



**FOUR FREE WORKSHOPS
SUNDAYS IN MARCH
OPEN TO EVERYONE
11:10 TO 12 (In Church Sanctuary)
ZIONSR.ORG SADDLE RIVER**

- **ACTIVE LISTENING**
- **ALZHEIMER'S & DEMENTIA**
- **FORGIVENESS & RECONCILIATION**
- **LOVING THOSE WHO ARE DIFFICULT TO LOVE**

MARCH 1st ACTIVE LISTENING

Join a licensed therapist for an engaging and practical workshop on the art of active listening. Together we'll explore how truly listening can deepen our relationships with loved ones, strengthen our community, and even help us relate to ourselves with greater compassion. Participants will learn:

- What active listening really is (and what it isn't)
- Practical strategies to become a more effective listener
- The **WAIT** tool ("Why Am I Talking?" and "Whose Agenda Is This?")
- The difference between aggressive, passive, and assertive communication styles
- How to ask: "Do you want help solving this, or do you want me to just listen?"

This interactive session will include reflection and guided practice to help you leave feeling more confident and connected in your conversations. **The worship service (10 - 11 AM) preceding the workshop will also focus on listening: to God and others; all are warmly welcome!**

MARCH 8th ENCOURAGING NEWS ABOUT ALZHEIMER'S & DEMENTIA

Knowledge, encouragement, needed resources and realizing one isn't alone are powerful tools for anyone affected by Alzheimer's Disease. Basic disease information, compelling stories of encouragement and hope, specific resources, and promising advances in legislation and medication will be shared. In addition, we will learn the 10 common warning signs of Alzheimer's and identify the next steps to take, including how to talk to one's physician. **The worship service (10 - 11 AM) preceding the workshop will focus on being an "encourager"; all are warmly welcome!**

DESCRIPTIONS OF THE REMAINING WORKSHOPS ARE FOUND ON THE BACK

MARCH 15th FORGIVENESS & RECONCILIATION

Forgiveness isn't something we can force. When we've been hurt, the impulse to protect, resent, or shut down makes sense. In this workshop, Mark Van Buren — author and meditation teacher — explores forgiveness as a gradual, human process rather than a moral demand.

Together, we'll look at how to feel and live with what hurts without bypassing it, and how forgiveness often unfolds in its own time. While we can't manufacture it, we can nourish the conditions that allow it to grow. Participants will explore how to:

- Stay present with pain without becoming defined by it
- Work skillfully with anger and resentment
- Loosen rigid stories about what happened
- Create the inner conditions where forgiveness can naturally emerge

Forgiveness isn't about excusing harm. It's about tending to our inner self, where freedom becomes possible. **The worship service (10 - 11 AM) preceding the workshop will also focus on forgiveness and reconciliation; all are warmly welcome!**

MARCH 22nd LOVING THOSE WE DISAGREE WITH

Embodying Love: A Mind/Body Understanding of Recognizing Resistance and Choosing Love

What happens in your body when you encounter someone whose views oppose your own? What does it "feel" like to experience disagreements or resistance to something unfamiliar? Tight jaw? Shallow breathing or a knot in your stomach?

In this somatic (mind/body connection) workshop, we will gently explore how disagreement lives in the nervous system, and how love can too. Through breathing exercises and gentle body-based awareness practices, we will learn to stay present with our activation/resistance and practice softening our defensive patterns. When we become aware of our reactions to disagreement, we can then choose to cultivate compassion and embody love. Led by Amanda Lohman Yeu, Somatic Practitioner, ERYT-500, EOLD **The worship service (10 - 11 AM) preceding the workshop will also focus on loving those we may disagree with or find difficult to love; all are warmly welcome!**

YOU ARE INVITED TO BE PART OF OUR FOCUS ON "COMMUNITY"

This Lent, we are partnering with the *Men's Shelter in Paterson NJ*, *Greater NJ Alzheimer's Association*, and *The Center for Mind Body Balance* for workshops and "Acts of Caring". Go to our website – **ZIONSR.ORG** – or **CALL 201-327-0655** to learn more about our Lenten Workshops, "Acts of Caring" and "Small Groups" as well as our regular ministries. During the Season of Lent and Holy Week, it is our hope that all who participate will experience and grow in our collective ability to live as a loving, caring, serving community of God for all people.

ZION LUTHERAN CHURCH AT 96 E. ALLENDALE RD., SADDLE RIVER

Parking for the church is in front of the sanctuary on Allendale Rd., in the back by the Fellowship Hall and across the street when Wandell School is closed.