

St. Bernard of Montjoux

is the patron saint of alpinists, climbers, backpackers, and skiers.

His memorial day is May 28.

As Adventurous Catholics we enjoy fellowship sharing our faith journey while exploring God's creation. He sets a fascinating table to capture our attention inviting us to a deeper relationship with Jesus.

Outings At A Glance

This Month

- † Local Hike (2.6 mi)
- † Ladies of Charity
- † Stations of the Cross

Lent calls for increased prayer, fasting and almsgiving so we'll dial back the physical activity a bit.

Limiting our outdoor activity to a moderately-easy Sunday afternoon hike will leave time to participate in an opportunity to help The Ladies of Charity as well as praying the Stations of the Cross on Fridays.

Visit Our New Web Site!!

AdventurousCatholics.com

Currently the web site gathers together a number of useful Catholic and outdoor resources.

- Scroll down the home page to find links to
 - The daily readings via USCCB web site
 - Saint of the day on Franciscan Media site
- The Holy Rosary with awesome reflections courtesy of The Catholic Faith channel on YouTube

Weekly

- † Mondays - Riverwalk (90 minute)
- † Tuesdays - Feed the Homeless
- † Fridays - Raccoon Mtn Hike (2 hour)

Be sure to explore both the Catholic and Outdoor tabs of the Resources menu

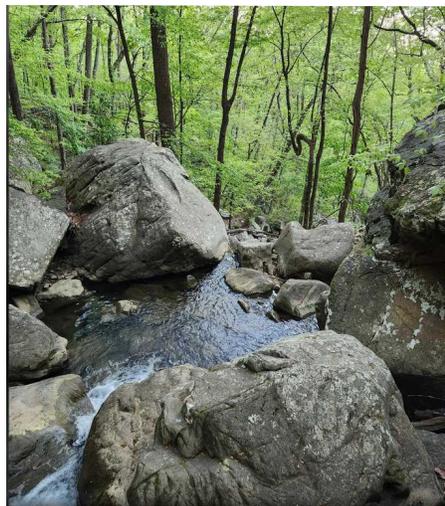
Eventually the site will be home to a calendar plus descriptions of upcoming (Downrange) and past (Rearview) activities

Disclaimer - Be Sure To Read

Glenn Falls via St. Elmo Trail - 2.6 mile Local Hike

Sunday March 8th @ 1pm

There's a local gem right here on Lookout Mountain that boasts an amazing waterfall at the end. The trail is an out-and-back 1.3 miles each way for a total of 2.6 miles. The 587' gain is just enough to put it into the moderate category and give us a little work out. The trail is well marked and suitable for children. Dogs are allowed as long as they are on a leash. We'll start at the palyground parking lot in St. Elmo which has bathrooms. I expect 2 hours will be sufficient to do this with a stop at the top to enjoy the falls.



**If interested, email
AdventurousCatholics@gmail.com to get on the
list for notifications of cancellation, changes, etc.**

[Click here for Google Map to meeting spot](#)

[Click here for details on AllTrails site](#)

The Ladies of Charity Chattanooga

The Ladies of Charity thrift store in Chattanooga is part of a long standing charity organization that provides assistance to individuals and families in need, primarily focusing on emergency services, including food, clothing, and financial aid. Volunteering at their store amounts to sorting, tagging displaying donations of clothing and other goods. They can always use an extra hand so why not give two or three hours of your time to help them.

The link below will bring up a schedule wher you can VIEW available time slots on Thursdays, Fridays and Saturdays throughout Lent.

[Click HERE to VIEW the schedule](#)

To volunteer Email:

AdventurousCatholics@gmail.com

with the Dates/Times you wish to volunteer to be added to the schedule

[Click here for more details about the Ladies of Charity Chattanooga.](#)

River Walk - 90 min urban hike

Every Monday at 8am

Start the week off with a brisk walk along the Tennessee river. We are blessed to have such a wonderful resource at our doorstep!

Meet us at the Amnicola Trailhead - Lost Mound Trail Head of the Tennessee Riverwalk Park.

Total time should be just under two hours depending on how long we spend at the midpoint restrooms.

**If interested, email
AdventurousCatholics@gmail.com to get on
the list for notifications of cancellation,
changes, etc.**



[Riverwalk Website](#)

[Google Map of meeting spot](#)

Raccoon Mtn - 2 Hour Woodland Path Conditioning Hike

Every Friday at 8am

Experience a bright morning in the woods at one of our local gems.

This moderate wooded path hike is a double loop with the start/end point in the middle. The first loop is 2.3 miles and the second is 3.1 for a total of 5.4 miles.

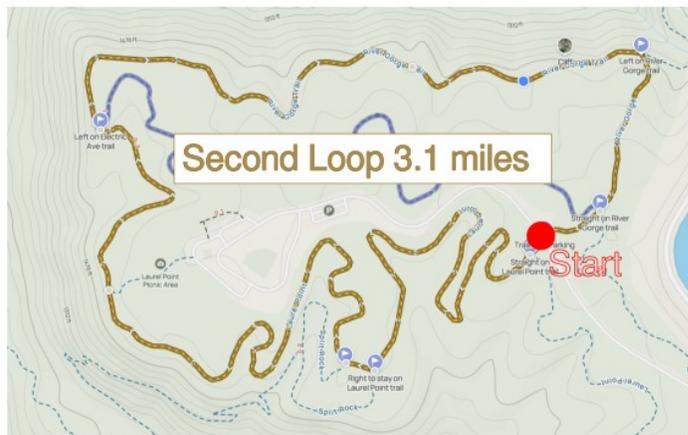
Each loop consists of a clearly marked path over several modest elevation fluctuations for a cumulative gain of 446'.

Join us for one or both loops depending on what your time and ability allow.

Total time for both loops is approximately two hours.

Please be aware the only available bathroom is a single porta-poti (not for the faint of heart) since the restrooms are closed for the season.

**If interested, email
AdventurousCatholics@gmail.com to get on
the list for notifications of cancellation,
changes, etc.**



[Google Map of meeting spot](#)

Feed the Homeless @ ChattFoundation

Every Tuesday at 3:15pm

As adventurous Catholics here's an opportunity to participate in corporal works of mercy and stretch ourselves beyond our comfort level! The Chatt Foundation has been serving the homeless and most vulnerable of our community for over 40 years. Started as the Chattanooga Community Kitchen they have fed hundreds of thousands of the hungry and over time they have added numerous other services.

Take 90 minutes out of your afternoon to volunteer as part of our small team of five providing needed resource to plate dinners at the cafeteria. No



experience is necessary, if you can put food on a plate you're good to go. The foundation staff takes care of cooking, handing out the trays and managing the homeless individuals. You will need to read and sign a waiver with the ChattFoundation prior to participating.



The foundation requires a waiver before participating!

so

email AdventurousCatholics@gmail.com for details

[Click here for details about the Chatt Foundation](#)

Stations of the Cross

Friday's during Lent @ 5:30pm

The Basilica of Sts Peter and Paul

214 E 8th St, Chattanooga, TN 37402

Let's gather together to pray the Stations of the Cross this Lent

DISCLAIMER

BE SURE TO READ AND ACCEPT BEFORE YOU RSVP OR ATTEND ANY EVENT

You acknowledge that some element of risk is associated with every outdoor activity. Risks may be, but are not limited to, physical injuries such as abrasions, lacerations, broken bones, blindness or death. You should be in appropriate physical condition for the activity in which you plan to participate, consult your doctor or medical professional with any questions you have regarding your ability to participate.

WHEN YOU RSVP AND / OR ATTEND ANY EVENT, YOU WAIVE ALL RIGHTS TO MAKE ANY LEGAL CLAIM AGAINST this group's organizers, the "Adventurous Catholics" group, the "Forever Young Catholic" group, the Basilica of Saints Peter and Paul of Chattanooga, it's officer's or staff or that of the Roman Catholic Diocese of Knoxville TN for any injury or misfortune that occurs related to participation in this event and any activity related to it.

By joining this group and attending this event, you are demonstrating that you understand that **YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY AS WELL AS THE SAFETY OF CHILDREN, PETS OR ANYONE ELSE THAT ACCOMPANIES YOU AND HAVE MADE THEM AWARE OF THE RISKS INVOLVED.**

You further understand that the organizers are not professional guides and **ALL OUTINGS ARE AT YOUR OWN RISK.**

Should you decide to break away from the group for any reason you understand that **YOU ARE RESPONSIBLE FOR YOUR OWN SAFE RETURN.**