

Pilgrim's Guide

THREE HEARTS PILGRIMAGE 2023

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THREE HEARTS PILGRIMAGE

The Road to Restoration

Catholics across the world are uniting in America's heartland to Find Beauty in Sacrifice, and to unite together and defend all that our faith holds as TRUE, GOOD, and BEAUTIFUL. We band together as pilgrims for Christ on a two-day walking journey to offer 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 for Christ. Word of this sacrificially walk 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.

PREPARING FOR YOUR PILGRIMAGE

CLOTHING

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 encourage clothing that won't leave much skin exposed, as we will be walking through wooded areas and tall grass that could contain ticks, mosquitoes, and other pests. Treat clothing with bug repellent beforehand, and have repellent handy throughout the duration of the pilgrimage.

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.

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 bringing 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. (You'll find a list of recommended foods on the *Packing List* page in this handbook)

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 TO ACCOMMODATE THIS CONVENIENCE: You must limit luggage and camping items to the absolute camping necessities. This is a sacrificial event, not a glamping excursion.

The transportation for luggage will be divided by color sections. Pilgrims will be notified at check-in of their assigned color, and provided with a tag in that color to put on items. Pilgrims will be responsible for have all pieces of their luggage and gear tagged. There will be a "lost and found" section for any luggage that is missing a color-coded ribbon.

Pilgrims are responsible for bringing all their campsite luggage to the correct shuttle for loading each morning. Upon arrival at the second campsite Friday evening, luggage will be available for pickup at a designated area. After the pilgrimage ends on Saturday, luggage will be shuttled back to the Pilgrims Parking area.

PACKING LISTS

FOR WALKING

Backpack
Rosary
Rain Poncho
Broken-in walking shoes
Snacks and food for lunch
Hand Sanitizer/Wet Wipes
Extra pairs of socks
Hat/Head covering
Acetaminophen & Ibuprofen
Gold Bond or body powder
Reusable water bottle or camel-back
Blister Care Pack (See below)
Wool or polyester hiking/athletic socks (Merino wool is especially best! 2 pairs for each day is ideal)

PERSONAL BLISTER CARE PACK

First-Aide tape
Antibiotic wipes
Small scissors
ACE bandage
Lancing needles
Assorted band-aids
Moleskin/mole-foam
Gauze (4x4 pads / roll)

FOR CAMPING

Sleeping bags
Flashlight
Bug spray*
Tent + Tarp for underneath
Food for 2-3 days (Thurs. night, Fri, and Sat. morning/afternoon)
Toiletries (Toilet paper, wet wipes, hand sanitizer, facial wipes)
A 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.

Recommended food items:

Packets of tunafish, chicken, & dried or other canned meat; apples and oranges, trail mix and granola bars, sandwich ingredients, bagels, instant coffee, etc...

Do not bring large tubs of items

***BUG REPELLANT**

In Oklahoma, there will still be many pests out during 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.

We 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.

ARRIVING & CHECK-IN

TRAVELING TO OKLAHOMA

The Three Hearts Pilgrimage begins along the bank of the Illinois River in **Tahlequah, OK**. If flying in from out-of-state, there are two airports that are both approximately one hour away from CAMPSITE 1, where you will check-in Thursday afternoon:

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

CHECK-IN & PARKING

The Three Hearts Pilgrimage begins along the bank of the Illinois River in Tahlequah, OK. You will be sent the exact address and final details a couple of weeks before the pilgrimage. For security purposes, please do not post this information online or share on social media.

Check-in will be at CAMPSITE 1 on Thursday beginning at 12:00 pm.

PARKING & SHUTTLES

To insure all pilgrims can arrive to their vehicles and retrieve their luggage promptly following the end of the event, all vehicles will park in the designated “*Pilgrim Parking*” lot, which is close to the end of the pilgrimage route (near the Abbey). This will allow for a swift shuttle time, so everyone may depart at their leisure. **However, please be aware that this will add an additional time to your arrival plans on Thursday.** The plan is as follows:

THURSDAY ARRIVAL PROCESS

1. Arrive at “Campsite 1” between the hours of 12PM-6PM
2. Check-in at Registration
3. Unload all passengers and luggage from your vehicle
4. The driver of the vehicle will be given directions to Pilgrim Parking
5. The driver will depart with personal vehicle to designated Pilgrim Parking location.
6. Upon arrival at Pilgrim Parking, all drivers will be shuttled back to “Campsite 1”

ARRIVING & CHECK-IN

continued

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)

Reasor's Foods (Grocery)

2001 Muskogee Ave

Tahlequah, OK 74464

(17 miles from campsite)

TENTATIVE - NOT FINAL SCHEDULE OF EVENTS

THURSDAY, October 12th

CHECK-IN BEGINS	12:00 PM
DINNER SERVICE	6:00 PM
SPEAKER	7:00 PM
BONFIRE & SONG	8:00 PM
ARRIVAL DEADLINE	9:00 PM
LIGHTS OUT	10:00 PM

FRIDAY, October 13th

WAKE-UP CALL	5:00 AM
CHAPTER LINE-UP	7:00 AM
WALK BEGINS	7:30 AM
MASS & LUNCH	12:00 PM
ARRIVE CAMPSITE 2	5:00 PM
DINNER	6:00 PM
SPEAKER	7:00 PM
ADORATION	8:00 PM
LIGHTS OUT	10:00 PM

SATURDAY, October 14th

WAKE-UP CALL	6:00 AM
CHAPTER LINE-UP	7:30 AM
WALK BEGINS	8:00 AM
GROTTO/LUNCH	11:00 AM
MONASTERY GATE	1:00 PM
MASS BEGINS	2:00 PM
SHUTTLE BEGINS	4:00 PM

CAMPSITES

BATHROOMS

Port-a-potties will be available at the campgrounds and along the walk and during break stops (approximately every 6 miles). **DO NOT wander onto private property, it can be extremely dangerous - we are in rural areas where many people have dogs for security that have the capability to severely injure or kill people they deem as a trespassers.** Please inform this important information to your children.

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.

MASS

The form of the Holy Mass organized during the pilgrimage for both Friday and Saturday will be in the Extraordinary Form. It is the sincere desire of the pilgrimage organizers and sponsors that the faithful who participate in the pilgrimage and Masses will experience with joy the rich and fulfilling heritage of the Catholic Faith! A few things to note about this form:

- For most of the mass, the priest will face *ad orientem*, an ancient Latin word meaning towards the orient or east, towards Christ the Lord who is to come.
- Holy Communion is administered by the priests onto the tongues of the faithful as they kneel. Unlike the Ordinary Form, with this Mass, the faithful do not need to respond "Amen" before receiving the Holy Eucharist.
- With 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)

DURING THE WALK

SHUTTLE BUSES

For Pilgrims that find they cannot carry on further without causing harm to themselves may use the medical shuttle buses at the next designated pick-up area. Outside of an emergency situation, you will not be able to get on to a shuttle until you are at the next location. These locations will be provided and your chapter leader and security leader will have copies of these on hand as well.

CHILDREN CANNOT BE PUT ON A SHUTTLE ALONE.

SHUTTLES ARE NOT MEANT FOR TAKING A REST. Shuttles are for sick and injured only.

HEALTH & SAFETY PRECAUTIONS **IMPORTANT!**

Nutrition and Hydration: While walking, it is very important to remain hydrated and eat frequently. The walk requires a lot of energy - and replenishing electrolytes and energy with water and food is important for the body's safety - NO MATTER THE FITNESS LEVEL OR AGE.

It is recommended to bring non-perishable, nutrient dense snacks and meals that can be stored in your luggage and packs you carry while walking. These can include:

- Trail mix
- Granola
- Nuts, seeds, nut butter packs
- Dried fruits or veggies
- Electrolyte replacement packs to be mixed in water
- Energy bars, chews, or gels
- Tuna packs
- Dried jerky
- Fruit puree (like applesauce)

Preventing Heat Exhaustion/Heat Stroke: Heat exhaustion and heat stroke are a very real and dangerous risk! The weather in Oklahoma can be unpredictable. It is possible it gets warm on the walk. Heat + the exertion from the walk can put you at risk. If you experience:

Dizziness Excessive sweating or NO sweating Rapid heart rate nausea Vomiting or confusion

STOP walking and reach out to a volunteer for assistance. If you experience symptoms of heat exhaustion, you will be transported to the next campsite to rest, cool down, and re-hydrate.

HEALTH & SAFETY PRECAUTIONS **IMPORTANT!** *continued*

Preventing Blisters: *Prevent blisters before the walk!!* We recommend these safety precautions:

- **Proper fit:** Make sure your shoes are not too tight (which will cause friction). Shoes should also not be too loose to the point that your feet slide in them. Reducing friction reduces risk for blisters.
- **Break in shoes:** If purchasing new shoes for the walk, make sure to break them in before starting the pilgrimage. It's recommended 6-8 weeks prior to the walk date *minimum* -more is better.
- **Proper socks:** Keeping your feet clean and dry is the goal. Wool socks are the ideal for preventing blisters and they dry quickly. It is recommended to bring 2-3 clean pairs while walking each day, so you can swap out your socks if they get wet. Sock fit is also important - make sure they aren't too big and are not causing wrinkles (which will cause friction).
- **Nails BEFORE arriving:** 2-3 weeks before the walk, trim your toenails. If you wait too close to the walk, the "new" toenail edges can dig into your skin over long periods of walking.
- **Safety pins, sewing needle, or scalpel:** To lance any large blisters. Makes sure the needle is sterilized before piercing skin! Clean with an alcohol wipe, boiling water, or flame.
- **Band-aids:** for cuts, scrapes, etc.
- Your choice of over-the-counter pain reliever for the inevitable aches and pains

What to Pack: For your health and safety, we recommend bringing these items during the walk:

- **Tape:** Tape can be used in many ways but it can also help prevent blisters. Placing duct tape over red, hot spots will reduce friction and can help prevent a blister from popping up.
- **Moleskin:** Can be used to prevent blisters/placed over small blisters to reduce friction
- **Antibiotic ointment:** this can be used for any cuts, scrapes, or blisters that occur, to keep open skin clean. It can also be a lubricant under tape to reduce friction on blisters.
- Cleaning (alcohol, hand sanitizer, antiseptic wipes, etc) - proper hand hygiene before meals, treating
- Also consider ace bandage, tweezers, eye wash, scissors, and gauze

IMPORTANT: If you take any prescriptions, **especially inhalers**, make sure you bring them with you and keep them on your person! In the case luggage gets lost, this is crucial that you have access to your medications.

IMPORTANT: If you have any allergies, make sure to bring your **own epi pen!**

DURING THE WALK

continued

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.

MARCHING FROM THE ABBEY GATE

Pilgrims are required to line up within their chapters. Your chapter's designated person to hold and carry the chapter banner, and any pilgrims with other appropriate flags or banners, should be leading the front of each chapter, and pilgrims of that chapter are to stay behind them. **DO NOT RUSH AHEAD OF YOUR CHAPTER'S BANNER OR YOU WILL BE ASKED TO SIT ASIDE UNTIL THE END.**

There will be portable toilets near the outside area of the monastery gate for pilgrims to use as we wait for remaining chapters to reach the gate. **Also please take advantage of this time to drink extra water. Mass will last 1 1/2 to 2 hours and you need to continue to hydrate.**

IMPORTANT TO NOTE FOR HEALTH

Please continue to drink as much water as you can up to and during Mass. While none of us would typically drink water during Mass, due to the nature of a sacrificial pilgrimage it is understood that water will be consumed by pilgrims throughout this time to prevent dehydration. Many people make the mistake of NOT doing this, and have fainted or become sick during. Also, drinking water falls within the Holy Mass Fasting Requirements:

“The current rules on fasting before holy Communion are simple and clearly expressed in the Code of Canon Law. They provide that one must abstain for one hour from all food and drink, with the exception of water or medicine, prior to receiving the Eucharist (Canon 919)”

AFTER THE PILGRIMAGE

AFTER THE PILGRIMAGE

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 info@threeheartspilgrimage.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:

[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 LocustGrove, 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 are a male and plan to stay further throughout the following week, there may be availability in some of the monastery quarters. Please check with Father Guestmaster.

For more information, please see our FAQ's page at threeheartspilgrimage.org/faq-pilgrims-guide