

## Food for Thought Women's Group



Food for Thought meets once a month at 7:00 p.m.

This month they discussed Brene Brown's book *Rising Strong: How the Ability to Reset Transforms the Way We Live*. They also heard about the group retreat at Lake Carroll in February. The retreat group shared a potluck of food, readings, discussion and prayer topics including a day-you-were-born devotional study of birthday entries from *Jesus Calling* by Sarah Young.

The next meeting will be Tuesday May 28th with a backyard get together to celebrate the summer season and enjoy fellowship together. They will be reading and selecting excerpts from *Choose the Life You Want: 101 Ways to Create Your Own Road to Happiness* by Tal Ben Shahar.

If you would like more details, call the church office at 630.325.2220 or contact Mary.