

# PoG Walkers

## Who Are We?

PoG Walkers is a LifeGroup of Trinity Lutheran Church. We are a small group of people within and beyond the church who want to nurture a relationship with God, a relationship with one another, and a relationship with our neighbors. All are welcome to participate.

There are many ways for you to contribute to the group in addition to walking:

- Suggest a route for the group leaving from Pointe of Grace, approximately 2.5-3 miles in length.
- Invite friends and neighbors to join us.
- Prepare Psalm verses for our reflection.
- Bless our group with prayer.
- Bring a plastic grocery bag or tongs for our garbage pick-up.
- Propose an annual walk event for us to participate in and support.



***Come As You Are  
Come When You Can***

Tuesday and Friday Mornings  
7:30-8:30am

Pointe of Grace  
5425 Harbour Pointe Blvd.  
Mukilteo, WA  
425-778-2159

Contact:  
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## Stress

Stress can be prevalent in our lives and can compromise our physical, mental, emotional, and spiritual health. Walking is a great way to relieve this stress and build relationships. Come and join PoG (Pointe of Grace) Walkers as we walk together in the rain and shine of both weather and life.



## Belonging

Come as you are. Really. No need to worry about what you're wearing, how old your shoes are, how fast your stride is, or what you look like in the morning. You are welcome "as is" at 7:30am on Monday and Thursday mornings. Come and share yourself, your stresses, your hopes, and your story. Dogs and strollers are welcome as well!

## Serving

Our intention is not only to improve our health, but our community as well. You are encouraged to invite friends and neighbors to join us. During each walk we will also pick up garbage along the way to improve our neighborhood. Our goal is also to join in a walk once a year to support medical research (cancer, MS, lupus, etc.) or other causes which the group decides to sponsor.

## Exploring

Our walks will begin with a short verse from a Psalm and an invitation to reflect on that verse during the walk. What does it mean to you? How does it apply to your life? What does it reveal about the nature of God? We will also be ending our walks with a brief prayer to send people out into the day with God's hope and peace.

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