



## Hearts on Fire: A Pilgrimage Through The Saints of Umbria (IPU)

**25<sup>th</sup> April 2026 - 30<sup>th</sup> April 2026**

Organised by Fr Ambrose Ohene of St Chad's Parish and lead by Fr Fabian Adindu

Join us for a 5 day pilgrimage through Umbria, a region known for its deep spiritual heritage and the lives of some of the Church's most beloved saints

***St Francis, St Clare, St Angela of Foligno, and St Rita of Cascia.***

Each day includes Mass, visits to key spiritual sites, time for personal reflection, and group sharing. We'll travel to Foligno to learn about the life of the mystic St Angela, and to Cascia to honour St Rita.

Whether you are drawn by the poverty of St Francis, the Silence of St Clare, the Fire of St Angela, or the suffering love of St Rita, this sacred journey offers you the space to rediscover the beauty of your own vocation. Come with an open heart. Leave with a heart on fire.

### What's Included

- ✓ 4 nights in Assisi, 1 night in Cascia
- ✓ Daily Mass in beautiful locations
- ✓ Flights from London Stansted to Perugia
- ✓ Guided tours
- ✓ Learn about St Angela of Foligno
- ✓ Discover the lives of St Francis and St Clare
- ✓ Visit Tomb of Carlo Acutis
- ✓ Breakfast and Dinners included



St Angela of Foligno



Foligno



St Francis in Ecstasy



Basilica of St Rita

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Based on two sharing: **£1,025**  
Single supplement: **£95**  
Deposit payment of **£500** per person when booking

