

Cycling Trip, review
May 26, 2009



Well, I (Josh) am back in Madrid. I needed about a week to recuperate from tendonitis on my right knee. I had to visit a clinic on route. The doctor prescribed some medicine, which has helped with my recovery. "I think I just needed some sleep and rest". It was difficult to get access to internet on the cycling trip. So, I would

like to give you an update on the trip. Our trip covered over 800 km in nine days. We were impressed by the beautiful cities and sites along the way. We met many pilgrims on the same journey. One of our goals was to take time to reflect we are in our lives, spiritually. With this in mind, we ended every evening with a bible study on the book of James. After about thirty minutes of group dialogue, the men broke of in pairs to discuss how the lesson affects them personally, and pray for one another.

I would have to say this was an incredible journey. Both physically and spiritually! Many of the participants shared how wonderful this trip was for them and would enjoy doing it again. Well, that has been the consensus.



If you would have liked to join us, but the timing was not right, don't worry, we will be planning another trip next year! Don't miss it. I will be uploading a video in the next couple of weeks for your enjoyment.!!!