

# Greetings,

Change is happening all around us. We need only look out our windows to see that the world is changing. Spring is here. (The grit of pollen in my eyes tells me that.) The trees are budding, the grass is growing, bulbs are blooming. Spring is bursting out all over.

Change is also happening within the church. We are in the process of switching phone and internet carriers at the church, which means that our e-mail addresses are changing. Mine has been different for a few months now (and you all have done a great job of changing over to using it). Now the office e-mail is changing. The new office e-mail address is [jcook@greendalecommunitychurch.org](mailto:jcook@greendalecommunitychurch.org). The old address will fade out sometime in the coming days, so please mark this one down. I will do my best to announce it and keep it before us.

*Here's what's coming up in the life of the church:*

**Sandwiches for Guest House** Friday, May 9, is the first day that we will make sandwiches for Guest House. We make approximately 200 sandwiches each month, May through September, which they give away to folks as they drop in during the day. Sandwich making begins at 9:00 a.m. (and we promise not to start until 9:00 a.m., so if you get here early, you'll be forced to have a cup of coffee and chat a while). Remember, many hands make light work.

**Ordination of Carly Gaeth** Carly's Ordination will take place on Sunday, May 18, at 3:00 p.m. Everyone is invited to attend. If you are planning on staying for dinner, you must e-mail Pastor Dave by 5:00 p.m. on Sunday, May 4, as the caterer is being contacted first thing Monday morning. If you would like to help out with the ordination, there are a number of ways to participate: 1) we still need one more usher, 2) We need greeters to welcome people and help guests not familiar with Greendale Community Church find their way through the building, 3) We need kitchen helpers (Leslie Kunde will send out an e-mail to all folks who volunteer for the kitchen with more details. This e-mail will go out on Wednesday, May 7), and 4) we need bakers to make desserts for the dessert trays that will go on each table. You may sign up for one or all of these things to the left of Pastor Dave's office door.

**Summer Events and Activities:** Summer is Approaching but the calendar at Greendale Community Church is NOT slowing down. Please check out the website to see all that is happening here during the summer months.

<https://www.greendalecommunitychurch.org/events>

**Peace, Pastor Dave**

GREENDALECOMMUNITYCHURCH



# SUNDAY

MAY 11, 2025



# WORSHIP



**[CLICK HERE TO WORSHIP](#)**

[GREENDALECOMMUNITYCHURCH.ORG](https://greendalecommunitychurch.org)



# **GCC Activities**

## **May 8 - May 14**



**9**

**FRIDAY**

**Sandwiches for Guest House**

**9:00 AM - 10:00 AM**

**12**

**MONDAY**

**Tai Chi**

**9:00 AM**

**13**

**TUESDAY**

**Adult Ed: Introducing Me**

**1:00 PM - 3:00 PM**

**13**

**TUESDAY**

**Restorative Yoga**

**6:30 PM - 7:30 PM**

**14**

**WEDNESDAY**

**Wellness Fair**

**6:30 PM - 8:00 PM**

**15**

**THURSDAY**

**Restorative Yoga**

**9:15 AM - 10:15 AM**



**MONTHLY CALENDAR**

GCC MEN'S GROUP SPONSORED

# UKRAINE SUPPORT

## THROUGH TRAVELING COLONELS ORGANIZATION

### WHO ARE WE DONATING FOR?

We are collecting donations to purchase trauma first aid kits for Ukraine's frontline soldiers and field hospitals partnering with the Travelling Colonels and Medical Missionaries organizations

# MAY 4 - MAY 31

### DONATE 2 WAYS

[WEBSITE](#)

Click above or the QR code to the right to donate directly to CWS.

[CHECK OR CASH](#)

We accept cash and/or checks. Please make checks out to Greendale Community Church with "Ukraine Support" in the memo line.  
(Funds will be sent at the end of May)



# Spring Into Wellness Fair

MAY  
14  
2025

**6:30 PM-8:30 PM**

**GREENDALE COMMUNITY CHURCH  
6015 CLOVER LANE • GREENDALE**

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Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well being. Come join us at this FREE event as we SPRING forward into wellness!

**PRESENCE PRIMARY CARE: COMPREHENSIVE PRIMARY CARE  
FOR ALL**

**KATHRYN RAMBO: SOUND PRACTITIONER**

**PRANA HOLISTIC WELLNESS SERVICES: NUTRITION  
CONSULTATIONS & WELLNESS CLASSES**

**JAMIE MULLEN YOGA: YOGA CLASSES AND RETREATS**

**CHI, TREES, AND OILS: A COLLECTIVE OF HEALERS & HELPERS**

**WENDY LEHMAN: HERBALIST**

**MUSKEGO HEALTH AND WELLNESS: CHIROPRACTIC AND  
ACUPUNCTURE**

**GREENDALE VILLAGE VET: PET HEALTH AND WELLNESS**

**ONE 19 TRAVEL: BEST DAY EVER VACATION PLANNING**

**PATHWAYS TO HEALING: HOLISTIC THERAPY FOR ANXIETY,  
DEPRESSION, PTSD, AND ADDICTION RECOVERY**

**GARNET AND THE MOON: A DIFFERENT PARADIGM FOR GRIEF**

**Please register at:**

**[www.greendalecommunitychurch.org/events](http://www.greendalecommunitychurch.org/events)**





# BREATHWORK *series*

[WWW.GREENDALE  
COMMUNITYCHURCH.ORG  
/EVENTS](http://WWW.GREENDALECOMMUNITYCHURCH.ORG/EVENTS)

## **BREATHING FOR BALANCE AND RELAXATION: 5/20 • 1:00 PM**

EXPLORING BREATHWORK PRACTICES CAN BE A VERY MEANINGFUL WAY TO EXPERIENCE THE MAGNIFICENCE OF BREATH, WHICH IS OUR CONSTANT COMPANION ON THE JOURNEY OF LIFE, BRINGING LIFE FORCE ENERGY, PEACE AND VITALITY. THIS CLASS WILL INCLUDE A VARIETY OF BREATHING PRACTICES AND TOUCH ON THE SCIENCE OF BREATH FOR OPTIMAL BREATHING IN DAILY LIFE AND FOR RELAXATION. THE BREATHING PRACTICES WILL INCLUDE DEEP RELAXATION, GENTLE MOVEMENT, AND HEART COHERENCE BREATH MEDITATION. .

**ALL LEVELS ARE WELCOME AND PARTICIPANTS CAN BE SEATED OR LAYING DOWN FOR THE BREATHWORK JOURNEY.**

**About the instructor - Jillian Holy-Skaja has studied and shared yoga for over 20 years and breathwork for 6 years. Her practice and teaching are strongly influenced by the Himalayan tradition of yoga and meditation as well as her training in Transformations conscious connected breathwork.**

## **BREATHWORK JOURNEY FOR RELEASE AND VITALITY: 5/27 • 1:00 PM**

EXPLORING BREATHWORK PRACTICES CAN BE A VERY MEANINGFUL WAY TO EXPERIENCE THE MAGNIFICENCE OF BREATH, WHICH IS OUR CONSTANT COMPANION ON THE JOURNEY OF LIFE, BRINGING LIFE FORCE ENERGY, PEACE AND VITALITY. THIS CLASS WILL PRIMARILY CONSIST OF A GENTLE AND SUPPORTED CONSCIOUS CONNECTED GUIDED BREATHWORK JOURNEY. CENTERING PRACTICES WILL INCLUDE SOME GENTLE MOVEMENT AND BREATHING MEDITATION. EACH INDIVIDUAL EXPERIENCES BREATHWORK DIFFERENTLY AND WILL BE SUPPORTED BY THE INSTRUCTOR. SOME COMMON EXPERIENCES ARE FEELINGS OF PHYSICAL OR EMOTIONAL RELEASE, SENSATIONS OF ENERGY FLOW, OR FEELINGS OF CONNECTION TO SOURCE AND INNER PEACE.



Mission Board Sponsored

**Whitnall Park**

# Trash Clean-Up!

Together, We Clean, Together, We Care.

**5/31: Meet at GCC at 9:00 am**

We will carpool from church to Whitnall Park  
and pick up trash in the assigned areas.

Return to church at 11:30 for lunch.





# HERB GARDEN WALK

JUNE 26 • 10:00 AM

JOIN GREENDALE  
RESIDENT AND STUDENT  
OF HERBAL MEDICINE,  
WENDY LEHMAN ON A  
WALK THROUGH HER  
HERBAL GARDEN TO  
TOUCH, SMELL, AND  
LEARN ABOUT VARIOUS  
HERBS.



[GREENDALECOMMUNITYCHURCH.ORG/EVENTS](https://greendalecommunitychurch.org/events)