

# Coffee & Conversation

March/April 2018

**Monday's 10:00 - 11:30 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.

## **March 5 To Forget or to Forgive**

We all know how to forgive or at least we think we do. We acknowledge the request to forgive and then move on.... But is that the kind of real forgiveness that changes your life and heals your heart? Is that the kind of forgiveness that will change our world? Desmond Tutu will be our guide as we explore his fourfold path of forgiveness

## **March 12 "Decluttering 101 - The "Why" and "How" Shari Hansen**

Come hear Decluttering Coach Shari Hansen of Heartstone LLC talk about how you can declutter your life and lighten your heart.

*We know everything today  
And believe almost nothing  
It is not what you know that matters,  
Or changes anything: It is what you believe  
Fr Richard Rohr*

Fr Richard Rohr, is a Franciscan priest and a globally recognized ecumenical teacher. In this series we will be reviewing his book *Jesus' Plan for a New World: The Sermon on the Mount*. If Christianity is what you believe and if you are ready to help create a new world for you and others- this is how your faith meets your life - you won't want to miss this!

## **March 19 Getting Ready to Hear Jesus – Stacy Eichman-Cardwell**

*"The secret to understanding the Sermon on the Mount is to understand what Jesus was about when he preached it" - Fr Richard Rohr*

Let's find the Jesus who preached the sermon, understand that it's not business as usual, and reveal Jesus' new world order so that we can move to better understand His *Sermon on the Mount*.

## **March 26 Understanding the Sermon – Stacy Eichman-Cardwell**

*"Our task is to learn how to live in both worlds until they become one world – at least in us" - Fr Richard Rohr*

The Sermon on the Mount challenges us to create a new world order in ourselves and others. This requires us to live in both worlds - secular and religious. Rohr will address joining heaven and earth, the path of transformation and bridges and boundaries (he even dares to talk about Liberals and Conservatives!)

## **April 2 Healthy Weekly Meals – Anna Klimmek, Health Coach/Chef**

In this seminar we will teach and discuss healthy weekly meals for 1-2 people. We'll discuss the challenges people face in getting a healthy meal on the table. Using visual aids, we'll present healthy options, debunk some health myths and offer some quick dinner "cheats". Each participant will be presented with a week's worth of recipes to coincide with a streamlined meal plan, starring some key ingredients that can be used in more than one meal.

## **April 9 & 16 *Braving the Wilderness-- The Quest for True Belonging and the Courage to Stand Alone* – by Brene' Brown**

**True Belonging Doesn't Require  
Us to *change* who we are;  
It requires us to *be* who we are**

We will review Brene' Brown's recent book which explores four practices of true belonging. These practices are at the very heart of our Christianity and require us to be vulnerable enough to be with people without sacrificing who we are and what we value.

## **April 23 Relation Sound Meditation – Cheri Bunker**

Come and join us for sound relaxation meditation. Imagine your body resting comfortably on the floor or in a chair being cradled by heavenly sounds, soft music and guided meditation. Take time out to restore your body and mind to a state of total relaxation. Experience the sounds of soothing music, Tibetan singing bowl, Flute, Angel Wing, drum vibration, chimes and many other instruments.

## **April 30 "Exceptional Parties and Fabulous Food"**

**Soile Anderson & Eleanor Ostman**

Author Soile Anderson, caterer extraordinaire, and Eleanor Ostman, food writer and cookbook publisher will share stories from Soile's career as a superb party planner and great cook. Soile, born in Finland and raised a Lutheran, became the leading Kosher caterer in Minnesota. This book is loaded with inspirational party photos and the recipes that made Soile famous as she styled thousands of events and weddings through her company, Deco Catering. They will have their cookbook available for \$20