



frederica.mathewes-green

JOIN US!

NOURISHING GREECE: A PRAYER SPA PILGRIMAGE

- 100 YEAR ANNIVERSARY CELEBRATION OF SAINT NEKTARIOS
- INTIMATE WOMEN'S GROUP OF 15 ORTHODOX PILGRIMS
- MORNING & EVENING READINGS, TALKS, PRAYER
- TRAVEL AND LEARN WITH FEDERICA MATHEWES-GREEN
- WATERCOLOR TRAVEL SKETCHING WITH HELEN STINMAN
- DAILY GENTLE CLASSICAL STRETCHING PRACTICE

NOURISH YOUR MIND, BODY AND SOUL ... AS OUR SMALL GROUP TRAVELS TOGETHER AT A RELAXED PACE, SHARING NEW DISCOVERIES, THERAPEUTIC TREATMENTS, AND DAILY GUIDED SESSIONS OF ORTHODOX PRAYER

TAKE THE HEALING WATERS WITH SPA TREATMENTS AND THALASSO THERAPY ALONG THE WAY



world class apollo divani spa, athens



five-star thermae sylla spa hotel, evia island

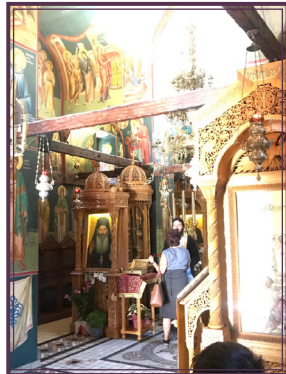


vagia traditional greek hotel, aegina island

DWELL IN ANCIENT MONASTERIES AND CHURCHES
SOAK IN THE BEAUTY OF GOD'S HOLY HOUSE



metropolitan cathedral
athens



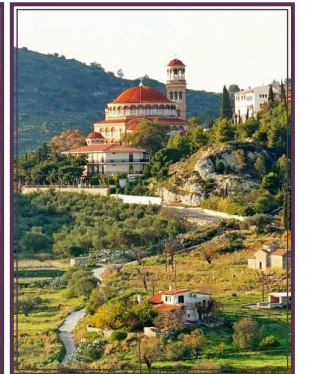
saint iakovos / saint david
monastery, evia island



saint john the russian
church, evia island



gerondissa makrina's
monastery, portaria



saint nektarios
monastery, aegina

EXPERIENCE GREEK HISTORY, CULTURE AND CUISINE
ON THIS S-L-O-W TOUR OF OUR CORNER OF GREECE



acropolis, athens



greek dancing dinner show



shop plaka pedestrian zone, athens

10 DAYS: NOVEMBER 1-10, 2020

ATHENS - EVIA - PORTARIA - AEGINA

\$3,980 includes airfare from pdx, comfortable lodging, breakfast/dinner/wine, spa treatments, events noted on itinerary, books and gifts, sketchbook supplies and instruction, travel with beloved author, frederica mathewes-green. tour leader is jennifer anna rich, author of *prayer spa: ancient treatments for the modern soul*.

RESERVE YOUR SPOT AT JENNIFERANNARICH.COM

NOURISHING GREECE ... & PRAYER SPA PILGRIMAGE

nourish your mind, body and soul on this **s-l-o-w**, intimate, orthodox women's tour to greece. we will treat our minds to new discoveries, our bodies to ancient therapies, and our souls to holy encounters.

DAILY PRACTICE

delight in this time set apart ... as we establish new habits to nourish our mind, body and soul on this pilgrimage to a world away. gather together with a small group of pilgrims for our morning routine: selected readings from *prayer spa: ancient treatments for the modern soul*, followed by morning prayers and a gentle guided stretching practice before breakfast. spend the late morning/early afternoon as you wish, then gather again in the evening for a beginning watercolor sketching session with instructor, helen stinman. (view [here](#)) she will show you step-by-step how to jot down images and words to capture your experience. author, frederica mathewes-green will then give a talk each evening, followed by q&a. she will also be available throughout the trip as we travel together. then off to dinner, on the edge of the aegean sea, where we may have immersed ourselves for a swim that afternoon. before sharing a healthy mediterranean dinner from the local menu (with wine of course - opal!), we will practice memorizing a prayer in greek, and stretch our minds to learn a few greek phrases along the way. we may take an evening stroll along the sea, then retire, having nourished our minds, bodies and souls on this life-changing pilgrimage to greece.

ITINERARY

day 1 sun, nov 1: depart pdx on delta airlines 1:18 pm, lunch at the amsterdam airport
day 2 mon, nov 2: arrive 4:35 pm in athens for dinner overlooking the athenian riviera
day 3 tues, nov 3: spa treatments, then off to the metropolitan cathedral/acropolis tour/plaka shopping/greek dinner show in athens
day 4 wed, nov 4: spa treatments, then afternoon drive to venerate st. ephraim in nea makri, ferry to evia island thermal spa
day 5 thurs, nov 5: morning spa, then visit monastery of st. iakovos/st. david and the church of st. john the russian, evia island
day 6 fri, nov 6: morning spa, then afternoon ferry/drive for an overnight stay at gerondissa makrina's former monastery, portaria
day 7 sat, nov 7: drive/ferry to aegina island for vespers, catered dinner at our hotel vagia
day 8 sun, 8: liturgy at cathedral of st. nektarios, explore fishing village/beaches, dinner overlooking the sea, aegina
day 9 mon, 9: special procession/service for the 100 year celebration of st. nektarios, ferry to athens hotel
day 10 tues, 10: depart athens at 6 am, arrive pdx at 11:39 am

ACCOMODATIONS

2 nights - newly renovated amarilia hotel, across from world class apollo divina spa, athens
2 nights - five-star thermae sylla spa hotel, evia
1 night - mother makrina's ogiditria monastery, portaria
2 nights - traditional vagia hotel, in picturesque fishing village, aegina
1 night - hotel, athens

SPA TREATMENTS

100-euro voucher for your choice of luxury spa treatments at apollo divina spa (choose [here](#)) and thermae sylla spa (choose [here](#)), along with free access to indoor and outdoor thermal water pools, hydrotherapy pours, and mineral-rich ocean swimming. additional treatments and poolside pedicures may be purchased individually.

TRAVEL

delta airlines to and from pdx to athens, and our own minibus and driver between destinations. breakfasts and dinners in greece provided, lunches and airport meals on your own. hotel rooms are double-occupancy.

READING LIST

pilgrims will receive one book per month in advance of the trip, as preparation

prayer spa: ancient treatments for the modern soul
the jesus prayer: the ancient desert prayer that tunes the heart to God
the garden of the Holy Spirit: saint iakovos of evia, 1920-1991
words of the heart: gerondissa makrina vassopoulou, 1921-1995
saint nektarios: the saint of our century

once in greece, you will receive one small gift each day, to help build a traveling kit of tools for prayer. we will also work together each day to memorize a short prayer and scripture verse ... mind, body and soul!

RESERVE

we are releasing this prayer spa pilgrimage information to a few people first. feel free to invite your orthodox women friends! after the early deadline we will open it up to a wider group of women. space is limited to 12 pilgrims - first come, first served.

\$1,000 non-refundable deposit required. final payment of \$2,980 due may 1, with 50% refund available if cancelled 60 days before departure. proof of travel insurance required by may 1, such as AIG, Allianz Travel, or Travelex. (if you are concerned about the corona virus, you can purchase 'cancel for any reason' insurance from john hancock within 14 days of first deposit, for an additional fee. other policies may also be available for this.)

BENEFITS OF THE PRAYER SPA PILGRIMAGE

MIND: discover new places and ideas, learn to count to 10 in greek and understand icons with the greek alphabet. engage in books about holy places you will visit first hand, memorize new prayers together through repetition, learn journal sketching/watercolor techniques, mingle with frederica and learn from her daily talks.

BODY: immerse yourself in therapeutic warm mineral pools, swim in the aegean sea, receive seaweed treatments, essential oil massage or other spa treatments, incorporate simple standing stretches into your daily prayer routine, exercise together in pools with thalasso/hydro therapy, stretch your muscles with guided video stretching classes, walk along the beach at sunset.

SOUL: pray together as we travel, with the time honored prayers of our shared orthodox faith. as we explore holy sites and develop habits of honoring God with our minds, bodies and souls, we will approach God through stillness, prayers of the holy fathers and personal prayers, while we form a collective habit of praying the hours and remembering God throughout the day.

RETURN HOME REFRESHED AND INSPIRED
WITH A KEEPSAKE JOURNAL FILLED WITH SKETCHES, NOTES FROM FREDERICA'S TALKS,
MEMORIES OF HOLY ENCOUNTERS AND PERSONAL MUSINGS ALONG THE WAY