

80 Mile Lenten Walk – remembering Jesus’ journey to the Cross for us. February - April 2018

80 miles, the approximate distance from our Lord’s hometown of Nazareth to Jerusalem, the Holy City, can be completed with a 2-mile walk each of the 40 days of the season of Lent. Two miles can be completed with a measured distance, a brisk 30 minute walk, or around 4000 steps. You may track and mark your progress using the calendar provided.


For some people, the challenge may be to begin and complete this distance each day. For others, the challenge may be to add 2 miles to a current exercise or walking routine. You may walk or run outdoors, indoors, or on a treadmill. You get to choose what works for you!

The calendar also includes suggestions for prayer, thought, and healthy living, keeping us mindful of the importance of being healthy leaders for Christ’s Church.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			14 <i>ASH WEDNESDAY</i> WORSHIP & WALK 2 mi. _____	15 PRAY PSALM 25 4 mi. _____	16 EAT AN APPLE Give thanks for the gift of forgiveness 6 mi. _____	17 TAKE A 30 MINUTE NAP 8 mi. _____
18 <i>LENT 1</i>	19 PRAY FOR YOUR COUNCIL MEMBERS 10 mi. _____	20 EAT YOUR VEGGIES! 12 mi. _____	21 WORSHIP & WALK 14 mi. _____	22 FIND TIME FOR SILENCE 16 mi. _____	23 THANK GOD for Polycarp, Bishop of Smyrna & martyr (156) 18 mi. _____	24 SING YOUR FAVORITE HYMNS WHILE YOU WALK 20 mi. _____
25 <i>LENT 2</i>	26 PRAY FOR BP. ELIZABETH EATON & BP. RALPH JONES 22 mi. _____	27 SPEND TIME WITH A CHILD 24 mi. _____	28 WORSHIP & WALK 26 mi. _____	<i>MARCH 1</i> LISTEN TO SOME INSPIRING MUSIC 28 mi. _____	2 HOW ‘BOUT FISH FOR SUPPER? 30 mi. _____	3 READ SOME POETRY 32 mi. _____
4 <i>LENT 3</i>	5 PRAY FOR YOUR FAMILY 34 mi. _____	6 DRINK PLENTY OF WATER 36 mi. _____	7 WORSHIP & WALK 38 mi. _____	8 PRAY FOR THE CHILDREN OF NATIONS AT WAR 40 mi. _____	9 VISIT AN ELDER 42 mi. _____	10 THANK GOD for renewers of society Harriet Tubman 1913 & Sojourner Truth 1883 44 mi. _____

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 <i>LENT 4</i>	12 READ YOUR FAVORITE BIBLE NARRRATIVES 46 mi. _____	13 PRAY FOR OUR MILITARY PERSONNEL 48 mi. _____	14 WORSHIP & WALK 50 mi. _____	15 PRAYERFULLY REFLECT ON YOUR VOCATION 52 mi. _____	16 TRY A NEW VEGETARIAN DISH 54 mi. _____	17 THANK GOD for Patrick, bishop & missionary to Ireland (461) 56 mi. _____
18 <i>LENT 5</i>	19 PRAY FOR THOSE WHO DO NOT KNOW CHRIST 58 mi. _____	20 FIX YOUR FAVORITE CHICKEN RECIPE 60 mi. _____	21 WORSHIP & WALK 62 mi. _____	22 BE GENEROUS TOWARD SOMEONE 64 mi. _____	23 REMEMBER YOUR BAPTISM 66 mi. _____	24 GET SOME EXTRA SLEEP! 68 mi. _____
25 <i>SUNDAY OF THE PASSION— PALM SUNDAY</i>	26 PRAY FOR THE HEALTH OF OUR CHURCH LEADERS 70 mi. _____	27 <i>CHRISM LITURGY</i> Time and Location TBA 72 mi. _____	28 QUIETLY PREPARE... 74 mi. _____	29 <i>MAUNDY THURSDAY</i> 76 mi. _____	30 GOOD FRIDAY 78 mi. _____	31 <i>THE VIGIL OF EASTER</i> 80 mi. _____
APRIL 1 <i>THE RESURRECTION OF OUR LORD CELEBRATE! and...</i>	2 <i>Easter Monday</i> <u>REST!</u>					

This is another “Here I Step” wellness resource brought to you by the Northwestern Pennsylvania Synod, ELCA, 2009; updated 2018.

Thanks for joining us on our 10th Anniversary walk!

