order to concentrate more fully on things not of this world. (Kinder, 2000,16)
- The balance and beauty of Cistercian architecture were not always reflected in the physical and psychological aspects of medieval monastic life. (Kinder, 2000, 16)
 - This was largely a result of the triumph of the Augustinian tradition.

TAKE AWAYS

- **Charitable**



Monk Studying in his Cell.
gettyimages.fidetailnews-photocistercian-monk-studying-alone-in-his-cell-at-a-monastery-news-photo635753903#cistercian-monk-studying-alone-in-his-cell-at-a-monastery-in-casamari-pictu



Monk Writing in his Cell
mountsaintbernard.orgcistercian-writings-on-prayer



Monk Brewing Beer
cocktailsg.wordpress.com



Monk in Nature.
virginiatrappists.orghistorycistercians-order



Monk Praying in his Cell
pinterest.com/pin/445574956861078247/



Monk Wood Working
pinterest.com/rosarybook/catholic-monks-religious-orders-for-men/?lp=true



Ritual of Acceptance
pinterest.com/pin/388294799099062273/

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

THEIR APPROACH TO SPIRITUALITY

- The idea and ideal of poverty of spirit are based on the principle that we are nothing without God. The entirety of our life and being is dependent on his life and being. (Kinder, 2000, 16)
- We are created only a little lower than the angels, but medieval monks and nuns, tended to see themselves as sin filled worms on the edge of a precipice leading directly to hell.
- There was an antidote to this preoccupation with one’s sinful self - namely, charity, a virtue that was central to the Cistercian tradition.
- Bernard of Clairvaux, whose vision of monastic life was saturated with imagery of love and salvation.
- Different aspects were developed by other writers like Bernard.
- Other Cistercian writers of the thirteenth, fourteenth and later centuries [...] put forth still other ideas on monastic life. There was not just one Cistercian spirituality, but a mosaic of Cistercian spiritualities, and to extract only a few from the whole is to miss its glorious subtlety and remarkable diversity. (Kinder, 2000, 18)

TAKE AWAYS

- Charitable



Saint Bernard Clairvaux
skepticism.org/timeline/august-history/7780-death-st-bernard-clairvaux-cistercian-monk.html



Dormitory
theawl.com/2012/06/how-silence-works-emoiled-conversations-with-four-trappist-monks



Monk Praying
aascj.org.br/home/2014/09/todos-rezam-mas-nem-todos-rezam-bem-leia-esta-reflexao-sobre-a-oracao



Monastery Garments.
monasterygarments.blogspot.com/p/monks-friars-habits.html



Monks Walking at Mount Melleray Abbey.
mountmellerayabbey.org

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

ORIGINS OF CISTERCIAN ARCH.

- Since the cistercian life is based on the Rule of Benedict, Cistercian Architecture is based on Traditional Benedictine plan as well.

- The Benedictine plan is based on the idea of Cloister plan. Three sides of the cloister are thought in relation to 3 basic human needs in a Monastery.

- 1. Those of the Spirits (Spiritus)
- 2. Mind (Animus)
- 3. Body (Corpus)

- The church lay on one side of the cloister usually on North or South depending upon the weather and water supply where the spiritual needs were met.

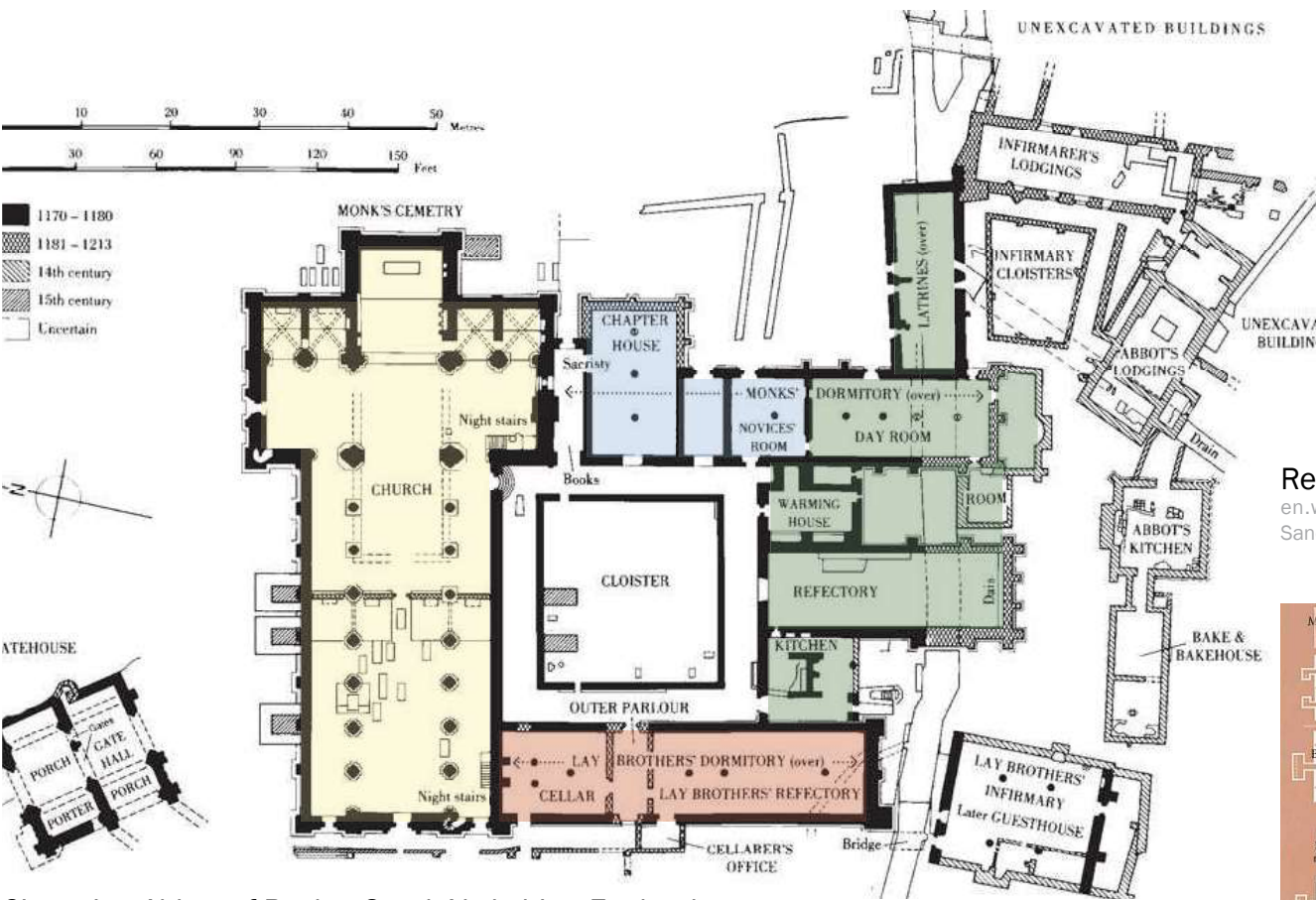
- On the opposite side of church was space for bodily needs. Warming room, kitchen, pantry, fountain room, etc

- On the east side of the cloister were the spaces all involving Mental effort such as Sacrsity, Chapter Room, work rooms, etc.

- The fourth or west side of the cloister was closed by a building for the lay brothers.

TAKE AWAYS

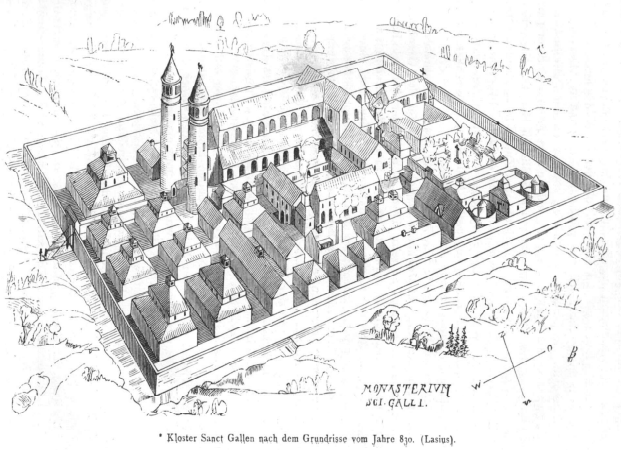
- Pragmatic



Cistercian Abbey of Roche, South Yorkshire, England
<http://www.ancient-egypt.co.uk/Cistercians/Roche/index.htm>



Cistercian Abbey of Roche Ruins, England.
mediastorehouse.com/historic-england/flight/ancient-monuments-air/roche-abbey-17292-28-12282205.html



Reconstruction of St. Gall Monastery
en.wikipedia.org/wiki/Plan_of_Saint_Gall#/media/File:Rahn_Kloster_Saint_Gallen_nach_Lasius.jpg

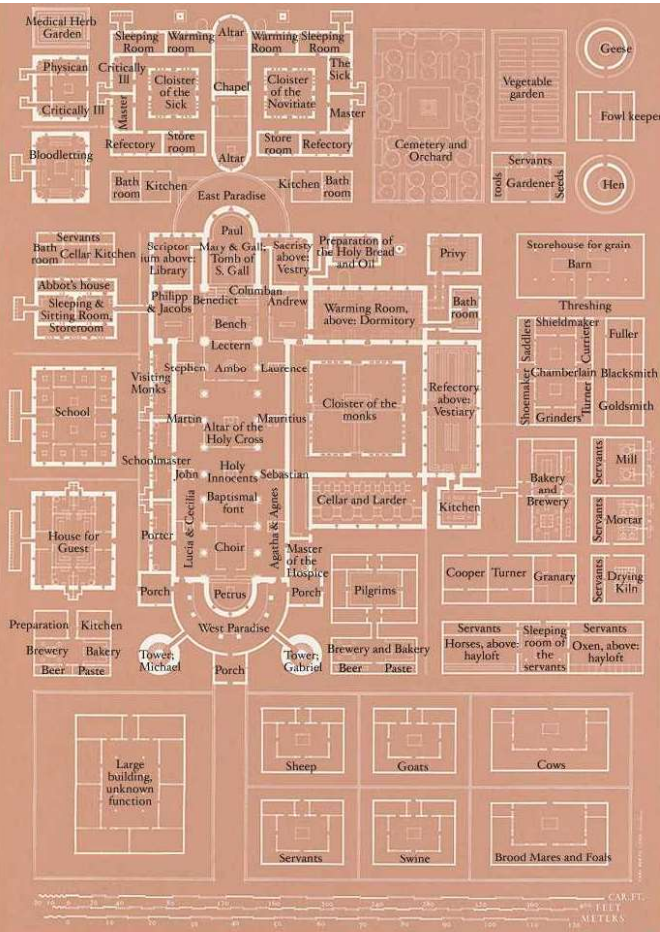


Diagram of the St. Gall Monastery Plan
stgallplan.org/en/plan.html

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

QUALITY OF THEIR ARCHITECTURE

- Their approach to Architecture was pragmatic:

- **Circulation, Location** and **Need**
- The **placement of public space** depends on the site.
- Emphasize on the **contrast of light and shadow** rather than ornamentation and stained glass.

- Cistercian Architecture embodies 2 things in major:

1. It **reflects** and **symbolizes** the nature of the God one seeks through simplicity in its architecture and art.
2. It provides an **effective environment** for the pursuit of this quest.

- The **simplicity of design** was considered a sign of depth of devotion. Simplicity didn't not mean simpleness and often the Cistercian architecture saw some of the most **sophisticated** design way ahead of its time.

- Since life was lived largely in silence, appropriate environments had to be created.

- This was achieved through building in solitude

TAKE AWAYS

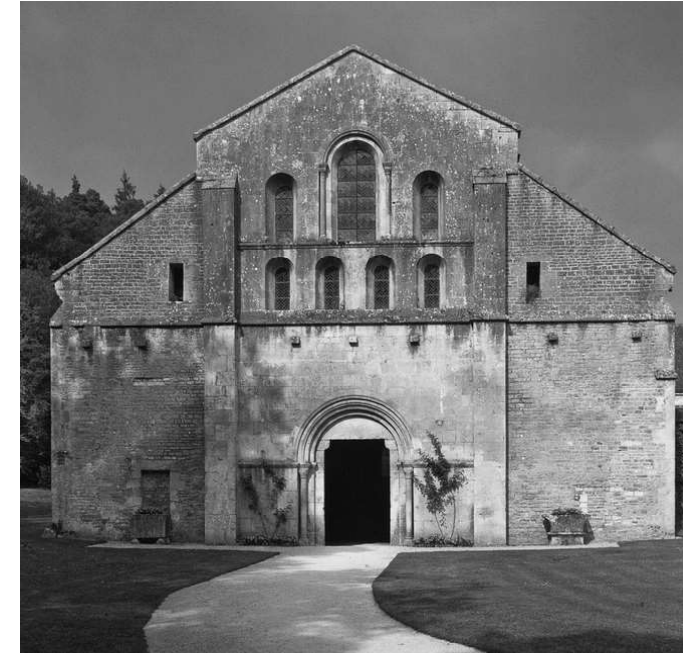
- **Sophistication**



Fontenay Abbey Cloister
davidhealdstudio.com/architecture-of-silence/slj20b1h0l8ffo9bk25slbys9zyoie



Warming Room, Longpont
michaelgimberblog.com/2018/06/01/the-cistercian-standard/



Fontenay Abbey Church
davidhealdstudio.com/architecture-of-silence/slj20b1h0l8ffo9bk25slbys9zyoie



Fontenay Abbey Church
davidhealdstudio.com/architecture-of-silence/slj20b1h0l8ffo9bk25slbys9zyoie



Fontenay Abbey
davidhealdstudio.com/architecture-of-silence/slj20b1h0l8ffo9bk25slbys9zyoie

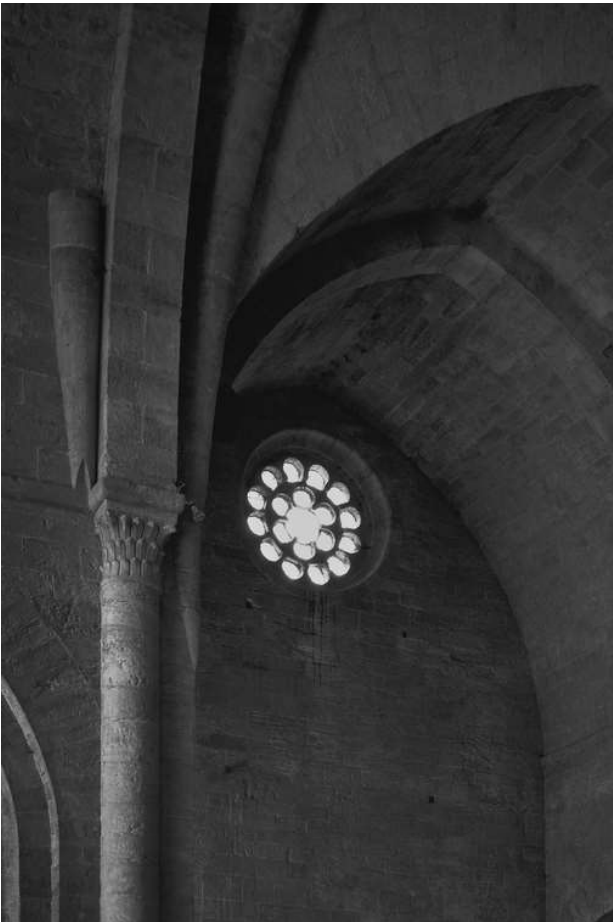
STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

SIMPLICITY IN ARCHITECTURAL DETAILS

- The simplicity of the architecture is everywhere apparent.
- A benedectine might show you splendid painting or their great cathedral to show you the deity, but if you ask a Cistercian, he might take you into the abbey church and show three unadorned grisaille window with light behind them or simply and arch outlined in shadow.
- The absence of narrative sculpture on capitals and over doorways only emphasizes the contrast of light and shadow.
- The transition from darkness to light is one of the most profound symbols of spiritual progress.
- Every effort was made to keep the bright colors out of the Cistercian architecture.
- Cistercian Architecture provide a neutral simple atmosphere which in no way lacks in beauty



Fontenay Abbey Window
davidhealdstudio.com/architecture-of-silence/slj20b1h0l8ffo9bk25slbys9zyoie



Fontenay Abbey Church
davidhealdstudio.com/architecture-of-silence/slj20b1h0l8ffo9bk25slbys9zyoie



Fontenay Abbey Arch Elevation
davidhealdstudio.com/architecture-of-silence/slj20b1h0l8ffo9bk25slbys9zyoie

TAKE AWAYS

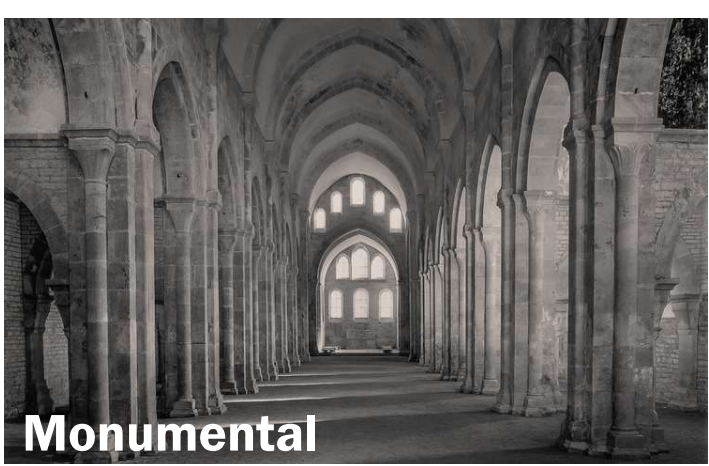
- **Monumental**

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

TAKE AWAYS



BELIEF

“What we love, we shall grow to resemble.”

– Saint Bernard of Clairvaux

SPIRITUALITY

“Listen, my son, to your master’s precepts, and incline the ear of your heart.”

– Prologue to Rule by Benedict of Nursia

ARCHITECTURE

“I sense Light as the giver of all presences, and material as spent Light. What is made by Light casts a shadow, and the shadow belongs to Light.”

– Louis Kahn

STUDY OF THE CISTERCIANS

PHASE I: PRE-DESIGN TASK I: PRECEDENT RESEARCH

Marilina Bedros | Andrea Sosa Fonseca | Vatsal Patel - ADS5 Fall 2018

Work Cited

Books

Heald, David, and Terryl Nancy. Kinder. *Architecture of Silence: Cistercian Abbeys of France*. New York: Harry N. Abrams, 2000.

Kinder, Terryl Nancy. *Cistercian Europe: Architecture of Contemplation*. Grand Rapids, MI: W.B. Eerdmans Pub., 2002.

Krüger, Kristina, and Rolf Toman. *Monasteries and Monastic Orders: 2000 Years of Christian Art and Culture*. Königswinter: H.F. Ullmann, 2008.

Online Resources

"Cistercians." Wikipedia. August 26, 2018. Accessed August 27, 2018. <https://en.wikipedia.org/wiki/Cistercians>.

EnglishHeritageFilm. YouTube. June 12, 2017. Accessed August 27, 2018. <https://www.youtube.com/watch?v=tbT6IkMQxck>.