

January 8, 2023

Welcome! We're so glad you decided to participate in this Journey to Jerusalem! Do you have your backpack ready, a map, and your walking shoes on? As we prepare to depart let's review this stuff in your travel portfolio. We're excited to take this Journey with you!

Weekly Devotions: There is a devotion for each week of our Journey, and each contains Scripture, commentary, and thoughts to ponder. You are encouraged to read these and spend time in thought, meditation, and prayer.

Weekly "Walking with God" cards: These cards have spaces for you to write a Scripture verse(s), which can be from the weekly devotion or another Scripture of your choice, as well as space for your thoughts and for your prayer concerns. Personalize these cards to suit your needs. You are encouraged to carry this card with you while walking or exercising if appropriate. On the back you can keep track of your miles/steps as you journey. These cards are for you...you do not turn these in.

Activity Reporting Slips: These small papers are for reporting your weekly activity. Record the miles or steps of activity accumulated during the week, Sunday through Saturday, on your "Walking with God" card and transfer that information onto this reporting slip. The slips can be placed in the mailbox beside the Journey to Jerusalem bulletin board in the Narthex on Sundays. If you are unable to be in church the information can be texted or emailed to one of us (contact information at the bottom of this letter.) Please know, too, that this information will never be shared with others.

Our collective distance journeyed each week will be posted on our bulletin board and footsteps will be placed in the Narthex indicating our progress. How fun it will be to see our progress each week!

We have included two conversion charts to convert varied activities into steps. For example, participating in an aerobic class can be converted into 145 steps per minute...calculate 145 steps by how many minutes you are exercising! Your activity can be reported as steps or miles; we will use a 2000 steps equals 1 mile conversion formula as each person's stride is different. If you are walking or running and know you went, for example, 2 miles go ahead and report the miles. It's even ok to report both miles and steps on the same slip **AS LONG AS THEY ARE CLEARLY MARKED AS MILES OR STEPS** for different activities. Please do not report miles and steps for the same activity.

Conversion Charts: We have, as previously mentioned, included two different conversion charts to help you see the varied activities you can count as your activity and help to uniformly measure your steps. These charts list many activities to choose from.

Local walking trails: This listing is NOT ALL of our area's possible places to walk or run, but just a beginning of choices. How fun to explore some of your favorite local spots and perhaps some new places too! And it might be fun to share some of your "finds" with others!

Cultural Quotient Pre Test: Just for your own personal information, this true/false and multiple-choice test is just to provide each of us with an indicator of how much we know about some parts of our world. As stated on the top of the test, our goal is, by the end of our Journey, to know more about our global neighbors! And by the way, it's a fairly hard test!

Other Helpful Information: We have acquired 23 pedometers through a Thrivent Action Fund. These pedometers will be given to the first 23 participants who request one at our table. Come talk to us if you are interested!

We will draw a name each of the 12 weeks of our Journey from those participants who turned in their activity for the previous week. Another Thrivent Action Fund has been granted to provide prizes to the drawing winners! Each winner will be notified before the next Sunday and the prizes can be picked up at church!

Keep watching our bulletin board, above the pew outside the Sanctuary, with a large world map. Our Journey can be visualized there, seeing the countries we are passing through. Current information relating to our Journey will also be seen on our monitors/screens in the Narthex. As we begin our Journey in Topeka we will mark the beginning near the Nativity, where our Savior was born a baby, to live a life as man. We will progress from the Nativity through the Narthex, the Sanctuary, and back into the Narthex, ending at the Cross where our Savior was crucified, died, and rose to pay for all of our sins. We anticipate an exciting and meaningful Journey!

Linda has set up a tab for our Journey to Jerusalem on Faith's website, faithlutheranchurchtopeka.com. You can check there for information. We are also planning to start a private facebook group for participants to share stories, accomplishments, personal tips or questions, etc...a place to share and encourage each other as we journey!

Anyone with health concerns is encouraged to consult their physician before beginning a strenuous exercise program.

Any questions or other feedback is welcomed! You can contact us by phone, text, or email as listed below or, of course, in person! We hope you have a great Journey!

Jackie Theis
785-221-4526
trilbyt@cox.net

Jennifer Steer-Offerman
785-220-0006
jennso@cox.net

Pat Schultz
785-633-8763
tredmompls@aol.com