



Fellowship thru Fitness

Mon.-Wed.-Fri. 10:45 a.m.

At the MAC-Multi Purpose Athletic Center upstairs track.

FREE 1860 Russell Wy., Carson City FREE

We take prayer requests, pray in, walk at least 2 mi.

then pray out. Everything said stays within the group.

No need to register; the hardest part is to get your shoes on and show up!

Contact Randy and/or Roxanne:

NVwalkandworship@gmail.com

***Walk & Worship Values"**

Clear Purpose: To invite friends who might benefit from this group and warmly welcome newcomers.

Safe Environment: To create a safe place where people can be heard and feel loved (no quick answers, snap judgments, or simple fixes).

Be Confidential: To keep anything that is shared strictly confidential and within the group.

Conflict Resolution: To avoid gossip and to immediately resolve any concerns by following the principles of Matthew 18:15-17.

Physical Health: To give group members permission to speak into my life and help me live a healthy, balanced physical & spiritual life that is pleasing to God.

Building Relationships: To get to know the other members of the group and pray for them regularly.