

# Greetings,

I hope this note finds you well. It is hard for me to not do. To be at home, to do the regiment of physical therapy and my motion machine and my ice machine and allow the slow process of healing to take place is not my cup of tea. I would much rather be in the mix of things, being involved, and helping wherever I can. So I find myself very frustrated, just two weeks after surgery that I cannot do more than I can do. My intention is to come back to the office next week in a very limited capacity for a few hours each morning. We will see what my knee can tolerate. But I am trying really hard to listen to my body, and to my doctor, and to my physical therapist, and to the rest of my medical team. In the meantime, enjoy the holiday weekend.

*Coming up in the life of the church:*

*Our fall and winter classes are available for sign-up now. Afternoon and evening classes offered. Check them out and register today at: [www.greendalecommunitychurch.org/events](http://www.greendalecommunitychurch.org/events)*

*GCC has many groups to offer with most kicking off their year's activities in September. Please check our "groups board" by Pastor Dave's office to see which one seems like the right fit for you!*

***Peace, Pastor Dave***

GREENDALECOMMUNITYCHURCH



# SUNDAY

AUGUST 2025



# WORSHIP



**CLICK HERE TO WORSHIP**

GREENDALECOMMUNITYCHURCH.ORG

# GGCU

ALL CLASSES UNLESS OTHERWISE LISTED ONLINE ARE \$5 SUGGESTED DONATION



**FALL/WINTER**



**2025**

**TUES  
9/16**

## **WELLNESS FAVORITES**

Everyday, on TV and social media we are bombarded by wellness products. Come sort through the madness and join Jackie Schultz as she shares her favorite wellness products as well as a few deals and steals:) **6:30pm-8:00pm**

**TUES  
9/24, 10/8,  
11/12**

## **MEDITERRANEAN LIFESTYLE SERIES**

The Mediterranean Lifestyle Series plans to be a casual and immersive series that includes education, recipes, accountability, and conversation in a supportive setting. **6:30pm-8:00pm**

**TUES  
9/30**

## **WHAT WE CAN LEARN FROM OUR BIRTH ORDER**

Study after study shows that birth order plays a huge role in developing one's personality. Each birth order position has a unique set of characteristics. Come learn why it all matters. **6:30pm-8:00pm**

**TUES  
10/17**

## **UNDERSTANDING DIFFERENT GENERATIONS**

By acknowledging and respecting each generation's unique experiences and perspectives, we can create a supportive and understanding environment where everyone feels valued and heard. **6:30pm-8:00pm**

**TUES  
10/14 &  
10/28**

## **THE LIVING WITH SERIES..**

Join Kathryn Rambo and Wendy Lehman in this 2 part series on Living with Stress and Chronic Pain. **1:00pm-3:00pm**  
**10/14: Stress • 10/28: Chronic Pain**



Register for classes at:  
[www.greendalecommunitychurch.org/event](http://www.greendalecommunitychurch.org/event)

# GUU

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**FALL/WINTER**



**2025**

**TUES  
10/21**

## **"BEEF UP"YOUR NUTRITION PROFILE**

We all want to eat food that tastes good and is good for us! Come learn the ways to "beef up" your everyday recipes and meals to add nutritional value while saving the flavor. **6:30pm-8:00pm**

**TUES  
11/4**

## **FENG SHUI 101**

Feng shui is the practice of arranging pieces in living spaces to create balance with the natural world. This is what it means to feng shui your home. The goal is to harness energy forces and establish harmony between an individual and their environment. Come learn the basics. **6:30pm-8:00pm**

**TUES  
11/11**

## **ANGEL SERIES:**

**11/11, 11/18, 11/25, 12/2:** This 4 week series will introduce you to the Angels. We will cover the angels, their ancient origins, their functions and purpose in our lives, the Guardian Angels, the Archangels and the 9 Choirs of angels including their roles in Jewish, Islamic and Christian traditions. **1:00pm-3:00pm**

**TUES  
11/11**

## **HERBAL ALLIES TO SUPPORT THE IMMUNE SYSTEM**

Now that we are in cold and flu system, come learn from Community Herbalist Wendy Lehman about how you can support yourself and your family to reduce the risk of getting sick, and to support yourself and your loved ones if you do become ill. **6:30pm- 8:00pm**

**TUES  
12/9**

## **HEALING WITH ANGELS**

We will explore the teachings of 11th century mystic, Hildegard of Bingen. Come for information on angels, health and healing ending with a meditation to meet Hildegard and the Guardians of the 35 Healing Powers. **1:00pm-3:00pm**



# HERB GARDEN WALK

SEPTEMBER 4 • 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)



# Values & Visions Wants You.....



No matter where you stand politically, if you care about the well-being of our country and its people, YOU BELONG HERE! Values & Visions is a welcoming community committed to humanity, respect and democracy. Come join us for a meeting or event today!

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Monday, September 22, 6:30 PM:  
Immigration 101: Building Understanding and Allyship  
with Atty. Lydia Hautlaub

Wednesday, October 15, 6:30 PM :  
CommUNITY in Action Social Justice Fair

Mark  
your  
Calendar



FACEBOOK

Values & Visions meets on the 4th Monday of the month unless otherwise noted at 6:30 pm. Our fall dates are as follows: 8/25, 9/10, 9/22, 10/15, 10/27, & 11/24

For more information, email [gccweb@outlook.com](mailto:gccweb@outlook.com) or [www.greendalecommunitychurch.org/valuesandvisions](http://www.greendalecommunitychurch.org/valuesandvisions)



GCC Values & Visions

# IMMIGRATION 101: BUILDING UNDERSTANDING AND ALLYSHIP

Join Attorney Lydia Hautlaub as we learn the complexities of the immigration process in the US as well as how we can be better allies to our immigrant communities.

**\$5 suggested donation**



**SEPT 22**  
**6:30PM**



1. Broad overview of legal paths to immigration

2. Sources of immigration law and why who the president is matters so much

3. Interactive section and how to help

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

