



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	9/20	Connect Coffee: Four Steps to WWP	Getting a Grip Through Authenticity
2	9/27	Who is Jesus Christ?	Balance Through Authenticity
3	10/4	Why is Jesus Interested in My Friendship?	Balance Through Priorities
4	10/18	Why and How Should I Pray?	Balancing Expectations
5	10/25	Connect Coffee: God - First Place in All Things	Getting a Grip Through Relationships
6	11/1	Who is the Holy Spirit?	Balance Through Relationships
7	11/29	Why Should I Read the Bible?	Balance Through Worship
8	12/6	What is Grace; What Difference Does It Make?	Balance in Your Schedule
9	1/3	What are the Limits of Christ's Forgiveness?	Balance Through Rest
10	1/10	Connect Coffee: Your Heart - You are Captivating	Getting a Grip Through Rest
11	1/17	What Does the Sacrament of Penance Have to Do with My Friendship with Christ?	Balance Through Service
12	1/24	What Does the Eucharist Have to do with My Friendship with Christ?	Balance Through Contentment
13	2/7	How Can I Conquer My Fears?	Balance Through Simplicity
14	2/14	Connect Coffee: Marriage Transformed by Grace	Getting a Grip Through Simplicity
15	2/21	What is the Role of Suffering in My Life?	Balancing Our Cravings
16	2/28	What Does Mary Have to do with My Relationship with Christ?	Balance Through Self-Discipline
17	3/7	Can God Really Change Me or Is That Just Wishful Thinking?	Balance Through Surrender
18	3/14	Connect Coffee: Reaching Your Child's Heart	Getting a Grip When It All Falls Apart
19	4/25	What Challenges Will I Face in My Efforts to Follow Jesus More Closely?	Balance Between Mediocrity and Perfectionism
20	5/2	What is the Relevance of the Church in My Life?	Balance in Our Thought Life
21	5/9	How Do I Read the Bible in a Meaningful Way?	Balance Through Engaging Culture
22	5/16	Connect Coffee: Set the World on Fire	Getting a Grip in Culture

