

Coffee & Conversation

Fall 2019

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.

September 23 Expect the Unexpected!

This season you can expect the unexpected in our weekly lessons. Come with an open mind, a loving heart and a willingness to enjoy the journey. This morning's eclectic activities will set the stage for our upcoming season.

September 30 Unexpected by Christine Caine (video/discussion series)

In this series Christine Caine invites us to leave fear behind, move forward in faith and embrace the adventure. "Believe God for Unexpected Blessings".

October 7 "Let's talk about Intuition, a Human Approach to Sovereignty" Amy Vasterling

Join in the conversation where seasoned intuitive Amy Vasterling will share information about how she defines intuition, how she came to learn she is intuitive and in what ways everybody, including you, is intuitive. Amy's playful, altruistic and down to earth nature will keep you captivated.

Amy Vasterling is a thought leader in the area of working with parents who have what she calls cognizant children. She teaches, speaks and writes on this topic as well as on the topic of intuition. Through a series of life events Amy realized she is highly intuitive and now helps parents of children like her.

October 14 Navigating Grief with Humor – Flossie Lund

Loss occurs frequently and in many unexpected ways. Grief always accompanies loss; it also can happen in unexpected ways. Augustana member Flossie Lund recently participated in a course using the book **Navigating Grief with Humor** by Melissa Mork. Flossie is willing to share her education with us! Flossie will explain: types of grief, tasks of grief, resilience, coping and creating change, plus humor and grief.

October 21 A Respectful End to Grief – Valerie Lis

After a loss, grief is natural. In time, the pain usually softens. When it persists or becomes uncomfortable, Simplified EFT can help. This workshop includes a group tapping to break through grief. Most participants can expect to gain a sense of hopefulness by the end of the workshop. While other methods may be temporary, this offers a more permanent solution – a return to memories based in joy and a respectful end to grief.

*Valerie Lis, MA has conducted hundreds of workshops and supported thousands of clients to obtain consistent, lasting results with EFT Tapping. She has contributed chapters to numerous books including **The Clinical EFT Handbook** and is the author of the upcoming **Simplified EFT™: How to Get Exceptional Results Every Time You Tap**. She is the founder of Simplified EFT™, including a series of tapping principles to produce faster, deeper sessions that can be blended with other styles of EFT. Valerie also teaches a variety of courses at a Minnesota state college.*

October 28 Unexpected Endings Bring New Beginnings (video/discussion)

Once we are no longer stuck in our grief, we can become a "prisoner of hope". This unshakeable confidence in God will open the door to new beginnings. We just need to take the risk to let God fulfill his purposes for our lives in unexpected ways.

November 4 Meditative Sound Experience – Frank DiCristina

Frank will perform a meditative sound experience using rare antique Himalayan Singing Bowls, Gongs and Bells. This will allow the attendee to relax, release and rebalance their mental, physical and emotional bodies. Sound healing/therapy is an experiential modality. We hear more that with just our ears. The largest organ of the human body is the skin. The most sensitive part of the human body is our hair. We also “hear” with our bones, muscles, nerves, fluids and organs as well as our Aura field. Sound therapy is the most complete modality to achieve total enrichment of our wellbeing.

Frank DiCristina is a Certified Himalayan Singing Bowl Master/Teacher. Frank has studied sound since the early 70's where he was an Electronic Music Technician working and repairing analog synthesizers. He began working with singing bowls in 2004. He has traveled to Nepal to learn the cultural experiences with the sound and vibrational healing modality of the Himalayas. He is a member of the Harmonic Therapy Association that is committed to the advancement of research, education and training, advocating best practice standards and providing a forum for the exchange of ideas, knowledge and experience in sound and music therapy.

November 11 Crystals for Prayer & Meditation– Jennifer Salness

The earth has deep wisdom and support to share with us. She is alive and vibrant, showing herself through minerals and gemstones around the world. The crystals of the earth are not just beautiful to view but have an innate energy just like everything in nature. When we can consciously tune into their gifts and messages, we can remember the same gifts that are always within ourselves. Crystals aren't just for the woo-woo crowd. Crystals can help us in many ways, including using them during our daily prayers, to facilitate a deeper meditation, and to help us focus on our intentions for ourselves and the world.

Jennifer Salness is a Crystal Intuitive and Teacher. Her passion for crystals and stones began at a young age and she has been working with them professionally for over 20 years. Through working with the crystals directly, she has developed her own style of teaching with practical, every day applications, and has a grounded and yet spiritually connected manner. She is certified in and has studied numerous holistic healing methods. She is owner of Crystalline Light, an online shop offering high quality and high energy crystals. She also happens to be a PK, the daughter of an ELCA Lutheran retired pastor, who happens to be one of her biggest fans.

November 18 & 25 The Universal Christ: How a Forgotten Reality can Change Everything We See, Hope For and Believe

Richard Rohr's new and possibly last book, **The Universal Christ** is filled with challenging concepts and insights. We will look at the book's major themes: the difference between Christ and Jesus, why Jesus died, God in Us, and going beyond theology. There will be plenty of time for discussion. Bring an open mind and a willingness to share your thoughts!

Women's Holiday Breakfast

December 2, 9:30 -11:30

Expecting the Unexpected this Holiday Season – Jen Grant

Over the holidays many people have expectations about how the holiday will look and be experienced. Speaker, author, workshop leader Jen Grant will present how practicing mindfulness and self-care can help us be aware that we have expectations for our events and help us alleviate the expectation so that we can be open to something new – the unexpected!

Come for a light breakfast between 9:30 - 10:00. Program will start promptly at 10:15. No sign up or cost.

