

Put a Little Spring in Your Step

Spring is starting to return and as we prepare for our AGM meeting, this is a great time to connect with other pastoral care workers and parish nurses in your area to organize a walk in support of CAPNM!

Our Annual General Meeting will be in June this year as a virtual event. What better time to organize your walk in the Lenten season or around the timing of this virtual meeting. This fundraising activity is low cost, fosters a sense of community through supporting a chosen charitable cause, and encourages a way to connect and have fun!



It can be as simple as forming your walking team, collecting sponsorships and celebrating the time you spend together. If you choose, it could become a larger community fundraising event where participants receive prizes donated for completing a walk over a set course in support of this charitable cause.

Step-by step guide

1. **Create a plan:** you'll need to settle on a route, distance, date and location.
2. **Start your fundraising:** Let our administrative coordinator know the plans for your walk. Tell us the basics of where you live, what is your plan for your walk and your permission to share this with the broader membership in case others wish to join you. A sponsorship form will be available on the CAPNM website under the resource tab, along with these instructions.
3. **Spread the word:** Tell Friends, family, fellow parish nurses and workplace peers about the event. If you are making this a broader community walking challenge, post the information in a variety of community locations including social media sites.
4. **Create teams or come together as one team to support CAPNM**
5. **Reach out for sponsorship if you choose-** Sponsors may also be willing to help fund activities that will make the event more fun.
6. **Have Fun!**
7. **Send an email to our CAPNM Coordinator** - let us know what you did in your community and we will share as part of our quarterly newsletter.

Optional Ways to Create Fun as part of your walking experience

Prayer Walk - A prayer walk is a spiritual practice where one walks while praying to connect with God and seek guidance, protection, and blessings. It can be done alone or in a group, and anywhere, such as in a neighborhood, park, or busy street.

Walk to Jerusalem – Gather together a group who wishes to add their steps counts together each week in the weeks leading up to Easter, and using a map to track how far the group travels towards the destination of Jerusalem. This is a great Lenten activity that can be combined with prayer and meditation, while raising funds for goals achieved toward our organization.

Dog Walks - We all know how much dogs love a walk, so why not add some extra fun to your charity walk by encouraging participants to bring their four-legged friends?

Kid- Friendly Walks-Charity Walk ideas should always be fun and light-hearted, and what better way to create this atmosphere than by making your event kid-friendly? Many of your supporters will likely have children, so including them will make sure that you attract as many participants as possible.

Walking to support Parish Nursing in Canada!

Funds raised from individual or group walking event can be sent by e-transfer to capnmsecretary@gmail.com