Congratulations on starting the first week of the 54 Miles / 30 Days Challenge with My54! We know 54 miles is no small feat, so we’re here to keep you motivated and continually inspire you to move forward in your intentional journey.

Each week we’ll be sharing questions to think about, actions to do, and songs to listen to based on our weekly theme. This week’s theme is: What’s your 54? We hope these prompts help fuel you in your commitment to the challenge!

John Lewis and C.T. Vivian helped organize the world-changing Selma-to-Montgomery march to fight for voting rights of Blacks in Alabama, the South, and around the country, eventually spurring the passage of the 1965 Voting Rights Act. That was so important to them that they convinced thousands to walk 54 miles through rural Alabama, in the teeth of those who had already proven that they would do them harm. Your 54 may also be voting rights, but it may be something completely different as well - perhaps it’s hunger, or police brutality, or antisemitism. **This week we will use our time walking to explore what’s important to you, and by the end of this week, you should have that answer, and the inspiration to start learning how to engage and effect change in your community.**

Goals

***Honor*** Congressman John Lewis, Reverend C.T. Vivian, and their impact on the civil rights movement, Atlanta, and America

***Educate*** participants about the civil rights movement and the inspiring lives of Lewis & Vivian

***Build*** a coalition of community-oriented organizations and individuals, bridging the gap of race, religion, ethnicity, political ideology, and other differences

***Encourage*** physical exercise and personal connection during the pandemic with a “socially virtual and individually physical” activity - praying with your feet

***Drive*** people to explore and act on issues that are important to them

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