

Parish Weekend 2022 Registration Form
May 6-8, 2022

Name: _____

Email: _____

Phone: _____

Special Requests/Food Allergies: _____

Total fee enclosed: \$_____

While we hope you join us for the whole weekend, if you can only stay overnight one night please be sure to indicate this below.

Registration must be accompanied by payment. Please return to the Church Office by **April 27th**. Space is limited so be sure to sign up early!

Fees for 2022

Full Weekend rate per person (2 nights, room and board)

Adult Double occupancy \$175 per person

Adult Single occupancy \$220 (if you request a single room)

All Youth and Children—no cost

For ONE NIGHT only per person: Adult \$120 each

Please be sure to register your children so we know for housing, food and program purposes.

Adults Attending: *(Please circle the nights you will stay.)*

_____ Friday Night Saturday Night

_____ Friday Night Saturday Night

Children Attending: *(Please list names and ages.)*

_____ Friday Night Saturday Night

_____ Friday Night Saturday Night



Parish Weekend at Shrine Mont
May 6-8, 2022 • Orkney Springs, VA



CHRIST EPISCOPAL
CHURCH WINCHESTER, VIRGINIA

Mindfulness and Movement on the Mountain - With Polly Nesselrodt.

Shrine Mont is often called a place apart. But in a world with constant activity and endless distractions and demands, how do we slow ourselves down enough to actually 'be' apart?

Join us as we explore various ways to cultivate mindfulness and calm. Bring a yoga mat if you have one! No prior experience or acrobatics required!

Accommodations

Sheets, blankets, pillows, and towels are provided. You may wish to bring extra washcloths, towels, or an alarm clock. If you need a crib, be sure to note that on your registration form. A fan (if it's warm) and a flashlight for nighttime navigation may be useful.

Clothing

Casual is in! It's always a good idea to bring warm clothes and rain gear.

Children and Youth Programs

There is a program for our younger participants including time for games and other children/youth and family events.

Activities

Bring along any musical instruments, games or other hobby you might wish to spend some time enjoying alone or sharing with others. Tennis, fishing (need license), hiking, golf (at nearby Bryce Resort), antiques (in Mt. Jackson area), local wineries, space for frisbee, soccer, softball, lawn games, card games, and, of course, "Olympic Porch Sitting," all await you, so come prepared!

Schedule

Friday, May 6 Arrive anytime after 4:00 pm

Upon arrival, check in at Hotel front desk to receive your room assignment and check out the opportunities for the weekend's activities.

430pm Fellowship on the porch - porch location TBA
til 530pm Feel free to bring snacks to share!

5:30 pm Dinner at the hotel

7:00 pm Everyone gathers in Chilton Hall

Saturday, May 7

8:00 am Breakfast in Tucker Lodge

9:00 am Morning Prayer in Chilton Hall

9:30 am Program for all ages in Chilton Hall

11:30am Do what you would like to relax before lunch

12:30 pm Lunch in Tucker Lodge

After lunch is free time. Afternoon activities might include a nap, a hike to the cross, or the bookstore. There are also local markets and wineries. Information can be found down at the hotel. One might even join in the ancient Shrine Mont practice of "rocking on the porch." Other afternoon events may include games or simply "being."

5:30 pm Dinner in Tucker Lodge

7:00 pm Bonfire next to Chilton Hall or games and puzzles in Chilton Hall

Sunday, May 8

8:00 am Breakfast in Tucker Lodge.

After breakfast, there is time to pack up and take a final hike.

11:00 am Worship in the Cathedral Shrine

12:30 pm Lunch in Tucker Lodge

Depart for home at your leisure!

