

Pilgrim's Guide

THREE HEARTS PILGRIMAGE 2022

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THREE HEARTS PILGRIMAGE

The Road to Restoration

In response to the current pervasive evil in our culture, Catholics across the world are uniting in America's heartland as a visible sign of resistance against forces destroying all that Christianity holds as good, true, and beautiful. We band together as pilgrims for Christ on a two-day march offering our physical and spiritual sacrifices for the defense of the traditional family and the sanctity of life - While pursuing that which is Good, True, and Beautiful. Join Catholics from across the Mid-West and beyond for this pilgrimage of reparation dedicated to the Three Hearts of the Holy Family.

The Story

Originally called the *Our Lady Help of Christians Pilgrimage*, the newly named *Three Hearts Pilgrimage* is a 35-mile trek to the Benedictine monastery, Our Lady of the Annunciation of Clear Creek Abbey. This pilgrimage was originally established by a group of young boys from the [St. John Bosco Institute](#) (Edmond, OK) in the spirit of brotherhood as the next generation of leaders soldiering for Christ. Word of this "American Chartres" by the St. John Bosco Institute's adventurous pilgrims spread quickly world wide among Catholics associated with both the school and monastery... In response to many requests, the boys opened up their pilgrimage to fellow Christians wanting to walk alongside them on what they refer to as the "road to the restoration of our Christian culture."

Our Lady Help of Christians & Three Hearts Devotion

Our Lady Help of Christians is associated with the defense of non-Christian peoples during the Middle Ages. Saint John Bosco was an ardent promoter of devotion to "Mary, Help of Christians", helping her attain special renown that includes veneration by many Chinese Catholics facing persecution and from the Chinese Patriotic Catholic Association. In today's climate where children are raised in a culture of death and the family unit is under attack, where bold chivalry and true femininity are rarely praised...we invoke Our Lady Help of Christians for protection, and are devoted to the Three Hearts of the Holy Family to defend our nation against spiritual attacks as we pray and sacrifice to restore our Christian culture.

THREE HEARTS PILGRIMAGE PILGRIMS GUIDE 2022

SCHEDULE OF EVENTS

Thursday, October 20th (Evening) - Saturday, October 22nd (Mass beginning by 1pm) **Full Detailed Schedule Coming Soon.**

TRAVELING TO OKLAHOMA

If you are flying in from out-of-state, there are two airports that are both approximately one hour away from our starting point:

Option 1:

[Tulsa International Airport](#). This airport is approximately 1hr, 12mins away from our campsite Thursday night, so please have a ride or car rental arranged. If you have further questions about this, please email us info@threeheartspilgrimage.org

Option 2:

[Northwest Arkansas Regional Airport](#). This airport is approximately 1hr, 4mins away from our campsite Thursday night, so please have a ride or rental car arranged. If you have further questions about this, please email us at info@threeheartspilgrimage.org

ARRIVING THURSDAY EVENING

PLEASE DO NOT GO TO THE MONASTERY UPON ARRIVING THURSDAY. The monastery has other commitments scheduled and is expecting us until SATURDAY. Our scheduled meeting spot on Thursday is 35-miles away from the monastery.

Please meet at the Thursday night campsite, where you will be directed to park. Your cars will be on-site at this resort until you are shuttled back Saturday. The campsite location will be sent in by email for security purposes, but for traveling purposes, you can map from your location to the town of Tahlequah, OK.

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AFTER THE PILGRIMAGE & STAYING SATURDAY EVENING

After the pilgrimage ends on Saturday, the monastery store/Gatehouse will be open directly following mass for anyone wishing to purchase items handmade by the monks. For those of you who wish to stay to another night, we invite you to camp on the monastery grounds after retrieving your vehicle and luggage.

Please reach out to guestmaster@clearcreekmonks.org if you plan to camp Saturday evening so there is proper space accounted for.

Alternatively, you could also stay nearby at a local hotel. (See list below)

[SEQUOYAH STATE PARK LODGE/CABINS](#)

A beautiful scenic state park along Fort Gibson Lake with a recently updated the hotel lodge, or choose from various sizes of cabin rentals located throughout the property. There is a restaurant in the lodge open to the public. Many people stay here while visiting the monastery - it is about a 20-minute drive from the lodge to the church.

[BEST WESTERN LOCUST GROVE INN & SUITES](#)

The Best Western Inn & Suites in Locust Grove is about 20-30 minutes from the monastery. It is on the edge of the town Locust Grove, and is situated near a restaurant and large convenience station/gas station. It is about 5 minutes away from local grocery stores.

[MONASTERY ACCOMMODATIONS](#)

We have arranged monastery land to be available for camping on Saturday evening. If you plan to stay further throughout the following week, there may be availability in some of the monastery quarters. Please check with [Father Guestmaster](#).

THREE HEARTS PILGRIMAGE

PILGRIMS GUIDE 2022

PACKING LISTS

Below is a list of recommended items and advice from experienced pilgrims purely for your convenience and benefit. Reach out to us with any questions at info@threeheartspilgrimage.org

FOR CAMPING

Tent + Tarp for underneath

Sleeping bags

Flashlight

Food to last 2-3 days (Thursday night, Friday, and Saturday morning/afternoon)

Toiletries (Toilet paper, wet wipes, hand sanitizer, facial wipes etc...) Bug spray

Bag holding camping items, food, and other personal items that you won't be carrying on the walk, but will want to access to or need at the campsite

Please do not bring large tubs of items.

FOR WALKING

Broken-in walking shoes

Wool or polyester hiking/athletic socks (merino wool is especially best!) 2 pairs for each day is ideal

Small Backpack or camel-back backpack for water

Rosary

Snacks and food for lunch

Hand Sanitizer/Wet Wipes

Extra pairs of socks

Hat/Head covering

Rain Poncho

Acetaminophen & Ibuprofen

BLISTER CARE:

Assorted band-aids, Gauze (4x4 pads or roll), moleskin/mole-foam, tape, antibiotic wipes, small scissors, ACE bandage

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WHAT TO WEAR

There is not an “official” dress code for the pilgrimage, however, because there will be clergy and religious members (nuns, monks, seminarians) present for the duration of the event, please consider more conservative clothing. For instance, **avoid wearing low necklines, bare shoulders, shorts, tight jeans, exercise leggings, or yoga pants would be best out of respect for the company that will be present.**

FOR PILGRIMAGE

Pilgrims should dress accordingly for an outdoor camping/hiking experience. Good walking shoes, moisture-wicking socks, and a rain jacket or poncho are highly recommended items for all pilgrims. We also encourage clothing that does not leave much skin exposed as we will be walking through wooded areas and tall grass that could contain ticks, mosquitoes, and other pests. Another recommended precaution would be to treat clothing beforehand and have bug repellent handy throughout the duration of the pilgrimage.

WHEN ENTERING THE MONASTERY FOR MASS

Our Lady of Clear Creek Monastery is a traditional Benedictine Abbey with its own dress code for visitors.

Men: No shorts or sleeveless shirts

Women: No bared shoulders, chest or back, and no shorts. We ask that out of respect for the monks, pilgrims adhere to the dress code and plan accordingly for their Saturday pilgrimage attire as we will be entering into the Monastery grounds.

THREE HEARTS PILGRIMAGE PILGRIMS GUIDE 2022

WHAT TO EXPECT & NOT EXPECT

This year's pilgrimage will be larger than before. The organizers want to ensure that all who come join in this sacrifice will consider returning again for our great Road to Restoration. **In that spirit, please find some key points below about what to expect.**

PARKING

There will be an area for pilgrims to leave their vehicles at the first campsite. Pilgrims will leave their vehicles at this location for the duration of the pilgrimage.

SHUTTLES

Shuttles from the monastery back to the parking area will be provided on Saturday after Mass. Please be aware that shuttles will only run for a designated time (announced by your Chapter Leader). Pilgrims will be responsible for making sure to catch a shuttle between these times or otherwise make their own arrangements.

CAMPSITES

Please note that campsites will be in an open field with minimal facilities provided. There will be designated areas for tents and portable bathrooms but there will likely be no running water, shower facilities or electricity/ electrical outlets available. Trash cans will be available throughout the campsite. There may not be access to grills or fire pits for cooking. (Please do not start your own fires in camping fields) Campsite lighting will be minimal aside from the central bonfire, so the campsite will be dark after about 6:00PM. Pilgrims should plan to bring flash lights and/or battery-powered lanterns for after-dark.

THREE HEARTS PILGRIMAGE PILGRIMS GUIDE 2022

BATHROOMS

Port-a-potties will be available at the campgrounds and along the walk and during break stops (approximately every 6 miles).

FOOD & WATER

Water bottles will be provided at each campsite, the lunch break, and some of the bathroom breaks. The organizers will provide soup and bread Thursday and Friday. **Pilgrims are responsible for making sure they bring enough food to last for the remaining duration of the pilgrimage.** Directions to nearby grocery stores have been provided in this document and on the FAQ page of pilgrimage website. It is recommended that you bring food items that will not easily spoil without refrigeration and that do not need to be heated or cooked as there will not be access to a grill or fire pit.

Recommended food items are: Packets of tuna fish, chicken, & dried or other canned meat; apples and oranges, trail mix and granola bars, sandwich ingredients, bagels, instant coffee, etc...

TENT SET UP

The campsites will have designated areas for tent set up. Upon arrival at each campsite you will be directed to the area in which you may set up your tent. All pilgrims are responsible for bringing, setting up and tearing down their own tents. Pilgrims are also responsible for clean-up of their area at each campsite.

TRAIL ACCESSIBILITY

The trail that we will be walking for this pilgrimage will be comprised of back roads, open fields, and wooded areas. The trek will be uneven, rocky and possibly *muddy*. *Car and handicap accessibility will not be possible for most of the trail.*

THREE HEARTS PILGRIMAGE PILGRIMS GUIDE 2022

For the safety of all pilgrims, we cannot allow people to follow the pilgrimage in vehicles. You will be directed to park back at the original campsite. You cannot move your car to the second campsite nor access the monastery parking lot until after the mass on Saturday. If you are concerned about not being able to stay for the duration of the pilgrimage due to injury or sickness, we have emergency/first aid teams that can drive you to your car if necessary.

LUGGAGE TRANSPORT TO CAMPSITES

The tents and all luggage that you will not be taking on the walk with you will be shuttled from the first campsite to the second campsite. You will not have to carry the entirety of your luggage with you on the walk! But we need pilgrims to limit their luggage and camping items - please no bulk tubs. Pilgrims will be responsible for bringing their campsite luggage to the correct shuttle for loading each morning. Upon arrival at the second campsite on Friday evening, luggage will be available for pickup at a designated area. After the pilgrimage ends on Saturday, the luggage will be shuttled back to the first campsite/ parking area for pilgrims to pick up and pack up in their own vehicle.

LUGGAGE SHUTTLES

The shuttles for the luggage will be divided by chapter names and corresponding colors. Pilgrims will be notified prior to arrival as to their assigned color. Pilgrims will be responsible for making sure they have all pieces of their luggage and tents marked with a ribbon or tag of that color. (Please make sure it's securely fastened to your luggage and large enough to be clearly visible.) There will be a "lost and found" section for any luggage that is missing a color-coded ribbon.

THREE HEARTS PILGRIMAGE PILGRIMS GUIDE 2022

BUG REPELLANT

Please be aware that there will still be many pests out at this time of year. Pilgrims should make sure to have adequate bug repellent for both camping gear and personal use. It is recommended that you treat all camping gear and clothing with bug spray prior to arrival. It is also recommended that you spray the ground with bug spray before setting up your tent. Suggestions for a good brand of bug repellent [spray](#) and [lotion](#) here.

MEDICAL STAFF / SHUTTLE BUSES

There will be medical staff on hand at each rest stop for any pilgrims who are in need of medical aid. Pilgrims that find they cannot complete the entirety of the walk may use the medical shuttle buses that will take pilgrims to the next rest stop or campsite.

CHAPTERS

Each pilgrim selects a chapter upon registration in which they will remain in for the duration of the pilgrimage. A chapter is an organized group of walking companions. Each chapter will have a designated Leader, Security Lead, and chaplain responsible for accounting for their members, including for their morale and spiritual direction, and keeping chapters organized and on schedule.

MASS

The form of the Holy Mass organized during the pilgrimage for both Friday and Saturday will be the Extraordinary Form (Traditional Latin Rite), which reverently is also known as the "Mass of the Ages". It is the sincere desire of the pilgrimage organizers and sponsors that the faithful who participate in this Traditional Latin Mass will experience with joy the rich and fulfilling heritage of the Catholic Faith! A few things to note about this form:

THREE HEARTS PILGRIMAGE PILGRIMS GUIDE 2022

- The priest will face the altar, whereupon rests the Real Presence of Our Lord Jesus in the form of a Consecrated Host.
- The priest and altar servers make almost all prayer responses for the faithful following along in missals/ prayer books.
- Holy Communion is administered by the priests onto the tongues of the faithful as they kneel.

- Due to the reverent nature of the Mass, the faithful are asked to dress appropriately, which entails complete modesty (Please refer to the section "What to Wear" in this handbook).

LAST MINUTE PURCHASES

Below is a list of local stores if you need to purchase last-minute items in Oklahoma:

[Dollar General](#)

6414 OK-82, Peggs, OK 74452
(14 miles from campsite)

[Antique Cowboy Emporium](#) (Gas & Convenience Store)

6250 OK-82 S toward N 440 Rd., Peggs, OK 74352
(14 miles from campsite)

[Wal-Mart Supercenter](#)

2020 Muskogee Ave, Tahlequah, OK 74464
(17 miles from campsite)

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THREE HEARTS PILGRIMAGE PILGRIMS GUIDE 2022

[Reasor's Foods](#) (Grocery)

2001 Muskogee Ave, Tahlequah, OK 74464
(17 miles from campsite)

[WalGreens Pharmacy](#)

1905 S Muskogee Ave., Tahlequah, OK 74464
(16 miles from campsite)