

## More than 12 million steps from here to Jerusalem

### **To the Editor,**

At one time or another we have all heard, or asked, "Are we there yet?"

It comes midway through a long journey that seems to never end. We are tired of travelling, and can hardly wait to reach our destination.

Lent is a 40 day journey to Jerusalem. It parallels Christ's journey of temptation in the wilderness, and Moses' and the Israelite's flight out of Egypt on their way to the Promised Land. For centuries Christians have set aside these days to reflect intentionally on their lives, and to develop certain practices that would cultivate faith, like fasting, or giving to those in need.

I remember one year "fasting" from coffee, and I'm pretty sure my family and friends heard me whining, "How far away is Easter? Are we there yet?"

Whether we have decided to give up coffee, or alcohol or sugar; or whether we choose to add a new discipline like reading the Bible or meditating, Lent is good for us!

The Health and Healing Committee of the Bancroft & Carlow Pastoral Charge of The United Church of Canada takes our physical health seriously and are Walking to Jerusalem this year. We are inviting folks to add exercise to their lives by walking, or doing chair yoga, or playing a sport.

A half hour of any exercise is equal to 5,000 steps and we need 12,300,000 steps to make it from Bancroft to Jerusalem by April 25th, Palm Sunday.

How can you get involved?

You can get a record sheet from the church office and keep track of your steps. You can email or phone in your weekly count by calling 613-332-1900 or emailing [stpaulsunitedchurch@bellnet.ca](mailto:stpaulsunitedchurch@bellnet.ca).

You can join us on Mondays at 6:30 p.m. at North Hastings High School to walk and talk together. This will start Feb. 26.

Of course you can always join us on Sundays for worship when we will be checking the map to see how far we have yet to go. St. Paul's United in Bancroft starts at 9:45 a.m. and Carlow United in Boulter starts at 11:30 a.m.

*Rev. Lynn Watson*