

ADULT MINISTRY

Winter 2017

Contact Stacy Eichman-Cardwell with questions.

Coffee and Conversation

Mondays, 10:00 – 11:30 AM

January 23 – May 1

Facilitator: Stacy Eichman-Cardwell

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; programs begin around 10:15 AM. A separate flyer lists all of the topics for the season. No sign up necessary.

Living Faith, Pastor Torgerson's online Bible study, where you can learn more about how to live your faith through emails, Facebook posts, or other styles on your own time. You can still sign up at the Information Center.

Aromatherapy Class

Tuesday, January 24, 6:30 -7:30 Jerusalem Room

This session along with Dr. AXE and his Essential Oil Transformation course we will be watching three short videos about essential oils for weight loss, the #1 essential oils, and cedarwood essential oil. You will also have a chance to smell and try three different oils (lemon, peppermint, lavender) from three different manufacturers. No need to sign up – just show up!

Healthy Eating Seminars by Anna Klimmek from Happy Food MN L.L.C., owner and chef

6:30 -7:30 PM Tuesday's January 31, February 21, March 28 Jerusalem Room

This is a three-part series that looks at how you can treat yourself better and lead a healthier life. We break it down into three parts correlating to the times of day (morning, daytime and evening). We will talk about how creating new small habits at each of these times of day can lead to big changes! Topics include tips for grounding yourself, staying focused and motivated, stress relief, and tips to make healthy eating just a bit easier. Anna will demonstrate easy healthy meal options and snacks for each time of day. Attendees will get to taste all the samples plus receive recipes for all demonstrations. **There is no cost for this event but please sign up in the information center. Attend one or all the sessions!**

Men's Breakfast

Wednesday, February 1, March 1, April 5, May 3

Sign up not necessary

On the first Wednesday of the month men of all ages gather for a free breakfast and Bible study with Pastor Aune. This is a great way to start out your day and connect with other Augustana men.

Daring in the Arena of Parenting/Grandparenting

Wednesday, February 1, 6:00 -7:30 PM

Rev. Sarah Ciavarri

Pick up an event flyer for details

Let's Text!

Wednesday Evenings 6-7 pm

Join pastor Mark Aune in contemplating the upcoming preaching text and how it relates to our Daring Way theme!

Working Women of Faith

First winter date: February 2, 6:00 PM Dinner

Facilitator: Susan Berg-Williams

This is a fun, "come when you can" group that focuses on how faith life and work life intersect. We meet at a different restaurant each evening. New participants are always welcome! Please contact Susan Berg-Williams at bergwilliams@hotmail.com for more information or to RSVP for the event.

Adoption and Foster Parent Group

First Tuesday of the Month – February 7, March 7, April 4, May 2

6:00-7:30 PM

Facilitators Donna Engels & Ellen Thorson

As adoptive and foster parents we share some unique aspects of parenting and family dynamics. We, listen, learn from, and support each other. Please contact one of the facilitators with any questions you may have. Donna Engels engels53@comcast.net, Ellen Thorson ejthorson@msn.com. Nursery will be provided.

Tuesday Women's Bible Study – Begins February 7, 9:30 -11:30 AM

Facilitator: Karen Rusthoven

Cost: \$15

Based upon the book, *Same Kind of Different As Me*, by Ron Hall and Denver Moore, this in depth study of Faith, Forgiveness, Homelessness, Suffering and Prejudice, is meant to enhance knowledge of the work of the St. Paul Union Gospel Mission, one of Augustana's mission partners, and to encourage us in our Christian walk. Copies of the Book and Study Guide will be available at church during the month of January. **It is recommended that participants read the book prior to the first session.** Contact Karen Rusthoven at KarenR@cpa.charter.k12.mn.us to register.

Daring in Your Life's Work

Saturday, February 11, 8:30 -10:30 AM

Rev. Sarah Ciavarri

Pick up an event flyer for details

Martin Luther and the Called Life

Tuesday's Feb 21 and Feb 28, 6:30 -8:00 PM

Rev. Mark Tranvik

Martin Luther's teaching on vocation was a radical new idea for the Christian church that reverberated in homes, congregations and the public square. In these sessions we look at Luther's views on vocation and see how they makes a difference in our lives of faith today.

Mark Tranvik has taught at Augsburg College for over twenty years. He is also an ELCA pastor, having served a congregation in Brooklyn Center for ten years. He is the author of Martin Luther and the Called Life and he also introduced and translated Luther's The Freedom of a Christian.

Mark your calendars now! Women's Event Friday, May 5, 6:00-8:30 with Sarah Ciavarri

Make sure you check out these detailed flyers.....

- Adult Forum schedule
- Women's Coffee & Conversation event schedule