



"... pray for one another, so that you may be healed, the prayer of the righteous is very powerful"
James 5:16



15	30	45	60	75	90	105	120	135	150
165	180	195	210	225	240	255	270	285	300

Oct 4th-10th



15	30	45	60	75	90	105	120	135	150
165	180	195	210	225	240	255	270	285	300

Oct 11th-17th



15	30	45	60	75	90	105	120	135	150
165	180	195	210	225	240	255	270	285	300

Oct 18th-24th



15	30	45	60	75	90	105	120	135	150
165	180	195	210	225	240	255	270	285	300

Oct 25th-31st

Each Mark represents 15 min of intentional movement & a prayer for Angie & other warriors!!