

FCF Pen Pals & Walking Partners

Thanks for participating in FCF Pen Pals & Walking Partners. We hope this provides you with an opportunity to meet someone new or reconnect with someone you have missed at FCF. Below are suggestions on how to implement the program. Also feel free to do what is best for you and how the Lord leads you towards meaningful relationships. There are no set rules or wrong/right way to participate. Enjoy and have fun!

1. Use the google sign up form on the church website (fcfchurch.org) to be paired with someone from FCF to be pen pals or walking partners. You will be notified in the next couple weeks with your pairing and their contact information. If you already have someone in mind to pair up with please feel free to do that on your own and skip the sign up form. Continue with the suggestions below.
2. Once paired, contact your partner via email, text or call to introduce yourself and say hello.

Pen Pals

- Start corresponding when you feel ready and comfortable! A timeline or schedule is not necessary unless you and your pen pal agree to pursue a set schedule (send mail every other week, etc.).
- Send encouraging notes and cards to your pen pal on a consistent basis and/or correspond via letters to get to know each other and share in each other's lives.
- Think outside the box! Especially children, feel free to send artwork, pictures, etc.

Walking Partners

- Work together to set up dates/times to take a walk on a consistent basis. A timeline or schedule is not necessary but can be helpful to be accountable to the commitment you have made to one another.
- Child/youth walking partners must be under parent supervision at all times (coordinating dates/times for walks and during walks)
- Follow CDC guidelines and local/state health guidelines while walking.
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>
- Relational focus during walks:
 - Take time to check in with each other. How is the other person doing emotionally, mentally, spiritually, and physically/healthwise?
 - See how the other person's day or week has gone and ask what were the high/low points of their day or week.
 - Listen and ask relevant questions focused on what the other person is sharing.
 - Share about leisure activities & find common interests: favorite tv shows, movies, music and books, hobbies, cooking/recipes, sports, etc.
 - Share scripture with each other that is currently an influence in your life.
 - Make it a prayer walk!

Find the right fit and rhythm for you and your pen pal or walking partner.

The main goal is to love one another and have fun!