



Walking is hard work! At least that is what many have said about our Walk to Jerusalem effort. My response has been to ask...“Why is it hard?” The answers are revealing of our level of commitment, and I am asking you – do you approach your commitment regarding your health and your faith in the same manner?

“My feet hurt, my legs are tired, I don’t have time to walk/exercise.”

Do these sound familiar? Our life/faith commitment only comes into No. 1 priority status when there is a crisis in one of these categories. I am in prayer that we learn to commit to strengthening these very important areas daily rather than when a crisis hits.

I have several walking record cards in the narthex and a sheet on the Parish Nurse bulletin board to record your daily progress in exercise/walking/faith building activities and more during Lent. It is exciting to see the miles add up. Begin your day with a devotion, include prayer time for those who you include on your prayer list, buy an extra can of food for our food cupboard, practice some form of exercise for 20 minutes, eat healthy choices and smaller portions, and you have already added miles without taking a step out the door! We are working on our spiritual health as well as our physical health!

Our school Jump Rope for Heart has added lots of miles this week, our school basketball teams have added many miles to our trip, and the weather has been good for walking or doing 20 minutes of yard work. Have I given you motivation? We have a long way to go, so let’s get busy. Let’s arrive in Jerusalem by Easter!

*This is the day that the Lord has made; let us rejoice ...And walk in it!*

PS: You are earning a mile credit by worshipping with us today and even more when you attend Bible study!

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*Walking to Jerusalem*

