



ASHEVILLE WARD RELIEF SOCIETY

Newsletter (Sept 19 – Oct 23)

ACTIVITY THIS THURSDAY!

Please come join our wellness workshop activity **this Thursday at 7pm at the Church**. Attendees will rotate through several speaker workshops, covering different topics (see topics and speakers below). We hope to see you there!



Thriving in Motherhood - Kristen Curriden

Spiritual and Physical Health - Kaycee Beyer

Centering Your Chi Through Meditation - Pam Goldschmidt

“Keep Moving Forward!” - Kathryn Nelson

BIRTHDAYS



- Sept 20- Kaila Akue
- Sept 23- Pam Goldschmidt
- Sept 24- Ruth Barnwell
- Sept 26- Wynn Vogel
- Sept 29- Terri Johnson & Abigail Ruiz
- Oct 2- Mary Lou Davies
- Oct 3- Dawn Fluharty & Megan Stohl
- Oct 8- Shannon Erickson
- Oct 9- Sherry Kurtz & Sherrie Tomberlin
- Oct 12- Karen Schewee
- Oct 17- Brooke Burgon
- Oct 19- Mary Parker
- Oct 20- Sam Drayton
- Oct 22- Joeann Ankeid & Vera Lane

STAKE CONFERENCE

Stake Conference will be held on October 16th and 17th. There will be an adult session from 6-8pm at the Asheville Ward building on October 16th. **Masks will be required.** The session will also be broadcast via Zoom. Our general session of Stake Conference will be held on Sunday the 17th, starting at 9am (at the ward building). *Something special about this Conference... Elder Matthew Holland of the Seventy will be presiding. You might recognize him from the General Conference talk he gave last October!*

SMALL GROUP ACTIVITIES

We are in the process of organizing mini groups for Relief Society sisters. We will have updates soon, but here are the groups, along with a point-person you can contact if you are interested/ have questions.

Park Play Date: Wednesdays at 10am (Brooke Burgon)

Book Club: (Emily Warburton)

Walking Group: (Brooke Burgon)

Temple Group: (Vangie Norton)

Lunch Group: (Brooke Burgon)

EMOTIONAL RESILIENCE CLASS OPENINGS

There is still room for more people in the Saturday emotional resilience group- 9 am at the church, every other Saturday. You can reach out to Pam Goldschmidt if you are interested in joining.

