

Joy in the Journey Walking Challenge

Complete this congregational walking challenge and celebrate the work LSC does to bring joy to the journey of nearly 4,000 older adults and caregivers across North Carolina. This is also a wonderful time to reflect on the joys and blessings within your own life.

WALK

Congregations are invited to participate in the Joy in the Journey Walking Challenge by collectively walking 324 miles. This number represents the area in miles between LSC senior living communities, Trinity View in Arden and Trinity Grove in Wilmington. See map below for additional locations of LSC communities and programs you can find along your journey.

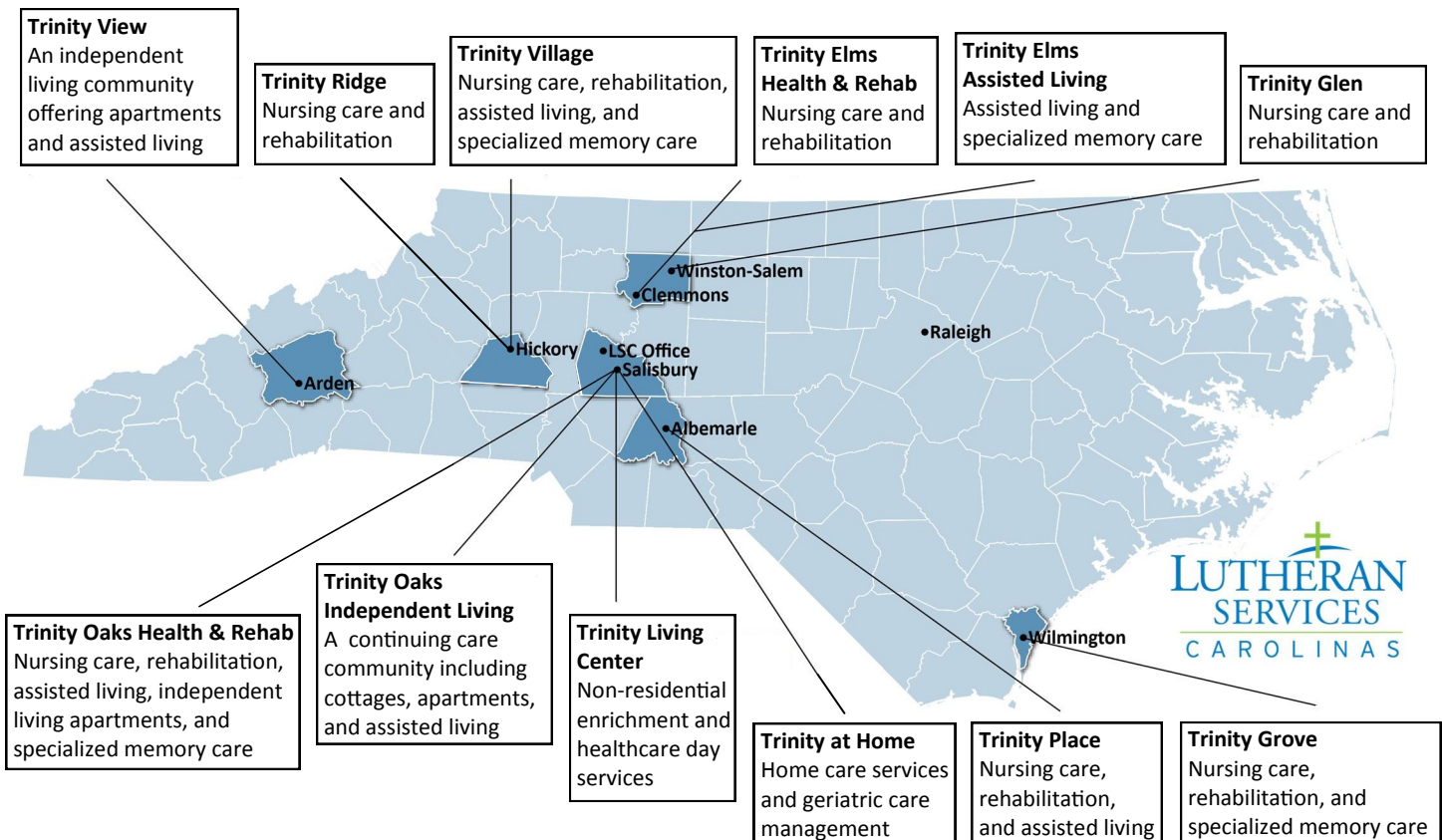
Participants can walk individually or plan a time to walk together to meet, or exceed, the 324 mile goal. This is a great way to encourage exercise, enjoy the spring weather, and build community between people of all ages within your congregation. Each person who walks can contribute his or her miles to the overall congregational total.

SHARE

Encourage participants to take pictures as they walk and share these with LSC. On Facebook, tag Lutheran Services Carolinas in the post to show that you are participating in the walking challenge.

PARTNER

At the end of the challenge, announce the total miles walked by your congregation. Celebrate the effort each person made to contribute to this goal. You can also use this time to lift up the LSC ministry. Consider ending your walking challenge by completing a tour or service project at your local LSC program. You could also invite a speaker to visit your church to share more on the work of LSC.



For more information on LSC Senior Services Sunday or the walking challenge, please contact Ellen Watts at 704-603-1696 or ewatts@LSCarolinas.net.