

## **Christian Care Board**

### **Travel to Bethlehem**

Beginning June 1, we are planning this fun activity to encourage exercise for good health. We will be tracking our progress monthly as a group to reach our goal of 6000 miles to Bethlehem by Christmas.

#### **Guidelines for Activity**

- ❖ New participants can start at any time during these months. They would simply start recording their miles along with current participants.
  - ❖ Activity can be any forward-moving activity such as walking, running, biking, treadmill, roller blading, etc.
  - ❖ Activity must be performed at least 20 minutes continuously to count. If walking, one mile at a leisurely pace takes about 20 minutes.
  - ❖ Count miles weekly. You have 2 options to record your miles weekly at church:
    1. There will be binders with logsheets in the narthex of the main sanctuary and in the old school lobby near Kaiser Hall
- Or
2. There will be small slips of paper available for you to complete and put in collection boxes in the narthex of the main sanctuary and in the old school lobby near Kaiser Hall.
- ❖ If you miss recording one or more weeks, just add the miles to the next week you record them.
  - ❖ Logsheets and the slips of paper will be tallied on a monthly basis, and we will report the groups' progress to the congregation. Also, look for the maps posted near the logsheets to show our progress!

**Have Fun & Good Luck!!**

For questions, call Jackie Wangelin 786-1977 or Lillian Schreiber 247-5112.