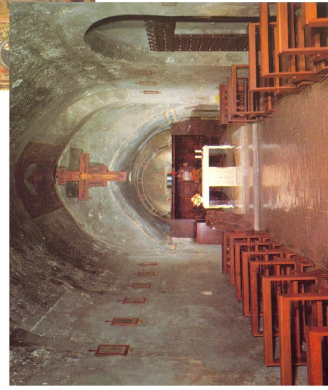
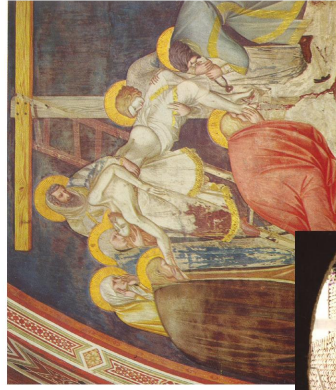


Retreat Schedule and Flow...

We will adopt the contemplative approach of taking a "long, loving, leisurely look" at the historical sites, sacred art, architecture and aliveness of Assisi, and ancient Rome. We will serve you as spiritual leaders, resources, and escorts. Each morning in Assisi, we will lead Morning Prayer with Scripture, songs, the words and stories of Francis and Clare, and silent meditation. Optional evening or night prayer is included each day. The retreat format allows ample free time to wander the streets of Assisi, to find a favorite prayerful spot, explore the shops, or enjoy a tasty Italian dinner and glass of wine.



Trip Cancellation Insurance

The mandatory trip cancellation is included in each member's overall fee, and covers you in the event of an unexpected cancellation due to illness, death of a relative, emergency hospital visits or emergency evacuation. This protects your investment. In the event that you much cancel, you will receive full reimbursement for the retreat, airfare, lodging costs.

Health Considerations

Be aware that this pilgrimage/retreat involves walking on some cobblestone streets, or up and down streets and paths in Assisi and its environs. Please notify us in advance of any physical or mental condition, (e.g. use of a wheelchair) Baggage handling (for two bags) included throughout the trip.

Disclaimer of Liability

Nancy Trottner and Len Schreiner (TS) are acting only as hosts for this retreat trip. *Cruise Planners* (CP) our travel agent, and TS, are not liable for any injury, loss or damage, accident, delay or irregularity which could occur through any person or company engaged in conveying the passengers, or the actions therewith of any hotel owner or employees.

Accordingly, participants in this retreat trip agree not to hold us liable for those services provided by hotel or travel suppliers. And agree not to hold TS/CP liable for any delay, expense or inconvenience that results directly or indirectly from any action or omission whether negligent or otherwise, by those providing services (including transporting passengers, cleanliness of the hotel, overbooking etc.) Participants agree not to hold TS/CP liable for circumstances beyond our control (terrorism, war, acts of God etc.) TS/CP have not made any representation or promises regarding the retreat described. We are not responsible for loss of personal items, or unexpected expenses (train, bus, airfares or cancellations). Baggage is transported at the owner's risk throughout the trip.



A Pilgrimage-Retreat in Assisi and Rome,

Italy



In the footsteps of Francis & Clare

March 9-18, 2006

Join us for an eight day "spirit and heart" retreat with Francis and Clare of Assisi, in the land they loved. For six days in Assisi, and two days and nights in Rome, we'll bathe our hearts in the Gospel spirit as it was passionately and poetically lived by Francis and Clare, who between them invigorated Italy and all of Christendom. In reality the Franciscan life has ever been male and female, and the symbols of that truth are Francis and Clare themselves.



Facilitated by

**Nancy Trottner, R.N., M.A.
and Len Schreiner, M.Div.**

Len Schreiner, M.Div.

I fell in love with the spirit of St. Francis at age 19. His joyfulness and love for the sufferings of Christ, have inspired me for 35 years as a "troubadour", and lover of the Gospel life. My study of Franciscan history, of Francis' life and words, has given me a rich deposit of spiritual wisdom to mine and share. I direct *Troubadour Ministries*, multi-media retreat programs focused on Christ, the Gospel lived within our lives, and mystical Christianity.

Nancy Trottner, R.N., M.A.

As a follower of Francis for over twenty years, I have long been compelled by the strong and gentle spirit of this little man from Assisi. Since my trip to Assisi in 1987, I have come to see Clare as the feminine embodiment of all things Franciscan. As a spiritual midwife, I've assisted people in interpreting dreams, in spiritual direction, and now as a hospice nurse.

Portraits, Poetry, and Passion



Itinerary, Denver To Rome and Assisi

Day One: Our group departs from Denver International Airport on Thur. March 9th. We arrive in Rome on Friday, board a motor coach to the train station for a scenic ride to the medieval town. We lodge at the Hotel Giotto, a quiet perch overlooking lower Assisi. Our hotel is conveniently located within walking distance of the Basilica of St. Francis, and is nearby the Basilica of St. Clare, and San Damiano where Francis' conversion began and Clare lived out her monastic vocation.

Note well: anyone traveling from a different city, please talk to *Cruise Planners* for assistance. (lodging in a comparable hotel if Giotto is unavailable).

Retreat Schedule and Contents

Morning prayer, breakfast ...

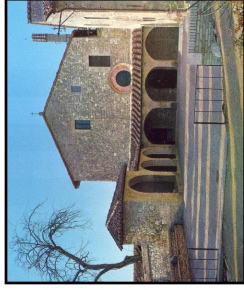
Day Two: The Life of Francis

After a needed rest, we'll begin to explore Assisi's architectural and artistic masterpiece, the Basilica of St. Francis'. We'll provide a context for Francis' life, his conversion, and the exciting early days with the Three Companions. Furthermore, the breadth of Francis' life and spirituality are portrayed in the three levels of the basilica, elegantly furnished with magnificent achievements of Italian art, including frescoes created by the most celebrated masters of the 13th and 14th centuries. This is our Assisi introduction to unforgettable story of Francis.

Day Three: Francis and Clare Discover the Gospel Way

We explore more of Assisi, a town of only 5000 residents that still exudes a decisively medieval atmosphere along its sometimes steep, narrow lanes and 13th century houses. Today's sacred sites are the church where Francis was baptized, San Rufino, and the Basilica of St. Clare where 14th century frescoes narrate stories from her life, including her escape from her family's clutches.

"Clare, a lamp lit burning brightly; Clare, a hidden being: Clare, wrapped in silence..."
(text of her canonization)



Day Four: "Francis, Rebuild my Church"

The Church of San Damiano is one of the most beloved sacred sites for Franciscans of all kinds. The characteristic aspects of the Umbrian countryside, the mystical atmosphere and memories of Francis and Clare, are still vibrantly present. Here, young Francesco Bernardone, heard the voice of Christ tell him, "Francis', go repair my home which is falling into ruins." It is the Clare's home, a place of unvarnished simplicity and peace, the convent where Clare guided the Order of Poor Clares, and in 1241, by holding up a monstrance, freed Assisi from the threat of the Saracens.

Day Five: Francis on the Heights of Ecstasy

We journey to Mount Alverna. A bus carries us to a plateau in the Appennine Mountains, where Francis prayed, fasted and experienced the imprinting of the wounds of Christ in his own body. Francis' life is forever marked by his ecstatic love for the passion and death of the crucified Christ. Two years before Francis' death, he prayed: "I beg of You the grace to experience in myself in all possible fullness, the pain of Your cruel passion..." On the journey from the crucifix of San Damiano to Mount Alverna, Francis received Christ's full embrace and love.



Day Six: From Littleness and Simplicity, Greatness Arises

About 5 kilometers outside Assisi, we will find the Portiuncula, the tiny church enshrined by the Basilica of St. Mary of the Angels. Here it all began... the roots of both Orders, the Friars Minor and Poor Clares. This tiny church is where Francis founded his order, and Clare committed her life to Christ, poverty and prayer. Here too, Francis completed his journey. Lying on the ground and surrounded by his brothers, Francis died here on Oct. 3, 1226.

Day 7 and Day 8

After a train transport to Rome, we spend two days and nights meditating on Christian history in the Vatican museum, St. Peter's Basilica, and the Sistine Chapel. Through the medium of some of the world's most renowned masterpieces of art, and the living memories of Francis and Clare, we hope to re-ignite our desire for the passion and poetry of the Gospel way of life.



Day 9

We board our return flight to the United States, arriving in Denver in the evening.

Travel Arrangements

Our group package and travel fares and schedules have been arranged by Marge Suazo, of *Cruise Planners - Maximum Cruise and Tour*. Direct all questions regarding travel times, fares, or changes to Marge, at 1-800-573-8009. **Reservations must be made directly with Marge.** Nancy and Len will be happy to address questions about the retreat. **Call us: 719-256-4439; E-mail: nerner@ctelco.net Write us: P.O. Box 482, Crestone, CO. 81131**

Group Rate, Travel Package

The estimated cost for the eight day retreat experience in Assisi and Rome, including all land and air travel transportation, hotel lodging and guidance from two retreat leaders, is currently \$2,179. This includes a mandatory "trip cancellation

insurance". A portion, \$100, contributes to the travel expenses of one retreat leader. Help us build the numbers needed for the group package, by **sharing this brochure with your friends, contacts, and/or church. Thank you!**

Please note:

- Cost for the pilgrimage/retreat package is not based on confirmed space, at this time.
- We need a minimum of 10 people in order to qualify and confirm the group rates.
- Airline costs in package are subject to availability. The \$100 portion of your deposit (below) will confirm your airline seat reservations.
- Gratuities for drivers, guides etc. not included.

Deposit and Payment Schedule for Retreat Package/Trip

Decide early to join us, and send a **non-refundable deposit** of \$600 per person to confirm the trip, airfare, hotel etc. (Initial deposit: \$500 **non-refundable** deposit to reserve all space (land). Airline deposit: \$100 **non-refundable** deposit to reserve your seat.) **Note well: If you are joining us, we need your initial deposit (\$600) by Nov. 15, 2005.** Mail to *Cruise Planners*. To avoid the 3% credit card fee on each transaction, send a check/deposit directly to: *Cruise Planners* - Maximum Cruise and Tour, 3375 N. Academy Blvd., Colorado Springs, CO. 80917 **(all prices are subject to change until your check is deposited)**

Final payment: Due 75 days prior to departure (i.e.

Dec. 24, 2005) Names: Due 75 days prior to

departure (must match your passport)

Surcharges: changes, deviations, cancellations are subject to rules and fees.

