

## ***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**

<b>Date</b>	<b>Session</b>	<b><i>Opening Your Heart</i></b>	<b><i>Keeping in Balance</i></b>
<b>9/25</b>	1	<u>OYH Connect Coffee: Four Steps to WWP</u>	<u>KIB Connect Coffee: Getting a Grip Through Authenticity</u>
<b>10/2</b>		<b><u>NO MEETING - LADIES GUILD RAISE YOUR SPIRITS</u></b>	<b><u>NO MEETING - LADIES GUILD RAISE YOUR SPIRITS</u></b>
<b>10/9</b>	2	Who is Jesus Christ?	Balance Through Authenticity
<b>10/16</b>	3	Why is Jesus Christ Interested in My Friendship?	Balance Through Priorities
<b>10/23</b>	4	Why and How Should I Pray?	Balancing Expectations
<b>10/30</b>	5	<u>OYH Connect Coffee: God - First Place in All Things</u>	<u>KIB Connect Coffee: Getting a Grip in Our Relationships</u>
<b>11/6</b>	6	Who is the Holy Spirit?	Balance Through Relationships
<b>11/13</b>	7	Why Should I Read the Bible?	Balance Through Worship
<b>11/20</b>	8	What is Grace and What Difference Does It Make?	Balance in Your Schedule
<b>12/4</b>	9	What are the Limits of Christ's Forgiveness? <b>**Atrium**</b>	Balance Through Rest <b>**Atrium**</b>
<b>Dec TBD</b>		Holiday social gathering	Holiday social gathering
<b>1/8</b>	10	<u>OYH Connect Coffee: Your Heart - You Are Captivating</u>	<u>KIB Connect Coffee: Getting a Grip Through Rest</u>
<b>1/22</b>	11	What Does the Sacrament of Penance Have to Do with My Friendship with Christ?	Balance Through Service

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Date	Session	<i>Opening Your Heart</i>	<i>Keeping in Balance</i>
1/29	12	What Does the Eucharist Have to Do with My Friendship with Christ?	Balance Through Contentment
2/5	13	How Can I Conquer My Fears?	Balance Through Simplicity
2/12	14	<u>OYH Connect Coffee: Marriage – Transformed by Grace</u>	<u>KIB Connect Coffee: Getting a Grip Through Simplicity</u>
2/19	15	What is the Role of Suffering in My Life?	Balancing Our Cravings
2/26	16	What Does Mary Have to Do with My Relationship with Christ? <b>**Atrium**</b>	Balance Through Self-Discipline <b>**Atrium**</b>
3/5	17	Can God Really Change Me or Is That Just Wishful Thinking?	Balance Through Surrender
3/12	18	<u>OYH Connect Coffee: Children – Reaching Your Child's Heart</u>	<u>KIB Connect Coffee: Getting a Grip When It All Falls Apart</u>
3/19	19	What Challenges Will I Face in My Efforts to Follow Jesus More Closely?	Balance Between Mediocrity and Perfectionism
3/26	20	What is the Relevance of the Church in My Life?	Balance in Our Thought Life
4/16	21	How Do I Read the Bible in a Meaningful Way?	Balance Through Engaging Culture
4/23	22	<u>OYH Connect Coffee: Outside Activities – Set the World on Fire</u>	<u>KIB Connect Coffee: Getting a Grip in Culture</u>
4/30		Year end social	Year end social

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

