

IMPORTANT DETAILS TO KNOW about the NEW CULTURE MAY GETAWAY LONG WEEKEND

How do I register?	1
When is it?	1
Who is it for?	2
What's the plan?	2
What's the contribution?	2
How do I pay?	2
How many people will be there?	3
Where is the Getaway?	3
How do we stay healthy together?	3
What will the food be?	4
What will the weather be?	4
What might I bring?	4
Leave at home:	5
Internet:	5
Phones:	5
Community Service:	5
Bathrooms and showers:	5
Clothing-optional areas:	6
Caveat:	6
Questions?	6
Spread the word!	6

How do I register?

Use this link! <https://forms.gle/24W9Pwd4zKeGc33T8>

When is it?

Friday, May 10 - Monday, May 13, 2024

(Option to arrive a day early and stay a day late to help with setup and take-down)

Official beginning: Friday after dinner

Official ending: Monday after lunch

Experienced attendees can arrive late if need be.

Small camp organizers are invited to stay through Wednesday, May 15 for connection time.

Who is it for?

The May Getaway is for people who have been to at least one New Culture retreat, and for new folks who are sponsored by returning attendees. Sponsoring involves making sure the person is a good fit for the event, and giving a basic orientation to the event, the space, and New Culture principles such as consent/boundaries and co-creation.

If you like, send the registration link to a respected, experienced New Culture friend, or to a friend you'd like to sponsor at this event.

<https://forms.gle/24W9Pwd4zKeGc33T8>

What's the plan?

We will be creating a simple program that can also include offerings from participants. Let us know in the registration form if you'd like to lead something!

So far, ideas for sessions include Forum, authentic relating games, music jams, circling, dance, drum circles, open mic, karaoke, energy healing, multiplayer video games, storytelling, sound bath, nature walks, cuddle puddles, sensual touch/massage, meditation, and chanting.

What's your favorite? What would you like to be part of?

What's the contribution?

- \$20-\$40/night for sleeping accommodations (plus \$20 for sheets & towels if you do not bring your own)
- \$20/day for food if you do not bring all your own,
- \$20-\$200 sliding scale for the program and to support people who need financial assistance.

This boils down to \$80 to \$400 (or possibly more, for a cabin stay) for all three days.

Housing cost details:

- Twin bed \$20 per night
- Queen bed \$40 per night (can be shared)
- Cabin (\$67 and up). Please book via the website <https://www.abramscreek.com>
- Tent on a campsite (\$25 per night). Book via <https://www.abramscreek.com>

If you need financial assistance, please contact Sarah at 571-339-9666 or sarah@cfnc.us.

How do I pay?

Make payment to Center for a New Culture with one of the following options:

Venmo: @CenterforaNewCuture

PayPal: paypal.me/NewCultureEast

Credit cards: <https://form.123formbuilder.com/2297497/form>

Checks or money order: make out to "CFNC" and bring to the event

Cash: bring to the event

How many people will be there?

We anticipate 20-30 participants.

Where is the Getaway?

Abrams Creek!
166 Abrams Creek Drive
Elk Garden, WV 26717

We are only renting the Lodge for this event (and possibly other spaces as needed), so non-New Culture campers will also be onsite. We will have private use of the Lodge but not the grounds.

How do we stay healthy together?

Please stay home if you have any symptoms of respiratory or other contagious medical conditions. You may be asked to wear a mask if you have a persistent cough or appear ill.

Before the event, we ask you to **reduce exposure for 5 days** by masking in public spaces and avoiding crowded indoor activities such as dances, raves, eating in restaurants, and so on.

Send proof of negative COVID antigen tests each of the 2 days before arrival (e.g., Wed/Thurs for Friday arrival). When you take your antigen test (probably starting Wednesday) please do the following steps

1. Two days before you arrive, take your home antigen test.
2. Write your name and date/time on the test.
3. Take a picture of the negative result of the COVID test.
4. Message the picture to Ming at ming888.321@gmail.com (preferred) or 202-494-5715.
5. Repeat the procedure the day before you arrive.

Everyone attending will need to **take a COVID-19 antigen test upon arrival**. Please keep Ming posted on your expected arrival time.

We may ask for antigen tests each day you are onsite as well. We have those tests here.

What will the food be?

We will have self-serve breakfasts and simple group lunches and dinners that are vegetarian with vegan and gluten-free options, for \$20/day. If you have allergies or special food needs beyond these options, we recommend bringing your own food. If you need to discuss food with an organizer, please contact Michael at 703-755-0607 or michael@rios.org.

We will be sourcing cooking teams for lunches and dinners from the participants. Cooks will be following simple recipes. If you are available to head up a cooking team, please contact Sarah at 571-339-9666 or sarah@cfnc.us.

What will the weather be?

Weather can be variable in mid-May!

Check the current prediction at

<https://weather.com/weather/tenday//e232569552852adde52f2d90628d788e4e113a38047851e193f0217a6f6371d9>

What might I bring?

Bring your sheets and towels to **avoid the \$20 convenience charge**.

- Flashlights, towels, toiletries, biodegradable soap/shampoo/conditioner
- Rain gear
- Extra blankets/pillows, if desired
- Personal water bottle
- Slippers or house shoes for warm feet
- Masks - high quality (N95, KN95) if possible
- A watch or other timepiece
- Personal backpack, if desired
- Personal snacks and food items to prepare for yourself in the kitchen
- A notebook or journal and pens
- Your sense of humor and willingness to co-create an incredible experience
- Acoustic musical instruments
- Your favorite dance music
- Fun and comfortable clothing

Good news! There is a free source of mountain spring water up the road, so you might want to bring larger containers to bring home some refreshing water!

Water from the Mountain Spring Coordinates

39.273013, -79.349441

https://maps.app.goo.gl/r43nERxhVd7ETkWi9?g_st=ic

Leave at home:

Alcohol or recreational drugs, weapons, valuables of any sort, non-biodegradable soap/shampoo/conditioner, *all* scented products or perfumes, pets of any size. Some campers are allergic to scents, so please do not wear any scented products at camp, including essential oils and "natural" scents.

Internet:

Wireless internet is available in the Lodge's environs. No password is required. A desktop computer for common use is available in the Lodge computer room.

Phones:

Most cell phones do not work at Abrams Creek, though WiFi calling works well in the Lodge.

We use the guest phone, 304-404-4118, for outgoing calls. However, the voicemail for incoming calls will NOT be checked. In an EMERGENCY, loved ones may call the Business Phone, 304-446-5383, to reach a participant.

Community Service:

At New Culture events, we learn to bring awareness to all aspects of life: relationships, communication, play... and work!

We ask everyone to help co-create the experience with Community Service activities – kitchen duty, clean-up after meals, keeping our meeting spaces orderly, etc. Please plan to contribute at least one hour of service for every day you are onsite.

In a healthy community, productive effort can be as joyful as play.

Bathrooms and showers:

The Lodge has three bathrooms and two showers. Please keep your showers short so others can have access.

Clothing-optional areas:

Some areas of the Lodge will be clothing-optional at agreed-upon times. Because we will be sharing the outdoor space with non-New Culture campers, no outdoor clothing is optional during the May Getaway.

Caveat:

Besides being a wonderful escape from some of the larger society's regimentation and numbness, events such as the New Culture May Getaway can be an intense personal and interpersonal experience. As such, they offer opportunities and challenges to face our innermost inconsistencies, insecurities, and instabilities and to encounter and respond to those of others.

Some situations at the May Getaway may be not to your liking; please keep in mind that you are always to choose to participate or make a different offer or do something else. Having said that, one of the best parts of the May Getaway is taking experiences that would be challenging in the larger society and using the unique resources, skills, and support that we have developed through our previous New Culture learnings to turn them into gifts!

Questions?

Contact Sarah at 571-339-9666 (call or text), 703-798-0575 (WhatsApp or Signal), or sarah@cfnc.us; or Ming at ming888.321@gmail.com (preferred) or 202-494-5715 (WhatsApp).

Spread the word!

Here is the link to send this information to your experienced New Culture friends and new folks you would like to sponsor.

There is still space!

<https://docs.google.com/document/d/19THPiEHnqelf4AsSyPymmK-iCJmz8p9G7uw9nuCrA7E/edit?usp=sharing>