



In March we will focus on Nutrition Month in our health topics. In our community we are seeing much growth in development of housing and renovation of commercial developments. As I begin preparation for my Lutheran Parish Nurse International pilgrimage to Bethlehem the end of this year, I am recalling my experiences in the settlement camps there several years ago as we visited the “homeless” refugees who have been moved out of their homes for many reasons around Bethlehem and Jerusalem. The hardships there are similar in many ways to what we are seeing in our serious problem with hunger and homelessness. Lots of homeless have been moved out of areas to make way for development. This has created a greater awareness in the need to find ways to share God’s love to those who are hurting.

As we are SLOWLY (I am waiting for a huge post of miles on our WALK TO JERUSALEM BY EASTER!) walking to Jerusalem this month, let’s reflect:

Worldwide, there are millions of children under the age of 5 who die every year, the vast majority of these deaths are hunger related. We read about the many problems in developing countries every day, but we seem to slide past the issue of hunger and homelessness in our own communities.

We give food bags to those who show need in our families and our community. At LEST, our school was recognized for their huge ingathering of food items for our local need. We help with local food service kitchens for the homeless.

Have you taken the time to look at the ways you can help this growing need in our community as you walk to Jerusalem? For every 2 items of canned food you contribute to our food pantry, you earn 1 MILE! The basket is empty! Let’s fill it and fill in the mileage.

Healthy living miles can be earned using the 5-2-1-0 model:

- ◆ 5 or more fruits and vegetables servings daily
- ◆ 2 hours or less of recreational screen time
- ◆ 1 hour or more of physical activity each day
- ◆ 0 soda and sugary drinks-----more water and low-fat milk

God has done so much for us. He supplies our every need, in body-mind and spirit. May we who have been so blessed, share of our abundance with our brothers and sisters in need.

Need more information? I will be available at the end of services today and at the potluck to share more!

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Walking to Jerusalem

