



MOVE WITH



September 7-13 Week of Activity

The Ignatian Volunteer Corps regions of Washington DC/Metro MD/Northern Virginia are excited to announce the inaugural **Move with IVC!** to promote a week of physical and spiritual activity and awareness-raising; September 7th – September 13th. In commemoration of our 25th anniversary, we invite you to join us on our journey.

You choose the movement that motivates you! Anything with 25 units: walk 2.5 kilometers... make 25 meatballs... bike 2.5 miles... swim 25 laps... meditate 25 minutes. Move your body, move your soul! Fr. Jim Conroy, S.J. established this great tradition of moving for IVC by dedicating his marathons to raise funds as the co-founder of IVC. Continue this tradition and **Move with IVC!**

Who's Involved? Everyone! Move on your own or move in groups. Again - you choose what, and what timing, is best for you! Encourage friends and family members to register themselves and/or donate in support of your efforts.

Funding & Where Funds Go: Suggested registration is \$25. Supporters can pledge any amount to support your activity. All proceeds go to support our local IVC regions of Washington, DC/Metro MD and Northern Virginia where we have over 75 Service Corps Members serving at over 40 organizations.

How to Register: Click [MOVE WITH IVC!](#) to register and to donate. Please share the link with others who pledge to support your movement, or who you think will join us. Contact Mike Mothes at mmothes@ivcusa.org for additional information.

Why Now? In this time of a pandemic, IVC is more relevant than ever as non-profits struggle to meet significantly increased demands for their services while experiencing sizable decreases in funding. IVC is part of the solution to this problem of how to serve, advocate for, and walk with our neighbors in need. IVC mobilizes the enormous gifts of people who act by using the fullest fruits of the first half of their lives - education, skills, profound experience, and wisdom, into service that supports people on the margins and in the shadows to thrive."

Join us on our journey. **Move with IVC!** the week of Sept 7-13th!

The Ignatian Volunteer Corps (IVC) is a national lay led Jesuit-affiliated service and justice organization that provides women and men, aged 50 and over, with significant opportunities to serve others coupled with an Ignatian spiritual reflection program. Nationwide, we have over 650 Service Corps members working 1-2 days per week at over 325 community non-profits.