** Keeping in Balance Calendar**

Location: Holy Family Center Time: 8am or 7pm Thursdays

Materials: *The Bible* & *Keeping In Balance*  study guide

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| Session | Date | Opening Your Heart | Keeping in Balance |
| 1 | Sep 1 | Connect Coffee: Four Steps to WWP | Getting a Grip Through Authenticity |
| 2 | Sep 8 | Who is Jesus Christ? | Balance Through Authenticity |
| 3 | Sep 15 | Why is Jesus Interested in My Friendship? | Balance Through Priorities |
| 4 | Sep 22 | Why and How Should I Pray? | Balancing Expectations |
| 5 | Oct 6 | Connect Coffee: God - First Place in All Things | Getting a Grip Through Relationships |
| 6 | Oct 13 | Who is the Holy Spirit? | Balance Through Relationships |
| 7 | Oct 20 | Why Should I Read the Bible? | Balance Through Worship |
| 8 | Oct 27 | What is Grace; What Difference Does It Make? | Balance in Your Schedule |
| 9 | Nov 3 | What are the Limits of Christ’s Forgiveness? | Balance Through Rest |
| 10 | Nov 17 | Connect Coffee: Your Heart - You are Captivating | Getting a Grip Through Rest |
| 11 | Dec 1 | What Does the Sacrament of Penance Have to Do with My Friendship with Christ? | Balance Through Service |
| 12 | Dec 8 | What Does the Eucharist Have to do with My Friendship with Christ? | Balance Through Contentment |
| 13 | Dec 15 | \*\*CHRISTMAS PARTY\*\* | \*\*CHRISTMAS PARTY\*\* |
| 14 | Jan 5 | How Can I Conquer My Fears? | Balance Through Simplicity |
| 15 | Jan 12 | Connect Coffee: Marriage Transformed by Grace | Getting a Grip Through Simplicity |
| 16 | Jan 19 | What is the Role of Suffering in My Life? | Balancing Our Cravings |
| 17 | Feb 2 | What Does Mary Have to do with My Relationship with Christ? | Balance Through Self-Discipline |
| 17 | Feb 9 | Can God Really Change Me or Is That Just Wishful Thinking? | Balance Through Surrender |
| 18 | Feb 16 | Connect Coffee: Reaching Your Child’s Heart | Getting a Grip When It All Falls Apart |
| 19 | Feb 23 | What Challenges Will I Face in My Efforts to Follow Jesus More Closely? | Balance Between Mediocrity and Perfectionism |
| 20 | Mar 2 | What is the Relevance of the Church in My Life? | Balance in Our Thought Life |
| 21 | Mar 9 | How Do I Read the Bible in a Meaningful Way? | Balance Through Engaging Culture |
| 22 | Mar 16 | Connect Coffee: Set the World on Fire | Getting a Grip in Culture |
| 23 | Mar 23 | \*\*CLOSING PARTY\*\* |  |