

THE WALK TO JERUSALEM

Walking was first mentioned in the Bible in Genesis 3:8, "Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day." It was while walking in the garden that God typically spoke to Adam and Eve. How meaningful for us to walk through our neighborhoods, through our parks and through our communities while talking to our Creator.

The Walk to Jerusalem is an imaginary walk that encourages physical activity, spiritual growth and cultural awareness through a virtual tour to Jerusalem. **The Health and Healing Ministry at St. Catherine's** is inviting the entire parish family to participate in the **2nd St. Catherine of Siena Walk to Jerusalem** which will begin on the weekend of **February 15/16** with the goal of reaching Jerusalem on **Palm Sunday, April 13, 2014**. It's a great way to get through the winter with healthy exercise and to jump start an exercise regimen.

The distance from West Simsbury to Jerusalem is approximately 7200 miles taking a European route. We will walk from Simsbury to Boston and then cross the Atlantic to Shannon, Ireland. Onward through England, France, Italy, Malta, Cypress and then the Holy Land. The 2013 Walk to Jerusalem logged in more than 22,000 miles over 12 weeks. So for a bit of a challenge, this year's walk will just be 8 weeks.

The distance covered each week will be determined by the number of miles logged in by each walker, family or team. Walkers will receive 1 mile credit for each 20 minutes of aerobic activity, so all that time at the gym can be included. Even armchair aerobics class members can log in their miles at 20 minutes per mile. Log in the number of "mall miles", time spent grocery shopping or vacuuming, walking the dog, bike riding, skiing, playing golf, running track or any sports activity at 1 mile per 20 minutes.

There will be a spread sheet to note each walker, family or team's progress each week. An activity/mileage guide will be available. A world map will be used to chart our progress toward Jerusalem and each week's goal. Cards will be available for keeping track of your miles. Each week devotions will be available for meditation while walking or family discussion.

The parish Walk to Jerusalem has the intent of increasing the health of the body, mind and spirit. The walk provides an opportunity for walkers to exercise the physical body by walking, exercise the spiritual body by praying and exercise the mind by learning about countries and cultures. AND, it just might be a lot of fun.

Sign-up sheets will be available in the atrium on February 1/2 and February 8/9.