



walking with purpose

## Opening Your Heart/Keeping in Balance Calendar

*Bring your study guide and Bible each week*

**Tuesday Morning Session 9:30-11am in Mother Teresa**

**Tuesday Evening Session 6:30-8 pm in Hilbert Hall**

**Thursday Virtual Session 6:30-8 pm**

| Session | Date  | Opening Your Heart  | Keeping in Balance                           |
|---------|-------|---|--|
| 1       | 9/22  | Connect Coffee: Four Steps to WWP   | Getting a Grip Through Authenticity          |
| 2       | 9/29  | Who is Jesus Christ?  | Balance Through Authenticity                 |
| 3       | 10/6  | Why is Jesus Interested in My Friendship?                                     | Balance Through Priorities                   |
| 4       | 10/13 | Why and How Should I Pray?  | Balancing Expectations                       |
| 5       | 10/20 | Connect Coffee: God - First Place in All Things                               | Getting a Grip Through Relationships         |
| 6       | 10/27 | Who is the Holy Spirit?   | Balance Through Relationships                |
| 7       | 11/3  | Why Should I Read the Bible?  | Balance Through Worship                      |
| 8       | 12/1  | What is Grace; What Difference Does It Make?                                  | Balance in Your Schedule                     |
| 9       | 12/8  | What are the Limits of Christ's Forgiveness?                                  | Balance Through Rest                         |
| 10      | 1/5   | Connect Coffee: Your Heart - You are Captivating                              | Getting a Grip Through Rest                  |
| 11      | 1/12  | What Does the Sacrament of Penance Have to Do with My Friendship with Christ? | Balance Through Service                      |
| 12      | 1/19  | What Does the Eucharist Have to do with My Friendship with Christ?            | Balance Through Contentment                  |
| 13      | 1/26  | How Can I Conquer My Fears?   | Balance Through Simplicity                   |
| 14      | 2/9   | Connect Coffee: Marriage Transformed by Grace                                 | Getting a Grip Through Simplicity            |
| 15      | 2/16  | What is the Role of Suffering in My Life?                                     | Balancing Our Cravings                       |
| 16      | 2/23  | What Does Mary Have to do with My Relationship with Christ?                   | Balance Through Self-Discipline              |
| 17      | 3/2   | Can God Really Change Me or Is That Just Wishful Thinking?                    | Balance Through Surrender                    |
| 18      | 3/9   | Connect Coffee: Reaching Your Child's Heart                                   | Getting a Grip When It All Falls Apart       |
| 19      | 3/16  | What Challenges Will I Face in My Efforts to Follow Jesus More Closely?       | Balance Between Mediocrity and Perfectionism |
| 20      | 4/27  | What is the Relevance of the Church in My Life?                               | Balance in Our Thought Life                  |

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| 21 | 5/4  | How Do I Read the Bible in a Meaningful Way? | Balance Through Engaging Culture |
| 22 | 5/11 | Connect Coffee: Set the World on Fire        | Getting a Grip in Culture        |