

AUGUST EVENTS

at All Saints' Church Palo Alto

Every Saturday Morning: 8-9am

Yoga

Kundalini style yoga practice, combining asana (physical poses), breathing exercises and meditation. \$5 donation to the church is requested.

Practice is best done on an empty stomach or light snack.

Please bring a mat and blanket, and wear comfortable, easy-to-move-in clothes. If floor work is difficult, exercises can be modified for practice in a chair. For more information contact Carolyn Fox at: yoginifox@yahoo.com

Saturday, August 18, 10am-4pm

Early Music Choral Workshop

Singers are invited to join members of the California Bach Society, under the direction of Joshua Habermann, Director of Choral Studies at San Francisco State University, to sing and explore William Byrd's music for Catholic and Anglican churches. This workshop will be held in All Saints' Parish Hall. \$45 includes music and lunch.

For more info call: (415) 262-0272 or visit: www.calbach.org

Advance registration is required by August 8.

**Saturday, August 18,
service at 5:30 p m, supper at 6:30 p m**

Fellowship Gathering

Join us in the Fireplace Room of the Parish Hall . . .

It's informal - come as you are

It's contemporary in language

It's interactive - we invite comment on the readings

It's lay-led

It concludes with food, fellowship and discussion

The service itself is short, with opportunity for more fellowship as we share a simple meal; the whole family is welcome of course!



**Saturday & Sunday, August 25-26,
11 am-5pm**

All Saints' Library Used Book Sale and FREE Lemonade Stand

All Saints' presents its annual Used Book Sale (proceeds benefit the church library) along with a FREE lemonade stand during the weekend of the Palo Alto Festival of Arts. All regular books priced from \$1 to \$5. Some 'collectible' books also available.



ALL SAINTS'

Episcopal Church & Community Center

All Saints' Episcopal Church is located at the intersection of Hamilton & Waverley streets in downtown Palo Alto, where it has served the local community for more than 110 years.

Call: 650.322.4528

www.asaints.org