

CALLING ALL PARISHIONERS TO PARTICIPATE IN THE SJN 2019 WALK TO JERUSALEM!

WHAT: We are accompanying our patron St. John Neumann, on a virtual Lenten walking journey from Reston to Jerusalem. Our goal is to use this sacred time of Lent to prayerfully prepare for the Passion of Jesus Christ, and to improve ourselves in body, mind and spirit. The program is easy to follow and EVERYONE, regardless of their ability, can participate since “miles” are earned with physical *or* prayerful activities. Participate individually or form teams with family, friends, even SJN groups. (We encourage you think of a catchy team name)!



The WTJ Guidebook (available by the Health Ministry Bulletin Board) explains the details, provides inspiration, instructions, and a week-by-week chart where you can record your activities and miles. To view the Guidebook in English, [click here](#); for Spanish, [click here](#)

WHEN: Ash Wednesday to Palm Sunday, (*but you can join any time*). “Miles” earned *are submitted weekly on Saturdays to SJNWalktoJerusalem@gmail.com, (OR dropped in the basket by the Health Ministry Bulletin Board)*. Working together as a parish family, we will surely “walk the walk”; a 5,925 mile journey into Jerusalem.

HOW TO EARN MILES:

Exercise – Walking, dance, gym class, sports teams, swimming, house cleaning, yard work etc.

Prayer – Pray the Rosary, the Stations of the Cross, attend a daily Mass, etc.

Good Deeds – Drive a neighbor to a medical appointment, offer to shop for groceries, join the SJN meal train (contact JoAnn Duggan), support Workcamp, or write that long over due letter. Children can do age-appropriate good deeds such as cleaning their rooms, helping to make meals, caring for the family pet, befriending a lonely schoolmate or send a note to the grandparents. Be creative and open to the many opportunities God offers us to do good deeds and “works of mercy” for others!

For more information e mail: SJNWalktoJerusalem@gmail.com

En Español

Puedes participar como individuo o como parte de un equipo. El viaje nos lleva desde Reston a Jerusalén con muchos puntos de interés fascinantes en el camino. Vea el progreso de la caminata en el mapa publicado en el Tablero de anuncios del Ministerio de Salud en el pasillo al lado del baño de mujeres.

Es una excelente manera de renovar la mente, el cuerpo y el espíritu en esta temporada de Cuaresma. También es una excelente manera de "dar" algo, un acto desinteresado de caridad, gracia o amor, en lugar de "renunciar" a algo para la Cuaresma.

Como participar

Una guía proporciona inspiración, instrucciones y un cuadro semana a semana donde puede registrar sus actividades y millas. Descargue el folleto aquí >> [enlace al documento de Word]

Descargue el folleto en español aquí >> [enlace a la versión en español]

Para más información

Envíe un correo electrónico a SJNWalktoJerusalem@gmail.com para lo siguiente:

- Aprenda más o haga una pregunta
- Registrarse o un equipo
- Informe de millas semanales