



[frederica mathewes-green](#)

JOIN US!
**NOURISHING HAWAII:
& PRAYER SPA PILGRIMAGE**
FEBRUARY 3-9, 2022

- INTIMATE WOMEN'S GROUP OF 15 PILGRIMS
- MORNING & EVENING READINGS, TALKS, PRAYERS
- 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 GROUP SESSIONS OF ORTHODOX PRAYER

DWELL TOGETHER IN OUR PRIVATE PLANTATION ESTATE
SOAK IN THE BEAUTY OF GOD'S TROPICAL LANDSCAPE



[our beach at ka'a'awa, oahu](#)



[sharing seaside dinners together](#)

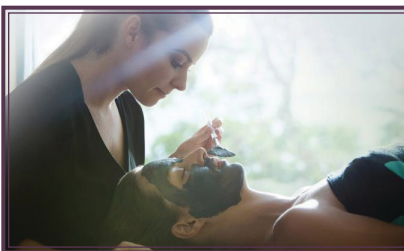


[our ko'olau private plantation](#)

TAKE THE HEALING WATERS AND SPA TREATMENTS
EXPLORE ART, MOVEMENT, AND THE LOCAL TROPICAL ENVIRONMENT
VENERATE THE MYRRH-STREAMING IVERON ICON



[watercolor journaling](#)



[natural spa treatments](#)



[essentrics stretching](#)



[myrrh-streaming iveron icon](#)

EXPERIENCE A TIME SET APART FOR PRAYER, CONNECTION AND RETREAT
IN OUR QUIET CORNER OF THE ISLAND OF OAHU

NOURISHING HAWAII ... & PRAYER SPA PILGRIMAGE

nourish your mind, body and soul on this **s-l-o-w**, intimate, women's tour to hawaii.

we will treat our minds to new discoveries, our bodies to gentle 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 secluded tropical plantation. join together with a small group of fellow pilgrims for meals, spa treatments, excursions, and morning and evening gatherings centered around eastern orthodox prayer.

morning gathering:

selected readings from *prayer spa: ancient treatments for the modern soul*

orthodox morning prayers combined with simple movement

prayers of stillness

25-minute gentle guided stretching practice, 'essentrics classical stretch' will follow our morning prayers

to honor the muscles, ligaments and fascia we have been gifted

evening gathering:

spiritual talk by frederica mathewes-green

beginner's watercolor journaling session with instructor, helen stinman

selected readings from the church mothers and fathers

orthodox evening prayers

our meals will be delicious and healthy, using recipes from dr. miles hassell's 'good food - great medicine' lifestyle cookbook.

you may select your own breakfast and beverages from our stocked kitchen, before or after the morning gathering.

a tasty and healthy lunch will be prepared for you by jennifer and helen at the plantation estate, with tropical fruit, inventive salads, and locally sourced ingredients. spend the late morning/early afternoon at the pool, on the beach, in your room, and in our shared living spaces.

most afternoons an optional planned excursion will be offered. then share a fresh and delicious dinner, savory vegetables, and interesting condiments, which participants will prepare in alternating teams working together with one another, most nights in our shared kitchen (sipping wine of course!)

we may take an evening stroll along the sea, then retire, having nourished our minds, bodies and souls each day on this life-changing pilgrimage to hawaii.

ITINERARY

morning and evening gatherings each day, beginning at 9 am and 4 pm, meals at the plantation unless noted.

day 1 thurs, feb 3: arrive, settle in, enjoy the pool and beach, rest ...

day 2 fri, feb 4: individual therapeutic massages given at our plantation estate

day 3 sat, feb 5: afternoon trip to ho'omaluhia botanical garden for our watercolor journaling session

day 4 sun, feb 6: liturgy/veneration of myrrh-streaming icon at iveron russian orthodox church*, lunch out, farmer's market

day 5 mon, feb 7: natural spa treatment, lunch out, and snorkeling at newly renovated turtle bay resort

day 6 tues, feb 8: easy paved hike to stunning views at maka pu'u lighthouse, farewell dinner at local restaurant

day 7 wed, feb 9: potential shopping in honolulu, return home or continue on your own

* at this time, the iveron icon does not have plans to travel away from oahu in early february, but may be subject to change

once in hawaii, you will receive a small gift each day, to help build a traveling kit of tools for art and prayer.

we will also work together each day to memorize a few holy words ... *mind*, body and soul!

ACCOMMODATIONS

cool ocean and mountain breezes welcome you to 'the ko'olau plantation estate', a secluded hawaiian hideaway with breathtaking ocean views, twenty-five feet from the ocean. the former sugar plantation is nestled amidst some of hawaii's most luscious flora on a 5 acre estate. located at the beginning of oahu's north shore, the estate's natural spa environment offers you complete privacy yet is not far from many nearby excursions. 3 separate hawaiian style homes offering 10 bedrooms, 10 bathrooms, 1 full kitchen and 2 kitchenettes have been freshly renovated with new furniture in all bedrooms, lounge, dining and lanai areas. the property gives you a true sense of old hawaii country living as you relax and lounge around the gated swimming pool, release that built-up tension, and gather with friends on the outside lanai or barbeque gazebo. double or single occupancy available.

SPA TREATMENTS

you will receive an individual therapeutic massage right from a local female therapist right at our plantation estate, along with free access to our private swimming pool and mineral-rich ocean swimming.

additionally, each guest will receive a voucher for your choice of luxury spa treatments at the renovated turtle bay resort, in the spirit of ancient hawaii: coconut lava shell massage ... ginger coconut sugar glow body scrub ... or orchid stem cell renewal facial.

TRAVEL

participants provide their own airfare.

recommended nonstop flights from portland to honolulu (as of 29 june, 2021, expedia):

hawaiian airlines #25/#26 return, 5½ -6 hours, from \$550-600

alaska airlines #889/#834 return, 5½ -6 hours, from \$550-600

jennifer and helen will be minibus drivers for daily excursions and rides to and from the airport.

ADVANCE PREPARATION

read: 'prayer spa: ancient treatments for the modern soul', by jennifer anna rich

read: 'the jesus prayer: the ancient desert prayer that tunes the heart to God', by frederica mathewes-green (among other titles)

view and practice: 'essentrics: classical stretch/aging backwards,' available on pbs or by monthly subscription at essentrics.com

RESERVE

DOUBLE ROOM WITH SHARED KING BED \$3,350

SINGLE ROOM WITH PRIVATE QUEEN OR KING SIZE BED \$4,350

open to all women, regardless of religious affiliation, who wish to participate in orthodox christian prayer gatherings.

space is limited to 12 pilgrims - first come, first served.

purchase of (cfar) travel insurance highly recommended within 14 days of deposit.

you can purchase 'cancel for any reason' (cfar) insurance from john hancock or other insurance companies within 14 days of first deposit, for an additional fee, to mitigate against disruptions from covid and other unexpected events.

please confirm this with insurer at time of purchase. i am not an expert in travel insurance.

payment: \$1,500 non-refundable deposit (required by insurance) due with application.

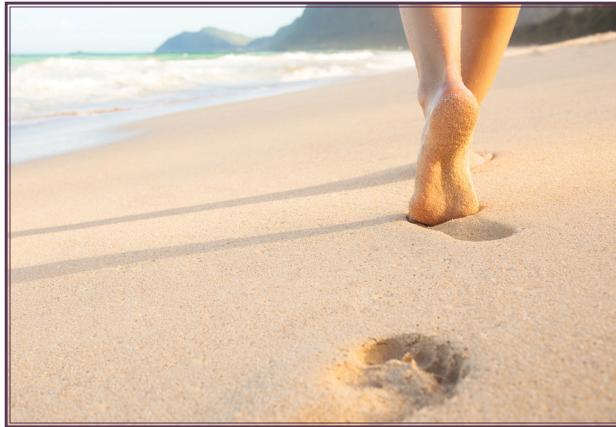
final payment due october 1, 2021 for hawaii retreat ... july 1, 2022 for greece retreat.

50% refund of final payment available (less deposit) if you cancel 60 days before departure.

100% refund of final payment available (less deposit) if the trip cancels.

covid restrictions or requirements may change in the future. our prayer spa pilgrimage will be dependent on these unpredictable conditions. hopefully, all will be open wide for travel by february 2022!

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



1 WEEK: FEBRUARY 3-9, 2022
AT A SECLUDED PRIVATE PLANTATION ESTATE ON OAHU

includes comfortable lodging, meals, group prayer gatherings, spa treatments, classical stretching sessions, events noted on itinerary, little daily presents, 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*
co-leader is helen stinman, watercolor artist and registered nurse

EMAIL TO RESERVE YOUR SPOT: JENNIFERANNARICH@GMAIL.COM
OR CALL: 503.267.2787

APPLICATION AVAILABLE: JENNIFERANNARICH.COM

BENEFITS OF THE PRAYER SPA PILGRIMAGE

MIND: discover new places and ideas, learn to count to ten and say a prayer in hawaiian. memorize holy words together through repetition, learn watercolor travel sketching techniques, mingle with new friends and frederica, and learn from her daily talks.

BODY: immerse yourself in therapeutic pools, swim in the pacific ocean, receive relaxing natural spa treatments, incorporate simple movements into your daily prayer routine, stretch your muscles with gentle essentrics exercises together, walk along the beach at sunset.

SOUL: we will gather together in morning and evening prayer, with the time honored prayers of the eastern orthodox christian faith. as we expand our habits of honoring God with our minds, bodies and souls, we will approach God through stillness, prayers of the holy mothers and fathers and personal prayers, while we form a collective habit of praying the hours and remembering God throughout the day.