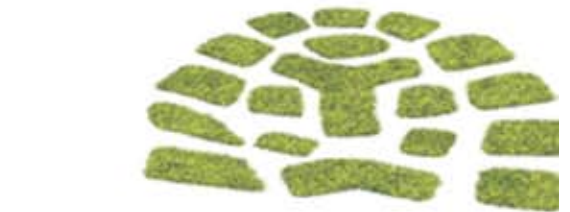


THE HEALTH MINISTRY TEAM

presents

THE WALK TO JERUSALEM



What is it?

The Walk to Jerusalem is a walking program developed by St. John Health parish nursing. It is a church and community-wide program to increase the health of body, mind and spirit.

The Essentials

- 12- week program walking from Monroe to Jerusalem, approximately 6,000 miles
- Scripture to ponder while you walk
- Passport to Good Health: a tool for walkers to record individual miles
- T-shirt with a logo designed by a child in the St. Mary community. **Look for information about the Logo Contest for kids!**

Cost?

- Cost is \$8/person. Proceeds go to **International Samaritan**, an Ann Arbor-based group whose work is to alleviate poverty among garbage dump communities worldwide.

The kick-off!

Saturday, January 16
Following the 4:30 p.m. Mass
Parish Life Center

Join us on this "imaginary" journey of walking and praying that encourages exercise for the body, mind and spirit, a positive practice as a Lenten discipline.



WATCH FOR MORE INFORMATION IN THE CHRONICLE!