



Location: St. Pius Milligan Hall
Materials: Bring your study guide and Bible each week

Time: Tuesday mornings 9:15-10:45 am
 or Tuesday evenings 6:30-8:00 pm

Opening Your Heart/Keeping in Balance Calendar

Session	Date	Opening Your Heart	Keeping in Balance
1	Oct 5	Connect Coffee: Four Steps to WWP	Getting a Grip Through Authenticity
2	Oct 12	Who is Jesus Christ?	Balance Through Authenticity
3	Oct 19	Why is Jesus Interested in My Friendship?	Balance Through Priorities
4	Oct 26	Why and How Should I Pray?	Balancing Expectations
5	Nov 9	Connect Coffee: God - First Place in All Things	Getting a Grip Through Relationships
6	Nov 16	Who is the Holy Spirit?	Balance Through Relationships
7	Nov 30	Why Should I Read the Bible?	Balance Through Worship
8	Dec 7	What is Grace; What Difference Does It Make?	Balance in Your Schedule
9	Dec 14	What are the Limits of Christ's Forgiveness?	Balance Through Rest
10	Jan 4	Connect Coffee: Your Heart - You are Captivating	Getting a Grip Through Rest
11	Jan 11	What Does the Sacrament of Penance Have to Do with My Friendship with Christ?	Balance Through Service
12	Jan 18	What Does the Eucharist Have to do with My Friendship with Christ?	Balance Through Contentment
13	Jan 25	How Can I Conquer My Fears?	Balance Through Simplicity
14	Feb 1	Connect Coffee: Marriage Transformed by Grace	Getting a Grip Through Simplicity
15	Feb 8	What is the Role of Suffering in My Life?	Balancing Our Cravings
16	Feb 15	What Does Mary Have to do with My Relationship with Christ?	Balance Through Self-Discipline
17	Feb 22	Can God Really Change Me or Is That Just Wishful Thinking?	Balance Through Surrender
18	Mar 1	Connect Coffee: Reaching Your Child's Heart	Getting a Grip When It All Falls Apart
19	Mar 8	What Challenges Will I Face in My Efforts to Follow Jesus More Closely?	Balance Between Mediocrity and Perfectionism
20	Mar 15	What is the Relevance of the Church in My Life?	Balance in Our Thought Life
21	Mar 22	How Do I Read the Bible in a Meaningful Way?	Balance Through Engaging Culture
22	Mar 29	Connect Coffee: Set the World on Fire	Getting a Grip in Culture

Note: No Lessons on 11/2 (Election Day), 11/23, 12/21 and 12/28 (due to holidays)