

Follow the road to Emmaus

This Easter season, **ELCA rostered leaders are invited** to begin anew by following the road to Emmaus.

About four years ago, the ELCA Board of Pensions unveiled a campaign to keep the ELCA health plan affordable by promoting good health practices and wellness among the ELCA's rostered leaders and other members of the plan. This year, during the seven weeks of Easter, the Board of Pensions is promoting a new aspect of that "Healthy Leaders Enhance Lives" campaign.

"The Road to Emmaus" uses the story found in Luke 24:13-49 as a basis for a "multidimensional journey that encompasses all aspects of well-being," board spokesperson Ruth Torphy said. "During the seven weeks of Easter, make time to walk and assess your own physical, emotional, intellectual, social, spiritual and vocational well-being. Then select an area in which you feel in most need of balance and set a goal to take you on your wellness journey....Follow the road to Emmaus - invite Jesus to walk with you and live as a new creation in Christ."

A selection of materials is available on the Board of Pensions website, elcabop.org. Look for the link in the bottom left green section, "Follow the road to Emmaus." You may download and print a 12-page toolkit which contains background materials as well as an outline for each of the seven weeks.

**An
invitation
for ELCA
rostered
leaders**



**Healthy Leaders
Enhance Lives**