

GREENDALECOMMUNITYCHURCH

# SUNDAY

APRIL 20, 2025 EASTER SUNDAY

# WORSHIP



**[CLICK HERE TO WORSHIP](#)**

GREENDALECOMMUNITYCHURCH.ORG

# GCC Activities

April 17 - April 23

**17**  
THURSDAY

**Community Yoga**

9:15 AM - 10:15 AM

**20**  
SUNDAY

**Easter Service**

9:30 AM

**21**  
MONDAY

**Tai Chi**

9:00 AM

**21**  
MONDAY

**Grief Circle**

6:30 PM



MONTHLY CALENDAR



# 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



VALUES AND VISIONS WELCOMES

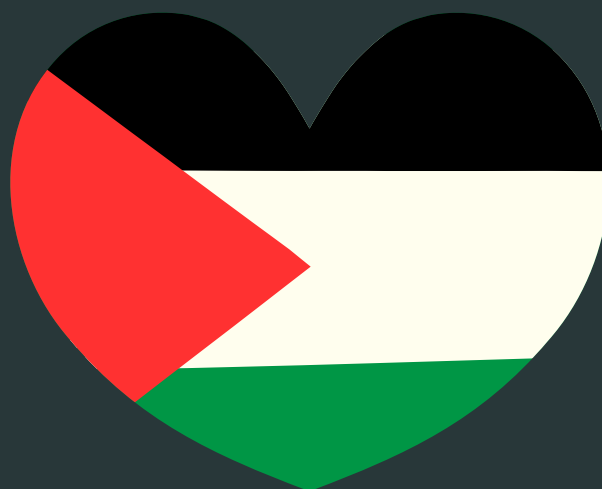
# **USPCN** US PALESTINIAN COMMUNITY NETWORK **MILWAUKEE**

Real Palestinian Life Stories: Life Under  
Occupation/Apartheid

Come join 2 speakers from the USPCN Milwaukee Chapter as they  
share their personal stories of living under occupation.

**MAY 5**

**6:30 PM**



FREE WILL OFFERING APPRECIATED  
REGISTER AT:

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





# 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.





# HERB GARDEN WALK

JUNE 26 • 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)



# Spring Into Wellness Fair

MAY  
14  
2025

**6:30 PM-8:30 PM**

**GREENDALE COMMUNITY CHURCH  
6015 CLOVER LANE • GREENDALE**

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Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well being. Come join us at this FREE event as we SPRING forward into wellness!

**PRESENCE PRIMARY CARE: COMPREHENSIVE PRIMARY CARE  
FOR ALL**

**KATHRYN RAMBO: SOUND PRACTITIONER**

**PRANA HOLISTIC WELLNESS SERVICES: NUTRITION  
CONSULTATIONS & WELLNESS CLASSES**

**JAMIE MULLEN YOGA: YOGA CLASSES AND RETREATS**

**CHI, TREES, AND OILS: A COLLECTIVE OF HEALERS & HELPERS**

**WENDY LEHMAN: HERBALIST**

**MUSKEGO HEALTH AND WELLNESS: CHIROPRACTIC AND  
ACUPUNCTURE**

**GREENDALE VILLAGE VET: PET HEALTH AND WELLNESS**

**ONE 19 TRAVEL: BEST DAY EVER VACATION PLANNING**

**PATHWAYS TO HEALING: HOLISTIC THERAPY FOR ANXIETY,  
DEPRESSION, PTSD, AND ADDICTION RECOVERY**

**GARNET AND THE MOON: A DIFFERENT PARADIGN FOR GRIEF**

**Please register at:**

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

