

JOIN US!
WOMEN'S CONTEMPLATIVE PRAYER RETREAT
DANDELION FARMS NEAR PORTLAND, OREGON ~ JUNE 13-15, 2024

NURTURE YOUR MIND, BODY & SOUL
WITH CARRIE FREDERICK FROST AND JENNIFER ANNA RICH



STOP TALKING AND LISTEN
TO THE WORDLESS VOICE OF GOD WITHIN OUR HEARTS

3-DAY OPTION WITH MEALS AND LODGING: \$345-\$370

3-DAY OPTION WITH MEALS, NO LODGING: \$265

MORNING & EVENING PRAYER GATHERINGS
READINGS, TALKS, TIMES OF SILENCE, CONTEMPLATIVE WALKING,
SHARED MEALS & DISCUSSION IN A SMALL GROUP NATURAL SETTING

dr. carrie frederickfrost 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 entrepreneur, book artist, pilgrimage leader, and author.
she is the mother of two, hosting this retreat on her small family farm,
with the help and support of helen stinman.

FOR MORE INFORMATION CONTACT:
CARRIEFREDERICKFROST@FASTMAIL.FM
OR JENNIFERANNA RICH@CMAIL.COM

~ REGISTRATION FORM ~
WOMEN'S CONTEMPLATIVE PRAYER RETREAT
JUNE 13-15, 2024

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 double-occupancy lodging: (11 am thursday - 3 pm saturday)
\$345 barn 'glamping' on cots with warm bed linens in heated renovated horse stalls / indoor plumbing
\$370 shared queen bed in house guest room

3-day option with meals, no lodging: \$265
(thursday: 11 am-8:30 pm, friday: 8 am-8:30 pm, saturday: 8 am-3 pm)
limited scholarship funds are available. if expenses are prohibitive, please inquire.

non-refundable deposit: \$105 due with application.
non-refundable final payment for overnight guests due: may 1, 2024.
if we have to cancel for reasons beyond our control, all money will be refunded.

i assume sole responsibility for all risk associated with covid-19 or other unexpected complications, and agree to comply with cdc mandates at time of retreat. unanticipated events 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 deposit is received.

signature _____ date _____

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

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