

Nurse Nancy's Network

Please, please, please remember to record your miles where you signed up for the Walk to Jerusalem. If you forget your passport, your miles still count. Record them as it is the only way we will make it to Jerusalem.

Our goal is to be in Jerusalem by Palm Sunday. Please remember that this is a journey for body, mind and spirit. As you go through this week, reflect on our Bible passage from John 8: 12, "Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'"

We are spiritual beings in need of Jesus' light. Meditate on this for a few minutes each day. Writing our thoughts can sometimes help us make new connections in our thinking. What does this passage mean to each of us? Talk about it with others. See what it means to them. This is how we learn, grow and share in the power of the Holy Spirit. Spend time in prayer and Bible reading. Meditation is a great thing to do as we walk and exercise our bodies.

We are working to build a healthy body through exercise. Each of us can do something – adding just a bit more movement to our days and weeks. Our bodies need movement and action. That is the way we were created by God. There is no right or wrong exercise. We each must find the way of moving that works for us. The key is to make it enjoyable so we stick with it. Let's talk with one another about what we are doing. As we share our successes or failures, we will be able to learn new or better ways of adding movement to our lives.

Remember that as we share with each other, we will also be encouraging each other. We will find motivation in our sharing. As we share about our physical journey, let's also share about our spiritual journey. We are part of the body of Christ and as such we build one another in faith through our sharing.

Don't forget to learn more about our world as we continue our journey. I hope we have all learned more about Brentwood and Washington DC in the past couple of weeks. As we see how big our world is, we also see how important it is to share the saving love of Christ as we journey. There are people all over the world who don't know Jesus as their Savior. We can share with family and friends or with neighbors. We can support others around the world who are sharing Christ's love.

That is why we are collecting for the seminary as we journey. Bring some of those items that you read about in the Bible to fill the food tub in the Narthex. Let's help those families that are preparing to take Christ's saving love into the world.

If you haven't gotten started on the Walk to Jerusalem yet, it's not too late. Sign up any time, and don't forget to record your miles. Let's all work together so we will succeed in our journey.

Thought for the week: We must let go of the life we have planned, so as to accept the one that is waiting for us. – Joseph Campbell