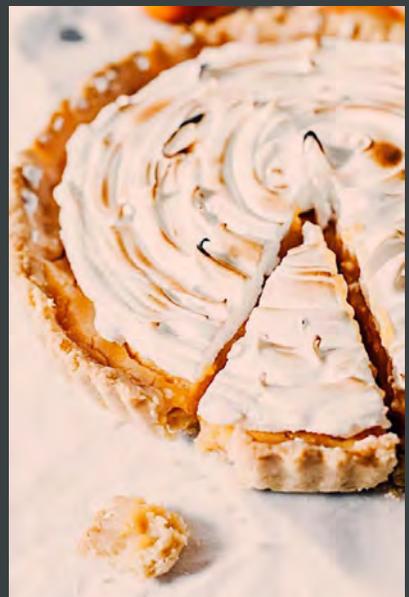




# QUENCHED

*Creative classes for women!*



*A time to connect, refresh & discover*

*July 9, 2019*  
**CLASS DESCRIPTIONS (week 1)**

**Fundamentals with Fermentation - \$16**

Are you excited about fermented food? Come learn how simple it is to do at home; you don't need a giant crock pot or have to put up with stinky odors. We will cover the basics of food fermentation and make sauerkraut. **CLASS LIMIT: 15**

Instructor: Jean Kennedy

**Onigiri (Japanese Rice Balls) - \$16**

Stuffed with a variety of fillings and flavors, these rice balls make an ideal quick snack. We'll prepare 3 different fillings, and customize our creations with a variety of authentic Japanese toppings like nori, bonito flakes, or a delicious miso glaze. You won't want to miss these tasty treats!

Instructor: Haunani Nagel

**Let's Get Marbled- \$6**

This fun and unique class will teach you how to easily make beautiful expensive-looking marble paper. Your take-home art can be framed alone, used as matting behind a picture, as a card or creative paper for your journaling. In this class we will also give you ideas to inspire you to use this on other mediums.

Instructors: Kathy Smith & Erricka Carey

**Cake Decorating - \$16**

Learn to work with fondant and gumpaste for all your cake decorating needs! We'll make simple fondant flowers and you'll gain some tips to help inspire your creative cake decorating skills.

Instructor: Mariah Griffith

**Trinket Dish & Magnet - \$11**

In this class we will create a small trinket dish that can hold jewelry, coins, or any small trinket! In addition to painting a trinket dish, we will decorate magnets that can be used on refrigerators or memory boards! These are darling items for gifting to others, too!

Instructor: Rebecca Humble

**Stained Glass - \$16**

Jamie Kersey has fused glass in the community for over a decade and currently teaches classes through Pacific Rim Art Guild at New Hope Christian College. We will each be building our designs in fusible glass and will learn the basics. **CLASS LIMIT: 14**

Instructor: Jamie Kersey

**Leather Jewelry - \$6**

Come play with beads/leather. We will be making a piece of jewelry to wear or to share. If you've been to one of my classes before you know we enjoy being creative and trying something new.

Instructor: Jane Fruin

**Coaster Making - \$11**

Do you love decorative papers and creating simple, beautiful and useful things for your home? Join us as we make coasters using glass squares, decorative papers and your creativity! Make a set for you or as a gift for a friend. **CLASS LIMIT: 14**

Instructor: Jen Ewert

**Front Porch Fellowship - \$6**

Inviting women for an evening of rest, refuge, and refreshments. Come and experience renewal in your soul. We will meet at the church for dinner and devotions, then head to Diane's porch in Harrisburg.

Instructor: Diane Bowers

**Yoga - \$6**

Brandy Sundberg is a trained & Registered Yoga Teacher (RCT) with yoga alliance. Brandy teaches yoga as a way to connect with the beauty of God's grace and love. With worship-based music, this class will allow you to slow down and rest in the enoughness of who God is and how much He longs to be with us.

Instructor: Brandy Sunberg

*July 16, 2019*  
**CLASS DESCRIPTIONS (week 2)**

**Challah Bread Making - \$6**

We braid it and bake it! As the bread is baking, Lynn will share biblical background about bread in the ancient and modern Jewish culture. Learn the Hebrew blessing over bread that Jesus said. Then we eat hot bread together, just out of the oven. Recipe and dough provided for each participant. **CLASS LIMIT: 12**

Instructor: Leslie Antley & Lynn Jacobson

**Spice Rubs Basics- \$16**

Introductory information for those who are interested in using spice rubs on meats (or veggies). Introduction to spices and combining them for rubs. We will have some hands on work with chicken/meat & taste test afterwards.

Instructor: Lauretta Davies & Kaua Ruttencutter

**Necklaces - \$11**

Learn different ways to make necklaces/pendants that are fun and easy! These could also be used as decorative danglers, zipper pulls or fun additions to jars etc. as well. You'll make and take two customized projects that you're sure to love.

Instructor: Rebecca Humble

**Meyers-Briggs - \$6**

If you've ever walked away baffled by how two people could approach the same circumstance in vastly different ways- this class is for you. Come join me to discover what your personality type is, and understand how God has purposefully made you and others uniquely different, for His glory.

Instructor: Stephanie Riley

**Card Making - \$11**

A fun pre-cut package of cards w/envelopes and shapes will be provided to make a series of 6 cards. Decorative paper in coordinating colors and patterns, glue and stamps for embellishments will be provided as well.

Instructor: Susan Haffner

**Tuesdays w/Beth Moore - \$6**

Join us for Beth Moore's insightful teaching and spiritual insight. We'll watch a 1 hour DVD and have a short discussion and prayer.

**The Wonder of Watercolors - \$11**

Don't you love a misty sunrise? We're going to paint a lovely summer sunrise in watercolor! This class is suitable for beginners and those who don't know yet how artistic they are!

Instructor: Kay Beckham

**Self-Defense Class - \$6**

Learn hands-on, practical self defense techniques with a black belt in Taekwondo! In this class, we'll go over the three rules to women's self defense: distract, escape, follow-through. You'll gain confidence and peace of mind as well as the ability to defend yourself in potentially dangerous scenarios!

Instructor: Mariah Griffith

**Reclaimed Signs - \$11**

Ever feel like you just need more positivity in your home? In this class, we take something from your home that isn't bringing life to you, and we re-purpose it! You will learn how to do some calligraphy and write an uplifting quote. The idea is to re-purpose and revitalize, so try to bring something in, though we will have some blank signs available in class.

Instructor: Ali O'Conner

**Zumba - \$6**

Zumba Fitness is a Latin based dance/fitness class that helps you burn calories while having the time of your life! These are easy to follow dances that will get you moving. It's all about having fun and being able to laugh if you can't quite follow...just move your body and have some fun! This is for ages 2 to 92, so come and see what it is all about!

Instructor: Franki Cook

July 22-27, 2019

# One Hope Women & Lifeway presents...

## AN EVENING OF HOPE

July 22, 2019 7:00 pm  
Silvan Ridge Winery  
27012 Briggs Hill Rd. Eugene  
Cost: \$10 per person

One Hope Women would love for you to join us for a casual evening with desserts and wine. Bring a picnic blanket, invite your unsaved friends and be encouraged by stories of hope and the gospel message.

Sign up @ [onehopenetwork.org/evening-of-hope](http://onehopenetwork.org/evening-of-hope)  
Questions: Email Kristy McIntyre at [OneHopeWomen@gmail.com](mailto:OneHopeWomen@gmail.com)

## YOU LEAD TRAINING

July 26, 2019 8:30 am - 3:30 pm  
Eugene, OR - First Baptist Church

Every woman has influence. We are offering a leadership training conference with breakout sessions taught by leadership experts. Includes lunch. Tickets for this event are being sold exclusively at [www.lifeway.com](http://www.lifeway.com) for \$69.

## LIVING PROOF LIVE with BETH MOORE

Worship with Travis Cottrell  
July 26, 7-9:30 pm & July 27, 8:30 am - 12:15 pm  
MATTHEW KNIGHT ARENA  
Tickets for this event are \$59 at the FBC Group Rate

Register at: <https://fbceugene.com/women/events/>  
For more information, go to [www.lifeway.com](http://www.lifeway.com) or call 1-800-254-2022

## July 30, 2019 CLASS DESCRIPTIONS (week 4)

### Sushi Anyone?! - \$16

Learn how to make sushi rolls, California rolls, vegetable rolls, etc. It's easier than it looks and a fun thing to do for a small party or get together with friends. Join us in this fun and delicious class! **CLASS LIMIT: 15**

Instructor: Jennifer Rinker

### Authentic Peruvian Cooking - \$16

Learn how to prepare a traditional Peruvian dish called Lomo Saltado. Its popularity has made it a part of the mainstream culture and the diversity of Peruvian cuisine promises a time of fun and learning from each other!

Instructor: Lesly Eran

### Tea Cup Fairy Garden - \$11

Learn some tricks for making adorable tea cup fairy gardens with succulents! These are so cute and would make fun gifts. For those with a green thumb or not succulents are fun and easy plants to grow.

Instructor: Pam Welch & Rebecca Humble

### Understanding Differences in Women & Men - \$6

How can women and men come away from the same conversation with completely different impressions of what was said? Begin to understand the uniqueness of both sexes and how to straighten relationships.

Instructors: Alli Jacobson, Christina Newland & Mary Cross

### Button Bouquets - \$6

Come and make a cute spring bouquet out of buttons. We'll be wire twisting up these little bouquets to put in your windowsill, desk, or anywhere you want. A sweet little splash of color that will remind us all of the beautiful gifts God gives us every day.

Instructor: Lisa Chambless

### T-Shirt Printing - \$16

Transfer your creative drawings to your own apparel! In this class, you will learn a DIY technique to print your own designs on a t-shirt. After taking this class you will have the ability to create logos, designs, lettering, and more! Don't be discouraged if you think you're not the best artist...most of this technique involves tracing! (T-shirt provided)

Instructor: Mariah Griffith

### Personal Stylist Secrets- \$6

Come see how to use what you have in your closet to transition your wardrobe & accessories into summer. How to shop smart. How to style & put together different looks. Tips & tricks from your own personal stylist.

Instructor: Kara Ulmer

### Escape Room - \$16

This is a cooperative and fun experience for a group of people. As a team, you will be solving interactive puzzles in order to follow a carefully constructed narrative. We will meet at the church for dinner and devotions, then head to Portal Escape Rooms in Springfield for an evening of entertainment.

Instructor: Benjamin Tokatly

### Praying Verses Over Our Kids - \$6

Instead of worrying about our children let's pray for them! Let's learn to pray with intention, to pray continually and to pray scripture. Bring your Bible, a prayer journal or notebook and a pen and get ready to strengthen your prayer life.

Instructor: Kristy McElhinney

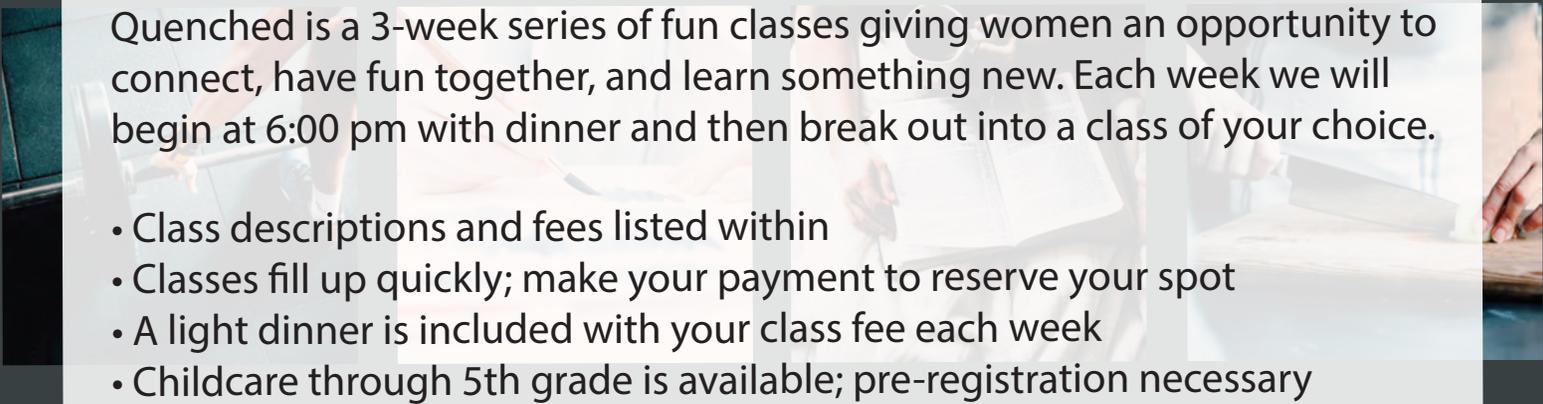
### Walk & The Word - \$6

After dinner and devotions, join us for a walk around the church property where we will continue to fellowship in sisterly love. Bring your walking shoes and we'll find a comfortable pace to walk and talk about life and the Lord.

Instructor: Kaua Ruttencutter

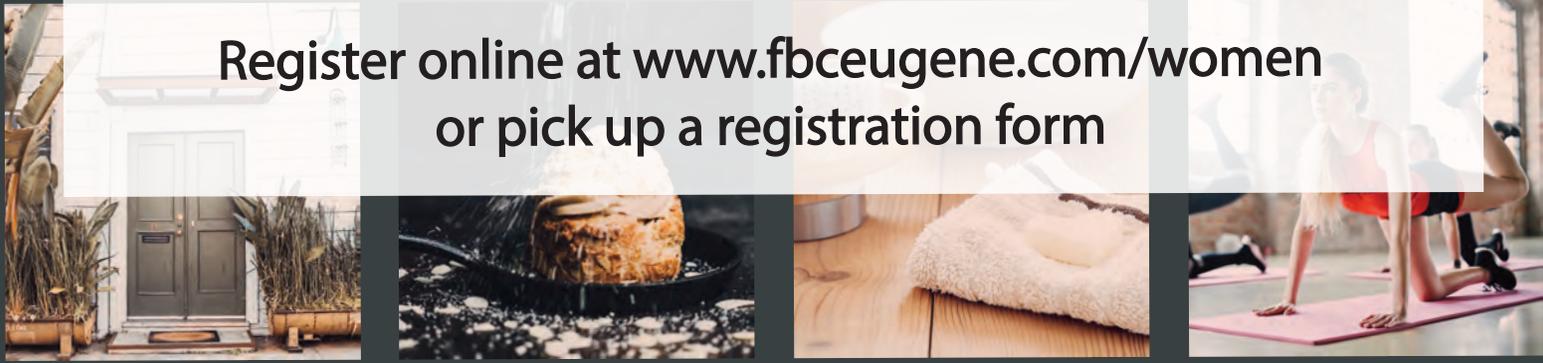


**3 TUESDAYS IN JULY (9th, 16th & 30th)**  
**6:00 - 8:30 PM**  
**DINNER & CHILDCARE**



Quenched is a 3-week series of fun classes giving women an opportunity to connect, have fun together, and learn something new. Each week we will begin at 6:00 pm with dinner and then break out into a class of your choice.

- Class descriptions and fees listed within
- Classes fill up quickly; make your payment to reserve your spot
- A light dinner is included with your class fee each week
- Childcare through 5th grade is available; pre-registration necessary



**Register online at [www.fbceugene.com/women](http://www.fbceugene.com/women)**  
**or pick up a registration form**

*And the disciples were filled with joy and with the Holy Spirit.*  
*Acts 13:52 NIV*

Register online at [www.fbceugene.com/women](http://www.fbceugene.com/women)  
Facebook: First B Women  
Instagram: @firstbwomen

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**Eugene, OR 97408**  
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