



walking with purpose

Keeping in Balance

Tuesdays, except *

Bring your Study Guide and Bible to each class

Date	Lesson	Keeping in Balance
Oct. 3	1	Connect Coffee: Getting a Grip Through Authenticity
Oct. 10	2	Balance Through Authenticity
Oct. 17	3	Balance Through Priorities
Oct. 24	4	Balance Through Expectations
Oct. 31		NO CLASS – Happy Halloween OR Make up class, if needed
Nov. 7	5	Connect Coffee: Getting a Grip Through Relationships
Nov. 14	6	Balance Through Relationships
Nov. 21		NO CLASS – Happy Thanksgiving
Nov. 28	7	Balance Through Worship
Dec. 5	8	Balancing in Your Schedule
Dec 12 -	Jan 2	NO CLASS – 4-week Christmas Break
Jan. 9	9	Balance Through Rest
Jan. 16	10	Connect Coffee: Getting a Grip Through Rest
Jan. 23	11	Balance Through Service
Jan. 30	12	Balance Through Contentment
Feb. 6	13	Balance Through Simplicity
Feb. 13	14	Connect Coffee: Getting a Grip Through Simplicity (Fat Tuesday, too)
Feb. 20		Break Week for Parish Mission – Sometime during Lent (one of the next 4 weeks)
Feb. 27	15	Balancing Our Cravings
Mar. 5	16	Balance Through Self-Discipline
Mar. 12	17	Balance Through Surrender
Mar. 20 *	18	Connect Coffee: Getting a Grip When it All Falls Apart (note this is a Wednesday)
Mar. 26 -	Apr. 2	NO CLASS – 2-week Easter Break
April 9	19	Balance Between Mediocrity & Perfectionism
April 16	20	Balance in our Thought Life
April 23	21	Balance Through Engaging Culture
April 30	22	Connect Coffee: Getting a Grip in Culture
May 4		Mass, Rosary Procession & Social (8:30 – 10:30 am)