



Family Fall Karate Class begins Wednesday, Sept. 12!
Classes will be from 5 to 6 p.m. (each Wed.) in McBride Hall.

Children and families are invited to a weekly class to practice a Korean traditional karate program through the resident "The Spirit Dojo" school, Fr. Allen Breckenridge instructor. Classes will equip participants to develop fitness of mind, body, & spirit; learn safe & respectful self-defense, anti-bullying, & conflict resolution skills; practice meditation, discipline & respect; all in a safe, fun, & supportive faith community setting.

A fee of \$45/month per child (with 1 or more adult family only \$10/each) will be charged with a 10% tithe going to the GSP Children's Education program & scholarship aid will be available on as-needed basis.

Contact us if you are interested or have questions!
Call 520-808-4073, frallenb02@live.com;
or Pastor Kimberlee 520-327-6857, pastorkimberlee@grace-stpauls.org