

Opening Your Heart / Keeping in Balance

Bring your study guide and Bible each week.

Parish Name: St Christopher Parish

Meeting Room: Day/Time: Mary's Room 7:30-9:00

Open House : Thursday, September 11

Kick off meeting: Thursday, September 18

Date	Session	Opening Your Heart	Keeping in Balance
9/25	1	<u>OYH Connect Coffee:</u> <u>Four Steps to WWP</u>	<u>KIB Connect Coffee:</u> <u>Getting a Grip Through Authenticity</u>
10/2		<u>NO MEETING - LADIES GUILD RAISE YOUR SPIRITS</u>	<u>NO MEETING - LADIES GUILD RAISE YOUR SPIRITS</u>
10/9	2	Who is Jesus Christ?	Balance Through Authenticity
10/16	3	Why is Jesus Christ Interested in My Friendship?	Balance Through Priorities
10/23	4	Why and How Should I Pray?	Balancing Expectations
10/30	5	<u>OYH Connect Coffee:</u> <u>God - First Place in All Things</u>	<u>KIB Connect Coffee:</u> <u>Getting a Grip in Our Relationships</u>
11/6	6	Who is the Holy Spirit?	Balance Through Relationships
11/13	7	Why Should I Read the Bible?	Balance Through Worship
11/20	8	What is Grace and What Difference Does It Make?	Balance in Your Schedule
12/4	9	What are the Limits of Christ's Forgiveness? **Atrium**	Balance Through Rest **Atrium**
Dec TBD		Holiday social gathering	Holiday social gathering
1/8	10	<u>OYH Connect Coffee:</u> <u>Your Heart - You Are Captivating</u>	<u>KIB Connect Coffee:</u> <u>Getting a Grip Through Rest</u>
1/15	11	What Does the Sacrament of Penance Have to Do with My Friendship with Christ?	Balance Through Service

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Date	Session	Opening Your Heart	Keeping in Balance
1/22	12	What Does the Eucharist Have to Do with My Friendship with Christ?	Balance Through Contentment
1/29	13	How Can I Conquer My Fears?	Balance Through Simplicity
2/5	14	<u>OYH Connect Coffee:</u> <u>Marriage - Transformed</u> <u>by Grace</u>	<u>KIB Connect Coffee:</u> <u>Getting a Grip Through Simplicity</u>
2/12	15	What is the Role of Suffering in My Life?	Balancing Our Cravings
2/19	16	What Does Mary Have to Do with My Relationship with Christ? **Atrium**	Balance Through Self-Discipline **Atrium**
2/26	17	Can God Really Change Me or Is That Just Wishful Thinking?	Balance Through Surrender
3/5	18	<u>OYH Connect Coffee:</u> <u>Children - Reaching Your</u> <u>Child's Heart</u>	<u>KIB Connect Coffee:</u> <u>Getting a Grip When It All Falls Apart</u>
3/12	19	What Challenges Will I Face in My Efforts to Follow Jesus More Closely?	Balance Between Mediocrity and Perfectionism
3/19	20	What is the Relevance of the Church in My Life?	Balance in Our Thought Life
3/26	21	How Do I Read the Bible in a Meaningful Way?	Balance Through Engaging Culture
4/16	22	<u>OYH Connect Coffee:</u> <u>Outside Activities - Set the</u> <u>World on Fire</u>	<u>KIB Connect Coffee:</u> <u>Getting a Grip in Culture</u>
4/23		Year end social	Year end social

****If a session is cancelled due to weather, we will shift the calendar by a week****