



THE ABCs of CAMP TRINITY

Here is some information about Camp Trinity to help you prepare for a truly special weekend:

GETTING TO CAMP TRINITY/SHRINE MONT Shrine Mont strongly urges *not* using GPS or mapping apps. Instead, use these directions: Follow Interstate 66 West to I-81 South to Exit #273 (Mt. Jackson). Turn RIGHT onto Mt. Jackson Rd. (Rt. 703). Continue about 1.3 miles. Turn LEFT onto S. Middle Road (Rt. 614). Continue about 1 mile. Turn RIGHT onto the Orkney Grade (Rt. 263). Continue 11 miles to Shrine Mont in Orkney Springs. It's a beautiful drive!

MAKING CONNECTIONS: Camp Trinity is where people come get to know each other better. The Planning Committee includes many ways for people to connect, whether you're a toddler or teen, new to the parish or a long-time parishioner. Hospitality Hours are planned for both Friday and Saturday nights, there's afternoon porch sitting and outdoor games, and a multi-generational Bingo game on Saturday night. Meals are also great opportunities to meet. The tables in the dining room seat about 12 and we will have Camp Trinity signs on our tables so you can find other Holy Trinity campers. Meals are served buffet style, and high chairs are available for little ones. You will find a tip box on a table near the door of the Dining room. You may want to bring cash so that you can tip the Shrine Mont staff before you leave.

Everyone will be given a name badge. Please wear it all weekend and deposit it in the box in the dining room when you leave Camp Trinity.

SNACKS AND DRINKS FOR THE HOSPITALITY ROOM Everyone is asked to bring their favorite snacks and drinks to share. They will be available throughout the weekend (except during meals and liturgies) in the Ballroom on the 3rd floor. Please note there is no refrigeration, however. Water and lemonade will be available and there are soda and ice machines on the side porch of Virginia House. Adult beverages are allowed but we do ask that they not be left in the Hospitality Room. Fresh Orkney Springs water is also in the lobby, and we encourage you to bring your own refillable water bottle. Hot chocolate, coffee, and tea are also available in the lobby throughout the day.

For Friday night's bonfire, smores fixings will be available but you are encouraged to bring wine or beer and snacks down to the bonfire to share. A table will be set up there for your snack and drink contributions. We will provide cups and corkscrews. You'll want to bring a flashlight to help you find your way.

WHEN YOU ARRIVE ON FRIDAY: Check-in is at the registration desk in the lobby of Virginia House (Main House). When you check in at Shrine Mont, you will receive a packet of information which includes a directory with your room assignment, name tags and details about the weekend. Don't be surprised not to be given a room key. Shrine Mont does not provide room keys as doors are not locked. Bring your snack contributions for the hospitality table to the ballroom on the 3rd floor of Virginia House.

Friday's dinner is served from 5:30 – 7:00 pm. If you know you will arrive after 7:00 pm, you should plan to get some dinner along the way. There are fast food restaurants off I-81 South at exit 273. Please let us if you will be arriving after 9:00 p.m. by calling Shrine Mont's main number: 540-856-2141.

Any changes to the weekend's schedule will be posted on the bulletin board in the Virginia House lobby.

THIS IS AN ALL-VOLUNTEER WEEKEND Camp Trinity works because all adults pitch in to help make it happen. A couple of weeks before you will be sent a link to SignUpGenius to sign up to help with an activity. We ask all adults to volunteer for at least one time slot, and for parents to sign up for a kid activity if available. If for some reason you will miss your slot, please find a substitute.

KIDS ACTIVITIES Shrine Mont provides many outlets for kids to explore and be creative. In addition to the always enticing pond, the Planning Committee has scheduled a family hike, outdoor games like capture the flag, cornhole and bocce ball, and playroom for the littlest ones. If you would like to be connected with other parents to coordinate other activities, please let the Planning Committee know so they can support.

MINISTRY AND WORSHIP A spirited welcoming evening prayer geared to all ages kicks off the weekend Friday evening. Morning prayer will be offered for earlyish risers Saturday. This beautiful prayer service includes an opportunity to remember deceased loved ones. Tony Tambasco and the Hisles will lead a discussion for adults Saturday morning. Late Saturday afternoon there will be a non Eucharistic liturgy at the picturesque Shrine with a sacramental healing service open to all afterwards. Fr. Jack Dennis will celebrate Mass in the Ballroom Sunday morning. We do encourage all campers to attend these as they are able.

WHAT TO PACK We suggest layers, jackets, rain gear (although we rarely need it!) and rain boots for the kids for exploring around the pond and shoes for hiking. We plan social hours both Friday and Saturday nights and we have snacks available all day. Please bring snacks and drinks to share. Wine is popular with the adults. Also, bring **camp chairs** and **flashlights** for the bon fire (it's very dark getting there!) Yoga will be offered again this year. Shrine Mont is a great place to run. Tennis and pickleball courts are also available. Fishing (catch and release only, no fishing license needed) is allowed in the pond, which has bass. And salamander hunting by the pond is always a hit with the kids. They can get muddy and wet, so come prepared. Also bring balls for sports and your favorite games on the off chance it rains. See Shrine Mont's list of tips at the end of these ABCs.

FIRST AID AND EMERGENCIES First aid supplies are available at the Registration Desk in the Virginia House lobby. Remember to bring along any medications you need! There are no stores in Orkney Springs. The closest town is Mt. Jackson, 11 miles away. The nearest hospital is in Harrisonburg, but there is a fire station with EMT staff a half-mile from Shrine Mont. In an emergency, contact the Shrine Mont office immediately so that they can call 911 (mobile phone usage is spotty at best). For emergency contact information, Shrine Mont's phone main number is (540) 856-2141 and the e-mail address is shrine@shentel.net.

CHECKING OUT Shrine Mont asks that we clear out our rooms by 11:00 AM on Sunday, so pack up the car, but stay for lunch. It's included in the weekend - and it's fried chicken!

LOST AND FOUND Check the front desk in Virginia House for any misplaced belongings (especially children's jackets!) 'Found' items will also be displayed on a table at the McKenna Center donut/coffee hour following the 9am Mass the next Sunday.

SOME THINGS TO KNOW IF THIS IS YOUR FIRST CAMP TRINITY

Connectivity: Orkney Springs is idyllic because it is a place apart. It is also apart from the intrusions of the outside world: mobile communication is very spotty. Wifi (free) is available in Virginia House, but not elsewhere. The best way for others to reach you is via Shrine Mont's landline phone: 540-856-2141. Please arrange to leave pets at home as Shrine Mont does not permit them on property.

Bath And Bed Linens: Shrine Mont provides pillows, blankets, sheets and towels, which are serviceable but not luxurious. Rooms are heated and fans are provided. Shrine Mont bath towels are not large. We suggest bringing your own if you want large bath towels.

Dress: Dress casually and be prepared for weather changes. The weather at Shrine Mont is often not the same as we have here in the DC area! To check the latest forecast, visit <http://www.weather.com> using zip code 22845 (Orkney Springs.)

From Shrine Mont's Website: IMPORTANT THINGS TO KNOW:

Packing Suggestions - Comfortable, casual clothes and shoes, sweaters & jackets – early mornings and evenings can be cool. Several changes of clothes for youngsters Pack for the weather and for your comfort. You will need a good pair of walking shoes and perhaps something warm to wear in the evenings. Be prepared for rain.

Bring a tote bag of some sort. There will be a few things you'll want to carry back and forth with you. In that bag, pack the following: a reliable flashlight, (you may never need it but you just might), your favorite writing pen(s), doodling supplies.

Water bottles or a mug for coffee or tea

Rain gear, umbrellas, and boots for wading in the pond for salamanders

Flashlights

Bath towels - soap & small towels are provided

Extra pillows - one provided per bed as are the sheets & blankets

Sports equipment - balls, bats, tennis rackets, frisbees, fishing gear, etc.

Cards & favorite board games

Quarters for the soda machines

Drinks & snacks to share in the evenings

Guitars, singing voices, and other musical instruments

PLEASE NOTE THE PARKING RULES: If you are housed in Maryland House or the Hotel Cottages Arlington, Fairfax or Norfolk, you may unload in front of those houses but must move your car to the parking area located adjacent to the Lower Pavilion behind Virginia House.

PARENTS KINDLY NOTE: Scooters, skate boards, or roller blades are NOT permitted on Shrine Mont property.

NO PETS ALLOWED: \$125 Fine Daily

NO SMOKING in any Shrine Mont Building

QUIET HOUR is 10:00 p.m.

SHRINE MONT TELEPHONE NUMBER: 540-856-2141 –You can leave this number to be contacted at Shrine Mont as cell service varies on the property

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