

# ST. CLEMENT ROME & ASSISI PILGRIMAGE JUL 22 TO AUG 2 '18

528 OLD ST. PATRICK ST. OTTAWA, ON K1N 5L5

June 29, 2018

Solemnity of Saints Peter and Paul

Dear pilgrim of Rome,

It is about three weeks before our visit to the Eternal City. Arrangements are well in place. It will be possible to send you a general itinerary in the next couple of weeks.

The group flight information is as follows:

AC478 Sunday, July 22 Ottawa to Montreal-Trudeau airport, departing **1640**, arriving 1727.

AC892 Sunday, July 22 Montreal to Rome, departing at **1905**, arriving the next day, Monday July 23 0905.

AC893 Thursday, Aug 2 Rome-Fiumicino to Montreal-Trudeau departing **1145**, arriving 1440.

AC8985 Thursday, Aug 2 Montreal-Trudeau to Ottawa departing 1615, arriving **1656**.

**Pilgrims are asked to meet at the Ottawa International Airport  
on Sunday, July 22 in the domestic departures section  
by 2:40 pm for the 4:40 pm flight to Montreal.  
Please remember to have your passport in hand.**

To help you prepare for the trip, here are a few practical considerations:

- **Luggage:** For international travel Air Canada allows 1 complimentary checked bag per person, weighing up to 50 lbs. each. The length + width + height of checked piece must not exceed 62 inches. Each passenger may also carry in the cabin one standard item and one personal item. The standard carry-on item must be light enough that you can store it in the overhead bin unassisted and measure a maximum of 9" x15.5" x 21.5" in size; the personal item must not measure more than 6" x 13" x 17". Please see the link below for information on restricted and prohibited items as well as how to store liquids. Also, remember that sharp objects (scissors, knives) must be packed in checked luggage only: <https://www.aircanada.com/ca/en/aco/home/plan/baggage/restricted-and-prohibited-items.html>
- **Dollars:** Pilgrims may wish to travel with a small amount of Canadian pocket money in case they wish to purchase something in the Montreal airport during the wait before boarding the plane on July 22, or on the return trip on Aug 2.
- **Euros:** It is wise to arrive to Italy with about 50 Euros in pocket. Thereafter, a safe and practical way to do commerce is by credit card, or withdrawing cash from ATM's by *Interac*, *Plus* or *Cirrus* debit cards.

- **Water:** There are many potable water fountains in Rome and bottled water can be bought inexpensively at corner and grocery stores. It is the custom to drink bottled water in restaurants rather than ask for tap water.
- **Clothing and Dress Code in Rome:** The Vatican and other basilicas and churches have a strict dress code. In general, no shorts or cut-off trousers of any kind (i.e. long pants only); knees must be covered for women; and shoulders must be covered for both men and women. Please remember to bring good walking shoes and a sun-hat.
- **Security in Rome:** Security at the Vatican, the Patriarchal Basilicas and other ancient sites is tight. Large carrying bags are not allowed and any kind of sharp object will be retained. Leave carry-on bags, backpacks etc. at lodgings and bring a small bag / waist pouch / money belt that can be worn next to your body under clothing. Pickpockets in Rome are numerous, especially in tourist traps, and are reputed to be unbelievably cagey and unscrupulous. Carrying a purse is highly discouraged.
- **Extra Measures:** It has been suggested that bringing a photocopy of your passport (kept in a location other than the actual passport, which should always be on your person), expedites affairs in case of loss or theft. You may also want to make photocopies of the front and back of credit and debit cards to leave with your next of kin.
- **Accommodation:** The group is staying at two different monastic lodgings while in Italy. The first eight nights, Monday July 23 to the morning of Tuesday July 31, will be spent in Rome at ***Casa Maria Immacolata, via Ezio 28***, 1.5 km from the Vatican. The telephone number is: 011 39 06 3216686. From the afternoon of Tuesday July 31 to the morning of Thursday Aug 2 the group will lodge at ***St. Anthony's Guest House, via Galeazzo Alessi 10***, in Assisi. The telephone number is : 011 39 075 812542.
- **Guest House Facilities:** Both guest houses have access to the internet. There are no laundry facilities at the *Casa* in Rome, but there is a laundromat nearby. In Assisi there are laundry facilities on-site. There is A/C in Rome and fans are provided in the rooms at Assisi. It is important to note, and particularly relevant to the paragraph below on electricity, that hairdryers are provided in the rooms of both guest houses.
- **Meals:** Breakfast and the evening meal are included. Breakfast will be served at the lodgings at 8 am sharp every morning and the group will meet for dinner at a restaurant in the evening. Pilgrims are responsible for the cost of lunch as well as arranging the details. On a couple of occasions we plan to picnic together in one of the Roman parks.
- **Electricity in Italy:** The standard voltage in Italy is 230 V and the standard frequency is 50Hz. (In Canada the standard voltage is 120 V and the frequency is 60 Hz.) Not only are the voltages and frequencies different, but the sockets themselves are different too. To use Canadian devices / appliances you will need a power plug adapter (most sockets will be the two-holed F socket, which needs the two-pronged E plug). Adapters do not convert the electricity but many recent small electrical devices like laptops and phones can work using only a plug converter. Larger appliances / devices will probably need a voltage converter as well as a plug adapter. Please see these two articles for more information about electricity in Italy: <https://www.tripsavvy.com/electricity-in-italy-1548048> and <https://www.power-plugs-sockets.com/ca/italy/>.

- **What to Bring:** Remember to bring medication if you take any, rosary beads, toiletries etc. You may not have to bring a missal, as I am hoping to provide a special pilgrimage mass booklet with all the masses for the period in Rome and Assisi. More on that soon. It would be very nice if each pilgrim had a **mini** pair of **binoculars** in order to better see the art work that is high above our heads in the basilicas.
- **The Weather:** Typically, the weather in July is sunny and very hot. Bring sunscreen and a sun hat and remember to drink water regularly.
- **Airline Tickets:** You will receive your airline paperwork from Helena Champion when we meet at the airport on the date of departure. **\*\*Please remember to bring your passport.\*\***

Please advise your next of kin of the names of our lodgings in Italy and phone numbers. In addition, if you are not using email yourself while away, **in case of emergency** it is also possible for your family to relay a message via my own email address: [hmchampion@sympatico.ca](mailto:hmchampion@sympatico.ca) . I will be checking it at least twice a day.

For those who are able to attend, there will be a Blessing of Pilgrims at St. Clement Parish / St. Anne Church on Sunday, July 22 at 10am.

Please be in touch if you have any questions or concerns.

Wishing you a happy time of preparation and anticipation,  
I remain yours in Christ,

Helena-Maria Champion  
St. Clement Rome & Assisi Pilgrimage

**Lord, You have strengthened Your Church by the martyrdom of Your apostles Peter and Paul; Grant that Her members may in all things follow the precepts of those from whom She first received the Faith. Through Jesus Christ Our Lord. Amen.**




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*Please remove and give to your next of kin*

Monday July 23 to the morning of Tuesday July 31, 2018  
**Casa Maria Immacolata**, via Ezio 28, Rome  
tel: 011 39 06 3216686

From the afternoon of Tuesday July 31 to the morning of Thursday Aug 2, 2018  
**St. Anthony's Guest House**, via Galeazzo Alessi 10, Assisi  
tel: 011 39 075 812542

Emergency email: [hmchampion@sympatico.ca](mailto:hmchampion@sympatico.ca)