

Welcome

Welcome to Rome and to this incredible journey together! We are so grateful to have gathered from many different countries, united in a shared mission of hope, faith, and belonging. Over the coming days, we will build something profound—the foundation of a Sacred Heart International Young Adult Community, a space where we can grow, reflect, and support one another across borders, cultures, and languages.

The Jubilee of Youth is a moment of reflection and celebration, calling us to embrace our role in shaping the future of the Church and the world. Traditionally, Jubilee years mark times of reconciliation, transformation, and fresh beginnings, and this experience

invites us to walk as pilgrims of hope, deepening our faith and commitment to our community. Through learning, connection, and prayer, we recognize that we are part of something greater—an international movement of young people dedicated to living faith with purpose and action.

Together, we will create a community that extends beyond Rome, one that will continue to thrive in the years to come—a network of young adults committed to walking in faith, leading with hope, and acting with courage. May this gathering inspire and empower each of us to become ambassadors of hope, carrying forward the spirit of the Jubilee into our communities and the world.

We will have time to meditate, pray, reflect, and celebrate—and as a bonus, we'll explore beautiful new places, immersing ourselves in the richness of this journey.

Through it all, our golden rules will guide us, shaping our experience and strengthening the bonds we create.



Sacred Heart Golden Rules

As a new Sacred Heart community we always value:

Commitment

Confidence

Courage

Curiosity

Empathy

Honesty

Hope

Respect

Love

Trust

General Program

FRIDAY, JULY 25 Welcoming Ceremony

Beginning the day by fostering a sense of community and belonging as Pilgrims of Hope. Participants connect through reflection and shared experiences, stepping together into a space of unity, faith, and transformation.

SATURDAY, JULY 26 Mater Admirabilis and Going Back to Our Roots

This day participants are invited to rediscover their spiritual and communal roots with the Society of the Sacred Heart, deepening their connection to faith and heritage. Through prayer, reflection, and cultural sharing, they honor their past while embracing the journey ahead as Pilgrims of Hope.

SUNDAY, JULY 27Walking with Sophie

The group will deeply connect with Sophie's journey, using her story as a mirror for their own. The day is a reflective pilgrimage that encourages introspection, shared meaning, and the discovery of personal threads that link each person to a broader legacy.

MONDAY, JULY 28 Pope Francis and the Path of Synodality

The group will explore Pope Francis' and the Church's vision on synodality, affirming the transformative role of young Catholics in our community and within the Church.

TUESDAY, JULY 29A Pilgrimage of Hope Begins

The group will attend the Welcoming Mass in St. Peter's Square, opening with a unifying moment of prayer to ready their hearts and minds for the Jubilee.

WEDNESDAY, JULY 30 In Dialogue with the City

Attending the Jubilee day activities in "In Dialogue with the City "and exploring the city in small communities.

THURSDAY, JULY 31 Being One with the Church

Beginning the day by inviting participants to reflect on how hope shapes personal journeys and binds generations within the Church community. By considering what hope means for their generation and how it has guided their growth.

FRIDAY, AUGUST 1 Penitential Day

Community Sharing session focused on the themes of penitence, reconciliation, and the Eucharistic dimension of our lives, followed by attending Penitential Day in the city with the Pope.

SATURDAY, AUGUST 2 Vigil with the Pope

Community sending and commitment sharing, followed by attending the entertainment, music, and testimonies events in the city, to close the day by gathering at Tor Vergata for the Vigil with the Pope.



SUNDAY, AUGUST 3A Final Blessing

The group will wake up at Tor Vergata after the vigil and stay there to attend Morning Mass with the Pope, before returning to Villa Lante for the closing ceremony with the time capsule.

MONDAY, AUGUST 4 Departures

Summary: Participants will depart to their home countries.

Hourly Itinerary

Please take a moment to review the hourly itinerary and familiarize yourself with the schedule as the days unfold. Checking it each night will ensure you know exactly where to be and when to start the day with the group. Keep in mind that timings may be flexible and subject to change as needed.

FRIDAY, JULY 25 Welcoming Ceremony

2.00 PM

Welcoming (conference room)

3.00 PM

Welcoming prayer & Introductions

4.00 PM

Golden rules & expectation

5.00 PM

Introducing communities

6.00 PM

Break

6.30 PM

Large community sharing

7.00 PM

Closing prayer

7.30 PM

Dinner (Villa Lante)

SATURDAY, JULY 26

Mater & Going Back to Our Roots

7.00 AM

Morning mass (optional) & Breakfast

8.00 AM

Departure to Trinità di Monte

8.45.AM

Visita Mater & Morning prayer

10.30 AM

Return to Villa Lante

11.30 AM

Break

12.00 PM

Society of the Sacred Heart Roots

1.00 PM

Lunch

2.30 PM

Personal Reflection: "Personal Roots"

3.00 PM

Small communities.

Sharing personal roots.

3.30 PM

Large community sharing

4.15 PM

Countries prepare presentations

5.00 PM

Break

5.15 PM

Presentation of countries

7.00 PM

Closing prayer

7.30 PM

Dinner, rest, free time.

SUNDAY, JULY 27

Walking with Sophie

7.00 AM

Morning mass (optional) & Breakfast

9.00 AM

Morning prayer

9.30 AM

Sophie her Roots & Journey

10.45 AM

Meeting at lobby

11.00 AM

Walk to the Vatican

12.00 PM

Angelous

12.30 PM

Lunch

1.30 PM

Holly Doors Explore St. Peter's Basilica

3.00 PM

Free time to explore the Basilica and Vatican City in communities

5.30 PM

Meet at the center of Vatican City and Walk back to Villa Lante

6.00 PM

Closing prayer

6.30 PM

Dinner at Trastevere

MONDAY, JULY 28

Pope Francis + Synodality

7.00 AM

Morning mass (optional) & Breakfast

8.30 AM

Morning prayer

9.00 AM

Ride to St. Mary Major Basilica

10.00 AM

Visit Pope's Francis Burial

11.30 AM

Return to Villa Lante

1.00 PM

Lunch

2.00 PM

Break

3.00 PM

Journey of the Church

4.30 PM

Break

5.00 PM

Synolidality

6.30 PM

Closing prayer

7.00 PM

Dinner outside (OTO)

8.00 PM

Free time

TUESDAY, JULY 29

A Pilgrimage of Hope Begins

7.00 AM

Morning mass (optional) & Breakfast

9.00 AM

Morning prayer

9.30 AM

Archives and learning about Villa Lante

11.00 AM

Free time

1.00 PM

Lunch (Villa Lante)

2.30 PM

Walk to Open Mass

6.00 PM

Welcoming mass - St. Peter's Square

Free time. Curfew at 10:30pm

WEDNESDAY, JULY 30
In Dialogue with the City

7.00 AM

Morning mass (optional) & Breakfast

9.30 AM

Meet at garden & Morning prayer

10.00 AM

In Dialogue with the City

12.00 PM

Lunch (packed)

3.00 PM

Explore the City in Communities

5.30 PM

Walk back to Villa Lante

6.30 PM

Community Sharing - Closing Prayer

7.30 PM

Dinner

THURSDAY, JULY 31

In Dialogue with the City / Being one with the Church

7.00 AM

Morning mass (optional) & Breakfast

9.00 AM

Meet at garden & Morning prayer

10.00 AM

In Dialogue with the City

12.00 PM

Lunch (packed)

5.00 PM

Walk back to Villa Lante

6.00 PM

Community Sharing - Closing prayer

7.30 PM

Dinner

FRIDAY, AUGUST 1 Penitential Day

7.00 AM

Morning mass (optional) & Breakfast

9.30 AM

Meet at garden & Morning prayer

10.00 AM

Dimension Eucharistic of our life. Society of the Sacred Heart

11.00 AM

Penitential Day

12.00 PM

Lunch (packed)

5.30 PM

Walk back to Villa Lante

6.30 PM

Community Sharing - Closing Prayer

7.30 PM

Dinner

SATURDAY, AUGUST

Closing ceremony as SacredHeart Community & Vigil with the Pope

7.00 AM

Morning mass (optional) & Breakfast

9.30 AM

Meet at garden & Morning prayer

10.00 AM

SH Jubilee Journey Personal and communities' reflections

11:30 AM

Break

12:00 PM

Being Pilgrims of hope - back to our communities - Personal and Community commitment

1.00 PM

Lunch (Villa Lante)

3.00 PM

Walk to Tor Vergata

4.00 PM

Entertainment, music and testimonies.

6.00 PM

Find place for Vigil

7.30 PM

Vigil with the Pope

SUNDAY, AUGUST 3A Final Blessing

8.00 AM

Breakfast (Package Included)

9.00 AM

Closing Mass with Pope

1.00 PM

Lunch (Package Included)

2.00 PM

Walk back to Villa Lante

3.00 PM

Personal time

4.00 PM

Closing Prayer

4:30 PM

Closing Activity

6.00 PM

Team gets together to reflect

7.30 PM

Dinner (Villa Lante)

MONDAY, AUGUST 4 Departures

6.00 AM

Departures



Prayers

FRIDAY, JULY 25 Welcoming Prayer

As we gather, we light a symbolic Jubilee candle—a sign of hope and renewal.

As this flame passes from one hand to another, we invite you to say your name, country, and age, offering one word of hope or expectation in your own language. Afterward, translate it, reminding us that hope is something we carry and share.

Let us unite in prayer, asking Jesus to fill our hearts with the strength to hope and the courage to act upon His will.

Additional Material Day 1
Jubilee Song Lyrics
https://drive.google.com/drive/
folders/1u-PRGPkPvnMyLUJuGtBdORHD73494Lq?usp=sharing

Closing Prayer

Additional Material Day 1
Message from the Holy Father Francis to
Young People
https://drive.google.com/drive/
folders/1u-PRGPkPvnMyLUJuGtBdORHD73494Lq?usp=sharing

SATURDAY, JULY 26

Opening Prayer: Prayer to Mater Admirabilis

The following prayer, written by Superior General Sabine de Valon in 1960 for use by Convents of the Sacred Heart, was submitted by Mary Lou Gavan, RSCJ.

Mother most Admirable, you make all things easy for us. O Mother of Jesus, we come to you as to a living spring to quench our thirst, or as to a fire to warm our hearts. You are the light of dawn that dispels our darkness, the Mother always attentive to the distress of her children. O Mother most Admirable. life is often hard, nor is it easy to tread the path of duty with unwavering step It is not easy to love our neighbor, our brother, as Jesus would have us love him, to keep our souls unchanged amid the changing chances of life, to love creatures and yet keep our hearts for God alone, to be little and humble when pride rises up within us. It is difficult to walk steadily toward the God of light, through dark and misty ways. There are days when everything is a burden; but you, O Wonderful

Mother, can make everything easy; not by taking away the hard things, for God did not take away yours. You make them easy by making our love stronger. It was love that impelled you, on the threshold of your high destiny, to utter your "Fiat mihi secundum verbum tuum." 24 That word, once given, you never took back, you never resisted suffering but opened yourself to its action, humbly and sweetly given to God. O Mother, may your example be my strength. Make everything easy in my life, not by suppressing pain, but by giving me a love stronger than the pain. O most sweet Mother, give me a valiant heart, and when my love grows weak, give me, your child, something of your own love, that I may learn again from you what true love means.

Take a moment to reflect:

Where and how did my call to hope begin? How is Mary present in my life?



IMPORTANT INFORMATION FOR TODAY

Who is Mater?

In 1828, Pope Leo XII invited the Society of the Sacred Heart to found a community and school at the Trinità dei Monti, a monastery at the top of the Spanish Steps in Rome. For 300 years, the monastery had housed a community of Minims, an order founded by St. Francis of Paola in the 15th century. The Order of Minims had abandoned the property during the French Revolution, and by 1828 the buildings were in need of repair. A contingent of RSCJ went to Rome to put the property in order under an agreement with the French government, which owned the property and specified that only French nuns would occupy the site. Sixteen years after the Religious of the Sacred Heart came to live at the Trinità, a young French woman, Pauline Perdrau, was admitted as a postulant to the Society. A talented artist, she asked permission of the superior of the house, Mother Josephine de Coriolis, to paint a portrait of Our Lady on a wall of a corridor

that led to the 19 sisters' cloister. However. Mother Coriolis was hesitant, because she knew the artist was unfamiliar with fresco painting techniques. Pauline Perdrau persisted, praying to Mary for strength. She prevailed, and for months after receiving permission to begin, she devoted several hours a day to preparing the surface of the wall and painting her image of Mary. When the painting was complete, the colors were thought to be too vivid. The fresco was covered with a protective cloth to give the paint time to dry. Days later, when the cloth was removed, the colors had softened to the shades of pink and blue and ivory that are so well known to visitors to Mater's shrine today. To Pauline Perdrau, who became a Religious of the Sacred Heart, the change was nothing less than a miracle. Among the many stories associated with Pauline Perdrau's painting of Our Lady is this one: In the fall of 1846, Pope Pius IX paid a visit to Trinità dei Monti and was overwhelmed by the beauty of the fresco of Mary. The pope blessed the painting of Mary under the title "Mater Admirabilis," thus giving it the title it bears to this day. Today, a statue or painting of Mater Admirabilis can be found in every Sacred Heart school around the world. Her feast is marked with liturgical celebrations, alumnae gatherings and pink goûter on October 20.

SUNDAY, JULY 27

Opening Prayer: Sophie's Threads Presentation

Who was St Madeleine Sophie Barat?

In 1779, Madeleine Sophie Barat was born in Joigny, France as fire raged in houses nearby. Truly a child of fire. Sophie's heart was captivated by God from an early age, and she was drawn to a life of contemplative prayer. At the same time she recognized that post-revolutionary France had a pressing need for transformation through rigorous education and a spirituality of the Heart of Christ. Sophie and four companions made their first vows in 1800, giving themselves to a form of religious life which combined the contemplative and the apostolic, the one informing and enlivening the other. "Discovering and revealing the Heart of Christ" remains the mission of the Society of the Sacred Heart to this day.

Take a moment to reflect:

What part of Sophie's story resonates with your own? What thread of Sophie's life do you identify with at this moment?

Additional Material Day 3

Sophie's Song Lyrics

https://drive.google.com/drive/
folders/1u-PRGPkPvnMyLUJuGtBdORHD73494Lq?usp=sharing

MONDAY, JULY 28 Opening Prayer

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house.

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." (Matthew 5:13:16)

1. Message to Young People at the Synod (2024): "Keep moving forward courageously. When water flows, it's good, but when water stops, it ends badly. The young person who is tired is the first to be corrupted. To avoid this, keep moving forward and continue walking with joy."

2. On Synodality and Youth Participation:

"The Church and Synod are synonymous. A synodal Church is a Church of listening, a participatory and co-responsible Church. Synodality allows the Church to gather and make dialogue the gifts of all its members, starting from the young."

Take a moment to reflect:

What part of Pope Francis' message resonates with me? What role do I play in shaping the Church's future?

Guest Speaker for Today: Imma De Stephanis, RSCJ

With over 25 years of experience in education, college administration, and nonprofit leadership, Sr. Imma De Stefanis, RSCJ, Ph.D., has dedicated her career to fostering growth, leadership, and meaningful change. She holds a Master's from the

University of California, Berkeley, and a Ph.D. in Applied Developmental Psychology from Boston College, specializing in culture and development. She also earned a Certificate in Change Management Leadership from Cornell University.

As the co-founder of SHERPA Consulting, Imma works with small and mid-sized non-profits and educational institutions, helping them with strategic planning, sustainability, and leadership development. She also leads workshops on professional and personal growth, offering insights that empower individuals and organizations.

Most recently, she served on the Provincial leadership team of the United States-Canada Province of the Society of the Sacred Heart. Fluent in both English and Spanish, she continues to bridge cultures and communities, guiding leaders toward impactful and lasting transformation.



TUESDAY, JULY 29 Opening Prayer

"If you are part of God's family, you have been called to a very important mission: to share his love with others. Whether in your neighborhood, with your family, in another city or in another country, God wants you to actively participate in the mission of bringing his redemptive message to others. Start sharing the gospel today!"

Those who accept the challenge and decide to go where God sends them are precious before the Lord. Their feet are beautiful, the fact that they are willing to go out and go forth in the name of the Lord brings blessing to their lives and to all who hear their message.

With the power of the Spirit we are able to go and persevere wherever God sends us.

Reflect with the group: "How do I want to bring hope into this world with my fellow pilgrims and in the light of god?"

As we weave this thread together, forming a great web of connection, we recognize that we share this mission.

Additional Material Day 5

World Youth Day Song Lyrics https://drive.google.com/drive/ folders/1u-PRGPkPvnMyLUJuGtBdORHD73494Lq?usp=sharing

IMPORTANT INFORMATION FOR TODAY: Villa Lante

The sixteenth-century Villa Lante in Trastevere is one of the Society's most historically significant buildings. It has been part of the Society since 1837 when it became the Roman seat of the Society of the Sacred Heart. During this time, it has served the mission of the Society in many ways: as a community home for our sisters, providing various types of education programs, including a school, a kindergarten, an orphanage, and as a center for young people from the local area, Trastevere.

It has also been a center for our General Archives and, of course, the location for probations over the last forty years. The Villa Lante has recently undergone renovations to convert the building into meeting spaces for members of the Sacred Heart family.

For more information, please refer to the "Additional Resources" document in our shared folder.



WEDNESDAY, JULY 30

Opening Prayer

Prayer of senses:

In silence, we close our eyes and open our senses: Touch. Smell. Hearing. Taste. Sight.

- Touch, give, receive. "Put your hand into my side and do not doubt, but believe" (John 20:27)
 - Don't doubt the life of the resurrected One who is revealed. Touch, feel the feelings, express your tenderness and give thanks.
- Smell. "The room was filled with the scent of perfume" (john 12:3)

 Smell the different scents of the trees, the plants, the earth...
- Listen. "Listen Israel, the Lord is your only God" (Dt 6:4).
 To listen, you need to be silent. Listen to
 - the wind, the birds, the insects, everything speaks to you.
- Taste, speak, praise God. "It's not enough to say, Lord, Lord, to enter the kingdom of heaven."

Bring awareness to your mouth perhaps the lingering taste of breakfast, toothpaste, or simply the freshness of this moment. Ask yourself: How is God nourishing me today, even in what I consume or craye?

 Look behold. God saw everything he made, and it was very good (Gen 1:31).
 Now, slowly open your eyes. Look around, not to judge or understand, but just to see.
 Let colors, movement, light, shadow, all speak to you. See not just what is there, but who is there. And ask: From where is God looking back at me in all this? How should I look to find Him?

As we prepare to walk into the city today, take these awakened senses with you. Let the streets, the people, the buildings, the noise and the silence become part of your prayer. Remember that God is not only in the sacred places. He is also everywhere else in the world. Walk slowly. Look attentively. Love deeply. And may you find God waiting for you in unexpected corners.

THURSDAY, JULY 31 Opening Prayer

Take a look into your own perspective of hope... recall the words you shared on the first day.

Listen to the RSCJ among us... reflect on tier testimonies.

Take a moment to reflect: What meaning has hope for your generation? What role has hope played in your development?

Let us carry forward this reflection as we discern the ways in which our own hope will shape the future.

FRIDAY, AUGUST 1 Opening Prayer

Reconciliation is a path of growth, one that challenges us to confront what prevents us from living as true people of peace. Today, let us take time to reflect on the attitudes within us that need transformation—those that hinder reconciliation with ourselves, others, and God.

Take a moment to examine your conscience, using the guide provided, and reflect deeply on your journey toward reconciliation. If you feel called, prepare yourself for the sacrament of reconciliation as a step toward renewal.

Additional Material Day 8th

Conscience examination guide & Closing Song Lyrics: Finally (Creo en ti) - Reik https://drive.google.com/drive/folders/1u-PRGPkPvnMyLUJuGtB-dORHD73494Lq?usp=sharing

SATURDAY, AUGUST 2 Opening Prayer

Respond in unison: "Lord, make us your ambassadors of hope."

- God of the journey, you have brought us together from all over the world. You have filled our hearts with stories, names, songs, and prayers. Now, you invite us to go back and live differently. "lord, make us your ambassadors of hope"
- 2. We have seen you in community, in laughter and tears, in silence and singing. You have shown us that hope is not just a feeling—it is a decision, a way of life. "lord, make us your ambassadors of hope"
- 3. Today we remember those who cannot be here— our families, our friends, and those who are suffering. We promise to carry the light of this experience to them. "lord, make us your ambassadors of hope"
- Where there is conflict, may we sow peace.
 Where there is fear, may we offer listening.
 Where there is loneliness, may we be

- present. Where there is injustice, may we walk in courage. "lord, make us your ambassadors of hope"
- 5. Jesus, send us back home with feet that walk with purpose, hands that serve with joy, and eyes that look for Your presence in every corner of our world. Let us go—not alone, but together. Not empty, but full of You. "lord, make us your ambassadors of hope"

Take a moment to reflect:

What is my commitment to being a pilgrim of hope in my life?

Living Timeline Activity Questions:

- What drew you to this day?
- What emotions, lessons, or experiences do you carry from this moment?
- How does this reflection shape your journey moving forward?

SUNDAY, AUGUST 3 Closing Prayer

As we gather for this final reflection, take a deep breath and bring to your heart the most significant moments of this pilgrimage—the encounters, the prayers, the moments of grace that have shaped and strengthened you.

Now, in community, let us share:

- · What am I grateful for?
- What moment, experience, or phrase showed me the importance of hope in this pilgrimage? How will I carry that learning after this encounter?

Hope is not just something we receive; it is something we live, carry, and pass on. May this final reflection be an invitation to embrace hope as a guiding light in our lives.



Our Participants

Egypt

Clara Farid Therese Raoud

Hungary

Adrienn Verebes Rita Zsuzsanna Szabo

Japan

Nagayoshi Raira Nao Kato

Mexico

Alejandra Díaz Ramírez
Claudia Sofia Gonzalez Moreno
Francisco Armando Lara Contreras
Francisco Fernando Lara Contreras
Iker Ochoa Villaseñor
Jorge Cantú Cuesta
Karen Denisse De La Garza Leal
Mary Carmen Luna Cruz
Sara Michelle Del Ángel Betancourt
Valeria Cirilo Lamberto
Yvanna Maribel Gutiérrez García

Poland

Florida Becherowska Hannah Mae Ftaieh Marta Zduńczyk

South Korea

Hyunsoo Park Jehee Kook

Spain

Borja Ignacio Pomeda Gutiérrez Isabel Suárez Aragón

Uganda

Josephine Ndyerowooza Nakalyango Martha

USA

Claire Monroe
Drake McMahon
Emma White
Gwenevere Malisani
Jane Steinfels
Kyra Kuffman
Maria Rodriguez
Megan Szajna
Michaell Baber

Meet Our Coordinators

Isabella McCartney, Coordinator, USA Itzel Gonzalez, Coordinator, Mexico Johanna Bakowska, Coordinator, Poland Julia Bakowska, Coordinator, Poland Karla Reyes, Coordinator, USA-MX Lilly Risch Bakhit, Coordinator, USA Maria Widlraz, Coordinator, Poland Yannina Samilpa, Coordinator, México

Meet Our RSCJ

Bang Junghye, RSCJ, South Korea Celia Salinas, RSCJ, México Elizabeth Kasyoka, RSCJ, Kenya Francoise Chevreuil, RSCJ, France Kata Simon, RSCJ, Hungary Lynne Lieux, RSCJ, USA Reyna Gonzalez, RSCJ, Director, USA-MX Susan Nankya, RSCJ, Uganda Timea Milankovics, RSCJ, Hungary Urzula Krajewska, RSCJ, Poland



Important information

Villa Lante

Via di S. Francesco di Sales, 14 00165 Roma RM, Italy

Event digital materials:

https://bit.ly/3FZXqrX



Need assistance?

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