





**STUDY: KEEPING IN BALANCE**

**LOCATION: ST. ISIDORE CATHOLIC CHURCH, DANVILLE, CA**

**TIME: 9:15-11:15 AM**

Session One	Sept 13, 2018	Lesson 1: Connect Coffee Talk: Getting a Grip Through Authenticity
Session Two	Sept. 20, 2018	Lesson 2: Balance Through Authenticity
Session Three	Sept. 27, 2018	Lesson 3: Balance Through Priorities
Session Four	Oct. 4, 2018	Lesson 4: Balancing Expectations
Session Five	Oct. 18, 2018	Lesson 5: Connect Coffee Talk: Getting a Grip Through Relationships
Session Six	Oct. 25, 2018	Lesson 6: Balance Through Relationships
Session Seven	Nov. 1, 2018	Lesson 7: Balance Through Worship
Session Eight	Nov. 8, 2018	Lesson 8: Balancing in Your Schedule
Session Nine	Nov. 15, 2018	Lesson 9: Balance Through Rest
Session Ten	Nov. 29, 2018	Lesson 10: Connect Coffee Talk: Getting a Grip Through Rest
Session Eleven	Dec. 6, 2018	Lesson 11: Balance Through Service
	Dec. 13, 2018	WWP Christmas Party and Ornament Exchange
Session Twelve	Jan 10, 2019	Lesson 12: Balance Through Contentment
Session Thirteen	Jan. 17, 2019	Lesson 13: Balance Through Simplicity
Session Fourteen	Jan. 24, 2019	Lesson 14: Connect Coffee Talk: Getting a Grip Through Simplicity
Session Fifteen	Jan. 31, 2019	Lesson 15: Balancing our Cravings
Session Sixteen	Feb. 7, 2019	Lesson 16: Balance Through Self-Discipline
Session Seventeen	Feb. 21, 2019	Lesson 17: Balance Through Surrender
Session Eighteen	Feb. 28, 2019	Lesson 18: Connect Coffee Talk: Getting a Grip When It All Falls Apart
Session Nineteen	Mar. 7, 2019	Lesson 19: Balance Between Mediocrity and Perfectionism
Session Twenty	March 21, 2019	Lesson 20: Balance in our Thought Life
Session Twenty-one	March 28, 2019	Lesson 21: Balance Through Engaging Culture
Session Twenty-two	April 11, 2019	Lesson 22: Connect Coffee Talk: Getting a Grip in Culture
	May 2, 2019	WWP End of the Year Party and Potluck

