

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

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



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

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)



RABBI MOISHE

The Mindful Rabbi

Exploring the Jewish Tradition



Come dive into the history, beliefs, practices, and culture that have shaped Judaism over thousands of years. Rabbi Moishe seamlessly blends ancient Jewish wisdom with contemporary mindfulness practices.

Wed. October 28 • 7:00PM

Greendale Community Church
6015 Clover Lane, Greendale

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



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

