

GREENDALECOMMUNITYCHURCH

SUNDAY DAY

AUGUST 2025

WORSHIP



CLICK HERE TO WORSHIP

GREENDALECOMMUNITYCHURCH.ORG

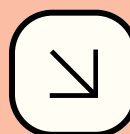


*Register
Now*

ALL CLASSES STARTING AT 1:00 IN THE COMMUNITY ROOM



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:)

**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.

**TUES
10/7**

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.

**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.

10/14: Stress • 10/28: Chronic Pain



Register for classes at:

www.greendalecommunitychurch.org/events • \$5 per class

GCCU Register Now

ALL CLASSES STARTING AT 1:00 IN THE COMMUNITY ROOM



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.

**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.

**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.

**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.

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Mediterranean Lifestyle Series

The Mediterranean diet isn't a fad, it's a lifestyle! Do you feel stuck in your current patterns of eating or maybe just aren't feeling your greatest? Then, this series is for you! The Mediterranean Lifestyle Series plans to be a casual and immersive series that includes education, recipes, accountability, and conversation in a supportive setting.

Wednesdays • 6:30PM

9/24 • 10/8 • 11/12

SUGGESTED DONATION \$10/CLASS

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



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)