**Information and FAQ for *On the Way to Jerusalem***

**Q. How far do I have to walk to qualify?**

A. There is no minimum (and you don’t have to walk). 20 continuous minutes of activity = 1 mile. You can bicycle, join us in praying the Daily Office, push a stroller, take on a new spiritual practice, walk the labyrinth, or attend church.

**Q. What if I miss a week or two?**

A. Contribute your miles whenever you can and they will be added to the current week; individual contributions are not made public.

**Q. What if I can only walk a few days a week?**

A. That’s ok! Every little bit adds up and helps you feel better.

**Q. Where can I turn in my miles?**

A. There will be a container with log sheets, in the narthex (lobby) of the church. You can also bring them by the office M-F 10a-3p

**Q. I do things online. Is there another way to log in?**

A. You can save online at: [On the Way to Jerusalem](https://forms.gle/v1gqwe3cwB8CtyB2A). (You’ll be getting this link in our e-blast).

**Q. What if I can’t get to Saint Anthony on Sunday, or don’t go to church at Saint Anthony? (You don’t have to go to church anywhere to participate with us). ☺**

A. You can log in lots of different ways—we’ll have information on our Facebook where you can join us. Invite your friends— you don’t have to attend church at Saint Anthony to engage, or be a part of, our community.

**Q. What if I can’t do 20 minutes in the beginning?**

A. You can break the 20 minutes into shorter intervals and gradually increase as you are able.

**Q. How will you keep track of the miles walked?**

A. We will tally the numbers during the week and post them on the map in the narthex (lobby) of the church.

**Q. Is there anywhere I can join up for some “motion in motion?”**

A. Yes! There will be daily 1.25 mile walk from Saint Anthony, through Rio Montaña park, during the week—Monday through Friday, at 8am and 3:30p. These walks leave from the patio by the parish hall. There will also be that same walk on Sundays after church, along with an opportunity for a 3-4 mile hike!

**Q. Can I just invite people to join me where I am?**

A. Yes! You’re welcome to post from where you are and let people know where you will be and when. *On the Way to Jerusalem* is intended to be an opportunity for spontaneous fellowship and relationship.

**Q. What if I’m not a walker?**

A. Walk, run, swim, cycle, garden—whatever form your “motion” takes is great! If you experience compromised mobility, any activity counts toward our communal efforts. This is all about wholeness, healing, and a closer relationship to God.

**Q. I just come to church on Sunday and attend a bible study. What do I get for that?**A. Everlasting life—and also @120 minutes (or 6 miles) tally!

**Q. How will I get weekly devotions and motivation tips if I want to receive them?**A. They will be available starting today from our Living Compass materials and at the world map in the narthex (lobby) of the church or on our Facebook page. We have Living Compass resources available at the church and also online.

**Q. So then we do have a *hashtag*, right?**A. Yes! We would ask that you “check in” to Saint Anthony on the Desert when you’re here, and use the *hashtag* **#onthewaytojerusalem2024** on any social networking platforms.