

FALLS CHURCH PRESBYTERIAN CHURCH
ESCAPE WEEKEND
...and it was good



Shrine Mont

Orkney Springs, Va.

November 1-3, 2019

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WELCOME TO ESCAPE WEEKEND AT SHRINE MONT!

Questions? Please ask!

General: Marnie Sarver, Carolyn Bruce

Housing: Marnie Sarver, Carolyn Bruce

Worship: Diane Walton Hendricks

Adult Programming: Megan Klose

Youth and Children's Programming: Diane Maloney

Free-time Activities: Marnie Sarver

The Escape Planning Team will have red dot stickers on their name tags. There will be a room assignment sheet in your registration package so you will know which cottages/rooms your leaders and friends are in.

MESSAGE FROM THE ESCAPE PLANNING TEAM

We are so glad you are joining us as we relax and Escape together. Shrine Mont is a place where we can celebrate being part of the family of God and give thanks to God for his creation. Friday afternoon begins with room registration, settling in, dinner, a brief orientation, and socializing. Saturday morning there will be programming for all ages for those who wish to participate. Explore an Enneagram workshop, practice a prayer walk, wonder through the story of creation, or try your hand at an escape room! At any time, you may choose to hike the mountain, walk the labyrinth, read, relax, rock, and talk. A bonfire will cap off Saturday night, with singing and s'mores. Sunday, there will be more free time. We will gather in the Shrine for worship, then have a delicious lunch, after which we pack up and head for home. *Relax, have fun, and enjoy your weekend Escape!*

PACKING LIST

You know what you need to take care of yourself for the weekend—consider this a prompt for what you decide you want to bring and what you otherwise might forget!

Snacks

Drinks (*alcoholic beverages allowed*)

Comfortable, casual clothes

Walking shoes/walking sticks

Jacket & hat

Rain gear & umbrella (*so it won't rain*)

Pillow (*Shrine Mont has pillows; bring your own if you prefer*)

Toiletries

Flashlight

Binoculars

Bug spray & sunscreen

Sports gear (*tennis rackets, footballs, soccer balls, frisbees, etc.*)

Playing cards, board games

Reading material

Musical instruments

Water bottle

Small cooler for ice

Camera

Newspaper and kindling (*firewood supplied at each cottage*)

Folding camp chair (*for Saturday's bonfire*)

DIRECTIONS TO SHRINE MONT

Shrine Mont recommends using these directions rather than relying on GPS. Allow 2-2.5 hours for the trip.

- I-66 West to I-81 South
- I-81 South to Exit 273, Mt. Jackson
- Turn RIGHT at the top of ramp onto Mt. Jackson Road, Route 703 (*ignore signs that direct you left*)
- In 1.4 miles, turn LEFT at the stop sign onto S. Middle Road
- In 1 mile, turn RIGHT at the stop sign onto Rte. 263 West (Orkney Grade Road)
- Follow Rte. 263 about 11 miles to Orkney Springs – where the road ends!

These are narrow, curvy country roads. Please drive carefully.

- In the village of Orkney Springs, continue about 100 yards past the 4-story hotel to Shrine Mont Circle.
- Go LEFT at the fork and LEFT again between the first stone pillars.
- Tucker Lodge is straight ahead at the top of the drive. Registration is in Brown Hall located in Tucker Lodge.
- Park in the area in front of Tucker while you register. You will be directed to your cottage and the parking area closest to your cottage.

PROGRAM SCHEDULE

FRIDAY

4:00 PM	Registration begins (Brown Hall at Tucker Lodge)
5:30-7:00 PM	Dinner (Hotel dining room, 2nd Floor Virginia House)
6:30 PM	Registration continues for late arrivals (Brown Hall)
7:15 PM	Gathering time for all (Chilton)
9:00 PM	Evening Prayer (Chilton)
10:00 PM	Quiet hours begin

SATURDAY

All Day	Book exchange for all ages (Brown Hall)
7:30 AM	Wake-up bell
8:00 AM	Breakfast (Tucker Lodge)
8:45 AM	Morning prayer, announcements, group photo (Chilton)
9:15 AM	Workshops (see page 8 for details)
11:00 AM	Workshops (see page 8 for details)
12:30 PM	Lunch (Tucker Lodge)
1:30-4:30 PM	Free time
1:30 PM	Guided hike to North Mountain (Led by Diane Hendricks, meet at the Shrine)
1:30-3:30 PM	Zipline Group 1 (preregistration required)
2:30 PM	Shrine Mont history tour (Meet at the Shrine)
2:30-4:30 PM	Zipline Group 2 (preregistration required)
3:30 PM	Kickball Game (meet at playground behind Chilton)
4:30 PM	Honey & Locusts jam session and happy hour (Stribling Cottage)

5:30 PM	Dinner (Tucker Lodge)
7:00 PM	Bonfire, s'mores, evening prayer (upper fire ring on ballfield)
8:00 PM	Social time (movie in Peterkin, games in St. Andrews, fun where you find it)
10:00 PM	Quiet hours begin

SUNDAY

7:30 AM	Wake-up bell
8:00 AM	Breakfast
9:00-11:00 AM	Free time
11:00 AM	Worship (Cathedral Shrine of the Transfiguration)
12:30 PM	Lunch (Tucker Lodge)
After Lunch	Pack up and depart in peace

OTHER WAYS TO ESCAPE

- * **Labyrinth** – A place for rest and reflection, just up the gravel road beside Stribling Cottage.
- * **Hiking** – Many trails are nearby and the hike to the Cross is very popular. Maps will be in your registration packets.
- * **Tennis and pickleball** – Courts are located across the road from the hotel in Orkney. Pickleball paddles and balls are available from Shrine Mont. Ask at the desk at Virginia House.
- * **Route 11 Potato Chip Factory** – Tour the factory and enjoy free samples. About 15 miles east in Mt. Jackson, Va. (Coordinator: Jack Sarver)
- * **Reading, Napping, Porch-Sitting**

SATURDAY WORKSHOPS

ENNEAGRAM

Same workshop offered at 9:15 and 11:00 a.m.

Leader: Megan Klose

Location: Chilton Hall

For Adults and Youth Ages 16 and up, this workshop is for those interested in a basic introduction to the Enneagram. Tracing its roots back to ancient spiritual traditions, the modern Enneagram is a tool for understanding one's self—and others—better. The Enneagram helps us to identify our preferred strengths and personality characteristics, as well as potential points of growth and development.

PRAYER WALK

Same workshop offered at 9:15 and 11:00 a.m.

Leader: Diane Walton Hendricks

Location: Meet outside of Chilton Hall

For adults, youth, and children with parents. When we move our body, it sometimes allows us to open our hearts and minds to God more easily. This “workshop” will be an example of the spiritual discipline of a prayer walk. Although this will be a guided walk, the hope is that the experience will empower you to practice this way of praying anywhere, anytime. The prayer walk will be held even in the rain (unless the rain is of biblical proportions!).

WONDERING THROUGH CREATION

Workshop offered at 9:15 a.m. only

Leader: Diane Maloney

Location: Lloyd Hall

For children, youth, and adults of all ages! Have you ever wondered what it was like when God separated the waters from the dry land? Have you ever wondered what it means for God to put God's own image within you? Come and explore the story of creation in a new way: wondering, exploring, and asking questions all along the way.

ESCAPE ROOM

Workshop offered at 11:00 a.m. only

Leader: Diane Maloney

Location: Meet at Lloyd Hall

For youth and adults. The communion cup and plate have gone missing before worship! Will you find the plate and cup before the service begins? Racing against the clock, you must work together to solve riddles and puzzles to escape so all can come to the table together!

TUCKER DINING HALL MENU

Homestyle cooking in the southern tradition, served family style in Tucker Dining Hall, is a hallmark of Shrine Mont's gracious hospitality. A bell rings to announce meals. Special dietary needs have been forwarded to the kitchen staff. Menu subject to change.

Friday Dinner (buffet at Hotel)

Pork BBQ/Buns
Vegetarian Baked Beans
Coleslaw
Pasta Salad
Corn Casserole
Route 11 Chips
Apple Crunch
Unsweetened Iced Tea, Coffee

Saturday Breakfast

Eggs
Bacon
Hash Browns
Toast
Fruit
Yogurt & Assorted Cold Cereals
Orange Juice, Milk, Coffee

Saturday Lunch

Meatloaf
Macaroni and Cheese
Tomatoes and Zucchini
Salad
Bread
Homemade Pecan Pie
Unsweetened Iced Tea, Coffee

Saturday Dinner

Roast Beef
Mashed Potatoes and Gravy
Salad
Green Beans
Homemade Yeast Rolls
Cookies and Fruit
Unsweetened Iced Tea, Coffee

Sunday Breakfast

Pancakes
Oatmeal
Local Sausage
Baked Apples
Yogurt & Assorted Cold Cereal
Orange Juice, Milk, Coffee

Sunday Lunch

Southern Fried Chicken
Rice and Gravy
Lima Beans

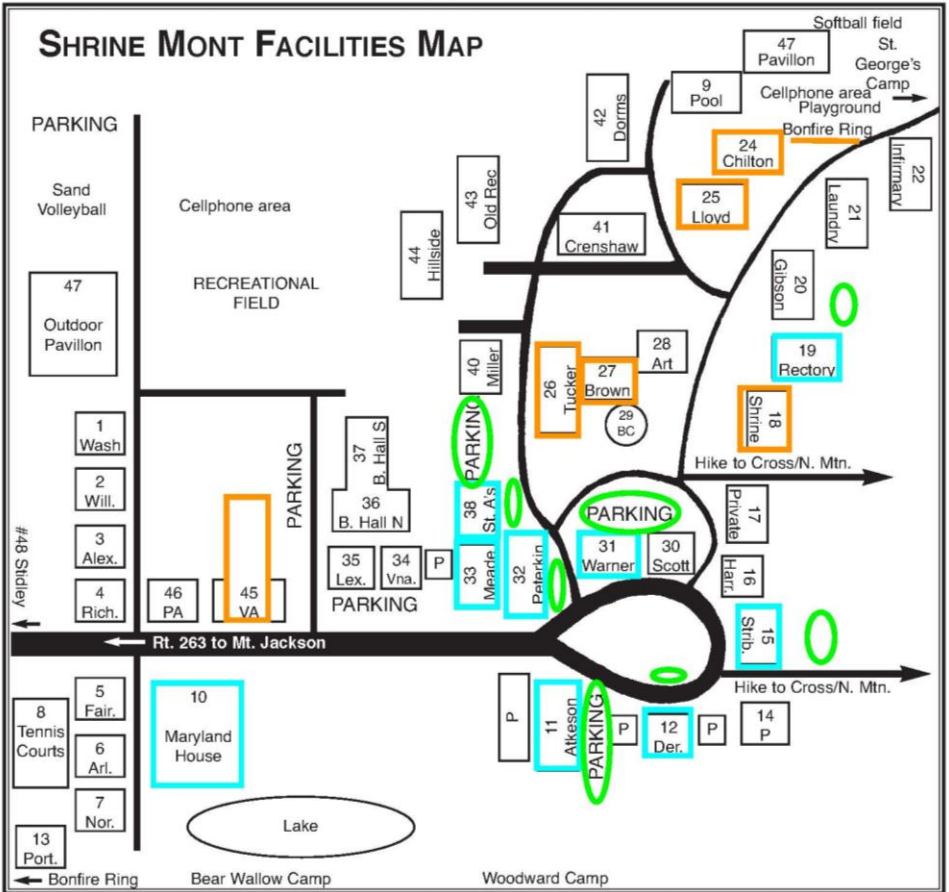
*Gluten-free, vegetarian, and
vegan options available at all
meals*

Tips: It is a Shrine Mont tradition to leave a tip for those who prepare and serve our meals and the housekeeping staff. Look for the tip box at the foot of the steps to the dining rooms.

HELPFUL HINTS

- * Shrine Mont's address: 217 Shrine Mont Circle, Orkney Springs, VA 22845 Telephone number: 540-856-2141
- * All cottages assigned to FCPC will have a red ribbon hanging from the front door.
- * Each cottage has a refrigerator. St. Andrews, Meade, Stribling, and the Rectory have small kitchens.
- * Cottage bedrooms are private, and doors do not lock.
- * Cottage living rooms are shared living spaces where folks are free to gather together.
- * Pillows, linens, two blankets, towels, and soap are provided.
- * Ice machines are located in the back of Tucker Lodge.
- * A wake-up bell will ring at 7:30 AM and at mealtimes: 8 AM, 12:30 and 5:30 PM. A five-minute warning bell also rings before meals.
- * Coffee and tea are available in Tucker Lodge before breakfast for early risers.
- * Quiet hours are observed after 10 PM.
- * **Friday's dinner** will be at the hotel (2nd floor of Virginia House) from 5:30-7 PM. Please arrive no later than 6:30 PM. There are no restaurants in Orkney Springs.
- * When you have chosen a seat at meals, please remain standing until the blessing has been said.
- * Pets are not allowed at Shrine Mont.
- * **Note:** Cell service is relatively reliable in most locations at Shrine Mont. Wi-Fi is available at Virginia House and in Brown Hall at Tucker Lodge. However, it is customary among seasoned Shrine Monters to unplug. *Take the Escape Weekend Challenge: Unplug and truly Escape!*

SHRINE MONT FACILITIES MAP



KEY

- | | | |
|--------------------------------------|------------------------|---|
| 1. Washington | 17. Woodward House | 33. Meade |
| 2. Williamsburg | 18. The Shrine | 34. Vienna |
| 3. Alexandria | 19. Rectory | 35. Lexington |
| 4. Richmond | 20. Gibson | 36. Bishop Hall House North |
| 5. Fairfax | 21. Laundry | 37. Bishop Hall House South |
| 6. Arlington | 22. Infirmary | 38. St. Andrew's |
| 7. Norfolk | 23. Play Ground | 39. Goodwin |
| 8. Tennis Courts | 24. Chilton | 40. Miller |
| 9. Swimming Pool | 25. Lloyd | 41. Crenshaw |
| 10. Maryland House | 26. Tucker Dining Room | 42. Dorms 1, 2, & 3 |
| 11. Atkeson | 27. Brown Hall | 43. Old Recreational Hall |
| 12. DeRossi | 28. Art Hall | 44. Hillside |
| 13. Portlock | 29. Bird Cage / Gazebo | 45. Virginia House, Dining room & Bookstore |
| 14. Bishop's House / Boxhill Private | 30. Scott | 46. Pennsylvania House |
| 15. Stribling | 31. Warner | 47. Outdoor Pavilions |
| 16. Harrison | 32. Peterkin | 48. Stidley |