

JOIN us! POUSTINI& PILGRIMAGE AND  
 THE G&RDNEN OF DISCOVERY ON PATMOS  
 FOR AN ORTHODOX CHRISTIAN WOMEN'S  
 CONTEMPLATIVE PRAYER PILGRIMAGE  
 TO PATMOS ISLAND, GREECE



share mediterranean meals together



discover saint john's cave



be part of a small group of like-minded women

A TIME SET APART TO FOCUS ON BEING WITH GOD  
 SHARING OUR EXPERIENCES AS WOMEN, IMMERSed IN THE HOLY WISDOM  
 AND TRADITION OF THE ORTHODOX FAITH



worship at ancient monasteries



be transformed by holiness



swim in the warm aegean sea

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



## GROUP LEADER

Jennifer Anna Rich is an author, scriptorium book artist, and urban farmer. She holds a master's degree in theology and has been a lifelong student of contemplative prayer. She leads orthodox prayer retreats and pilgrimages with a deep desire to help others love their prayer lives. She is the author of *prayer spa: ancient treatments for the modern soul*, and *the little way of a pilgrim*, recently released by Ancient Faith Kids Publishing. She oversees oblation papers & press with her husband and occasionally their two grown daughters and offers

## 10 DAY PILGRIMAGE: FERRY FROM ATHENS TO PATMOS

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

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

pilgrimage begins at noon on June 18 at the Athens airport,

ends at 9 pm on June 27 at our Athens hotel

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 in orthodoxy: bishop Kallistos Ware, saint Gavrilia, saint Amphilochios, saint John the Beloved, and friends.

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 Ieros islands.

on the last day we will explore the Acropolis and Plaka historical district in Athens before retiring to our downtown hotel (or go off on your own adventures!)

## DAILY PRACTICE

morning gathering: orthodox prayers of stillness ~ talks on holy writings ~ group discussion

daily expedition: churches & monasteries, handmade prayer journals, islands and beaches

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

evening gathering: evening prayers, group discussion

meals together: delicious Mediterranean meals and wine at local tavernas, cafés, picnics, and our villa

*If I do not feel a sense of joy in God's creation, if I forget to offer the world back to God with thankfulness, I have not yet learnt to be truly human. - Bishop Kallistos Ware*

gardensofdiscovery.org

# CONTEMPLATIVE PRAYER PILGRIMAGE: PATMOS 2025 APPLICATION FORM AND LIABILITY WAIVER

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) \_\_\_\_\_

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.

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 \_\_\_\_\_

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 not accept 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 info on secure website,  
below. once accepted, confirmation will be based on the order each deposit is received.

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

feel free to contact us with any questions. we're so happy you will be joining us!

poustinia pilgrimage, 516 nw 12th avenue, portland oregon, 97209

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jenniferannarich.com