



STUDY: KEEPING IN BALANCE (KIB)

LOCATION: SAINT PATRICK CHURCH

DAY/TIME: TUESDAYS 9:00-10:30AM (MORNING GROUP);
TUESDAYS 7:00-8:30PM (EVENING GROUP);

CONTACT GLORIA FROST (GLORIA.R.FROST@GMAIL.COM)

MATERIALS: *THE BIBLE* AND *KEEPING IN BALANCE* STUDY GUIDE
(CONNECT COFFEE TALKS ACCESSIBLE ONLINE OR DVD PURCHASE)

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



walking with purpose