

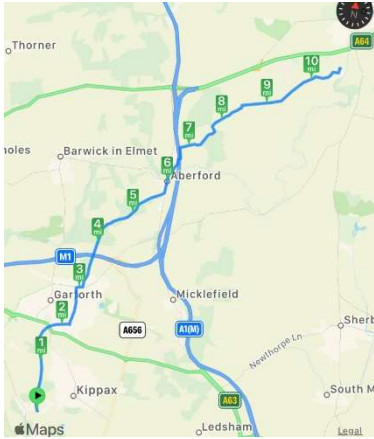
Hope you are all keeping well? This week Sonia has been added to the tracker so you can see her progress on her epic virtual pilgrimage to Santiago de Compostela. She started on the 13th of September and since then has clocked up a staggering 585 miles in 6 weeks, only another 98 miles to go!

Such an effort needs our support and you can add your support on the sponsor form at the back of the church.

As to our much smaller walk, on a sunny Wednesday morning Bobby and his handler set off where we had left off last week in Great Preston. Our original target was Aberford but with such a beautiful and fresh day we pushed on to Stutton just south of Tadcaster. However the last couple of miles turned dull and wet and we suffered a heavy downpour before being picked up.

Even then nature gives us a smile, late afternoon sun and steaming man and dog witnessed a beautiful rainbow confirming God's everlasting covenant.





So, stage 2 done, another 10.7 miles and used 1226 calories according to my mobile app. Another 5 guilt free snickers, and a couple of extra Bonios for Bobby.

So, keep those feet going and keep us updated on your progress. There is a box in church you can drop any updates into next to the sponsor forms.