



The Presbyterian Church in Canada
{ Walk to Bethlehem }

From Grace Presbyterian Church in Calgary, AB

Walk to Bethlehem

Mary and Joseph walked 111 km from Nazareth to Bethlehem.

Explore walking as a spiritual practice this Advent by involving your congregation in the Walk to Bethlehem. Participants receive a booklet that includes a daily meditation and distance log (see attached PDF). This program is most effective if people sign up to participate, if regular updates are given on the distance walked by congregation members and if the image of journey is woven into your worship services.

Here are some directions on the what, why, when, how and who's.

WHAT:

- The Season of Advent is a time of expectation and preparation for the birth of Jesus
- As a spiritual discipline, walk every day during the four weeks of Advent
- Walk alone, or in a team, and make the journey to the manger
- You will have a booklet with a daily meditation and a place to record your distance

WHY:

- Walking is an ancient spiritual practice
- Walking is mentioned 247 times in the Bible and is a metaphor for our life with God
- Set aside Advent in a different way as you prepared for Christmas
- Participate in a church-wide spiritual program that focuses us on our faith journey
- Our faith engages our whole being—body, mind and spirit

WHEN:

- Season of Advent: November 27 – December 24



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HOW:

- Walk alone and count your steps
- Walk as a team and combine your steps
- Walk at the church, or wherever you like when you like
- Use phone apps, Fit Bits or pedometers to calculate distance
- Walk everyday as much as you like, or walk all 111 km

WHO:

- Anyone in the Church Family
- Walk by yourself, as a couple, as a family, with a friend
- Sign up for a team—some might walk a little and others a lot