

The Walk to Jerusalem By Easter

A Church and Community wide program
to increase the health of body, mind and spirit



Walk to Jerusalem

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Introduction

The Walk to Jerusalem is an imaginary walk that encourages members of all ages to increase their physical activity, spiritual growth and cultural awareness through a virtual tour to Jerusalem.

Our projected route is across the country to New York City (and JFK Airport) where we will “board a plane” to cross the Atlantic Ocean to Morocco where we will begin our journey to cross northern Africa to Jerusalem. As with any long trip (and life), don’t be surprised if there are unexpected detours along the route! The total trip from Lord of Love to Jerusalem is approximately **3750 miles** (not counting the miles across the ocean).

Walking is mentioned 247 times in the Bible. Our bodies were made for walking. We were built to stand erect. Our organs function best when given room to work. Our joints need movement to maintain good range of motion. None of this is accomplished by sitting in a chair or lying on a couch. The benefits of walking are numerous. In a report from the U.S. Surgeon General, “significant benefits can be obtained by including a moderate amount of physical activity (30 minutes of brisk walking or raking leaves, 15 minutes of running or 45 minutes of playing volleyball) on most days of the week.” The benefits of walking are compelling. Regular walking can prevent depression, lengthen lifespan, lower stress levels, relieve arthritis and back pain, strengthen muscles, bones and joints, and improve sleep.

With all these benefits, why wouldn’t we want to walk? The 21st century time crunch and our multitasking lifestyle is the problem. With this in mind, The Walk to Jerusalem was launched in 2003. By using the popular idea of multitasking, these walks provide an opportunity to exercise the physical body by walking, exercise the spiritual body by devotions and praying, and exercise the mind by learning about countries and cultures.

Because all of us aren’t capable of exercising or walking in the same way, the miles for Lord of Love’s Walk to Jerusalem can be calculated in ways other than a mile-for-mile basis. The Mile Calculation Sheet provides instructions on alternate ways to calculate your miles. If you have any questions, please feel free to contact one of the members of the Member Care Committee. As we add together all of our individual “mileage” each week, we get closer to our goal of Jerusalem by Easter!

Our journey includes 15 weeks of devotions. Each devotion is meant to be read as you start your week with questions to ponder as you exercise your body, mind, or spirit.

You are asked to track your mileage and report weekly. You may return a Weekly Tally Sheets each Sunday morning in the designated basket in the narthex. Alternatively, you can submit your mileage on-line from the Walk to Jerusalem page of the Lord of Love web site.

All age groups are invited to participate in our Walk to Jerusalem. Your feedback along the journey is also appreciated. So “pack your bags” and get ready to travel!

If you have any questions, please don’t hesitate to contact one of the members of the Member Care Team at membercare@lord-of-love.org!



Mile Calculation Sheet

Because we are a diverse group of God's children with differing physical capabilities, the following can be used to calculate our journey to Jerusalem.

Please feel free to use your smart devices devices (FitBit or smartphone) to help track your daily "travel". Approximately 2000 steps equals one mile for an average person.

One Mile is equivalent to:

- 20 minutes of active household chores
Examples: vacuuming, yard work, washing dishes, laundry, preparing meals, cleaning bathrooms, etc. (This activity can be broken up in 5 or 10 minute segments)
- 15 minutes of devotion, prayer and Bible reading
- 20 minutes of any physical activity
Examples: swimming, playing soccer, playing basketball, exercise class, etc.
- Attendance at Sunday services or a mid-week Lenten service (Lenten services start March 13)
- Each 20 minutes of community service with a recognized non-profit group
(*Lord of Love is a recognized non-profit!*)
- Attendance of a meeting at church
Examples: bible study, council meeting, ministry team meeting

Two Miles is equivalent to:

- Attendance at Ash Wednesday service (March 6)
- Serving as a Sunday school teacher
- Serving as a Youth group assistant
- Helping clean-up after a church meal

Three Miles is equivalent to:

- Preparing and serving a church meal, a Lenten supper or a FISH meal.

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