

WRAP

Here are the **steps**:

- **Identify** a personal walking goal (ie: 2 miles a week for 3 weeks in the park). If you cannot get outside, look for a virtual walk online. Some suggested routes are provided at ____.
- **Determine** what you will reflect on and pray about (scripture, song, reading). Reflection is taking time to think about a topic with the intent of learning or taking action. A few resources for this can be found at ____.
- **Record** your experience (some notes, a journal, take a selfie during the walk).
- **Email** outreach at ____ to complete the process. Identify the goal completed, some thoughts on the process, or a selfie.

Your email will also qualify for one \$40 donation to your choice of Care for Real or Sarah's Circle.

Resources

Route Suggestions

- Lakefront Walks
- Graceland and Rosehill Cemetery Walks
- City online walks (do a google search using "city name" virtual walk to find options)
- Chicago Botanic Garden Walk <https://www.chicagobotanic.org>
- Skokie Sculpture Park Walk <https://sculpturepark.org>

Stations of the Cross video with music

Daily Prayer <https://prayer.forwardmovement.org>

Pray as you go (website and smart phone app) <https://pray-as-you-go.org>

Our daily bread (website and smart phone app) <https://odb.org>