

Greetings,

Spring is here. All of the signs are there – the crocus popping, the grass greening, the lengthening of the days, the increased use of allergy meds. It all points to Spring. The time when the earth wakes up is almost magical, isn't it? I wonder if the ancient mystics, the ones who came up with the Season of Lent (Lent also means Spring), saw this 40 day season as a time to green our souls – to wake them up, bring them to new life, and challenge them. This Lenten journey, I am wondering how my soul needs to be challenged, as we face the current social and political instability in our nation – how can my soul steady me/us in this ever-changing time?

Here's what's coming up in the life of the church...

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Pizza Pick Up *The Pizza Sale for the Intergenerational Mission Trip was a huge success. 817 pizzas were sold, with 267 of them being donated to Guest House (that is the largest pizza donation to Guest House to date). Pizzas will be made fresh on Saturday, March 15. If you ordered Pizzas, they will be ready for pickup at 10:00 a.m. You will get a call when your order is ready.*

Agape Meal *on Maundy Thursday, April 17 at 6:00 p.m. The Agape meal is a nod to the Jewish Seder Dinner, but also encompasses the Divine commandment that we should love (Greek Agape) one another. Our celebration of the Agape Dinner was sidetracked last year due to Pastor Dave's illness, but this year, we would like to resume the celebration. Sign Up Sheets are posted to the left of Pastor Dave's office door – folks are needed to help cook on April 16, Set the Hall on April 17, Serve the Dinner, and Clean Up after the Dinner. Also, because the congregation of St. Stephen the Martyr was so gracious in accommodating us last year, we have invited them to participate with us this year. So, sign up, to work and to participate in the celebration of AGAPE.*

Peace, Pastor Dave

GREENDALECOMMUNITYCHURCH



SUN DAY

MARCH 16, 2025



WOR SHIP



[CLICK HERE TO WORSHIP](#)

GREENDALECOMMUNITYCHURCH.ORG

GCC Activities

March 13 - March 19



13
THURSDAY

Community Yoga
9:15 AM - 10:15 AM

17
MONDAY

Tai Chi
9:00 AM

14
FRIDAY

Guest House Soup
8:00 AM

18
TUESDAY

Values & Visions
(Faith In Motion)
10:00 AM

14
FRIDAY

Sound Meditation
7:00 PM - 8:00 PM

18
TUESDAY

Community Yoga
6:30 PM - 7:30 PM

15
SATURDAY

Pizza Pickup
10:00 AM - 11:00 AM

18
TUESDAY

Adult Education:
Introducing Me
1:00 PM - 3:00

16
SUNDAY

Medicare for All
10:45 AM

17
MONDAY

Grief Group
6:30 PM - 8:00 PM

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





National
Nurses
United

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



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://www.greendalecommunitychurch.org/events)

VALUES AND VISIONS WELCOMES

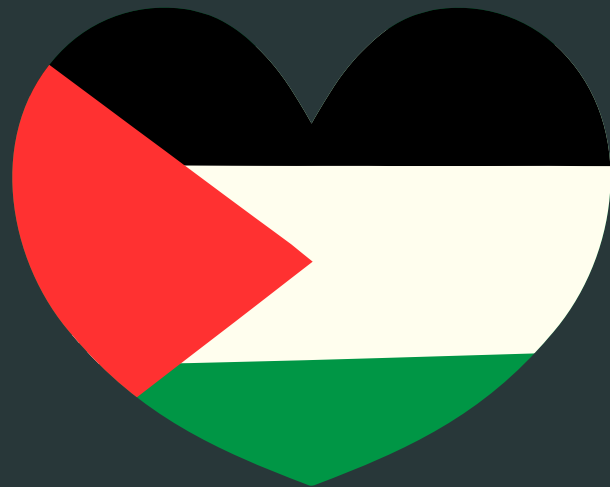
USPCN US PALESTINIAN COMMUNITY NETWORK **MILWAUKEE**

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.GREENDALECOMMUNITY
CHURCH.ORG)**



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

Shout outs will be posted online every Friday :)