

The Year of St. Joseph Walking Challenge

Each of us is aware of how our last year has gone. We know that movement helps our emotional, cognitive, physical, spiritual, in fact, it can keep us on the upbeat side of life. Studies indicate that a 10 minute daily walk can boost our brain chemistry. So if you are physically able and only if you are medically cleared (medically safe to do so) join us as we are inviting families to consider doing a more physical form of devotion in honor of the physical labors of St. Joseph and what he did for the safety of the Holy Family.

From last month, we can recall the account in the scriptures of Joseph and Mary traveling the approximate 90 mile journey from Nazareth to Bethlehem where the Divine Child was to be born. This month the scriptures recount the journey from Bethlehem to Egypt which was approximately was 40 miles to the borders. But the Holy Family is said to have traveled deeper into Egypt on the outskirts of Cairo totaling near 260 miles.

The Holy Family is said to have lived in Egypt for at least 3 years until the death of Herod and Joseph's dream that it was safe to return to Israel and their home in Nazareth about 301 miles away. The distances are all guesstimates as no one quite knows the exact route the Holy Family travelled.

So if you were keeping track

- Nazareth to Bethlehem – 90 miles
- Bethlehem to Egypt – 40 miles
- Border to Cairo – 260 miles
- Cairo to Nazareth – 301 miles

Totaling 691 miles over the course of 3 to 5 years (approximately)

Biblical references of the journey

- Matthew 2:13
- Matthew 2:16
- Hosea 11:1
- Matthew 2:22-23
- Luke 2:39-40

So this year, let us see how far we can walk with St. Joseph! Each day commit yourself to counting your steps (and hopefully you are able to convert those to miles).

Every day that you can, commit yourself to praying with St. Joseph while you walk or step.

- Pray the Our Father
- Pray the Litany to St. Joseph
- Pray the Rosary
- Pray for the needs or intentions of others especially the Holy Father and all Clergy
- Pray for the needs of fathers

Use the chart to mark your progress and check in regularly with us as we will track all of our efforts. There is a tab for each month January-December and a Monthly Tab at the end. Each

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day you can enter the amount you walked that day and it will add it up for you. At the end of each month you can add your totals to the final Monthly page and see how much you've walked compared to the Holy Family. If you have any questions reach out to us at any time, if you are able send us your monthly form and we will add your numbers to our Parish monthly totals, faithformationtohc@gmail.com or (412) 882-5023.