

JOIN US!  
FOR A WOMEN'S ORTHODOX CHRISTIAN  
CONTEMPLATIVE PRAYER PILGRIMAGE  
TO PATMOS ISLAND, GREECE

27 AUGUST - 6 SEPTEMBER, 2024



swim in the healing aegan sea



discover saint john's cave



engage with rare skyrian horses

DWELL IN STILLNESS AND PRAYER  
SOAK IN THE BEAUTY OF GOD'S CREATION



evangelismos monastery  
founded by saint amphilochos



learn ... pray ... discuss  
with like-minded pilgrims



monastery of st john the theologian  
unesco world heritage site

- PRACTICE BEING WITH GOD IN STILLNESS ~ SHARE IN DAILY GATHERINGS
- WALK TO MONASTERIES ~ PRAY IN THE CAVE OF ST JOHN'S REVELATION
- MAKE A HANDMADE PRAYER JOURNAL, LEARNING SIMPLE TECHNIQUES
- OFFSET YOUR CARBON FOOTPRINT WITH EARTH CARE IN ST JOHN'S GARDEN
- CULTIVATE YOUR PRAYER LIFE WITH THIS SMALL GROUP OF UP TO 15 PILGRIMS
- OFFER THE BEAUTY OF CREATION BACK TO GOD, WITH YOUR WHOLE HEART



jennifer anna rich is an entrepreneur, book artist, and pilgrimage leader living on a small farm near portland, oregon.

author of *prayer spa: ancient treatment for the modern soul* and soon to be released by ancient faith publishing, *the little way of a pilgrim*.

she holds a master's degree in theology and is helping to establish an eco-biblio project on patmos island, dedicated to metropolitan kallistos ware. for more information visit: [jenniferannarich.com](http://jenniferannarich.com)

## 11 DAY PILGRIMAGE: FERRY FROM ATHENS TO PATMOS

\$2,950 includes comfortable lodging, all meals, and events noted

most of our time will be spent experiencing the treasures of patmos island, including overnight ferries from athens to patmos island, on the last day we plan to explore the acropolis and plaka historical district in athens.

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 learn about earth care, and the lives of saints, move our bodies on footpaths to local monasteries, and swimming in the aegean sea, and 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.

### DAILY PRACTICE

morning gathering: talks on holy writings ~ prayers of stillness ~ Jesus Prayer ~ questions to ponder

daily expedition: holy places, earth care activities, prayer journals, island and beach exploration

lunch: villa, cafés, picnics, scenic spots

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

evening gathering: discussion, evening prayers, and an evening at the patmos sacred music festival

dinner: delicious mediterranean meal at a local restaurant or villa (with wine of course - opa!)

this pilgrimage will take place  
in partnership with



**GARDENS OF  
DISCOVERY**  
ECOLOGICAL CENTRE

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. Metropolitan Kallistos Ware

# CONTEMPLATIVE PRAYER PILGRIMAGE: GREECE 2024 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: \$2,950. does not include airfare.

non-refundable deposit: \$1,000 due with application.

non-refundable final payment due: june 30, 2024.

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

purchase of CFAR travel insurance required within 7 days of deposit.

i agree \_\_\_\_\_

[more cfar information at forbes.com/advisor](https://www.forbes.com/advisor)

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-19 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

jenniferannarich@gmail.com, 503.267.2787

jenniferannarich.com