

# Walk to Jerusalem

Thank you for volunteering to participate in a physical and spiritual journey to Jerusalem during Lent. Our goal is to “walk” 6,587 miles from Royal Palm Beach to Jerusalem before Easter.

Anyone can participate regardless of your age or physical fitness level. All types of exercise will count, even day-to-day walking around.

You can to include prayer time and recitation of the rosary as a way to earn miles. Twenty minutes of walking, swimming, stretching, biking or **praying** equals one mile.

Keep track of your physical movement at home, at the mall, or at the gym, each day, while reflecting on Scripture [www.usccb.org/lent](http://www.usccb.org/lent). **Always check with your Health Care Provider before starting any new exercise.**

Write the miles on the chart below. Please note that in calculating the number of miles walked:

*2,000 steps equals 1 mile*

Every **20 minutes** of aerobic exercise or Praying (swimming, tennis, etc.) equals **1 mile**.  
Bicycling, walking, or praying for **10 minutes** would be equal to 1/2 mile or **.5 miles**.

**Making the Decision** - *“For we walk by faith, not by sight.” 2 Corinthians 5:7*

We make decisions everyday regarding our physical, spiritual, and emotional health. It is so easy to procrastinate and fill our days with everything but that which is good for us. During this *walking journey*, decide to be a **good steward of the body God has given you**. May you walk by faith and grow stronger spiritually and physically as you spend time with your Heavenly Father.

Please go to the OLQA WEB site and under the ministry tab you will find the Health and Wellness Ministry area. On that site you will find a packet of reading and reflections to use during your Journey to Jerusalem. This will assist with your spiritual health while you are walking for your physical health.

**Questions to ponder as you walk:**

- How has my faith developed throughout the year?
- What steps am I taking to strengthen that faith?
- Were there special people who mentored me in my faith?
- Is God telling me to step out in faith about some issue?

# Walk to Jerusalem

DAY	MILES WALKED							
<b>Ash Wednesday</b> – Wed., Feb 26, 2020 – LENT begins								
Thurs., Feb 27,								
Fri., Feb 28								
Sat., Feb 29								
<b><i>SUBTOTAL FOR THE WEEK</i></b>								
<b>Week 1</b> – Sun., March 1								
Monday, March 2								
Tuesday, March 23								
Wed., March 4								
Thurs., March 5								
Fri., March 6								
Sat., March 7								
<b><i>SUBTOTAL FOR THE WEEK</i></b>								
<b>Week 2</b> – Sun., March 8								
Monday, March 9								
Tuesday, March 10								
Wed., March 11								
Thurs., March 12								
Fri., March 13								
Sat., March 14								
<b><i>SUBTOTAL FOR THE WEEK</i></b>								
<b>Week 3</b> – Sun., March 15								

Monday, March 16								
Tuesday, March 17								
Wed., March 18								
Thurs., March 19								
Fri., March 20								
Sat., March 21								
<b><i>SUBTOTAL FOR THE WEEK</i></b>								
<b>Week 4 – Sun., March 22</b>								
Monday, March 23								
Tuesday, March 24								
Wed., March 25								
Thurs., March 26								
Fri., March 27								
Sat., March 28								
<b><i>SUBTOTAL FOR THE WEEK</i></b>								
<b>Week 5 – Sun., March 29</b>								
Mon., March 30								
Tues., March 31								
Wed., Apr. 1								
Thurs., Apr. 2								
Fri., Apr. 3								
Sat., Apr. 4								
<b><i>SUBTOTAL FOR THE WEEK</i></b>								

<b>Week 6 – HOLY WEEK</b> Sun., April 5								
Mon., Apr. 6								
Tues., Apr. 7								
Wed., Apr. 8								
Thurs., Apr. 9								
Fri., Apr. 10 – <b>GOOD FRIDAY</b> <b>3PM – Passion Prayer</b>								
Sat., Apr. 11								
<b><i>SUBTOTAL FOR THE WEEK</i></b>								
<b>HAPPY EASTER! April 12</b> <b>TOTAL Miles</b>								

