

## **Greetings,**

We are now in a new season of the Church Year – the season of Lent. Lent itself comes from the Old Middle English word “leynte” which is a word for Spring or “lengthen”. It applied to that time of year when the days started to lengthen. The early church, if it was one thing, it was practical, assumed the practice of preparing catechumens for baptism on Easter, and began their instructions and preparations I “Lent” when the days began to lengthen. I wish I could tell you that it meant something more serious, or mystical. However, Lent, as it is associated with Spring, is also a very wonderful time of year. As the days lengthen, the temperatures slowly rise, the earth wakes from its slumber, and we see life happening all around us.

Lent, at least the way it was practiced when I was growing up in the church, was always a somber time. It’s hymns were always melancholic – “Beneath the Cross of Jesus”, “In the Cross of Christ I Glory”, “Jesus Keep Me Near the Cross”, and “Just as I Am” – and guilt inducing.

This year, as I was preparing the meditation for Ash Wednesday, I was looking over Matthew 6:16-21 – the appointed text every year for Ash Wednesday, and there were the words I needed in black and white, “And whenever you fast, do not look dismal,…” I don’t know why in 38 years of preparing for Ash Wednesday I never saw that. When we prepare to live into our Lenten disciplines, we should not look dismal. Rather, we should look joyful. It is a joy to be able to pray. It is a joy to be able to fast. It is a joy to be able to give to the poor and those in need. So, lets let our outward appearance match our inward joy.

*Here’s what’s coming up in the life of the church....*

**New e-mail for Pastor Dave** this week, the church will change internet servers, and with that Pastor Dave’s ATT e-mail address will fade out. His new e-mail address is [dgaeth@greendalecommunitychurch.org](mailto:dgaeth@greendalecommunitychurch.org). Please make a note of this change and update your contact lists in your personal data bases.

**Ecclesiastical Council for Carly Gaeth** On Sunday, March 9, at 2:00 p.m., Greendale Community Church will host the Ecclesiastical Council for Carly Gaeth. Carly is the daughter of Pastor Dave and Janice Gaeth and is a Member in Discernment for Ordination with the Southeast Association of the Wisconsin Conference UCC. She has successfully defended her Ordination Paper with the Division on Church and Ministry. It is now time for her to present that paper to The Association. All the churches of the Southeast Association are invited to send their Pastor and two delegates to Greendale Community Church at the above mentioned time. Together they will ask questions of Carly, and then vote on whether or not she is approved for Ordination. You, as members of Greendale Community Church – the folks who have watched Carly grow up and have shaped her over these past 28+ years – are invited to attend the Ecclesiastical Council. Carly’s Ordination Paper is attached to this e-mail.

**Peace, Pastor Dave**

GREENDALECOMMUNITYCHURCH



# SUN DAY

MARCH 9, 2025



# WOR SHIP



[CLICK HERE TO WORSHIP](#)

GREENDALECOMMUNITYCHURCH.ORG

# **GCC Activities**

**March 6- March 12**

**6**

**THURSDAY**

**Community Yoga**

9:15 AM - 10:15 AM

**9**

**SUNDAY**

**Ecclesiastical Council  
for Carly Gaeth**

2:00 PM - 3:00 PM

**10**

**MONDAY**

**Tai Chi**

9:00 AM - CONTINUING

**11**

**TUESDAY**

**Values & Visions  
(Faith In Motion)**

10:00 AM

**11**

**TUESDAY**

**Community Yoga**

6:30 PM - 7:30 PM

**11**

**TUESDAY**

**Adult Education:  
Finding Jesus**

1:00 PM - 3:00



CLICK [HERE](#) OR  
SCAN THE QR CODE  
FOR OUR MONTHLY  
CALENDAR



# Magazine Donations

Do you have any old magazines laying around? Our Adult Ed program is looking for magazine donations for an upcoming class.



DONATE IN THE BOX LABELED MAGAZINE DONATIONS BY THE COAT RACKS



# Herbal Allies for Stressful Times

FACILITATOR, WENDY LEHMAN: HERBALISM OFFERS US GENTLE, CALMING SUPPORT TO NAVIGATE DIFFICULT TIMES, HELPING TO CALM ANXIETY AND AN AGITATED HEART, SETTLE A TENSE STOMACH, COOL STRESS, AND EASE A SPINNING MIND. COME LEARN ABOUT EASY TO FIND AND GROW PLANTS TO TAKE AS HERBAL TEAS, TINCTURES, AND HONEYS TO PROVIDE NERVOUS SYSTEM SUPPORT.

**APRIL 28 • 6:30PM**

**GREENDALE**


**COMMUNITY**

**CHURCH.ORG/**

**EVENTS**



# Shout Out Friday



**It's almost the weekend!**

In a world full of noise let's look for some good!

Let's build up our community by noticing and "shouting out."

Maybe you want to acknowledge an act of kindness, a choir church performance, someone's birthday, etc. The more we look for the positive, the more we might see.

Please email your shout out to: [gccweb@outlook.com](mailto:gccweb@outlook.com)

**Shout outs will be posted online every Friday :)**



# MEDICARE FOR ALL

## INFORMATIONAL SESSION

**MARCH 16 • 10:45 AFTER SERVICE**

In the United States 27.5 million Americans are uninsured with 15 million more expected to lose Medicaid coverage with the ending of the public health emergency. Meanwhile, an additional 46 million Americans aged 19-64 are underinsured. Join Joan Korn for this informational presentation. Please register with the QR code or 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**

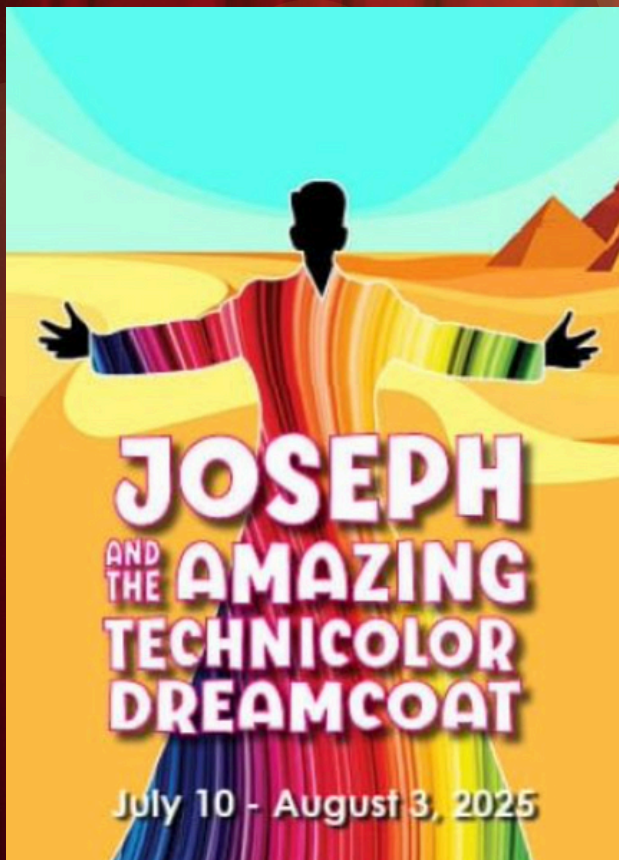
EXPLORING BREATHWORK PRACTICES CAN BE A VERY MEANINGFUL WAY TO EXPERIENCE THE MAGNIFICENCE OF BREATH, WHICH IS OUR CONSTANT COMPANION ON THE JOURNEY OF LIFE, BRINGING LIFE FORCE ENERGY, PEACE AND VITALITY. THIS CLASS WILL PRIMARILY CONSIST OF A GENTLE AND SUPPORTED CONSCIOUS CONNECTED GUIDED BREATHWORK 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.





GCC GROUP OUTING

# JOSEPH AND THE TECHNICOLOR DREAMCOAT



We thought it might be fun to gauge interest on going to see a musical this summer. Sunset Playhouse in Elm Grove will be doing Joseph and the Technicolor Dreamcoat from July 10-August 3. Tickets would be approximately \$24. Please sign up if you have any interest. Signing up does not mean you are committing it just means you are interested.

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



The background of the entire page is decorated with various tropical leaf patterns. There are large green monstera leaves, smaller green palm fronds, and clusters of red leaves. The patterns are scattered across the page, framing the central text.

# SUMMER

## *Sips, Snacks, & Sweets*

JUNE • JULY • AUGUST

We are gathering interest on this new activity! Summer sips, snacks, and sweets allows groups of people to gather at each others homes for a drink, appetizers, and desserts. Based on how many “duos” sign up, you will be allocated a group of 6-8 people. You then decide, within your group, the date you will gather, at who’s home, and who will bring what. Please sign your dynamic duo up today! Groups will be decided sometime in late April. Sign up on the board next ot Pastor Dave’s door.