

Let's start "J-Walking" and Support Youth Mission/Pilgrimage Activities!

Our Youth and Wellness Ministries are leading us into better health by co-sponsoring the "Walk to Jerusalem" program. This is a terrific way to "shape up" AND support Youth Mission/Pilgrimage Activities. We had a great response for our April 27th Kick-Off Sunday. Here are the answers to some "Frequently Asked Questions!" and how to sign-up if you haven't already!.

What is the "Walk to Jerusalem?" The Walk to Jerusalem is a 12 week program designed to increase our physical, spiritual and emotional health. This "imaginary" trip will be accomplished by logging our walking/exercise miles over a 12-week period.

How many miles will the congregation walk? What route will we take? As the crow flies, the distance is 6,922 miles. Each week the number of miles each person walks will be recorded and compiled. Our cumulative progress across the USA, Atlantic Ocean, North Africa and into the Holy Land will be tracked on the map in the parish hall.

What if I exercise by swimming, biking or another way? 15 minutes of exercise is the equivalent of 1 mile. For those unable to walk distances we have chair exercise handouts available in the narthex. A pedometer may be also be used to keep track of miles.

How do we support Youth Mission/Pilgrimage Activities with the program? This year our youth have several opportunities to explore their faith and serve various communities. 4 youth will travel to San Antonio, TX to participate in the National Episcopal Youth Event, many will participate in local mission activities and one (Kendra Okereke) will actually travel to the Holy Land! Members of the congregation, friends and family can support these youth by "purchasing" miles for \$1.00/mile. A person may purchase as many miles as he/she wishes. Our goal is to collect \$6,922.00. Youth will be available after the services on May 4th and May 18th to "sell" portions of our trip. Of course, a check written to *Church of the Good Shepherd* and submitted to the church office with "WTJ" in the memo line is wonderful at any time!

How are the youth involved? Besides recording their own miles, the youth, with the support of adult leaders, will "administer" this program. They will record the number of miles walked each week, share the progress, track financial support and also plan walking opportunities.

What are the benefits of doing this?

1. Become more healthy in mind, body & soul!
2. Meet people we don't know!

3. Provide our youth meaningful ways to share God's love locally, nationally, and internationally!
4. Experience the "gladness of heart" that comes with working towards a common goal as a church community.

How do I sign up if I haven't already done so? First e-mail Helen Lehner, lehnerx6@comcast.net requesting to sign up.

How do I record my daily miles? Each week a new "Weekly Meditation & Individual Log Sheet" will be available to print and record daily miles on.

How do I post my weekly miles to the on-line spreadsheet You will be emailed a "Walk to Jerusalem-Record Miles" link.

1. Find your name in the left hand column,
2. Click on the appropriate box in that row,
3. Add miles,
4. Click "Save & Close" in the upper right hand corner.

That's it!

Questions? Helen Lehner, Wellness Ministry Leader 834-6776 or email lehnerx6@comcast.net