MOUNTAIN TOP EXPERIENCE 2024 THE 6TH ANNUAL VIRGINIA INTERSTATE YOUTH CONFERENCE APRIL 5 - APRIL 7, 2024 EAGLE EYRIE BAPTIST CONFERENCE CENTER LYNCHBURG, VA



4 The Lord gave me this message: 5 "I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations." 6 "O Sovereign Lord," I said, "I can't speak for you! I'm too young!" 7 The Lord replied, "Don't say, 'I'm too young,' for you must go wherever I send you and say whatever I tell you.





Brothers and Sisters in Christ,

In our current culture, many of our young people's self-esteem and self-efficacy are under attack. Characters known as depression, loneliness, feeling unloved, feeling insignificant and even suicide, have aggressively made their way into the lives of middle schoolers and high schoolers. Like never before, we are witnessing so many effects of unhealthy mental health in youth. The good news is that God is not only aware of this attack, but he wants our young people to know that they MATTER. Jeremiah 1:4-7 shares with us that even as a child, Jeremiah MATTERED to God and was given significance from God. This same God wants to share with you and your youth that you MATTER to him, and have been given great significance from him. It is our prayer, that as a result of this weekend the youth in attendance will be able to say with Godfidence, "iMATTER!"

Therefore, it is with great joy and excitement that I invite you and the youth of your church to the 6th ANNUAL MTE2024 VIRGINIA INTERSTATE YOUTH CONFERENCE – THE MOUNTAIN TOP EXPERIENCE! This event will be held at EAGLE EYRIE Conference Center in Lynchburg, VA, April 5-7, 2024. This year's theme is "iMATTER," and is taken from Jeremiah 1:4-7. The weekend will include a HBCU COLLEGE RECRUITMENT FAIR, praise and worship, lodging for all participants, 5 full 3 course meals, breakout sessions, a 100 YOUTH conference mass choir, guest speakers, a conference praise dance workshop, gospel R&B and hip hop artists, talent show, three adult workshops on taking youth ministry to the next level, a 5 on 5 basketball tournament, a speakers bureau, an ALL-WHITE PARTY, SPECIAL GUESTS, and most of all JESUS CHRIST!

In this packet, you will find the event registration form, youth activities registration forms, directions to the Eagle Eyrie, a schedule for the weekend, a list of frequently asked questions and a list of what/what not to bring. **THIS EVENT IS ONLY FOR YOUTH WHO ARE IN** 6th -12th **GRADES**, **NO EXCEPTIONS.** *ADULT CHAPERONES MUST BE AT LEAST 25 YEARS OF AGE, NO* EXCEPTIONS. This is a **3 DAY** event and will conclude with Sunday morning worship. PLEASE make plans for you and your youth to enjoy and benefit from the entire weekend conference experience. Youth will participate in the mass conference choir and mass conference praise dancers on Sunday morning. Our adult youth pastors class will also present on Sunday morning. As we strive to propel our youth to have the strong conviction that they MATTER, we look forward to worshiping with you at the MTE2024 VIRGINIA INTERSTATE YOUTH CONFERENCE!



Rev. Maurice Bowles III, Conference Founder & Coordinator Mount Hope Baptist Church, Pastor of Family Engagement and Innovative Strategy MTEyouth@gmail.com (540) 786-4274 (Office) / (804) 605-6608 (Direct)

Packet 20-Point Checklist

PLEASE FOLLOW THE INFORMATION IN THIS PACKET CLOSELY. DO NOT CREATE YOUR OWN FORMS OR ADDITIONAL REGISTRATION SHEETS. RETURN EVERY SHEET OF THIS PACKET. MAKE SURE THAT EACH SHEET IS FULLY COMPLETED. <u>EACH SUBMITTED PACKET MUST INCLUDE THIS 20-</u> <u>POINT CHIECKLIST FORM.</u>

- 1. I have completed the Group Registration Form.
- 2. I have completed the High School Male Form.
- 3. I have completed the Middle School Male Form.
- 4. I have completed the Adult Male Form.
- 5. I have completed the High School Female Form.
- 6. I have completed the Middle School Female Form.
- 7. I have completed the Adult Female Form.
- 8. I have viewed the Weekend POWER FIT Sheet.
- 9. I have viewed and/or completed the Speakers Bureau Guidelines and Form.
- 10. I have viewed and/or completed the Basketball Entry Form.
- 11. I have viewed and/or completed the Eyrie's Best Talent Show Form.
- 12. I have viewed and/or completed the 100 Voice Conference Choir Form.
- 13. I have viewed and/or completed the Praise Dance Workshop Form.
- 14. I have viewed the Adult Sessions Sheet.
- 15. I have viewed and/or completed the Sip and Paint Form.
- 16. I have completed the Strength Guy Talk Form.
- 17. I have completed the Polished Girl Talk Form.
- 18. I have completed the Church Kickball Form.
- 19. I have completed the College Recruitment Fair Form.
- 20. Each youth and adult participant has a completed Waiver Form enclosed.

Group Registration

\$200 Early Registration Deadline: January 22, 2024 \$215 Late Registration Deadline: March 21, 2024

Church Name:			
Mailing Address:			
City:	State:	Zi	p:
Phone Number:			
Contact Person:			
Contact Email:			
Contact Phone Number:			
	COST PER PERSON	# OF PERSONS	SUBTOTAL
Early Registration	\$200.00		\$
Late Registration	\$215.00		\$
Total Amount Enclosed			\$

Make all checks and money orders payable to:

Mount Hope Baptist Church (On the memo line please put MTE2024.)

Send all registration packets to:

Mount Hope Baptist Church 6823 Harrison Road Fredericksburg, VA 22407

1. All Deadlines are Final.

2. Refund Policy: There are no refunds after the Early Registration Deadline (January 22, 2024).

3. You will receive an email confirmation upon receipt of payment.

4. There will be no on-site registration.

5. No credits and no rain checks.

High School Male Registration

Instructions: List All Registered H.S. Male Youth. Please Print Legibly.

Youth Male				
First Name	Grade Level			

Middle School Male Registration

Instructions: List All Registered M.S. Male Youth. Please Print Legibly.

Youth Male					
First Name	First NameLast NameGrade Lo				

Adult Male Group Registration

Instructions: List All Registered Male Adult Leaders. Please Print Legibly.

Adult Male Leader (All adult chaperones must be at least 25 years of age.)				
First Name	Last Name	Phone Number	Interested in Teaching? (\checkmark)	

High School Female Registration

Instructions: List All Registered H.S. Female Youth. Please Print Legibly.

Youth Female					
First Name	First NameLast NameGrade Leve				

Middle School Female Registration

Instructions: List All Registered M.S. Female Youth. Please Print Legibly.

Youth Female					
First Name	First NameLast NameGrade Le				

Adult Female Group Registration

Instructions: List All Registered Female Adult Leaders. Please Print Legibly.

Adult Female Leader (All adult chaperones must be at least 25 years of age.)				
First Name	Last Name	Phone Number	Interested in Teaching? (\checkmark)	

Weekend "iMATTER FIT"

This component is known as "The Fit!" The Fit will be the guide for our WEEKEND DAILY ATTIRE! Check out the #MTE2D24 weekend's daily wardrobe and prepare your youth and adults to be DRESSED IN THE RIGHT **IMATTER** FIT!

FRIDAY NIGHT FIT – ALL WHITE

7:00PM – 10:00PM: (IN THE SPIRIT – "Before I formed you in your mother's womb.")



SATURDAY MORNING FIT - MISMATCH or TWIN DAY



SATURDAY NIGHT FIT - JEANS/SWEATS & CHURCH MINISTRY T-SHIRTS 7:00PM - Evening Worship Experience



SUNDAY MORNING – SUNDAY'S BEST 9:00Am – 12:00Pm (AND NOW UNTO HIM)



***ALL attire/outfits must be respectful and presentable. No attire with obscene pictures and/or language will be permitted or tolerated. ALL skirts and/or short pants must be no higher than 2 inches above the knee. There shall be no extremely form fitting "club attire," or tops that extremely reveal cleavage. ADULT LEADERS PLEASE BE SURE TO CHECK YOUR YOUTH'S ATTIRE BEFORE ARRIVING ON THE MOUNTAIN. IT IS YOUR RESPONSIBLILTY TO KEEP YOUR YOUTH WITHIN THESE GUIDELINES.

Speakers Bureau Guidelines

All adults are strongly encouraged to urge the youth of your church who have an aptitude for speaking and writing to participate in this year's Speakers Bureau.

Middle School Division: Grades 6-8

- The participants' speeches should be no less than 2 ¹/₂ minutes and should not exceed 3 minutes.
- The title of each speech must be "iMATTER!"
- Each speech must use **Jeremiah 1:4-7** as its scripture focus.
- Remember to use creativity and personality to address this theme. Each speech should be intentional in addressing **Middle School Youth**.
- A completed entry form and written speech must accompany your group's registration.
- The participants are required to have their Youth Pastor or an adult youth leader assist them with the following:
 - \circ writing their speech,
 - o rehearsing their speech, and
 - staying within the time constraints.

High School Division: Grades 9-12

- The participants' speeches should be no less than 2 ¹/₂ minutes and should not exceed 3 minutes.
- The title of each speech must be "iMATTER!"
- Each speech must use **Jeremiah 1:4-7** as its scripture focus.
- Remember to use creativity and personality to address this theme. Each speech should be intentional in addressing **High School Youth**.
- A completed entry form and written speech must accompany your group's registration.
- The participants are required to have their Youth Pastor or an adult youth leader assist them with the following:
 - \circ writing their speech,
 - \circ rehearsing their speech, and
 - o staying within the time constraints.

Middle and High School Divisions

- <u>Upon arrival on Friday, April 5th</u>, the Speakers Bureau Committee will hear each of the participating youth speakers and judge 1st 3rd place in both middle and high school divisions. The winners, as well as their chaperones, will be notified following Friday night's ALL WHITE Party.
- All participants will be recognized during the Saturday Morning Experience.
- The top 3 entries in each division will have the wonderful privilege of giving their speeches to the interstate body of youth on Saturday morning.
- Male Youth Attire: (Business) Participating male youth must wear a tie and a jacket. No jeans or cargo pants allowed. No athletic shoes or work boots. Shirts must be tucked into pants without "sagging;" belts must be worn. Dress shoes must be worn.
- Female Youth Attire: (Business) Participating female youth must wear a dress, skirt suit or pant suit. Skirts: No more than two inches above the knee. No jeans or cargo pants allowed. No athletic shoes or work boots. Flat dress shoes or heels must be worn.

Speakers Bureau Entry Form



Contact Phone Number: (_____) ____-

Youth Name	Grade Level

Basketball (5 on 5) Entry Form



Guidelines:

- 5 on 5 Teams cannot exceed 10 players per team.
- There shall be no more than 4 teams per church (1 Middle School Team and 1 High School Team per gender).
- If your church is not participating in the basketball tournament you do not need to fill out this form.
- No additional teams will be added after March 21, 2024.

Church Name: _____

Contact Person: _____

Contact Email: ______

Contact Phone Number: (_____) ____-

Please check Yes or No.

	Yes	No
Middle School Girl Team		
High School Girl Team		
Middle School Boy Team		
High School Boy Team		

"Eyrie's Got Talent" Talent Show EYRIE'S Entry Form



***ONLY 1 ACT PER CHURCH (due to the number of participating churches). Select your top youth representative! ***ALL music MUST be turned in upon arrival, on either CD or jump drive, at registration table on Friday, April 5, 2024.

Church Name:	 	 	
Contact Person:			

Contact Email: _____

Contact Phone Number: (_____) ____-

Youth/Group Name	<u>Talent</u>

Note: (Dancers, Steppers, Mimes, Vocalists) All acts will be screened prior to the Eyrie's Best Talent Show. Acts may NOT exceed 3 minutes each.



Conference Choir Participant Form

Facilitators: Rev. Nicole Guns & Bro. Kamron Blue Second Calvary Baptist Church Norfolk, VA

Church Name:	
Contact Person:	
Contact Email:	
Contact Phone Number: ()	

Youth Name	Part: Soprano, Alto, Tenor

Mass choir participants will be singing for the closing worship experience on Sunday morning.

Total Number of Youth Participating: _____



Praise Dance Workshop Form

Facilitator: Min. Camille Preston New Deliverance Evangelistic Church Richmond, VA

Church Name: _____

Contact Person:

Contact Email: _____

Contact Phone Number: (____) ____-

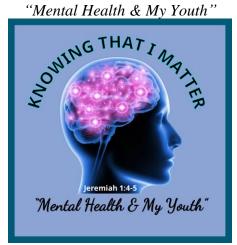
Youth who have church praise dance attire, bring those garments with you. If you do not have praise dance attire, please bring black jeans, a solid white LONG SLEEVE T-Shirt and black socks. You will dance for the closing worship experience on Sunday morning. (Preferred attire colors: Black, White and Purple) Also, make sure that attire is loose fitting to assist with movement.

Youth Name	Male/Female

Total Number of Youth Participating: _____

Adult Sessions

Adult Youth Workers (A and B Sessions) "KNOWING THAT I MATTER"



Facilitator: Arkitia Pegram-Crawley Licensed Professional Counselor – Second Calvary Baptist Church Norfolk, VA



Facilitator: Rev. Dawn Bowles 5th Street Missionary Baptist Church Oklahoma City, OKC

Paint and Sip



Paint and Sip will run during the 2-hour free time. Youth will be assigned one of four 30-minute painting blocks. A POWER theme based medium will be given to paint. This form must be submitted with your group registration in order to participate. No additions will be made for this activity after March 1, 2024.

"STRENGTH"





"STRENGTH" will run during the 2-hour free from 5:30pm – 6:15pm. This activity is ONLY FOR YOUNG MEN. We will bring together our young men for "guy talk" concerning REAL issues that affect their lives. This form must be submitted with your group registration in order to participate. ONE ADULT MALE CHAPERONE MUST BE FULLY RESPONSIBLE FOR ESCORTING YOUR GROUP'S YOUTH MALES WHO SIGN UP FOR THIS 5:30pm SESSION.

Youth Name	Grade Level

"POLISHED"



"POLISHED" will run during the 2-hour free time. Youth will be assigned to one of two 1 hour nail painting sessions. This is ONLY FOR YOUNG LADIES. This activity will combine NAIL PAINTING AND GIRL TALK. This form must be submitted with your group registration in order to participate.

Youth Name	Grade Level

Church Kickball Entry Form





Guidelines:

- Teams cannot exceed 20 players.
- There shall be no more than 1 team per church (YOUTH AND ADULTS MAY PARTICIPATE IN THIS ACTIVITY TOGETHER).
- If your church is not participating in the kickball activity, you do not need to fill out this form.
- No additional teams will be added after March 21, 2024.

Church Name: ______

Contact Person:

Contact Email: _____

Contact Phone Number: (_____) ____-

College Recruitment Fair



The College Recruitment Fair will run during the 2-hour free time period on our weekend schedule. This activity is ONLY FOR 11th and 12th GRADERS. This activity will bring together colleges and universities to do ON SITE ACCEPTANCE. This form must be submitted with your group registration in order to participate. All youth must bring the following information to participate in this recruitment fair.

SAT and/or ACT Scores High School Transcript Containing Cumulative GPA 3 Recommendation Letters (Teacher or School Administrator, Church Leader, Community) List of Extra Curricular Activities and Community Involvement

Youth Name	<u>Grade Level</u>

Waiver & Release Form

Note: All adults and youth attending this conference must complete and return this form. (All youth Grades 6-12 must have a parent/guardian signature.) PLEASE MAKE A COPY TO KEEP WITH YOUR GROUP FOR EACH YOUTH AND ADULT IN ATTENDENCE.

Full Name:	Gender:
Please circle the level that identifies the registra	nt: Middle School / High School / Adult
Church Name:	
Home Address:	
City: State:	Zip:
Parent Email/Adult Email:	
Parent Phone/Adult Phone: ()	() Evening
Insurance Provider:	
Policy Number:	
*Please make certain all registrants bring all nee conference.	ded meds and a copy of their insurance card to the
Please list any medical restrictions from activity	ies the registrant might have:
Please list any medicine or food allergies:	
Annual Mountain Top Experience 2024 Virginia Interstate Hope Baptist Church and Rev. Maurice Hilton Bowles, III f way related to this registrant's participation in any conferen- and Rev. Maurice Hilton Bowles, III harmless from any and the registrant's participation any conference activities. I furt action against Mount Hope Baptist Church or Rev. Maurice	by consent to the participation of the registrant on this form, at The 6 th Youth Conference. I voluntarily release and forever discharge the Mount rom any and all liability, claims, actions, or rights of action that is in any ce activities. I agree to indemnify and hold Mount Hope Baptist Church all costs or damages, including attorney fees incurred in connection with her agree not to sue, assert or otherwise maintain any claim or cause of Hilton Bowles, III arising from this registrant's participation in ristrant being filmed/photographed during this Youth Conference and give cation.
or guardians cannot be reached, or if I, the below signed reg Rev. Maurice Hilton Bowles, III permission to act on my be Mount Hope Baptist Church and Rev. Maurice Hilton Bowl	e to contact parents or guardians of minor registrants. However, if parents istrant is 18 years of age or older, I give Mount Hope Baptist Church and half in seeking and administering medical treatment. I agree to release es, III from any liability in acting on my behalf in this regard and ancial responsibility for any injury resulting from this registrant's
Signature:	
Please Print Your Name Here:	
Emergency Contact Name:	
Day Phone: ()Even	ng Phone ()

MOUNTAIN TOP EXPERIENCE 2024 VIGINIA INTERSTATE YOUTH CONFERENCE

Mountain Top Experience 2024 Virginia Statewide Youth Conference Schedule

ALL TIMES ON THIS SCHEDULE ARE MANDATORY

FRIDAY

2:00 pm – 5:00 pm	Check – In (Voight Center)
5:00 pm – 6:30 pm	Dinner (Cafeteria)
6:30 pm – 7:15 pm	Adult Youth Leader Orientation Session (Voight Center)
7:30 pm – 9:30 pm	Opening Experience ALL WHITE PARTY (Dogwood Hall) ALL WHITE ATTIRE DJ/Welcome/Rules Prayer All White Party DJ Various Live Groups Prayer / Dismissal
10:00 pm -11:00 pm	Choir Rehearsal (Dogwood Hall) Praise Dance Rehearsal (Dogwood Classroom 17)
11:00 pm – 11:45 pm	Cottage Devotions
Midnight	Lights Out
7:30 am – 9:00 am	SATURDAY Breakfast (Cafeteria)
9:15 am – 9:30 am	Morning Experience (Dogwood Hall) Praise and Worship Reading of Theme Scripture Prayer
	Transition to Empowerment Sessions g Hall / Female Youth – Dogwood Hall / Adults – Voight Center)
9:40 am – 10:20 am	
10:20 am – 10:30 am	Transition to Mass Session (Dogwood Hall)
10:30 am – 10:50 am	Speakers Bureau (Dogwood Hall)
10:50 am – 11:00 am	Class Instruction and Transition to Small Group Sessions
11:00 am – 12:00 pm	Small Group Sessions (Various Class Rooms)

12:00 pm – 1:20 pmLunch (Cafeteria) Middle School Lunch Report Time 12:00 pm / High School Lunch Report Time 12:30 pm
1:30 pm – 2:30 pmSmall Group Sessions (Various Class Rooms)
2:45 pm – 4:00 pmEyrie's Best Talent Show (Dogwood Hall) (All youth registered in the talent show, please report to the Cedar Crest lobby.)
4:15 pm – 6:15 pmFree Time Activities (Various Locations)
5:30 pm – 6:15 pmChoir Rehearsal (Dogwood Hall) Praise Dance Rehearsal (Dogwood Classroom 17)
5:30 pm – 7:30 pmDinner (Cafeteria)
7:45 pm – 10:00 pmEvening Experience (Dogwood Hall) CHURCH T-SHIRTS POWER FIT Attendance Mandatory Praise and Worship Reading of Theme Scripture Prayer Speakers Bureau and Basketball Tournament Awards Introduction of Preacher Preacher Rev. Michael Douglas Gethsemane Community Fellowship Church, Norfolk, VA
10:00 pm – 11:00 pmChoir Rehearsal (Dogwood Hall) Praise Dance Rehearsal (Dogwood Classroom 17)
11:00 pm – 11:45 pmCottage Devotions
MidnightLights Out
8:30 am – 9:30 amBreakfast (Cafeteria)
9:45 am – 12:30 pmClosing Experience (Dogwood Hall) POWER DRESSED Praise and Worship Reading of Theme Scripture Prayer Conference Praise Dancers Adult Youth Workers Presentation Introduction of Preacher/Conference Choir Preacher Reverend Tiffany Holloman

Gethsemane Baptist Church, Newport News, VA

Closing Remarks/Benediction

12:30 pm.....Check-Out (Lunch is on your own.)

Important Reminders

REGISTRATION

All completed registrations should be sent to the Mount Hope Baptist Church office via mail service or personally delivered. Please make sure that you have included in your registration any late fees that your church might have incurred if you registered after the early registration deadline. You will receive an email confirmation upon receipt of full payment. **Early Registration Deadline is January 22, 2024. Late Registration Deadline is March 21, 2024.**

CANCELLATION/REFUND POLICY

There are no refunds after the Early Registration Deadline. There are no credits and no rain checks.

SUBSTITUTION POLICY

Substitutions (changing one attendee for another) prior to the registration deadline can be made. Substitutions past the registration deadline MUST be within the same gender and grade level (e.g. male youth for male youth, female adult for female adult). Please inform the Mount Hope Baptist Church of any substitutions. **No substitutions will be accepted after March 21, 2024.**

PROVIDE LEADERSHIP

This event is designed to help you as well as your youth deepen your relationship with God. You and your adult volunteers will be responsible for making sure all youth are following all guidelines that have been outlined. The conference staff is not responsible for monitoring and disciplining your youth. Any major discipline infractions will result in the church group being **immediately** sent home without refund.

TRANSPORTATION

Most groups will utilize their own church provided transportation to the conference site. At the conference site there is an area for chartered bus pick-up and departure. Passenger Bus/Van parking is provided throughout the conference site in front of most cottages.

WHAT TO BRING

Jacket/Coat

\$15-\$20 spending money

Ink Pen & Notebook Comfortable Walking Shoes Bible and Cell Phone (Never leave home without them) Toiletries

WHAT NOT TO BRING

Illegal Substances Weapons Refrigerators/TV/Microwaves

Inappropriate Clothing *Includes T-shirts with offensive words or pictures or items that are revealing*

Frequently Asked Questions

1. Question: How long is the conference?

Answer: The conference is a three-day and two-night event. (Beginning on a Friday afternoon and concluding early Sunday afternoon)

2. Question: What age/grades are eligible to attend?

Answer: Any youth in sixth through twelfth $(6^{th} - 12^{th})$ grades may attend the conference.

3. Question: Does my church need to send adult leaders?

Answer: Yes! A church may bring as many adult leaders as they wish. However, we require that churches have a ratio of 1 male leader per 4 male youth and 1 female leader per 4 female youth.

4. Question: Is there a registration cost?

Answer: Yes. The early registration cost is \$200.00 per person; this cost includes lodging, five (5) meals, all activities, and retreat materials for the weekend. There is a late registration cost of \$215.00 per person after the early registration deadline.

5. Question: When is check-in?

Answer: Check-in begins at 2:00 pm on Friday (and will continue until all churches have arrived). There is a mandatory adult youth leaders orientation at 6:30 pm in the Voight Conference Center. Each registered church should only send one (1) Female and (1) Male youth leader to the orientation session.

6. Question: What about accommodations?

Answer: The retreat site provides lodging for 900 persons. All cottages have electricity, full bathrooms, bunk beds, couches, chairs, linen, and soap. Some cottages also have full kitchens with a refrigerator. Each church will be assigned single-sex lodging accommodations for the weekend. The size of each church group will determine their lodging assignment. Some churches may be assigned a cottage with another church. **There is no co-ed visitation permitted during the weekend.**

7. Question: What should I wear during the weekend?

Answer: Dress casual (no revealing clothing) for the weekend. Bring comfortable clothing and shoes due to hilly terrain of the retreat site. The weather is usually warmer during the day and cooler at night. SEE THE WEEKEND ATTIRE SHEET IN THIS REGISTRATION PACKET.

8. Question: Do adult leaders have to fill out the medical waiver also?

Answer: Yes. All persons (youth and adults) in order to attend the conference must completely fill out the medical waiver. The medical waiver should be turned in along with the conference registration.

9. Question: What do churches do about youth taking medication?

Answer: Adult leaders should be aware of any medical condition that may affect their students. Youth should carry and administer their medication at all times. In case of emergency, there is a medical professional on duty. Please make a copy of all registration forms to keep an official record of your entire group's information.

EVENT LOCATION: Eagle Eyrie is located on Locke Mountain, of The Blue Ridge Mountains approximately eleven (11) miles northwest of downtown Lynchburg off US 501 North.



Address: 1 Eagle Eyrie Drive, Lynchburg, VA 24503