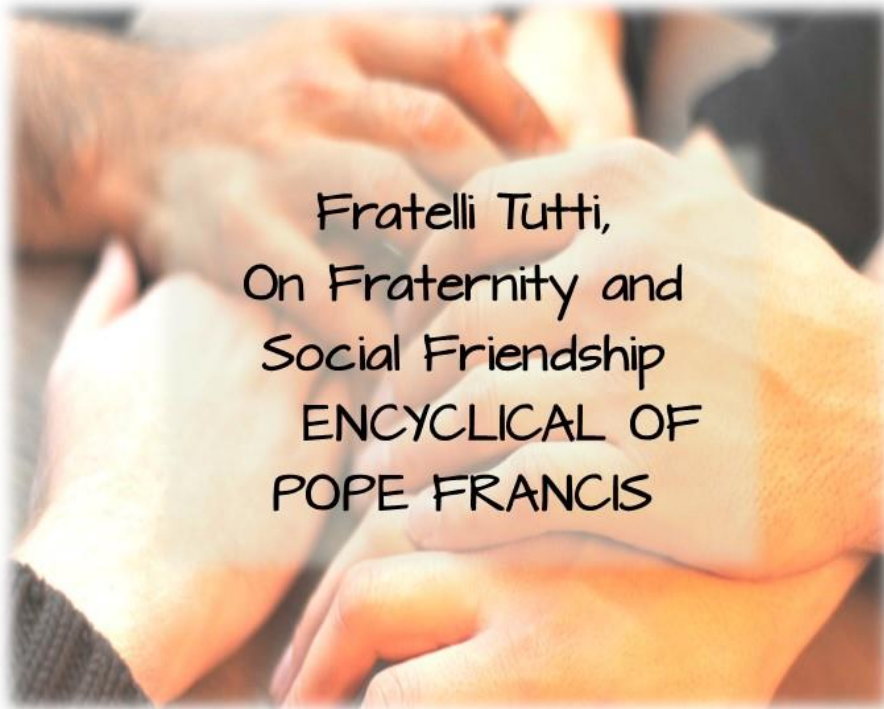


**Beloved, Let us Love
One Another: 1 Jn 4:7
Walking with the
Dignity of the Human Person**



**Sunday, May 26
through
Saturday, August 31**

**Beloved, Let Us Love One Another (1 Jn 4:7):
Walking with the Dignity of the Human Person**

During one session of a parish bible study, it was noted, in both personal experience and in local and worldwide newscasts, that our human family seems to be becoming more selfish and divided, more hateful and fearful. How can we, as loving and hopeful people, help reverse this trend? Prayer, Scripture, reading other sources, and acting with love are part of the solution. While the Catechism gives much on which to reflect about human dignity, this walk will reflect on excerpts from Pope Francis' encyclical on Fraternity and Social Friendship, *Fratelli Tutti*, published in October 2020. The walk continues, reflecting on the declaration "Dignitas Infinita" on human dignity, released on April 2, 2024.

Each week, reflections will highlight a person somewhere in the world who shows how they felt personally called to honor and aid a group in a loving way. And "walking" from place to place is how the miles for this year will be tabulated. The actual walk from Clinton and back will cover 28,305.2 miles! No one team or all this year's teams will "walk" this far, but we can all contribute a few or many miles to make the world a more loving environment. So, get a team together and join the group! You can also call the Parish Office to join a team and meet new parish members. That adds to the fun!

A conversion sheet for counting physical miles is on the following page of this booklet. Examples of spiritual exercise are: each Mass (including virtual Mass) = 3 miles; 20 minutes of bible reading or prayer in any form e.g. rosary, chaplet, spiritual reading = 1 mile. To go with the theme, this year, you may add 2 miles for each day you do some action to promote human dignity.

As some of us are more physically challenged than others, miles can be from the spiritual exercise column or the bonus miles. Likewise, some are more spiritually challenged and will use only the physical exercise column. The purpose of this challenge, however, is to try to become well-rounded and to accumulate some miles in both columns. Don't forget the miles obtained by eating healthily the five (5) servings of fruit and vegetables daily. Have a great pilgrimage!

Conversion Chart

Running/Walking: report actual miles or 1 mile = 15 minutes of brisk walking or 20 minutes of leisure walking

Stair climber, elliptical machine, Nordic track ski machine, or the like = actual miles as reported by the machine

Biking: 2:1 ratio - report 1 mile for every 2 miles biked

½ mile for 30 minutes of light-intensity activity

Gardening, vacuuming, golfing with cart, badminton, etc.

1 mile for 15 minutes of moderate activity

recreational swimming, jumping on trampoline, dancing, raking leaves, golfing & carrying clubs, tennis doubles, paddle boating, shooting baskets, pushing a lawn mower, etc.

2 miles for 15 minutes of vigorous activity

Swimming of steady paced laps, jumping rope, step aerobics, basketball game, tennis singles, football games, pushing a tiller, soccer, etc.

The activity grouping may change depending on your physical stamina, but you get the idea. You are the judge!

Week 1: May 26 -June 1 – Clinton, Iowa

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

1/2 mile for each: Is 40:31; 1 Jn 4:16-21; Rom 8:24=25; Rom 15:13

1 mile for reading each of these paragraphs of Fratelli Tutti:

Intro: paragraphs 2, 4, 8; chapter 1: 31, 41, 50, 56

3 miles for reflecting on, in your experience, how are human persons being treated with dignity (or not)? Is POP working in any way to promote that dignity?

2 miles for reflecting on ways you have responded with love for one another?

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 1: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 2: June 2-8 – Clinton, Iowa to Assisi, Italy (4863 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____ miles	_____ miles
Monday	_____ miles	_____ miles
Tuesday	_____ miles	_____ miles
Wednesday	_____ miles	_____ miles
Thursday	_____ miles	_____ miles
Friday	_____ miles	_____ miles
Saturday	_____ miles	_____ miles
Total Miles	_____	

2 miles for learning about St Francis and his meeting with Sultan Malik-el-Kamil

1 mile for reading about the Good Samaritan in Lk 10:25-37

10 miles for meditating on the reflection of this parable, paragraphs 63-86

1/2 mile for each: Gen 4:9; Levit 19:18; Sir 18:13; Mt 7:12; 1 Thess 3:12; 3 Jn 5

1 mile for each paragraph in chapter 2: 66, 77, 81

2 miles for learning about Assisi, Italy

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 2: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 3: June 9-15 - Assisi, Italy to Istanbul, Turkey (1307.4 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____ miles	_____ miles
Monday	_____ miles	_____ miles
Tuesday	_____ miles	_____ miles
Wednesday	_____ miles	_____ miles
Thursday	_____ miles	_____ miles
Friday	_____ miles	_____ miles
Saturday	_____ miles	_____ miles
Total Miles	_____	

2 miles for learning about Vladimir Ghicka's life and his call to serve humanity

1 mile for each: 1 Cor 13:1-13; Mt 5:43-48; Mt 22:36-40

1 mile for each paragraph in Fratelli Tutti: 107, 113, 127 (Chapter 3);

129, 134, 144 (chapter 4); 162, 165-166, 177, 187 (chapter 5)

2 miles for learning about Istanbul, Turkey

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 3: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 4: June 16-22 - Istanbul, Turkey to Steeg, Austria (1248.3 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for learning about Anna Dengel’s life and call to serve humanity

1 mile for each: Gal 5:13-15, 22-26; Mt 18:22-35

½ mile for each: Jn 17:21-23; 1 Cor 12-13

1 mile for each paragraph: 203, 206, 216 (chapter 6);

226, 233, 242, 255 (chapter 7); 274, 276,277 (chapter 8)

2 miles for learning about Steeg, Austria

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 4: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 5: June 23-29 – Steeg, Austria to Milan, Italy (221.1 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

1 mile for learning about St Benedict Menni’s life and call to serve humanity

1 mile for each: Mt 5:3-12; Lk 6:20-26

3 miles for reading the Presentation of Dignitas Infinita

2 miles for learning about Milan, Italy

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

**Week 5: Please report your name and the grand total of miles to the Parish Office,
563-242-3311 or to clintonjcpopdre@diodav.org**

Week 6: June 30 - July 6 – Milan, Italy to Lucca, Italy (175.2 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for learning about St Zita’s life and call to serve humanity

1 mile for each: Gen 1:26-31; Eph 1:3-14

5 miles for reading the Introduction of Dignitas Infinita, paragraphs 1-9

2 miles for learning about Lucca, Italy

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

**Week 6: Please report your name and the grand total of miles to the Parish Office,
563-242-3311 or to clintonjcpopdre@diodav.org**

Week 7: July 7-13 – Lucca, Italy to Caliure, France (534 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for learning about Jean Goss' life and call to serve humanity

1/2 mile for each: Ex 7-10; Mt 18:10-14 Rom 13:10-14; 1 mile for Eph 2:4-10

5 miles for reading Dignitas Infinita, chapter 1, paragraphs 10-16

2 miles for learning about Caliure, France

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

**Week 7: Please report your name and the grand total of miles to the Parish Office,
563-242-3311 or to clintonjcpopdre@diodav.org**

Week 8: July 14-20 - Caluire, France to Viseu, Portugal (908.2 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for learning about Aristides de Sousa Mendes' life and call to serve

1/2 mile for each: Is 58:6-7; 1 Jn 3:16-18; 1 mile for each: Col 3:12-17; Heb 13:1-6

5 miles for reading Dignitas Infinita, chapter 2, paragraphs 17-22

2 miles for learning about Viseu, Portugal

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 8: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 9: July 21-27 - Viseu, Portugal to Nagasaki, Japan (6690.9 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for learning about Takashi Nagai's life and call to serve humanity

1 mile for each: Mk 10:46-52; Lk 16:19-31; Acts 3: 1-10

5 miles for reading Dignitas Infinita, chapter 3, paragraphs 23-32

2 miles for learning about Nagasaki, Japan

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 9: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 10: July 28 - August 3 – Nagasaki, Japan to Negros, Philippines (1917.7 mi)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for learning about Niall O’Brien’s life and call to serve humanity

1/2 mile for each: Amos 2:6-7, 4:1, 5:11-12; Is 10:1-2; Ps 82:3-4

1 mile for Lk 6:27-36

5 miles for reading Dignitas Infinita, chapter 4A, paragraphs 33-39

2 miles for learning about Negros, Philippines

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 10: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 11: August 4-10 – Negros, Philippines to Honolulu, Hawaii (5306 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for learning about Queen Emma and her call to serve humanity

1/2 mile for each: Levit 19:33-34; Deut 10:19; Ezek 47:21-23; Jn 13:34-35;

1 Jn 3:1-3 and 1 mile for Jn 10:11-18

2 miles for remembering/looking up the spiritual works of mercy

5 miles for reading Dignitas Infinita, chapter 4B, paragraphs 40-46

2 miles for learning about Honolulu, Hawaii

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 11: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 12: August 11-17 – Honolulu, Hawaii to Milwaukee, Wisconsin (4236 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for learning about Larry Rosebaugh’s life and call to serve humanity

1 mile for each: Jn 11:25-26; Jn 15:1-17

2 miles for remembering/looking up the corporal works of mercy

5 miles for reading Dignitas Infinita, chapter 4C, paragraphs 47-54

2 miles for learning about Milwaukee, Wisconsin

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 12: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 13: August 18-24 – Milwaukee, Wisconsin to Akron, Ohio (390 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for learning about Ignatia Gavin’s life and call to serve humanity

1 mile for each: Ex 3:11-14; Jn 14:6, 12-15; Acts 3: 13-22

5 miles for reading Dignitas Infinita, chapter 4D, paragraphs 55-62

2 miles for learning about Akron, Ohio

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 13: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org

Week 14: August 25-31 - Akron, Ohio to Clinton, Iowa (507.4 miles)

Day of the Week	Physical Exercise	Spiritual Exercise
Sunday	_____miles	_____miles
Monday	_____miles	_____miles
Tuesday	_____miles	_____miles
Wednesday	_____miles	_____miles
Thursday	_____miles	_____miles
Friday	_____miles	_____miles
Saturday	_____miles	_____miles
Total Miles	_____	

2 miles for reflecting on how you have grown spiritually this summer

2 miles for picking out one additional way you feel called to serve humanity

3 miles for reflecting on Mt 25:31-46

3 miles for reading the Conclusion of Dignitas Infinita, paragraphs 63-66

3 miles for reflecting on any issues you still need to contemplate

Bonus Miles _____

Add 1 mile for each day eating 5 servings or more

Fruits and Veggies _____

GRAND TOTAL _____

Week 14: Please report your name and the grand total of miles to the Parish Office, 563-242-3311 or to clintonjcpopdre@diodav.org