



*A Virtual Journey
To Physical and Spiritual
Wellness*

**We invite you to join Suffolk Presbyterian Church
on a virtual trip to Jerusalem!**

Participate in a physical as well as spiritual “workout”. Our trip begins Sunday, March 10, 2019, and continues through Pentecost Sunday, June 9, 2019. Help us collect enough miles, steps, or time spent in spiritual pursuits to get us from Suffolk, Virginia, to Jerusalem.

- **Complete the registration form (below) or register on the church website.**
- Pick up a packet at church or online. Packets include a mileage log, devotions, and other information. Be sure to read your devotionals before you walk.
- Persons of all ages may participate. Participation is not limited to SPC members and participants may join the walk at any time. Encourage others to help us make the 5,970 miles journey to Jerusalem!
- Track your steps/miles/time daily. Weekly totals should be brought to worship each Sunday or reported using the online form. Additional weekly forms will be available in the Narthex.
- For other forms of exercise, such as swimming, playing basketball, racquetball, etc., every 20 minutes is equal to one mile. Those who are homebound or have limited physical mobility may log miles by accumulated participation in armchair isometrics, physical therapy, etc. Prayer, reading scripture, participating in Sunday School, attending choir practice or church meetings, any mission activity, worship, reading of devotionals, etc. count, as well.
- Any students involved in Physical Education classes at school or other athletic activities may also participate and keep track of their miles or minutes of physical activity.
- Follow the congregation’s progress on the map located in the Narthex and on bulletin boards.
- Celebrate the completion of our journey on Pentecost Sunday, June 10, 2019.

Sign me up for the Walk to Jerusalem!

Name _____

Phone _____ Email _____

Address _____

I _____ would / _____ would not (check one) like to receive weekly emails with updates and a link to record my progress online.