

ADULT MINISTRY

Fall 2017

Contact Stacy Eichman-Cardwell with questions.

Where Faith Meets Life

How the Old Testament & Ten Commandments are still relevant in our lives today!

Wednesdays 6:00 - 7:00 pm (beginning September 20)

An Augustana pastor will lead this class that is designed to deepen and enrich your knowledge of our Lutheran beliefs and faith practices. But it doesn't stop there, the class will help you discover how you can begin to live what you've learned. Class topics will correspond with the youth confirmation curriculum.

40-Day Journey with Martin Luther

Sunday September 24 – October 29, 9:00 - 9:20 am, Jerusalem Room

This 40-day journey gives you the opportunity to be mentored by one of the great spiritual writers and Christian leaders of the past millennium. Each day begins with a reading and Luther's commentary on faith and life, a meditation, questions to ponder, journal reflections, and prayers for the life of faith. You can use your 40-day journey on your own, with a friend, or stop by the Jerusalem Room on Sunday mornings to join with others to share your thoughts and insights. Books will be available for purchase at Augustana.

Coffee and Conversation

Mondays, 10:00 – 11:30 AM, September 25 – December 4

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.

Fall Harvest at the Farmer's Market – Chef Anna Klimmek

September 26, 6:30-7:30PM

Shopping at the farmer's market is the new trend. But navigating those stalls can be confusing and intimidating. Chef Anna is here to demystify the farmer's market! We will discuss what fall fruits and veggies can be found at the farmer's markets as well as other items such as grass-fed meats, eggs, jellies, & pickled items. I'll walk you through how to put a meal together and how to be open about working with unfamiliar ingredients. Recipes will be provided as well as a discussion on the basics of inspired cooking without a recipe. If you have extra Fall vegetables feel free to share them with the group!

Adoption and Foster Parent Group

First Tuesday of the Month – October 3, November 7, December 5

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.

Men's Breakfast

6:30 – 7:30 AM

Wednesday, October 4, November 1, December 6

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.

Working Women of Faith

First Fall date: October 5, 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.

HealthRHYTHMS Group Drumming

6:30 – 7:30PM, October 10, November 7, November 28

Cheri Bunker

Dare to be Different and try out this fun drumming activity that will lower your stress, boost your immune system, and generate smiles and laughter! Drums will be provided. Let's play!

Group Spiritual Direction

Monday, October 16

6:30 -7:30 PM

Rev. Bill Eisenmann

On Monday, October 16, 2017, from 6:30 to 7:30 p.m., there will be an ORIENTATION for those who are interested in learning about "Group Spiritual Direction" (GSD) at Augustana, facilitated by Bill Eisenmann. GSD uses voluntary sharing, silence, and response (contemplation model) to assist travelers on their spiritual journeys. The purpose of the Orientation will be to learn about GSD, demonstrate how GSD is done, discuss commitment, small group organization, and the number and dates of the meetings. Bill is a retired ELCA pastor, member of Augustana, and recently completed a GSD course at St. Catherine's University in St. Paul.

Chosen to Die and Called to Life: Martin Luther on Baptism

Tuesday October 17, 6:30 -8:00 PM

Rev. Mark Tranvik

We are lucky to have Mark back again with us this Fall. Mark will explore Luther's beliefs on Baptism and how that affects our daily life. He will also review the teaching on the Lord's Supper.

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](#).

"Was Ist Das?"

Tuesday, October 24, 6:30 -8:00 PM

Intern Kiara Jorgenson

In this session we'll briefly review Luther's Small Catechism, which centers on the important question, "What does this mean?" In response we'll discuss what the Ten Commandments, The Apostle's Creed, and the Lord's Prayer mean to us today.

Essential Oils for Stress Management

Tuesday, November 14, 6:30 -8:30 PM

Jen Shepherd, Clinical Aromatherapist, Social Worker

Dare to be different – try God's nature- based essential oil therapy. This evening Jen will highlight the essential oils that help reduce stress.

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

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

