

Pilgrimage Practicum...

1. It is presumed that all participants have no difficulties in walking, Assisi, built on the side of Mt. Subasio is very hilly. Participants should wear comfortable footwear.
2. When visiting religious shrines, Basilicas, etc., be conscious of the expected dress codes in effect. No Shorts, No bare shoulders, modest dress is the norm. Especially in Rome!
3. It is essential for our Pilgrimage Group remain together while visiting sites. Opportunities will be provided for people to return to shop. Many shops close for “siesta” after lunch.
4. Breakfasts are included, however Noon and Evening meals will be your responsibility; there are many wonderful dining spots in both Assisi and Rome. Look for “Tourist Menus” which typically cost around €18 to €23. The noon meal is the main meal of the day in Italy, but some people may opt for an early dinner later in the afternoon.
5. Make sure you have any prescription medicines with you in their properly labelled containers and in your carry-on luggage. Be sure to inform yourself of other travel and security requirements and comply with them. It only takes one participant to hold up the entire Pilgrimage at a security check point.

Above all... Enjoy your time on pilgrimage!



ASSISI – ROME 2009

Discovering the Spirit of

St. Francis & St. Clare

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October 2, 2009 ~ October 15, 2009



Pilgrimage Itinerary

- Day 1 - **Departure from Toronto (Pearson Airport)**
- Day 2 - **Arrive in Rome (Fiumicino Airport)**
Coach to Il Rosario Guesthouse
Evening Eucharist (Transitus of St. Francis)
- Day 3 - **Visit:** San Giovanni Laterano, the Holy Steps, San Clemente, the Coliseum, the Roman Forum
Evening Eucharist (Feast of Francis)
- Day 4 - **Visit:** St. Peter's, Vatican Museum / Sistine Chapel, etc.
- Day 5 - **Eucharist: Capuchin Church of the Immaculate Conception**
Visit: Capuchin Grottoes, the Pantheon, Fontana di Trevi, Spanish Steps
- Day 6 - **Rome to Assisi by Coach!**
- Day 7 - **Outdoor Eucharist at Eremo della Carcheri**
(weather permitting)
Visit: Rocca Maggiore, San Ruffino, St. Clare's home,
- Day 8 - **Eucharist: Sacro Convento (Capela della Pace)**
Visit: Basilica San Francesco, Basilica Santa Chiara
- Day 9 - **Visit:** San Damiano, Rivo Torto, Santa Maria Magdalena (Leper Church), Santa Maria degli Angeli & the Portiuncola
Evening Eucharist
- Day 10 - **Visit:** the Vescovado, House of Bernard of Quintevalle, Chiesa Nuova, San Francesco Piccolino, **Evening Eucharist**
- Day 11 - **Tuscany by Coach! Visit:** Eremo della Celle, Basilica of St. Margaret of Cortona, Monte Cassale and Mt. Alverna
- Day 12 - **Free Day in Assisi! Morning Eucharist**
Visit: San Stephano? Temple of Minerva? Roman Ruins?
- Day 13 - **Riete by Coach! Visit:** Greccio, Fonte Columbo and Poggio Bustone
- Day 14 - **Leave Rome - Arrival in Toronto!**

What is a Pilgrimage?

A pilgrimage is a journey inward as well as outward. Pilgrims seek to strengthen and renew their faith through travel. Our working definition of pilgrimage is a transformative journey to a sacred center.

That's what makes being a pilgrim different from being a tourist. For a tourist, travel is an end in itself. For a pilgrim, travel is a means to an end. Pilgrims travel with a clear intention, to draw closer to God. They make their journey with a heightened expectation. As John Bunyon famously described pilgrims and their spiritual progress (1678):

There's no discouragement;
To make them once relent;
Their first avowed intent;
To be a pilgrim.

Pilgrimage is sacred travel, travel as a sacrament. You may know the definition of a sacrament: "an outward and visible sign of an inward and spiritual grace." Our travel to historical and scenic sites is the outward part; our drawing closer to God is the inward part.

And thus we expect to return transformed or changed or converted from the person we were when we began our journey. We will not return the same as we were when we left. Pilgrims return from their journey with a "boon," something good that will enrich their lives in the everyday world back at home. We'll experience life differently upon returning. T.S. Eliot in the Four Quartets (1943) put it this way:

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.