

In the Steps of St Francis

an active holiday retreat in the Spiritual Heart of Italy, Umbria

29th August → 5th September 2012

This active holiday retreat, with a maximum group of nine people, will be based near Montecastelli, in Northern Umbria. Rev John Rackley will lead the holiday retreat and Clive & Florence Morton will provide support throughout. Day visits to Gubbio, Assisi and La Verna will be arranged and there will be time to meditate, pray, read, relax by the pool and enjoy Umbrian cuisine.

Shared accommodation will be provided in Sopra and Terra (see www.umbrianretreats.co.uk) and all meals, except some lunches, are included in the cost of **£595 per person**. All transport during the retreat, including travel to and from Perugia Airport, is included in the cost. **Additional costs include some light lunches and flights to and from Perugia Airport** (with Ryanair from London Stansted).

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Wed 29 th Aug	Thurs 30 th	Fri 31 st	Sat 1 st Sept	Sun 2 nd	Mon 3 rd	Tues 4 th	Wed 5 th
d. Stansted at 7.30 a. Perugia at 11.00	Prayers 9.00 'The Life of St Francis'	Prayers 10.30 Day visit	Prayers Free/Quiet	10.00 Day visit	Prayers Free/Quiet	Prayers 10.30 Day visit	d. 9.00 from Montecastelli d. Perugia at 11.30
Free/Quiet Afternoon	Free/Quiet Afternoon	to Gubbio 17.30	Day	to Assisi 19.00	Day	to La Verna 17.30	a. Stansted 13.00
Prayers 18.30 Dinner 19.30	Prayers Dinner	Prayers Dinner	Prayers Dinner	Prayers Dinner	Prayers Dinner	Prayers Dinner	

If you would like to join us *In the Steps of St Francis 2012* please complete the form below and return it **with a deposit of £100 per person** to: C N & F Morton, 240 Eastfield Road, Peterborough PE1 4ND. Please make cheques payable to C N & F Morton and do have a look at our website: www.umbrianretreats.co.uk

Please reserve space on *In the Steps of St Francis 2012* (29th Aug → 5th September 2012) for:

Name(s) _____

Address _____

Telephone (home) _____ (mobile) _____

Email _____

Special needs _____