

OLM Parish Family
Health Ministry Lenten Program
“Walk with Jesus on the Road to Jerusalem”

This year, we invite you to journey with us on the road to Jerusalem - a Lenten journey to improve the health of your body, mind and soul! There are 5,706 miles from Hanover Township to Jerusalem, so we need each and every member of our parish family to assist us on our journey so that we can “arrive” in Jerusalem by Easter.

Lent is a time when we respond to the Lord with greater reflection and commitment. The period of forty days is a time for prayer, fasting and giving. The season begins with ashes and a call to conversion. The call each year is to say “yes” to the call of the Lord to trust in God’s amazing love. The call is never a journey alone, but a sharing in a way of life that believes in a common way of life, the worship of God who is Father, Son and Spirit. The Creed, our communal statement of belief, expresses it all. The Lord’s Prayer invites us into a relationship with God as God’s children. Holy Week is the ‘high holy days’ of the Church. It is a special time to enter into the mystery of our Christian faith, a time when we enter into the life, death and resurrection of Jesus. We do not simply commemorate these events as historical realities, we celebrate them in a way that makes them present to us.

Getting Started on your “Walk to Jerusalem”

1. The official start day is March 5th, First Sunday of Lent. However, if you’re a late starter, you may register and start your walk anytime during Lent.
2. Read the scripture verse suggested. Meditate on this, the questions and the accompanying daily “acts of kindness” or suggestions.
3. Each day we ask you to spend some time either walking, running, cardio exercise, quietly praying or attending Mass/Stations, etc.
4. Make your own “playlist” of suggested songs found on the end page, listen to Star 99.1 or if you have access to SiriusXM Radio tune in to channel 63 - “The Message” (Christian Pop & Rock), 64 Kirk Franklin’s Praise (Gospel), 65 enlig+en (Southern Gospel). During this first week of Lent, I suggest listening to “Footsteps in the Sand” by Johnny Brady, The Road to Jerusalem or Jerusalem My Destiny both by Rory Cooney.
5. Use the “Little Black Book” for daily prayers in addition to the readings.

6. Sign up now or email Lisa.Dempsey@ourladyofmercyparish.com
You can find the information online on our website - www.ourladyofmercyparish.com , click under Lent 2017, then go to the "Walk with Jesus on the Road to Jerusalem".
7. Every week tally your miles and email to Lisa or fill out one of the attached "sandals" and place it in one of the special boxes found at the doors of the church.
(if you are participating as a family/group - EACH person needs to fill out a sandal every week)
8. Earn extra credit miles - follow the chart below to see how your acts/good deeds can add to your daily/weekly miles.
10. Follow our journey as we progress through Lent and Holy Week
(we need to average a total of 951 miles per week)

You are now ready for our Lenten program "Walk with Jesus on the Road to Jerusalem"
Be safe and God Speed. See you in Jerusalem!

Some questions you may have-

1. If I'm unable to walk is there another way I can participate?

Of course! Attending daily Mass, praying alone or spending devotional time with family or friends or any other form of spiritual focus can count as mileage towards our Walk to Jerusalem.

2. Will we see our progress along the way?

Progress of our collective walking efforts toward Jerusalem will be published in the bulletin each week and posted on our web page. There will also be our "sandals" showing our progress and a map showing how far we have progressed.

3. How do we determine prayer time distance equivalence?

Any kind of prayer you choose will be counted as miles. (see the chart)

4. Do you have to be a member of OLM do participate?

NO! Anyone is invited to participate. Invite anyone you would like to join you. (this actually can be a moment of evangelization not just for your family or friend that you choose to invite, but also for you also!)

5. What goals do we hope to accomplish?

Our main goal is to grow spiritually as a family, individual and parish.
Suggestions: pray as a family; learn about a specific Saint or Catholic shrine; Attend: Day of Reflection/Lenten Retreat; Stations of the Cross Fridays 7PM in the Chapel; Do: daily act of charity, patience, random acts of kindness, etc.

Mile Conversion Chart

- 2,000 steps (*you can use a pedometer if you want*) = 10 mile
- 20 minutes of prayer = 10 mile
- 20 minutes of any exercise (*seated or standing*) = 10 mile
(*walking, biking, swimming, Zumba, CrossFit, physical therapy, etc*)
- 9 holes of golf = 20 miles

Extra Credit Miles

- Journey as a family or group = add 25 miles to your weekly tally
- Attend Daily Mass (OLM's 9AM Chapel) = 25 miles
- Join us at our Stations of the Cross on Fri eves 7PM Chapel = add 25 miles
- Come to our Reflections on the Lenten Sunday Gospels = 25 miles
(*every Thursday at 7PM in the Parish Ctr*)
- Do one of the suggested activities = 10 mile for each activity
- Experience our Diocesan "Welcome Home to Healing" = add 25 miles
every Monday of Lent from 7-8:30PM at any church in the Paterson Diocese
(*OLM's is held in the Chapel*)
- Sign up for BestLentEver.com = add 25 miles to your weekly tally
- Commit to making a Lenten Retreat/Mission = add 25 miles that week
- Invite a fallen away relative/neighbor back to Church = add 50 miles
(*miles can be added ONLY if the person attends*)
- Learn about a saint or Catholic shrine = add 25 miles
- Watch a religious movie alone or in a group = add 25 miles
(*add an additional 5 miles if you share what it meant to you*)
- Answer correctly the daily Catholic IQ question = add 1 mile (*don't cheat!*)
- If you attended any Ash Wednesday Mass/Service = 10 mile (*only 1x for each*)
- If you attended our Ash Wednesday Fish Fry = add 10 mile (*only 1x for each*)
- Participate in our "Living Stations" on Good Friday" = add 50 miles

Beginning Prayer

(say individually or in a group aloud or read to yourself)

All: God of goodness and mercy, hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love. May humility guide my efforts to be reconciled with you and live forever in your abundant grace. Transform me this Lent, heavenly Father. Give me the strength to commit myself to grow closer to you each day. Amen.