

THE FUTURE WE SHARE:

# TOWN HALL

WITH

MONDAY  
SEPT 28 • 6:00PM

GREENDALE  
COMMUNITY CHURCH  
• 6015 CLOVER LANE,  
GREENDALE

MITCHELL  
BERMAN  
FOR CONGRESS



Mitchell  
Berman

Join us for a conversation with Mitchell Berman, Democratic candidate for Wisconsin's 1st Congressional District. Together, we'll explore the challenges facing our communities and the hopeful future we can build for Wisconsin and our country—one that puts people, families, and community first. There will be an opportunity to ask questions at this event.

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

REGISTER NOW



VALUES &  
VISIONS



FRANKLIN  
DEMS

The Bryan Steil campaign has been asked for a similar event but we have yet to hear back



GCC Adult Education

# Breathe with Jillian

Join breathwork practitioner Jillian Holy-Skaja to learn how to harness the powerful tool of your own breath to calm your nervous system

## **Breathing for Relaxation and Better Sleep**

**Tuesday, September 29 • 1:00pm • Greendale Community Church**

Experience evidence based breathing practices to shut off the "fight or flight" stress response and settle into the "rest and digest" relaxation response. We will also explore helpful practices for when you find yourself restless and awake in the middle of the night. All practices can be done from the comfort of a chair.

## **Breathing for Vitality and Joy**

**Tuesday, April 6 • 1:00pm • Greendale Community Church**

When you change how you breathe, you instantly change how you feel. Learn some practical breathing science and explore breathing practices that help release tension, tap into inner joy and bring lightness of being. All practices can be done from the comfort of a chair.

## **To Register:**

[greendalecommunitychurch.org/events](https://greendalecommunitychurch.org/events)



# Chili/ Brownie Cook-off

BOARD OF COMMUNITY LIFE  
MEN'S GROUP  
MISSION BOARD

FUNDRAISER  
FOR FEED  
MY STARVING  
CHILDREN

10/18  
10:45AM

Join us for GCC's first Chili/Brownie Cook-Off, where our most passionate home cooks go head to head with their recipes and boldest flavors. There's something to satisfy every craving! Come hungry:)

---

REGISTER YOURSELF OR GROUP TO PARTICIPATE IN THE COOK-OFF ON THE BOARD BY PASTOR DAVE'S DOOR



# Done & Delicious

Wednesday Wellness with Jackie



Done & Delicious is your go-to guide for meals that are quick, healthy, and actually worth eating. No marathons in the kitchen-just fresh, simple food on the table fast.

*Classes held at Greendale Community Church  
6015 Clover Lane, Greendale*

**Wed.10/14, 6:30pm**  
Healthy Meals for Busy  
People

**Wed.11/11, 6:30pm**  
Snacks & Drinks

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

# NAVIGATING DIFFICULT CONVERSATIONS

How to Change Hearts & Minds on Hot Button Issues



**MONDAY, OCTOBER 26 • 6:30PM**

Greendale Community Church • 6015 Clover Lane, Greendale  
414-421-1221 • [www.greendalecommunitychurch.org](http://www.greendalecommunitychurch.org)

This workshop is facilitated by  
Tia Renier of Planned  
Parenthood of Wisconsin. Come  
learn ways to have  
conversations instead of  
debates on hot button topics, to  
find common ground, and help  
plant seeds of change.

**VALUES &  
VISIONS**

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



# MANY PATHS SERIES

Bringing people from diverse cultures and faith backgrounds right to our doorstep to share what makes our world unique. Through firsthand stories and experiences, we get to learn, grow, and connect with the wider world together. Everyone is welcome to come and discover something new!

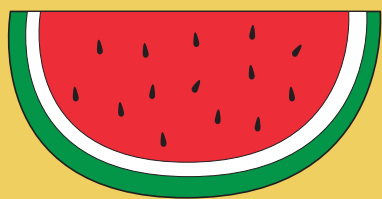


**Wed  
10/28**

## Rabbi Moishe, The Mindful Rabbi

7:00 PM - 8:30 PM

Rabbi Moishe seamlessly blends ancient Jewish wisdom with contemporary mindfulness practices.



**Sun  
11/8**

## Exploring the Roots of the Occupation

6:30 PM - 8:00 PM

Come join our friends at USPCN as they talk about the complicated history between Palestine and Israel.

All events are held at  
Greendale Community Church  
6015 Clover Lane, Greendale

Please register online for this and other events at:  
[www.greendalecommunitychurch.org/events](http://www.greendalecommunitychurch.org/events)



# THE VOTE SERIES

**VALUES&  
VISIONS**

**LEAGUE OF WOMEN VOTERS MKE COUNTY**

**HELD AT GREENDALE COMMUNITY CHURCH • 6015 CLOVER  
LANE, GREENDALE • 6:30PM-8:00PM • [REGISTER BELOW](#)**

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

## **9/24/26: ALL ABOUT VOTING**

**THIS PRESENTATION DISCUSSES WHY VOTING IS IMPORTANT, WHO CAN  
VOTE, HOW TO REGISTER TO VOTE, HOW TO VOTE (INCLUDING WAYS TO  
VOTE, VOTER RIGHTS, AND ACCOMMODATIONS), WHAT'S ON THE  
BALLOT, AND HOW TO GET CANDIDATE AND ISSUE INFORMATION.**

## **11/12/26: THE VOTE SERIES: THE ELECTORAL COLLEGE**

**THIS PRESENTATION EXPLAINS WHAT THE ELECTORAL  
COLLEGE IS, THE LEAGUE OF WOMEN VOTERS'S  
POSITION, WHAT'S WRONG WITH THE ELECTORAL  
COLLEGE, DISCUSSES CHALLENGING ARGUMENTS IN  
FAVOR OF THE ELECTORAL COLLEGE, AND EXPLORES  
WHAT NEEDS TO BE DONE.**





# Sound Bath Year of Calm

RELAX • RESET • RECONNECT



*The peaceful sounds of Tibetan singing bowls, resonating steel tongue drum, energy flow chimes and Freenotes wings guide you to a peace filled atmosphere where the waves of the world cannot come.*

Sound baths are held the third Friday of the month from 7:00pm-8:00pm

Sound Bath Practitioner: Kathryn Rambo, OSB Holy Wisdom Monastery

Reiki Practitioners: Jillian Holy, and Wendy Lehman

**9/18:** Mind Body Connection, Kathryn: \$10

**10/16:** Sound Bath w/Reiki: Honoring Ancestors, Kathryn, Jillian, and Wendy: \$25

**11/20:** Gratitude, Kathryn: \$10

**12/18:** Sound Bath w/Reiki: Return of Light, Kathryn, Jillian, and Wendy: \$25

**1/15:** Hibernation, Kathryn: \$10

**2/19:** Sound Bath w/Reiki: Heart Center, Kathryn, Jillian, and Wendy: \$25

**3/19:** Internal Spring Cleaning, Kathryn: \$10

**4/16:** Sound Bath w/Reiki: Decluttering the Mind, Kathryn, Jillian, and Wendy: \$25

**5/21:** Sea of Peace Sound Voyage, Kathryn: \$10

**6/18:** Sound Bath w/Reiki: Grace Notes in Our Life, Kathryn, Jillian, and Wendy: \$25

**7/16:** Earth Connection, Kathryn: \$10

**8/20:** Sound Bath w/Reiki: Inner Peace, Kathryn, Jillian, and Wendy: \$25

All sound baths held at Greendale Community Church • 6015 Clover Lane

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



# SEPT / OCT

---

## SEPT 13

SUNDAY / 10:45AM

---

### RALLY DAY

Join us for our GCC Rally Day celebration to kick off our new Sunday school and event year

## SEPT 16

WEDNESDAY / 6:30PM

---

### LET FOOD BE THY MEDICINE

Wednesday Wellness with Jackie



## SEPT 23

WEDNESDAY / 6:30PM

---

### YOGA NIDRA WITH SOUND HEALING

Come for this yoga nidra experience with Jamie Mullen and Kathryn Rambo

## SEPT 28

MONDAY / 6:30PM

---

### THE FUTURE WE SHARE TOWN HALL WITH MITCHELL BERMAN

Values and Visions will be hosting this townhall with candidate for CD1, Mitchell Berman

## SEPT 29

TUESDAY / 1:00PM

---

### BREATHING FOR RELAXATION AND BETTER SLEEP

Join breathwork practitioner Jillian Holy-Skaja to learn how to harness the powerful tool of your own breath to calm your nervous system and improve sleep.

## OCT 14

WEDNESDAY / 6:30PM

---

### DONE AND DELICIOUS SERIES: HEALTHY MEALS FOR BUSY PEOPLE

Wednesday Wellness with Jackie

## OCT 26

MONDAY / 6:30PM

---

### NAVIGATING HOT BUTTON TOPICS WORKSHOP

Join Values and Visions to learn how to best navigate discussing divisive topics with others

## OCT 28

WEDNESDAY / 7:00PM

---

### RABBI MOISHE, THE MINDFUL RABBI

Come to our first event in GCC's new Many Paths Series

---

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

---