

JOIN US!  
WOMEN'S CONTEMPLATIVE PRAYER RETREAT  
AUGUST 21-23, 2025

ON A SMALL FARM NEAR PORTLAND, OREGON  
WITH CARRIE FREDERICK FROST AND JENNIFER ANNA RICH



“STOP TALKING AND LISTEN  
TO THE WORDLESS VOICE OF GOD WITHIN OUR HEARTS”  
- BISHOP KALLISTOS WARE

3-day OPTION WITH MEALS AND LODGING  
1-day OPTION WITH MEALS

ORTHODOX CHRISTIAN PRAYER GATHERINGS,  
TIMES OF SILENCE, READINGS, TALKS, CONTEMPLATIVE WALKING,  
SHARED MEALS AND DISCUSSIONS IN A SMALL GROUP NATURAL SETTING

dr. carrie frederick frost is an orthodox theologian, professor,  
author, and Jesus prayer group leader. she is the mother of five,  
grandmother of one, and lives in washington state.

jennifer anna rich is an author, pilgrimage leader,  
and book arts director, with a master's degree in theology.  
she is the mother of two, hosting this retreat on her small family farm.

FOR MORE INFORMATION CONTACT  
JENNIFERANNA.RICH@GMAIL.COM

~ REGISTRATION FORM ~

## WOMEN'S CONTEMPLATIVE PRAYER RETREAT

AUGUST 21-23, 2025

open to all women, regardless of religious affiliation who wish to participate in this retreat,  
centered in orthodox christian prayer, stillness, and practicing their love of dwelling with God.

full name \_\_\_\_\_

address \_\_\_\_\_

email address \_\_\_\_\_

cell phone \_\_\_\_\_ home phone \_\_\_\_\_

date of birth (day) \_\_\_\_\_ (month) \_\_\_\_\_ (year) \_\_\_\_\_

emergency contact name \_\_\_\_\_ phone \_\_\_\_\_

food restrictions / allergies \_\_\_\_\_

home parish / affiliation \_\_\_\_\_

roommate request for shared room \_\_\_\_\_

prefer quiet sleeping room \_\_\_\_\_ (noisy sleeper) \_\_\_\_\_

**3-day overnight options with meals and lodging (arrive 11:30 am thursday-depart 2:30 pm saturday)**

non-refundable deposit: \$95 due with application.

non-refundable final payment for overnight guests due: july 15, 2025.

- ☐ \$200 on-site camping (4 spots available)
- ☐ \$295 barn 'glamping' on cots with down comforters in heated renovated horse stalls, indoor bathroom (double occupancy per stall, 4 spots available)
- ☐ \$340 single bed in barn loft (1 spot available)
- ☐ \$340 single cot in letterpress studio (1 spot available)
- ☐ \$390 private queen bed in house guest room (2 spots available)

**1-day option with meals, no lodging (arrive 8:30 am - depart 9 pm friday, only)**

- ☐ \$95, due with application (3 spots available)

limited scholarship funds are available. if expenses are prohibitive, please inquire.

if we have to cancel for reasons beyond our control, all money will be refunded.

- ☐ i agree to assume complete personal responsibility for all medical and personal risk.  
unanticipated events could include injury, illness, or other loss.

please print out and submit registration form with check to poustinia pilgrimage or venmo @jennifer-rich-rff.  
confirmation will be based on the order deposit is received.

signature \_\_\_\_\_ date \_\_\_\_\_

feel free to contact us with any questions. we're so glad you will be joining us!  
poustinia pilgrimage, 516 nw 12th avenue, portland oregon, 97209 ~ jenniferannarich@gmail.com

[jenniferannarich.com](http://jenniferannarich.com)