

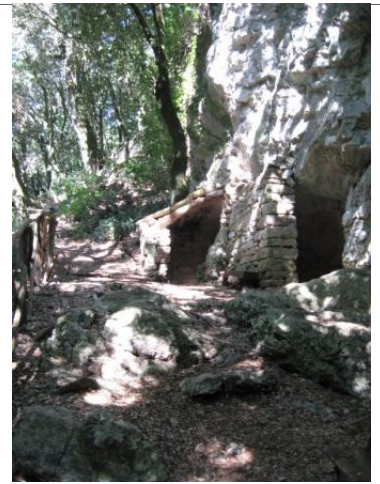
# Contemplative Pilgrimage to Franciscan Hermitages Of Central Italy

*September 4-11, 2010*

Accompanied by Bret Thoman, SFO

Ground-only: **\$1,190 \***

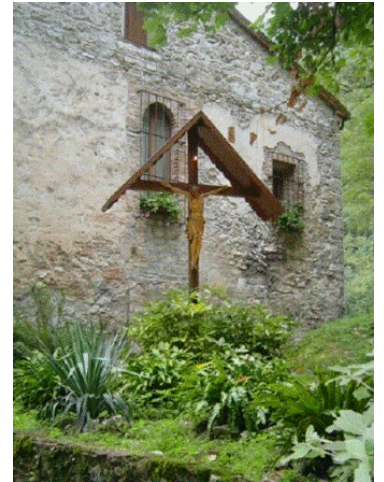
**Assisi, Umbria, LaVerna, the Marches, Rome**



The hermitages were integral to the formation of Saint Francis and the first friars. Located in wooded forests and mountaintops, they are ideal places for contemplative and silent prayer.

They remember Saint Francis in a special way: they are poor, simple and penitential, yet rich in spirit and prayer; they are places of solitude, but joyous and fraternal.

Visit the Franciscan hermitages of Umbria, Tuscany, and the Marches including: Assisi, the Carceri, Monteluco, Montecasale, Laverna, Camerino, San Severino, Brugliano, Renacavata, and Valleremita.



## **\*Included in Price:**

- 5 nights in Assisi
- 1 night in monastery in the Marches, one night in Rome
  - Continental breakfast, plus dinner daily
  - Chartered coach or van
  - Hotel Room (2 pilgrims per room)
- Franciscan guide with spiritual reflections and prayer

*Note that no priest will accompany this pilgrimage, so Mass will not be offered daily.*

*NOT Included:* airfare, one meal per day tips/gratuity, optional travel insurance.

*Note that the itinerary begins in Assisi and ends in Rome. Ground transportation is not offered to or from the airport*

**For more info, contact: Bret Thoman, SFO**

**Tel: 770-402-4335**

**[www.stfrancispilgrimages.com](http://www.stfrancispilgrimages.com)**

*See Next Page for Itinerary*

Saturday, September 4, 2010\*

Your pilgrimage will begin in the afternoon in Assisi. After some rest time, you will have an initial orientation meeting to get to know one another. We will have dinner and overnight in our hotel, la Rocca: [www.hotelarocca.it](http://www.hotelarocca.it)

Sunday, September 5, 2010

In the morning we will begin the contemplative part of the pilgrimage with a visit to the nearby hermitage of the Carceri on the hills of Mount Subasio. We will return to Assisi for lunch on your own. Then we will continue in the footsteps of Sts. Francis and Clare with a walking tour through ancient Assisi to include the birth-home of St. Francis, the home of the first follower of Francis - Blessed Bernard of Quintavalle, the church of Saint Saint Mary Major, and the Basilica and tomb of St. Clare. We will attend Sunday Mass in the afternoon in one of the Assisi churches. We will conclude with dinner and overnight in hotel.

Monday, September 6, 2010

This morning we will attend a private Mass and have a guided visit of the world renowned *Sacro Convento* Basilica, where St. Francis' body is entombed. The church is adorned with beautiful frescoes painted by masters of the early Renaissance like Giotto and Lorenzetti. After lunch, we will take a city bus to the cradle of the Franciscan movement: Saint Mary of the Angels, also known as the Porziuncula. This is probably the most important Franciscan sanctuary in Assisi for the events that occurred here in the life of Francis and Clare. We also visit San Damiano, among the olive groves outside the old city walls. This is the church that housed the crucifix, which spoke to Francis telling him to rebuild the church. Clare lived in this monastery for 40 years after joining Francis in his new evangelical movement. Francis died on October 3, 1228. The rest of the day is free. We will conclude with dinner and overnight in the hotel.

Tuesday, September 7, 2010

After visiting the area where Francis and the first brothers served lepers, we will travel down to Spoleto to visit the hermitage of Monteluco. Nestled in a panoramic mountaintop forest above Spoleto, this hermitage is known as the Mount Athos of Italy. The dense forest of ilex and oak trees was venerated by ancient pagan Umbrians 3,000 years ago, and later Romans. Syrian and Italian hermits built shrines here, as did Benedictine monks. Monteluco was mentioned with respect by Cato, Seneca, and Pliny. The first recorded laws to protect the environment were recorded here on a third century BC engraving still extant, which forbade cutting a single branch. St. Francis himself founded a hermitage here which the friars still maintain today. We will return to Assisi for dinner and overnight.

Wednesday, September 8, 2010

Today we will visit the Capuchin hermitage of Montecasale nestled in the hills above San Sepolcro on the way to Laverna. Here St. Francis received the stigmata, the wounds of Christ, in 1224. We will have time for retreat and be present during the friars' daily procession at 3:00. We will return to Assisi for dinner and overnight.

Thursday, September 9, 2010

Today we will continue our journey eastbound through the Apennine Mountains to the little-known region of the Marches of Ancona. We will visit the little known Franciscan hermitage of Vall'Eremita near Fabriano. This is known locally in the region as the Porziuncula of the Marches. After lunch with the friars, we will then, we will continue to San Severino where you are in for a treat as we spend the evening with the Poor Clare sisters. Here we'll listen to a reflection given by one of the sisters, pray evening prayer with them and enjoy a home-cooked dinner by the sisters. We will continue to our convent in the Marches for dinner and overnight.

Friday, September 10, 2010

This morning, we will visit Renacavata, the mother house and birthplace of the Capuchin Order. Then we will visit a nearby Poor Clare convent, which houses the remains of Blessed Camilla Varano. After a visit and lunch prepared by the Sisters, we will continue to Rome. On the way, we will pass by Brugliano, the hermitage in Colfiorito where the Observant Franciscan movement began. We will check in to our religious hotel in Rome for dinner and overnight: [www.casaperferiesantachiara.org](http://www.casaperferiesantachiara.org)

Saturday, September 11, 2010\*

Today we will conclude the pilgrimage in Rome.

*\* The itinerary is subject to change due to factors beyond our control. However, the focus on the spiritual nature of the trip will always be the overall objective, and will not change.*

*\*\*The pilgrimage does not include group airfare. It begins in Assisi and ends in Rome. It does not include transportation to or from the airport. Transportation can be arranged for an additional fee.*