



## Join St. Andrew's Parish as we "Walk to Bethlehem" during Advent

Faith Community Nurse Program

- Who: parishioners, SAA students & families
- What: parish wellness project this Advent
- Where: you choose where to walk *in prayer*
  - 20 minutes of *prayerful* activity = 1 mile
- When: 11/29/2015 – 12/24/2015
- Why: miles are tallied weekly & where we end up on our journey is posted on a map (see other side)
- How: email miles or enter miles online on St. Andrew's Health Ministry webpage or use tracking sheet (other side) then drop in envelope on the Health Ministry bulletin board / class envelope
- Contact: [lsejism1@gmail.com](mailto:lsejism1@gmail.com) or 240-505-2018

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**Walk to Bethlehem 2015** **St. Andrew Apostle**

Name: \_\_\_\_\_ Parish Group: \_\_\_\_\_

Day	11/29-12/5	12/6-12/14	12/15-12/21	12/22-12/24
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Comments: \_\_\_\_\_  
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