



TOWARDS THE BOULDER OF "FRATE LUPO" (FRIAR WOLF) AND THE PEAK OF MT. PENNA

TOWARDS THE SOUVENIR SHOP, THE GUEST HOUSE AND CAR PARKS

FRANCISCAN SACTUARY OF LA VERNA

PLACES TO VISIT

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| 1 CHAPEL OF OUR LADY OF THE ANGELS | 12 PRECIPICE |
| 2 BASILICA | 13 CHAPEL OF ST. SEBASTIAN (VOTIVE CANDLES) |
| 3 CHAPEL OF MARY MAGDALENE, FIRST CELL OF ST. FRANCIS | 14 ASCENT TO THE SACRED FOREST |
| 4 SASSO SPICCO | 15 CHAPEL OF THE BEECH TREE |
| 5 CHAPEL OF "LA PIETA" | 16 ANTIQUE ENTRANCE |
| 6 HALLWAY OF THE STIGMATA | 17 CHAPEL OF THE BIRDS |
| 7 GROTTO OF THE BED OF ST. FRANCIS | 18 CONVENT MUSEUM |
| 8 CHAPEL OF LODDI'S FAMILY, ENTRANCE TO THE HERMITAGE | |
| 9 CHAPEL OF THE CROSS, SECOND CELL OF ST. FRANCIS | |
| 10 CHAPEL OF THE SACRED STIGMATA | |
| 11 CHAPELS OF ST. BONAVENTURE AND ST. ANTHONY OF PADUA | |



SANCTUARY OF LA VERNA

PILGRIM'S MAP AND SPIRITUAL ITINERARY

PILGRIM'S SPIRITUAL ITINERARY

Dearest pilgrims, as we welcome you with joy on this holy mountain, we want to propose this little aid to assist you in your spiritual journey while visiting the most important places of the Sanctuary. Let yourself be accompanied by the experience and words of St. Francis.

1 CHAPEL OF OUR LADY OF THE ANGELS: This small chapel is the only construction in stone brick wall dating back to the times of St. Francis. Here "il Poverello" and his companions who went up to La Verna prayed in common and shared the experience of God in the silence of the hermitage.

Prayer Intention: Pray for the people you care about, with whom you share your Christian journey - your family, your community, your closest friends. Entrust your journey together to the intercession of Mary.

Franciscan Prayer:

Mary, holy Mother of God, Who are the Virgin made Church, chosen by the most Holy Father in heaven whom he consecrated with His most holy beloved Son and with the Holy Spirit the Paraclete, in whom there was and is all fullness of grace and every good.
Hail His Palace! Hail His Tabernacle! Hail His Dwelling!
Hail His Robe! Hail His Servant! Hail His Mother!
And hail all You holy virtues which are poured into the hearts of the faithful through the grace and enlightenment of the Holy Spirit, that from being unbelievers, You may make them faithful to God. Amen

2 BASILICA OF OUR LADY OF ASSUMPTION: The main church of the sanctuary. It houses beautiful Della Robbia terracotta sculptures, that help you to meditate on the mysteries of the Incarnation and the Ascension of the Lord, and the relics of St. Francis.

Prayer intention: In front of the habit that Francis wore at the time of the stigmata, ask the Lord to help you put on the spiritual virtues and attitudes of the Saint.

Franciscan Prayer: Almighty, eternal, just and merciful God, give us miserable ones the grace to do for You alone what we know You want us to do and always to desire what pleases You. Inwardly cleansed, interiorly enlightened and inflamed by the fire of the Holy Spirit, may we be able to follow in the footprints of Your beloved Son, our Lord Jesus Christ, and, by Your grace alone, may we make our way to you, Most High, Who live and rule in perfect Trinity and simple Unity, and are glorified God almighty, Forever and ever. Amen

4 SASSO SPICCO: Literally means "a rock or a stone that is peaking out." It is the place where the Saint stayed and prayed during his first visits to La Verna. Hiding in the crevices of rock, Saint Francis imagined himself hiding in the open side wound of the Lord.

Prayer Intention: Meditate on the feelings of Jesus, immerse yourself in his heart.

Franciscan Prayer: I beg you, Lord, let the fiery, gentle power of your love take possession of my soul, and snatch it away from everything under heaven, that I may die for love of your love as you saw fit to die for love of mine.

6 HALLWAY OF THE STIGMATA: Built to allow access to the chapel of the stigmata and for the daily procession.

Prayer Intention: You can retrace the stages of the life of St. Francis, represented in series of frescoes.



Altro Monte non ha
più Santo il Mondo

10 CHAPEL OF THE SACRED STIGMATA: The stone at the center of the floor marks the place where the Saint received the grace of conformation to Christ. Behind the altar, a vast terracotta sculpture depicting the crucifixion by Andrea della Robbia accompanies us, together with Francis at the foot of the cross.

Prayer Intention: Entrust to Jesus, like Francis, your wounds, the burdens of your story, so that He may let you experience his resurrection. Meditate on the prayer written by Francis after his stigmatization. In line with this prayer, you may also add your own words that express who Jesus is for you.

Franciscan Prayer:

You are the holy Lord God Who does wonderful things.
You are strong. You are great. You are the most high.
You are the almighty king. You holy Father, King of heaven and earth. You are three and one, the Lord God of gods; You are the good, all good, the highest good, Lord God living and true. You are love, charity; You are wisdom, You are humility, You are patience. You are beauty, You are meekness, You are security, You are rest, You are gladness and joy, You are our hope, You are justice, You are moderation, You are all our riches to sufficiency. You are beauty, You are meekness, You are the protector, You are our custodian and defender, You are strength, You are refreshment, You are our hope, You are our faith, You are our charity, You are all our sweetness, You are our eternal life: Great and wonderful Lord, Almighty God Merciful Saviour.

May the lord
also show you his face.
the friars