

(RE)CONNECT SUNDAY

BRUNCH MENU

ORGANIC BEAN SALAD
ORGANIC GREEN SALAD
GLUTEN-FREE QUICHE (VEGETARIAN & WITH
MEAT)
ORGANIC FRUIT & NUT DESSERT BITES

Table Conversation

Don't worry – there'll be plenty of time for informal chatting and catching up! But we ask all present to join in a 10-15 minute table conversation.

Introduce yourself. Please tell your table your name and then tell your table the most interesting thing you've ever eaten – using just that word or phrase.

Learn. Please ask members of your table to read about what is and will be happening in our new community center – The Community Well. Please read the back of this card – one person per paragraph.

Listen. Please take a moment to learn more about The Suppers Program, a program within The Community Well, which is providing today's meal!

Discuss. Take the last few minutes to bat around this question: how do different foods or eating habits seem to affect the way you feel? (E.g., "If I eat this, I feel..." "If I eat a big meal, I can't sleep..." Etc.)

Give thanks! When you're ready to eat, please join in a loud AMEN! Bon appetit!

About the Community Well (TCW)

The Community Well is an extension of PCOL's ministry. Its mission is to enhance the wellness – in body, mind and spirit – of our community. But a fourth aspect of wellness is just as important: purpose. We believe people reach toward wellness when they serve others.

The Community Well enhances mental wellness through a new counseling center called The New Directions Center, which provides psychotherapeutic counseling, group learning, and spiritual direction. TCW also hosts 12 classes for senior adults through the Evergreen Forum, and will soon be providing meditation instruction.

The Community Well enhances physical wellness through Stroller Strides for parents and infants; senior fitness through Active Aging; healthy eating through The Suppers Programs; and will soon be adding a variety of other services, such as yoga, tai chi, pilates, and yoga for children. TCW also hosts community wellness events.

The Community Well provides for spiritual wellness through the two communities of faith that are housed in this facility – PCOL and Temple Micah, in addition to group and individual spiritual direction.

The Community Well is in the process of “helping people help people” through the creation of a job training program for individuals transitioning from incarceration.

Learn more at communitywellnj.org, and stay in touch! Please leave this at your table.

[] I'd like to get The Community Well's every-other week e-News

[] Please send me more information about The Suppers Programs

Name: _____ Email: _____