



## JOIN SAPIRA PILGRIMS

For nine days of  
**Pilgrimage into Desert Spirituality**  
Sinai Desert, Egypt – Petra, Jordan



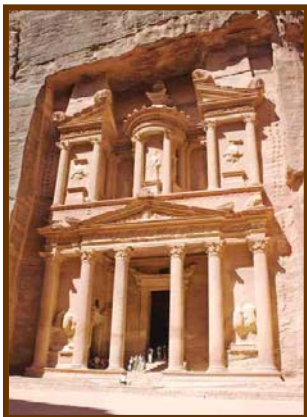
Sunrise in the Sinai Desert

### The Art of the Journey Wisdom of the Heart

September 24 –  
October 3, 2010



Nestled at the base of Mt. Sinai, the mountain where Moses is said to have received the Ten Commandments, **Saint Catherine's Monastery** has been one of the greatest pilgrimage destinations in the world for over 1,500 years.



Established around the 6th century BCE as the capital city of the Nabateans, **Petra** is considered to be one of the top forty places to see in your lifetime. Built as an oasis in the desert, it is believed that Moses' brother, Aaron, is buried nearby at Mt. Hor, known today as Jabal Haroun or Mount Aaron.



On this unique pilgrimage we will experience Desert Spirituality through the Art of the Journey. This is the heroic quest of the journeyer to uncover layers of answers to simple questions until a perennial wellspring of wisdom surfaces. The fourth century Christian Desert Fathers and Mothers understood that to question with a holy curiosity is to stand in awe and wonder in each

moment as it is presented. We will experience these same opportunities

Pilgrims will learn the four primary components of pilgrimage as the archetypal journey through life, using St. Anthony of Egypt as a model.

In both early Christianity and in the Sufi Islamic tradition, the heart was considered the meeting space between the human and the Divine, the only space in all the heavens large enough to contain the Creator. It was also the place to meet and confront the dragons of self. By making peace with them, thoughts and actions were then with a mindful intention as well as with a stance of compassion towards self and others.

Through site visits, desert quiet time, and the practice of enduring spiritual tools we may begin to sense the cosmic dimensions of our own hearts to uncover and reap its fruits of wisdom and love.

### Itinerary

24/9 – Arrival in the Heart of Egypt- Cairo - **Be warmly welcomed** with open arms as we gather for orientation and rest.

25/9 – Drive to St. Catherine's Monastery - The Heart of Heaven -**Feast the eyes** upon ancient icons. Over night at St. Catherine's Monastery



26/9 - St. Catherine's Monastery – Sinai's Heart - **Be exhilarated this day** by climbing Mt. Sinai or enjoy resting at the Monastery.

27/9 - Sinai Desert – Heart of the Cosmos: **Live passionately!** We spend the next three nights in a billion star accommodation – the soft sands of the desert.

28/9 – Sinai Desert – Heart of Silence: **Press the world's pause button to take time and let the soul catch up.** The day is spent slowly, slowly with a camel trek through the desert.

29/9 – Sinai Desert – Prayer of the Heart : **Rediscover an ancient spiritual practice for modern-day transformation.** Enjoy unstructured time.



30/9 – Red Sea – From the Heart to the heart - **Celebrate life.** Following the Exodus route we end at Nuweiba on the Red Sea for a day of rest and relaxation.

1/10 – Petra, Jordan – **Discover the treasures of an ancient Nabatean Civilization in the “Red Rose” city.** UNESCO has described Petra as “one of the most precious cultural properties of man's cultural heritage.”

2/10 – Drive to Cairo – Coming Home to the Heart –**May you return with eyes that see more compassionately, ears that hear more wisely and a heart that loves more deeply.**

3/10 – Departures – **Blessed Travels Home**

We travel as a pilgrimage community surrounding our days with prayer and meditations appropriate to the site. The program has been structured to allow for a gentle rhythm of experiential teachings, reflection and quiet time, celebrations and free time



**Guides:** Dr. Rabia is a resident of both Cairo and the Sinai and has been leading desert pilgrimages for over three decades. His gift is in his intimate knowledge of the Sinai and the Bedouin people as well as his roots in Coptic Christianity. Dr. Rabia and Regina have been guiding desert pilgrimages together for a decade.



Regina Roman has been leading pilgrimages and designing travel programs since she was 18. She is a spiritual director and has facilitated numerous prayer and ritual retreats. Her gift is in the experience of The Art of the Journey based on the Desert Spirituality of both the Sinai and the Native American People.



## Trip Highlights

- ❖ **Camel trek** through the desert
- ❖ **Crossing the Red Sea** by boat to Jordan
- ❖ Visit the Red Rose City of **Petra**
- ❖ Sunrise climb up **Mt. Sinai**
- ❖ A Five-Billion Star accommodation – the **soft sands of the Sinai Desert**
- ❖ Rest and relaxation at the Red Sea
- ❖ Dr. Rabia, our Host – the Jewel of the Sinai
- ❖ Guided meditations as practiced by the early Christian Desert Fathers and Mothers to discover “soul-making”
- ❖ Pilgrimage and Prayer Journal
- ❖ The **Art of the Journey** guided questions during all phases of the pilgrimage

## Testimonials from past pilgrims of Sapira pilgrimages

**“I felt so alive in the desert”- “Best trip I have ever taken – I would highly recommend it”- “It will linger within you long after you have returned” “I am so glad I made the first step just to decide to come”**

**“Feeling and experiencing the “peace that passes all understanding,” while in the awesome Sinai Desert, assured me that there is a Creator who loves me and who knows me. That experience was so profound; it will remain with me the rest of my life.”**

## Pilgrimage, Study and Tour Cost

USD \$1,850 (plus a \$500 non-refundable registration fee) per person land cost includes:

Ground transportation, double occupancy accommodations (single supplement of \$250), all meals, gratuities, entrance fees, boat transportation to and from Jordan, shuttle to airport for departures, Group pick-up from airport, camel trek in the desert.

Limited to a maximum of 15 pilgrims.  
(Pre-pilgrimage arrangements for Cairo visit available.)

Register at [www.sapira.com](http://www.sapira.com)  
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