

Join us!
for a Women's Orthodox Christian

CONTEMPLATIVE PRAYER PILGRIMAGE TO PATMOS ISLAND, GREECE

18-27 JUNE, 2025

with Poustinia Pilgrimage, and the Gardens of Discovery Eco-Spiritual Centre



Swim in the warm Aegean Sea



Discover Saint John's cave



Worship at ancient monasteries

A TIME SET APART TO FOCUS ON BEING WITH GOD
SHARING OUR EXPERIENCES AS LIKE-MINDED WOMEN
IMMERSED IN THE HOLY WISDOM OF THE ORTHODOX FAITH



Be part of a small group of like-minded women



Fall in love with Saint Gavrilia



Share mediterranean meals together

- RENEW YOUR PRAYER LIFE WITH STILLNESS IN DAILY GATHERINGS
- EXPERIENCE THE CAVE OF THE APOCALYPSE OF ST JOHN THE BELOVED
- DAY TRIP BY FERRY TO VENERATE RELICS OF ST GAVRILIA, ASCETIC OF LOVE
- MAKE A HANDMADE PAPER PRAYER JOURNAL, LEARNING SIMPLE TECHNIQUES
- DISCOVER NEW FRIENDSHIPS IN THIS SMALL GROUP OF UP TO 9 PILGRIMS
- FEEL THE GLOW OF WONDERFUL MEALS, DISCUSSIONS AND SWIMS TOGETHER

Prayer is intimacy with God and contemplation of the invisible.

~ Saint Gregory of Nyssa



Pilgrimage leader, Jennifer Anna Rich is an author, scriptorium book artist, and urban farmer. She holds a master's degree in theology, has studied under Bishop Kallistos in the practice of contemplative prayer, and leads Orthodox prayer retreats and pilgrimages with a deep desire to help others love their prayer lives. Author of *Prayer Spa: Ancient Treatments for the Modern Soul*, and *The Little Way of a Pilgrim*, she oversees Oblation Papers & Press with her husband and offers letterpress prayer cards from her private studio, Poustinia Press.

Our pilgrimage will be centred at the Gardens of Discovery villa and suites, a short walk from several monasteries. We will glean inspiration from this ecology centre: open to discovering the spiritual meaning of a right relationship with the world of nature.



**GARDENS OF
DISCOVERY**
ECO-SPIRITUAL CENTRE
gardensofdiscovery.org

10 DAY PILGRIMAGE FERRY FROM ATHENS TO PATMOS

\$3,250 includes comfortable lodging, all meals*, and events noted

Pilgrimage begins at 2 pm on June 18 at the Athens airport, ends at 9 pm on June 27 at our Athens hotel
(pilgrims are welcome to spend the night of June 27 in our hotel or to launch into further travels on that last day)

*all meals provided except while in transit to and from Patmos and Leros Islands

AIRFARE NOT INCLUDED - MEET AT ATHENS AIRPORT

INVITATION TO PILGRIMAGE

Delight in this time set apart ... as we establish new habits

to nourish our minds, bodies and souls on this pilgrimage to a world away!

We will stretch our minds to discuss and learn from the teachings of bright lights of the Orthodox faith:
Bishop Kallistos Ware, Saint Gavrilia, Saint Seraphim of Sarov, Saint Amphilochios and Saint John the Beloved.

We will move our bodies on ancient footpaths to local monasteries and swimming in the Aegean Sea.

We will feed our souls through contemplative prayer, visiting holy places and experiencing
the joy of God's creation with our small group of women on this life changing pilgrimage to Greece,
where we will experience the treasures of Patmos and Leros Islands.

On the last day we plan to explore the Acropolis and Plaka historical district in Athens.

RECOMMENDED READING

The Orthodox Way by Metropolitan Kallistos Ware

The Ascetic of Love by Nun Gavrilia

The Aim of Christian Life: The Conversation of St Seraphim of Sarov with N.A. Motovilov by Saints Alive Press

DAILY PRACTICE

Morning gathering: Orthodox prayers of stillness ~ Jesus Prayer ~ talks on holy writings ~ group discussion

Daily expedition: visit churches & monasteries, make handmade paper prayer journals, explore islands and beaches

Hours of common silence: time on your own for stillness, journaling, siesta, quiet, rest

Evening gathering: evening prayers, small group participation and discussion

Meals together: delicious mediterranean meals at local tavernas, cafés, picnics, and our villa (with wine of course!)

CONTEMPLATIVE PRAYER PILGRIMAGE: GREECE 2025

REGISTRATION FORM AND LIABILITY WAIVER

Open to 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) _____

Passport number _____ Nationality _____ Expires _____

Emergency contact name _____ Phone _____

Food restrictions / allergies _____

Home parish / affiliation _____

Roommate request for shared room _____

Prefer quiet sleeping room _____ (noisy sleeper) _____

Basic trip cost: \$3,250, does not include airfare.

Non-refundable deposit: \$1,000 due with application. non-refundable final payment due: april 30, 2025.

Early-bird deposits receive the bonus of a bed in ferry cabin on returning midnight ferry back to athens, *if available*.

(*These cabins sell out quickly.*) Alternately, reclining seats will be reserved, and all are free to move about the ferry.

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

Purchase of travel insurance required within 7 days of deposit.

I agree _____

[Forbes travel insurance options](#)

Rooms will be shared occupancy. Travelers should be able to walk 2-3 miles at a leisurely pace on uneven terrain, wearing comfortable walking shoes or boots, and equip yourselves with a sun hat, sun screen and water bottle.

Please expect imperfect wifi connections, possible waiting in line for ferries, etc.

We reserve the right to refuse applications that do not seem a good fit with our program.

I assume sole responsibility for all risk associated with Covid or other unexpected complications while traveling.

In the case of unforeseen events, Poustinia Pilgrimage may be of assistance in securing food, lodging or transportation, but will not be responsible for the costs associated with unanticipated events that could include injury, illness, death or other loss. I agree to assume complete personal responsibility for all medical and personal risk.

Please print out and submit application form with check to Poustinia Pilgrimage or credit card deposit on secure website, noted below. Once accepted, confirmation will be based on the order each deposit is received.

Signature _____ Date _____

Feel free to contact me with any questions. We're so happy you will be joining us!

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