



Women's Walking Partner Group — Winter 2012

**Would you like to get some exercise each week
while experiencing the encouragement and accountability of
authentic, Christ-centered conversation and prayer with other women?**

WHEN? Mondays WEEKLY from 10:30 – 11:30 am • February 13 to March 19
Drop-ins welcome!

WHERE? Plymouth Dome — Plymouth Creek Center Fieldhouse
NOTE: Preschool & Homeschool Open Play (\$2/resident child, \$3/non-resident child) is available 10:30 am to 1:30 pm including inflatables and some play equipment but adult supervision must be provided.

WHO? All interested women welcome

EXPECTATIONS:

- Walking Partners are committed to developing a daily private time studying God's Word and praying.
- Walking Partners come willing to talk about what God is teaching them through both the joys and challenges in their lives.
- We will maintain a brisk-but-comfortable walking pace. This will not be a leisurely stroll. The idea is to develop deep, Christ-centered relationships and grow in Christ while getting a moderate workout.
- Conversation will be spontaneous but focused on sharing questions and insights from God's Word and prayer. At times, a facilitator may direct Walking Partners to prayer. A cool-down prayer will always be shared.
- No children please. Some conversations will be inappropriate for small ears and we want to create an environment where all women feel safe to share their challenges and what God is teaching them.
- Walking Partners may participate as frequently (or infrequently) as their schedule allows. There are no "attendance" requirements.
- Walking Partners are encouraged to invite friends who desire to know God more intimately and grow with others as His disciples.
- Walking Partners are asked to keep everything shared strictly confidential. Our goal is to have a safe place to be real.

QUESTIONS? Contact Lisa Jamieson @ 763-494-3480 or lisa@walkrightin.org

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:16-17 ESV