

Getting Started

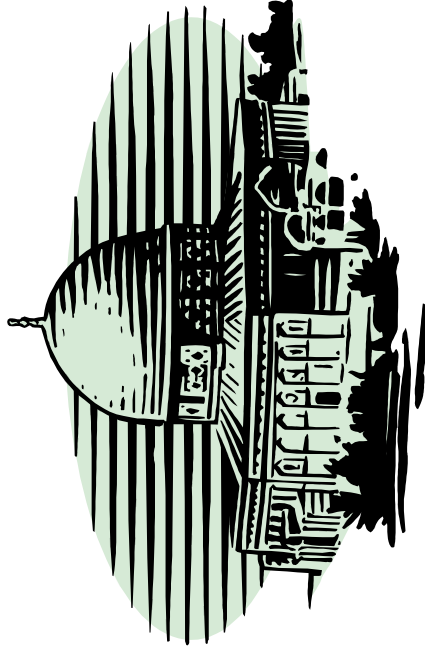
1. Fill out and submit the registration form
2. Begin your journey and record your miles on your personal log. **Note: 15 minutes of any physical activity is equal to "one mile."**
3. Each Sunday, add your personal total miles to the cumulative log posted on the map display.

Safety Tips

- If you have been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem it is best to see your doctor before beginning a physical activity program.
- Gradually ease into your exercise regimen, particularly if you have not exercised on a regular basis for some time.
- Choose activities that are fun, not exhausting. Be careful not to do too much too soon. If you decide that walking is a great activity, choose a place that has a smooth, soft surface. Many people walk in shopping malls or indoor tracks.
- Invest in shoes that have proper arch support, a firm heel, and thick flexible soles that will cushion your feet and absorb the shock.
- Drink plenty of water before, during and after you exercise.
- Avoid eating within 1 hour of exercising.
- Listen to your body. It will tell you if you are overextending yourself. If you experience any of the following, stop exercising immediately and notify your doctor:

Tightness or pain in your chest, arms or neck, severe shortness of breath, lightheadedness or dizziness, loss of muscle control or severe fatigue, nausea or vomiting, sudden pounding of your heart, a regular pulse that become irregular or muscle strain or cramping

Walking to Jerusalem



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Walking to Jerusalem

Our 10 week parish pilgrimage begins on the Feast of the Epiphany. The 6007 “mile” journey will take us over the North Pole, and down through Russia and Turkey on our way to Jerusalem just in time for Easter.

As science is beginning to recognize, health is more than just the absence of disease. Health involves the well being of our body, mind and spirit. Of course the Christian faith has known this truth for centuries. We have to look no farther than Jesus himself, who in his ministry not only restored people to physical wholeness, but to psychological, social and spiritual health as well. As followers of Christ, we too are called to continue this ministry of healing in our own day, beginning with ourselves. “Walking to Jerusalem” is one step on this path.

There are many different ways to use this devotional “Walking to Jerusalem.” What is most important is that you use whatever method works for you. There is no right or wrong way to do this! That being said, we would like to take this opportunity to offer a few suggestions for making your commitment to physical and spiritual growth a fruitful experience.

The first approach is based on the ancient form of prayer called “lectio divina,” or “holy reading.” To begin, take ten or fifteen minutes of quiet time with the Scripture of the week, either right before your period of walking/exercise or perhaps the night before. Try to find a quiet spot where you can sit comfortably. Start by acknowledging God’s presence with you as you begin your prayer time. Ask God to help open your heart so that you can hear what it is the Holy Spirit wishes to say to you.

Next read over the passage slowly and deliberately, letting the words sink deeply into your heart. Make a mental note of any

words or phrases that may come to you during this period. But, remember that this is a time for you to listen to God, not to tell God what God already knows about you and your life.

After ten or fifteen minutes jot down whatever thoughts, feelings or images you experienced. As you walk/exercise you may want to continue to quietly repeat the word or phrase that was especially meaningful during your prayer time. In this, your walk/exercise can be a part of your daily prayer time. If you wish, you can stay with the same passage for the entire week. At the end of the week, take a few moments to review what insights or reflections you may have had and how God may be speaking or leading you. There is an area in the devotional book for you to write your reflections if that is something you would like to do.

A second option is to use the questions from the Life Links. Take a few minutes to prepare by reading the related scripture passage and then ponder the Life Links question as you walk/exercise.

Another option is to keep your prayer time and walking/exercise time separate, praying before or after you walk/exercise and simply enjoying the presence of God. The most important thing is that you find a way that works best for you and helps you to be faithful to your commitment.

Our prayer as we begin “Walking to Jerusalem” is best summed up in the words of the Third Letter of John:

“Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering.”
(3John: 2)

Thank you to Amazing Grace Lutheran for much of this material.