

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

18-27 JUNE, 2025



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, IMMERSING 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 PRAYERS OF STILLNESS IN DAILY GATHERINGS
- EXPERIENCE THE CAVE OF THE APOCALYPSE OF ST JOHN THE BELOVED
- DAY TRIP BY FERRY TO VENERATE RELICS OF ST CAVRILIA, ASCETIC OF LOVE
- MAKE A HANDMADE PAPER PRAYER JOURNAL, LEARNING SIMPLE TECHNIQUES
- DISCOVER YOUR NEW FRIENDSHIPS IN THIS SMALL GROUP OF UP TO 9 PILGRIMS
- FEEL THE GLOW OF WONDERFUL MEALS, SWIMS AND PRAYERS TOGETHER



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 letterpress prayer cards from her private studio, poustinia press.

10 DAY PILGRIMAGE: FERRY FROM ATHENS TO PATMOS

\$3,250 includes comfortable lodging, all meals*, and events noted
pilgrimage begins at noon on june 18 at the athens airport, ends at 9 pm on june 27 at our athens hotel
(pilgrims may choose to spend the night of june 27 in our hotel or to launch into further travels on that last day)

*all meals provided except while in transit to and from patmos

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 of the orthodox faith:
bishop kallistos ware, saint gavrilia, saint amphilochios and saint john the beloved.
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 leros islands.
on the last day we plan to explore the acropolis and plaka historical district in athens.

DAILY PRACTICE

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

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

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

evening gathering: evening prayers, group discussion

meals together: delicious mediterranean meals at local tavernas, cafés, picnics, and our villa (with wine of course!)

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. - Bishop Kallistos Ware

CONTEMPLATIVE PRAYER PILGRIMAGE: GREECE 2025 REGISTRATION 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 _____

[forbes travel insurance options](#)

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 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!

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