

Christ Walk: The Jerusalem Challenge

During the Season of Lent the Cathedral Family will be *taking something up*. The Jerusalem Challenge is a fitness plan with a spiritual heart. You are invited to grow your faith and strengthen your body for the ministry God calls you to in the Church and in the world.

The Jerusalem Challenge begins with inspiration from the book, *Christ Walk* by Anna Fitch Courie. Daughter of an Episcopal priest and graduate of Sewanee's Education for Ministry program, Courie has a passion for making fitness a part of our walk of faithfulness in Christ. Each week we will gather and discuss a topic from *Christ Walk*. The book may be ordered on Amazon or from your local bookseller, but it is not required.

This Lent we will be attempting what Courie calls "The Jerusalem Challenge", exercising the same number of miles Jesus likely walked the last week of his life. Those 88 miles may seem long and hard, but for Jesus it must have seemed like a lifetime as he began the week preaching in the Temple and ended the week crucified on Golgotha.

Our Jerusalem Challenge will mean a daily walk, run, swim, or bike ride of about thirty minutes. We will have a lot more information to share with you about The Jerusalem Challenge at our introductory get-together on the first Wednesday in Lent, March 1, at 6:00 p.m. That evening we will share some training ideas, discuss our goals, walk for half an hour, and close with a brief meditation and the Order for Worship at the Close of the Day, from *The Book of Common Prayer*, and be ready to leave by 7:00 p.m.

At the introductory get-together, those who wish may form small groups by type of exercise or by neighborhood, or you may also choose to follow the challenge solo. A form to help keep track of time spent and miles traveled will be distributed along with other suggestions for the five weeks of our Challenge.

Please speak to Eric+ for more details.