

# Benedictine Heritage Journey to Italy

*Culture. Religion. History. Art.*



SAINT JOHN'S  
ABBNEY

TRAVEL TOURS



April 10–21  
2012

*12-day tour, including  
air travel from  
Minneapolis/St. Paul,  
four-star hotels, and  
most meals*

Approx. \$4,100  
*Exact Pricing TBD*

## Benedictine Heritage Journey of Italy: Culture. Religion. History. Art.

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Saint John's Abbey invites you to join us on a Benedictine heritage tour of Italy, visiting such historic and spiritual sites as Assisi, Norcia, Subiaco, Orvieto, Montecassino and, of course, magnificent Rome. Rooted deeply in culture, religion, history, and art, our twelve-day tour of Italy will provide opportunities to experience the history and tradition of the Catholic Church and the Order of Saint Benedict.

### ASSISI

We will begin our tour with a visit to this quiet medieval town imbued with the mystical spirit of one of the most fascinating religious characters of history. This is the hometown of Saint Francis. Here we will pray at the tomb of Saint Francis at the famous basilica and view the incredible frescos of Giotto found there. We will have Mass at the Basilica of St. Mary of the Angels built around the site where Saint Francis died.

### NORCIA

Birthplace of Saint Benedict and his twin sister, Saint Scholastica, in 480, Benedict later founded one of his twelve monasteries in Norcia. After our visit of the monastery, we will take some time to wander through this ancient walled city. *Norcineria* is the generic word that Italians give to the pork sausages and hams that are made from the wild boars that populate the local mountains.



### SUBIACO

Considered the cradle of Benedictine monastic life, Saint Benedict started his monastic life here in Subiaco early in the sixth century. Our visit is highlighted by the Monastery of Saint Benedict with the Sacro Speco (Holy Cave of Saint Benedict).

### MONTECASSINO

The Benedictine Abbey of Montecassino is perhaps the most well-known monastery in the world. Founded by Saint Benedict in the year 529, it is here that Benedict wrote his famous Rule. He died here forty days after the death of his sister Scholastica, both of whom are buried here. Montecassino served as a beacon of civilization throughout the Middle Ages.

### ROME

While in magnificent Rome, we will visit the major basilicas; explore one of the several catacombs; see the ancient Roman ruins, including the Forum and the Coliseum; have lunch at the Benedictine monastery and seminary of Sant' Anselmo; and, of course, visit the Vatican, including Saint Peter's Basilica and the Vatican Museum with its stunning Sistine Chapel. No stop in Rome would be complete without a papal audience with Pope Benedict XVI (subject to his schedule).

### OPTIONAL EXCURSION DAY

While in Rome, we will be offered the option for one day of either (1) "doing our own thing" in Rome; or (2) taking an excursion to Florence, or (3) exploring Pompeii where we will visit the excavations on foot with a local guide on an archaeological journey through the ancient city.



This *Benedictine Heritage Tour of Italy* offers the opportunity to visit some of Italy's most significant historic, spiritual, cultural, and artistic sites. Along the way, we will celebrate Mass and prayer together at some of the world's most sacred churches and monasteries, and we will travel through some of Italy's most beautiful countryside.

## Future Abbey Travel Tours

### FALL 2012

Slovenia, Croatia, and Montenegro:  
Unexplored Europe

*In the heart of Val d'Orcia is Montalcino, we will taste the famous red wine "Brunello di Montalcino" at one of the best local producers.*

### SPRING 2013

Catholic Rio de Janeiro, Brazil, Lima-Cuzco,  
Peru, Machu Picchu

### FALL 2013

The Holy Land and Egypt

If you are interested in being part  
of this tour, please contact:

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