

JOIN US FOR BET HA'AM'S WELCOME BACK ICE CREAM SOCIAL! Sunday, August 29th from 1 to 3 pm

Register
for
Religious
School

Yoga
with
Ashley
Flowers

Live Music
with Spruce
Rooster

Decorate and eat
an ice cream
sundae

Discover
volunteer
opportunities

Here's the SCOOP

You're Invited to a
Welcome Back

Ice Cream Social
at Bet Ha'am
Sunday, August 29

1:00 to 3:00 PM

Catch up
with
old friends;
make
new ones

Check out
what's
blooming in
the garden

Kids activities

Free books
from the
library cart

Meet our
board
members
and new
Executive
Director



Come listen to Spruce Rooster featuring congregants Alan Davis on banjo and Peter Scott on guitar! The band specializes in Old Time Music, an American genre of folk music which originated in Appalachia and predates Bluegrass. Bring your dancing shoes!



Congregant Ashley Flowers of Ashley Flowers Yoga is thrilled to be offering a

mini yoga class at 1:45 pm. Chat with Ashley about your own practice or take 15 minutes to simply stretch and relax. If you aren't sure if a yoga practice is right for you, this is a great time to find out.

Congregation Bet Ha'am | 81 Westbrook Street, South Portland, ME 04106

Unsubscribe_gleckman@mindspring.com

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