



### **Food for Thought**

The Food for Thought Discussion Group meets monthly to enjoy fellowship, good food and wine, and discussion of how we understand our faith in our day-to-day lives as Lutheran women.

Some of our discussion topics have included: Women of the Bible, Understanding Grace, The Power of Prayer, Gratitude, and How to Be Present during the busy holiday times. We enjoy a Women's Retreat where we grow together in our faith by sharing kernels of wisdom from the Bible or religious texts we've read, life stories over a campfire, a trek in the snow, and good times.

Come and have a glass of wine, an appetizer, and some great discussion about relationships, God, life, and the relationship between God and life. All women are welcome to show up, whether you've done any preparation or not. Call Rachel in the church office at (630) 325-2220 and she can introduce you to someone else that's going, supply the details of the location, and get you on the email list.