

Dear Teva Girls Parents,

We are very excited to begin our Fall season of Teva Girls and hoping that your girls will be joining us.

This season will be on **5 Mondays beginning September 20 from 4-6 PM** at All Together Now in East Montpelier. Our culminating session will be on Sunday, October 24 with a harvest community meal made almost entirely from the Teva Girls Garden harvest by all the Teva Girls.

We will be learning Jewish teachings about Nourishing Ourselves, Giving of Ourselves and Acts of Lovingkindness through stories, songs and blessings.

Earth skills will focus on nature awareness: tuning into the surrounding natural world through sensory awareness and meditative mind quieting, sustainable gardening: seed saving, ethically harvesting our plantings plus wild edible medicinals, sharing harvest with our community, giving back to the soil through compost & covercrop and regenerative cattail harvest and visor weaving.

During each session, every girl will be individually mentored by one of us as she explores her hopes, dreams and goals for her Bat-Mitzvah experience. We will rotate so every girl is mentored by both of us as her vision becomes more clear in whatever form is most authentic to herself.

The fee for the 6 week session will be \$180 which includes teaching materials, garden supplies, community supper essentials, and staff salaries.

We hope you will be joining us! Please feel free to contact us by phone or email and pass this email to anyone you think might be interested.

Shana Tova, (May you be blessed with a sweet New Year!)

Yaffa 839-8286 and Tobie 223-0583