



WALK TO BETHLEHEM

A Mind, Body, and Spirit Advent
Journey

December 1 – December 24, 2019

Hello St. Gall! Let's get ready for Advent in a fun and unique way!!! For adults, kids and families!

*Join us for an Advent calendar **challenge** game. We will pretend to join Mary and Joseph on their "Walk to Bethlehem" with the provided calendar every day and map out our progress to Bethlehem from Elburn.*

- Each day you complete a challenge that will earn you 250 miles
- There are options on the calendar, or you can create your own
- You can do one or more each day and complete the journey at your own pace
- Complete the 6,100-mile journey from St. Gall to Bethlehem by December 25
- Get your calendar, passport and handouts in the Narthex or on the Health & Wellness parish web page
- Resources for spiritual enrichment can be found in the bulletin on our web site or the St. Gall YouTube Channel, Formed, Relevant Radio, EWTN and in the St. Gall Library!
- Mark your journey on the banner in the Narthex
- Get your passport stamped each weekend in the Narthex when you come to Mass
- Join the Parishioners of St. Gall Facebook Page
- Post your journey and thoughts on the Facebook Page
- Make this challenge to suit yourself or your family
- Have fun on your journey to Bethlehem!

Join us for the Advent challenge for your mind, body and spirit. The exercises can be whatever you tolerate like walking, seated exercise, running, kid's sports, or even household chores. Eat healthy foods including more vegetables. Make time to pray or do some spiritual reading. Look in the Parish Library! There will be some handouts in the Narthex with resources and suggestions for exercises. Check the Get Moving Facebook page for more ideas, too. There are so many opportunities at St. Gall to grow in grace, too. What can you do each day to feel better and help your relationship with God grow? The most important thing is to make this challenge fun for you and your family. Don't get discouraged with any of the activities. God Bless and have a fun journey to Bethlehem. Let me know if you have any questions or concerns, Jennifer Thiel



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