

# **Coffee & Conversation**

## **Winter 2017**

### **Monday's 10:00 -1 1:30 AM Jerusalem Room**

This "come when you can" women's group provides a variety of spiritual, educational and entertaining topics. Fellowship, Coffee and treats begin at 10:00 am. Contact Stacy Eichman-Cardwell with questions.

#### **January 23**                      **Welcome Back – Todd Cardwell**

Welcome back South African style. Todd Cardwell will be with us to present about South African culture, scenery and just a little about crops!

#### **January 30**                      ***Blessings from God* – Donna Hanson**

Children are at great risk in our society. However, we can pass on God's blessings to children of all ages in unique and specific ways. Augustana member Donna Hanson will present a preview of her upcoming class "Teaching Caring Adults How to Bless Children." This class will be presented on Monday, February 27, from 6:30 to 8:00 p.m. in the Jerusalem Room. The class will help encourage, empower, and enable adults to bless children with blessings that originate with God based on Scriptures.

#### **February 6**                      ***Grace for Today* - Marian Eisenmann**

Augustana member, Marian Eisenmann, will present an overview of her new book, "Grace for Today, Hope for Tomorrow." At this forum Marian will share personal reflections on grief and loss as well as experiences she has had as a nurse, pastor and hospital chaplain. Everyone welcome!

#### **February 13**                      ***Rising Strong* by Brene Brown**

We will continue our journey with Brene Brown's research in her latest book *Rising Strong*. If we choose to take the risk and be vulnerable we will at some time "crash and burn" or fail – this book is about rising from that fall. The rising strong process involves reckoning with our emotions, and rumbling with our stories. Rising strong after a fall is how we promote wholeheartedness.

#### **February 20 – No C&C Presidents Day – Office is Closed**

**February 27**                    **Rising Strong – The Rumble**

As we continue our journey with Brene Brown's book *Rising Strong*, we will learn what it means to rumble with our stories. Several short videos of Brene explaining this process will give us some humorous insights.

**March 6**                        **The Old Hymnal – Full Bloom**

The old church hymnal is full of songs that we remember and that hold special places in our hearts. We might remember a parent or a relative singing them. These songs are important parts of our past, but how did they come to be written? What is the story behind them? Many hymns are steeped in the history of their country. How Great Thou Art started in Sweden and while A Mighty Fortress Is Our God is based on Psalm 46, it became the rallying cry of Luther's Reformation. Let's look at the inspiring history and lives that are behind the songs in the old hymnal.

**March 13**                      **God's World: Faith, Science and Technology- Angela LaMoore**

Pastor Intern Angela shares her thoughts and experiences around the intersection of science and religion. There will be plenty of time for discussion, so be sure to bring your own thoughts and questions!

**March 20**                      **Being Mortal - Mary Nordtvedt**

Bestselling author and practicing surgeon, Atul Gawande courageously explores the hard conversation about letting go and having a good full life until the end. A basic overview of the book plus a video of Atul Gawande talking about his book *Being Mortal* will be presented.

**March 27**                      **Rising Strong – The Revolution**

We will complete our overview of *Rising Strong* by Brene Brown. Another video showing concrete examples of the Daring Greatly process will be viewed.