

# Buen Camino

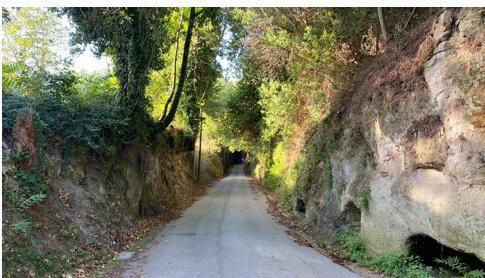
Newsletter of Fr. Michael Fish, OSB. CAM

## Michael's Via Francigena Journal

With Michael trekking the South Via Francigena from Rome to the heel of Italy's boot, in lieu of his usual reflection, we are sharing some of his photos and journal entries from along the route.

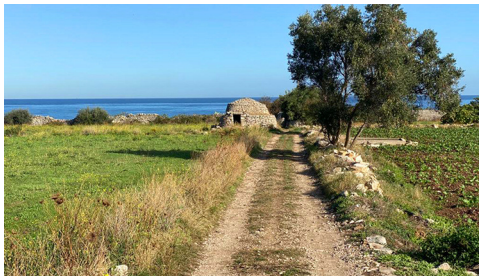


**Circa 15 Sept:** Upon arriving in Rome, after two challenging flights, I found my way to the convent of the Sisters of St. Bridget, where I'm staying. Next morning, after Mass, I walked from the convent to the Vatican to receive my first stamp at Sacristy of St. Peter's. In the morning I will set off on stage one of my journey – walking 26 kilometers towards Castel Gandolfo along Via Appia. This pilgrimage will take me approximately 1,000 kilometers or 600 miles down to Italy's heel to Santa Maria di Leuca. Welcome, you, please pray for me as I shall for you.



**Circa 1 Oct:** Yesterday, upon leaving the province of Lazio and entering Campania, I got lost three times due to poor signage in this new region. To avoid further confusion, I had to rely on my phone's GPS while walking through fields as well as olive and peach tree plantations. As I began the ascent, the path

turned due East and I was blinded by the early morning sun, my own little Easter/Resurrection experience. During today's journey, I passed through two towns: Lauro with an open cafe that tempted me but was too early in my walk; and Cupa where a closed cafe taught me not to bypass opportunities so readily. Eventually, I arrived at Sessa Aurunca, a charming town untouched by tourism.



**Circa 23 Oct:** This morning, I enjoyed a delightful breakfast prepared by my host Francesco, before setting out. My path took me along a quiet promenade beside a serene sea and then onto an enchanting coastal path that hugged the cliffs and offered breath-taking views. Reaching Molfetta, I discovered a beautiful Basilica honoring Our Lady – protector of mariners, with a stylish modern statue of Mary standing on a wave holding out her Son. Today was truly different from yesterday. It felt more organic and authentic walking on the coastal path and encountering ancient stone dwellings and ruins as well as a perfectly preserved castle/fort.

## Thanks for your support

Michael is grateful to everyone for your continued prayers, good wishes and support. Donations to Hermit Fish, Michael's 501(c)(3) nonprofit, are fully tax deductible. Gifts of any size are greatly appreciated.  
FID: 82-2489475

Visit: <https://www.hermitfish.com/donate>

Creative and logistical support for Michael, his *Buen Camino* newsletter and HermitFish.com website are provided by Enigma | LA, enigmala.com

## Michael News

At this writing, Michael is somewhere outside of Monopoli, on Italy's Adriatic Sea coast. We expect him back sometime later this month.

## Holiday 'Levanté' schedule

In addition to their regular schedules, all three *Levanté* video retreats (available separately) are being offered over the Thanksgiving (Nov 20-27) and Christmas (Dec 22-Jan 4) holidays. Christmas *Levanté* retreats will feature double, 14-day access. Many thanks to those who have participated so far. For all upcoming retreat dates visit:

<https://hermitfish.com/retreat-brochure>

## Audio Subscriptions

Michael's entire audio retreat library is available online 24/7, via subscription – over 70 hours of inspiration. If you need assistance subscribing, managing your subscription, or accessing the recordings, please contact [laura@hermitfish.com](mailto:laura@hermitfish.com). Visit:

<https://hermitfish.com/about-the-audio-library>

### Levanté 3 Online Video Retreats

**NOV 14-20 and NOV 20-27**  
**DEC 16-22 and DEC 22-JAN 4\***

**Levanté 3 information:**  
<https://hermitfish.com/levant3-schedule>

### Levanté 2 Online Video Retreats

**NOV 9-15 and NOV 20-27**  
**DEC 14-20 and DEC 22-JAN 4\***

**Levanté 2 information:**  
<https://hermitfish.com/levant2-2-schedule>

### Levanté 1 Online Video Retreats

**NOV 2-8 and NOV 20-27**  
**DEC 7-13 and DEC 22-JAN 4\***

**Levanté 1 information:**  
<https://hermitfish.com/levant1-retreat-houses>

**\*Special Christmas 14-day access**

To be added to Michael's email distribution go to <https://www.hermitfish.com> and scroll to the bottom of the page to sign up.