

HOW TO USE THIS PROGRAM



A pilgrimage is often associated with walking. However, walking may not be practical for every person in St. Peter's congregation. Therefore, steps can be calculated through various physical activities based on the metabolic equivalents of the activity. A conversion chart based on metabolic equivalents of various activities is provided for your use, if needed on this site.

Our goal is to walk to Jerusalem by Easter. If we have great participation, we will try to make the return trip home by Easter.

1. Read through this packet of information to become familiar with the program and the forms for tracking steps toward the pilgrimage.
2. Decide on the activity or activities you will use to track your steps.
3. Print a form for each of the weeks of Lent and follow the recommended activities for each week of Lent.
4. Report your step progress (either by steps or by miles) for each week by Tuesday of the following week in one of the following ways:
 - a. Email or phone your results to Nicole Freeman (nlf5cents@hotmail.com or 719-487-9342)
 - b. Drop your report form (found in Appendix B) in the "box" provided at the Faith Formation Counter located near the north entrance of the church.



Total mileage from all participants will be calculated and results of progress toward Jerusalem will be posted on the St. Peter website at <http://www.petertherock.org/main/parish-news/parish-service-projects/walk-to-jerusalem/> (under the Parish Service Projects tab), as well as on a map in the north entrance area of the church.