



*You're invited to a "Jerusalem Walk"  
this Lenten Season....*

Dear St. Paul Members and Friends,

On Ash Wednesday, February 17, another Lenten season begins. We will gather for 7 p.m. worship that night both onsite and online. In the following weeks, starting next Sunday, we will be observing the Lenten season leading up all the way to Holy Week and Easter.

However, in lieu of customary Wednesday mid-week services and Bible Study, a series of "Jerusalem Walk" devotionals will be emailed to you twice-weekly on Wednesdays and Sundays. Each "Faith & Fitness" devotional not only includes a reading from the Gospel of Matthew telling the story of Jesus' ministry but also a Lenten prayer. At the bottom of each one-page devotional is also a suggested activity intended to help you wholistically embrace the Lenten season so that it might be a time of spiritual growth and personal renewal for you.

As Christians we all know how our spiritual well-being is often connected to our emotional and physical health. To further help you stay active and positively focused in these months when we are more home-bound and home-centered than ever because of the COVID-19 pandemic, our St. Paul health ministry will also be sending information about how to creatively remain physically active. As encouragement and incentive, there will once again be an opportunity through our church web site to confidentially post and track for your own benefit your progress in walking or pursuing other physical exercise.

In his own ministry Jesus walked at least 618 miles for us and sailed another eight miles or so. In the Lenten season ahead, we hope that you'll walk with him, taking those steps so important for your own spiritual, emotional, and physical well-being. God bless us all in the Lenten journey ahead!

*Your St. Paul Lenten "Faith and Fitness" Team*

**Pastor Geoffrey Drutchas**

**Pastor Cheryl Schalm**

**Kathy Williams, R.N.**

**Michele McNeely**

**Tim Ruffner**

**Dee Salsbury**

**Gary Peters**

**Barbara Schultz**

**Dan Case**