



WORLD YOUTH DAY 2019 PANAMA CITY

LIFE TO THE FULL PILGRIMAGE

DAY 1 – TUESDAY 15 JANUARY - DEPART SYDNEY – WASHINGTON DC, USA

Your journey begins today as you depart for Washington DC! Upon arrival at the airport, a Cosmos Representative will meet the pilgrimage group and transfer you to your accommodation where you will come together for dinner. (D)

DAY 2 – WEDNESDAY 16 JANUARY – WASHINGTON DC

This morning we will visit the Saint John Paul II National Shrine and undertake a spiritual journey with this great saint. Discover the man who became St. John Paul II and learn about the major themes and events of his papacy. See the '*A Gift of Love: The Life of Saint John Paul II*' exhibition that includes photos, quotes and personal artifacts. Attend a private MASS before enjoying some time at leisure to explore the shrine to see the Relics in the Redemptor Hominis Church, including the first-class relic of St. John Paul II's blood. Our pilgrimage will then continue with a sightseeing tour of Washington city's landmarks including the Library of Congress, the Lincoln and National WWI Memorials, Washington Monument, and photo stops at Capitol Hill and the White House. Stop for dinner (at own cost) before returning to the hotel where you will meet for reflection time. (B)

DAY 3 – THURSDAY 17 JANUARY – WASHINGTON DC

After breakfast, we will visit the Basilica of the National Shrine of the Immaculate Conception, which is the largest Roman Catholic church in the United States and North America and is one of the ten largest churches in the world. Attend a private MASS, before a one-hour guided tour of the Basilica's major works of art, history, and other highlights while traversing the massive expanse of the Great Upper Church and Crypt Level. We will then walk to the Dominican House of Studies where we will have a tour of the school and library and meet some of the staff and students. Our pilgrimage will then continue to the Museum of the Bible where we will have a guided tour followed by time at leisure. Stop for dinner (at own cost) before returning to the hotel where you will meet for reflection time. (B)

DAY 4 – FRIDAY 18 JANUARY – WASHINGTON DC

Today is all about the sanctity of life. An early start this morning as we depart for the Capital One Arena to attend the Youth Rally and Mass for Life event. The Rally strives to encourage the youth participating in the national March for Life in their witness as disciples of Christ and promoters of the Gospel of Life. Pilgrims will then attend the 46th Annual March for Life rally, which provides pilgrims a place to testify to the beauty of life and the dignity of each human person. Enjoy the remainder of the day at leisure, a coach transfer back to the hotel will be available later this afternoon. (B)

DAY 5 – SATURDAY 19 JANUARY – WASHINGTON DC

After breakfast at the hotel, we will travel to Georgetown University for the Twentieth Annual Cardinal O'Connor Conference on Life, which is the largest collegiate pro-life conference in the nation. In the evening, we will join other countries for an international dinner. (B)

DAY 6 – SUNDAY 20 JANUARY – WASHINGTON DC

This morning we will visit the Holocaust Memorial Museum. You will learn about the history of the Holocaust through artifacts, pictures, and personal testimonies of survivors. The three-story tower of display photographs from Jews who were from a small town in Lithuania and a railway carriage on display are harrowing and breathtaking reminders of the past. We will then have some free time for lunch (at own expense) followed by a visit to the Franciscan Friars Monastery of the Holy Land in America. Enjoy a guided tour of the beautiful church and its Shrines, see the catacombs and Purgatory Chapel. We will then walk through the century-old gardens whilst praying the rosary as we walk the Rosary Portico. Return to your hotel where the remainder of the day is at leisure. (B)

DAY 7 - MONDAY 21 JANUARY - WASHINGTON DC - PANAMA CITY

After an early breakfast this morning, transfer to the airport for your flight to Panama City for World Youth Day 2019! Upon arrival, a Cosmos Representative will meet you where you will be transferred to your hotel, where you will check in. (B,D)

DAY 8 - TUESDAY 22 JANUARY - PANAMA CITY

The World Youth Day celebration begins with the Opening Mass which is said by the local Bishop. This Mass often emphasises the culture of the host country, Panama! The Opening Mass for WYD Panama City 2019 will take place in the afternoon. (B,L,D)

DAY 9 - WEDNESDAY 23 JANUARY - PANAMA CITY

Over the next three days, you will take part in morning Catechesis with Bishops from around the world and have the opportunity to encounter the Vocations Expo and the Youth Festival program. (B,L,D)

Catechesis is preached in different languages by Bishops from around the world who will teach and reflect with pilgrims. Catechesis sessions will take place across the city in churches and other chosen venues to ensure that all young people can participate.

The **Youth Festival**; a religious, artistic and cultural program takes place in the afternoons and evenings during the three days of catechesis, except during the Main Events. The Youth Festival is composed of open and free initiatives of an artistic, religious and spiritual character. This aspect of WYD gives pilgrims an opportunity to participate in concerts, exhibitions, workshops, sporting events, theatre events and many others.

The Vocations Fair/Centre is a place where religious congregations, catholic schools and universities, religious publishing houses, missionary organizations, national and international movements and communities can present their charism and works. The Vocations Centre's goal is to show young pilgrims different paths of achieving their vocation in the Church, and to encourage them to look for answers to the question of what God wants from them in their lives.

DAY 10 - THURSDAY 24 JANUARY - PANAMA CITY

After a morning of catechesis, today will be the pilgrim's first encounter with the Holy Father during the Papal Welcome. It is a time of particular joy and pilgrims will have the opportunity to pray together with Pope Francis. During the service we listen to the Word of God and the first speech of the Holy Father. (B,L,D)

DAY 11 - FRIDAY 25 JANUARY - PANAMA CITY

This morning, pilgrims will engage in the final catechesis session with the international Bishops. In the afternoon and evening, pilgrims gather for the Way of the Cross - which invites pilgrims into the penitential character of WYD. The World Youth Day Cross is carried in a procession during this service and young people follow a designated route through the city, giving testimony of their faith. (B,L,D)

DAY 12 - SATURDAY 26 JANUARY - PANAMA CITY

Today pilgrims will take part in the pilgrimage walk to the site of the vigil and final mass. The Vigil is often the most personal part of the central events with the Holy Father. It is a unique time of prayer and meeting with Christ and it has an atmosphere of total peace but also great joy. (B,L,D)

DAY 13 - SUNDAY 27 JANUARY – PANAMA CITY

Today is the conclusion of the WYD pilgrimage and the celebration of the Final Mass of the XXXIV World Youth Day; celebrated by the Holy Father. During this Eucharist celebration, the Pope challenges and sends the young people out to the whole world to be witnesses in their own homes. At the very end, after the Angelus, the Holy Father traditionally announces the location of the next World Youth Day. (B,L,D)

DAY 14 – MONDAY 28 JANUARY - PANAMA CITY – COLON

After breakfast, we will attend MASS at a local church with Sydney Catholic schools. We will then visit the PANAMA CANAL and MIRAFORES LOCKS VISITORS CENTRE, followed by free time for lunch. Continue to the Caribbean side of Panama to our retreat location, which is located on the shores of Lake Gatún surrounded by lush tropical vegetation. Enjoy dinner at the hotel, followed by reflection time this evening. (B,D)

DAY 15 – TUESDAY 29 JANUARY - COLON

Today you will attend reflection time and MASS with your group leaders at the hotel. This evening enjoy your final dinner in Panama. Meet for reflection after dinner. (B,L,D)

DAY 16 – WEDNESDAY 30 JANUARY – COLON – PANAMA CITY – RETURN TO AUSTRALIA

After an early breakfast, transfer to Panama airport for your journey home. (B)

DAY 17 – THURSDAY 31 JANUARY – IN FLIGHT

DAY 18 – FRIDAY 1 FEBRUARY – ARRIVE IN AUSTRALIA