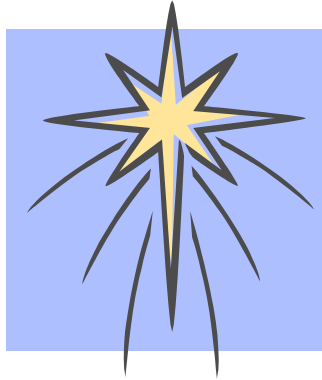


## *How to earn miles for the Walk to Bethlehem*

1. Walker and Joggers will be awarded 1 mile for every mile they walk or run.  
***Families that walk together will be given 5 extra miles per day.***
  2. You will receive ***1mile credit for every 20 minutes*** of exercise, such as jazzercise, cycling, skiing, snowboarding, and swimming. Just remember your time and miles and record on you card
  3. For young families we have decided to give ***1 mile credit*** for children under 5 yr old who go to bed without a fuss, pick up toys, doesn't fight w/brothers and sisters, or for bringing a can of food to church for the food bank.
  4. ***School age children*** should receive credit for gym, Swim, basketball, running, gymnastics, karate, dance class, etc. Any activity where you're moving. ***1mi for each 20 minutes***
  5. Unable to exercise or walk right now? Exercise while watching TV, use cans as weights to exercise your upper body. **When you tire stop.**  
***Whenever you try to exercise or walk, even around the house = 1 mile. If you're too tired some days:***  
***Pray for the walkers and meditate on the devotions.***  
**This also equals a mile!!**
- ❖ Log your miles on your walking cards, you can write them on our log in the undercroft. We'll log them on the map.  
See the display in the undercroft  
If you can't get to church e-mail Lois: ljt203@yahoo.com  
Or call 839-5868. We'll have weekly updates, ck the bulletin.
- ❖ Just watch our progress to Bethlehem!  
❖ We'll have a grand finale with a ***healthy*** potluck meal. Bring a new recipe or Make your favorites using less fat. For example, use skim milk or low fat cheese. Prizes for all!
- Pray, start moving, and eat 5 fruits and vegetables per day!***  
***READY.....SET....GO.....***

# Walk to Bethlehem



Remember our walk to Jerusalem during Lent of 2009? It was a big success and got us moving, praying and eating healthier. Beginning November 27th, we will “Walk to Bethlehem”.

Some of you may not have been here in 2009. This is a walking program created by Parish Nurses and designed to increase the physical, spiritual and emotional health of participants. This “imaginary trip” is accomplished by individuals, within a church or group, logging their miles each week. We plan on walking every Sunday after service, within the church, malls or outside as weather permits. Other walking **OR ACTIVITIES** are on your own throughout the week. I will explain how to earn “miles” in another article, everyone can participate. This devotion will continue into Epiphany season. I will have packets for each person or family within the church. You will receive a tool to record individual miles, log daily fruit and vegetables; list prayer needs and document personal outcomes.

There will also be a ***Walk and Prayer booklet***, WHICH CAN BE USED AS A STARTING POINT FOR PRAYER AND DEVOTIONS. Adult and children’s versions will be available.

Lets get moving. Call or e-mail if there are any questions.

Shalom,

Lois Tripp

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839-5868 or 870-2807