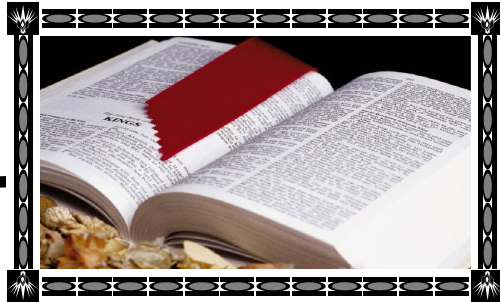


Summer Activities

The Return of the Old Testament Bible Study!

Wednesday mornings at 11 am in the Fellowship Hall
Beginning June 29th! Come, bring your bible and your curiosity about
the Old Testament! Bring your friends, too



Mark Your Calendars because

Crafty Pastor is at it again!

Here's the current Summer schedule:

July 6th—Making prayer beads with polymer clay and other items

July 13th—Making prayer boxes for yourself or for a gift

July 20th—Other great activity!

July 27th—Yet another great activity!

August 3rd—Tara will lead us in making a personal portable labyrinth

August 10th—And yet another great activity!

As with last year, the supplies are provided for each activity (unless otherwise specified in advance) and the cost to cover supplies is around \$5.



Self Defense: The Basics

Tara Fleck, **2nd Degree Black Belt in Tae Kwon Do** and our Project Connect Intern for this Summer will be leading a Self Defense class on Saturday July 9th at 1pm.

This basic class will include:

CAR DEFENSE ESCAPES

BLOCKING STRIKES

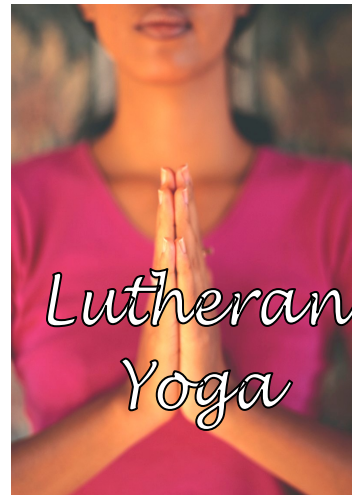
All Levels of Physical Ability Are Welcome

No Previous Martial Arts Training Is Required

See the Sign Up Sheet
In The Fellowship Hall
For More Details



Please be certain your physician is aware of any new physical activity or practice in which you participate.
Good stewardship of our bodies includes partnership with healthcare professionals and sensitivity to your own physical abilities and needs.



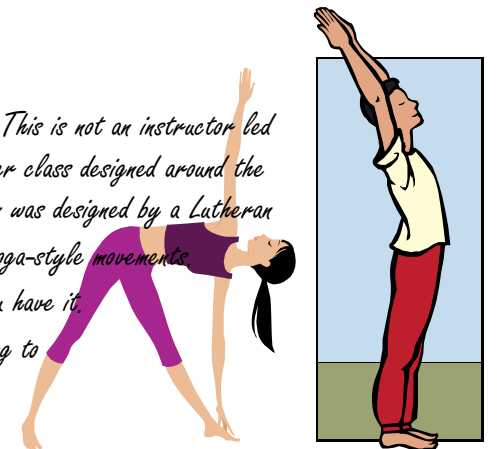
Lutheran Yoga

July 30th at 3pm

Come join us for our first yoga class! This is not an instructor led class but a gentle stretching and prayer class designed around the DVD 'Stretch and Pray'. This system was designed by a Lutheran to incorporate Christian prayer with yoga-style movements.

Please plan to bring a yoga mat if you have it.

If you have an extra mat and are willing to share, please bring it as well.



Summer Activities