

## Lago Trasimeno

Fasting and solitude were the theme of the day.

Lake Trasimene is the largest lake of the Italian peninsula. On June 23, 217 B. C., the Carthaginians under Hannibal defeated the Romans.



Francis spent the Lent of 1211 or 1213 on Isola Maggiore, one of two islands in the lake. At that time the island was unpopulated. Today there are 30-50 permanent residents. Since there were no buildings on the island, Francis lived in an improvised hut. The Cappella dello Sbarco or the chapel of the hut, was built on a hill of the island. The friars lived there in a large friary from 1328-1883.

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The friary:



Lake Trasimeo reminds us of one of the main facets of Francis' spirituality: the call to a life of penance. Penance for Francis meant being totally consumed with God, fascinated with God, so that nothing else existed. The story goes that Francis came here on Ash Wednesday with two small loaves of bread. When he was picked up on Holy Thursday, he still had one and a half loaves left.

Challenge yourself with the mystery of fasting. What fills you up? What fills your heart? What kind of fasting is necessary in your life so that God is more and other "idols" become less?

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Church of St. Michael the Archangel on the top of the big island.



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The view from St. Michael's.