



Vox Populi

10 July 2025

This week and next, Pope Leo XIV is taking some well-deserved time off at the Pontifical Villas of Castel Gandolfo for a summer break.

Following the Angelus on Sunday, July 6, the Holy Father retired to Castel Gandolfo, the summer residence and vacation retreat of the Pope since the 16th century, saying: “I hope that everyone will be able to enjoy some vacation time in order to restore both body and spirit.”

After being elected to the office just two months ago, Pope Leo XIV has barely had a moment of rest, as he takes on the enormous task of shepherding the Catholic Church.

He will now enter this two-week period of rest and renewal, something which previous Popes have stressed is deeply important to the Christian life.

Pope Francis said: “Summer season is a providential time to cultivate our task of seeking and encountering the Lord. [In this] period of rest and disengagement from daily activities, we can reinforce our strengths of body and soul.”

Pope Benedict XVI emphasised the need to be physically and mentally replenished. “Holidays are days on which we can give even more time to prayer, reading and meditation on the profound meaning of life in the peaceful context of our own family and loved ones.”

Saint John Paul II loved spending rest periods in the mountains and believed it was deeply important to finding balance in life. “For a vacation to be truly such and bring genuine well-being, in it a person must recover a good balance with himself, with others and with the environment,” he said.

As the Pope takes his summer break, it’s important we reflect on our own lives and whether we should be taking rest in order to give ourselves fully to our family, friends and God.

Pope Leo XIV will be on holiday until July 20.