



walking with purpose

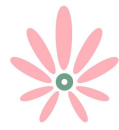
STUDY: KEEPING IN BALANCE (KIB)

LOCATION: CATHEDRAL OF ST. THOMAS MORE

TIME: 7 PM (SOCIAL TIME) 7:30 PM (STUDY)

MATERIALS: THE BIBLE AND KEEPING IN BALANCE STUDY GUIDE

Session One	18 September	Lesson 1: Connect Coffee Talk: Getting Grip Through Authenticity
Session Two	25 September	Lesson 2: Balance Through Authenticity
Session Three	2 October	Lesson 3: Balance Through Priorities
NO WWP	9 October	STM Women's Council
Session Four	16 October	Lesson 4: Balancing Expectations
Session Five	23 October	Lesson 5: Connect Coffee Talk: Getting a Grip Through Relationships
Speaker	30 October	Speaker - TBD
Session Six	6 November	Lesson 6: Balance Through Relationships
NO WWP	13 November	STM Women's Council
Session Seven	20 November	Lesson 7: Balance Through Worship (Week of Thanksgiving)
Session Eight	27 November	Lesson 8: Balancing in Your Schedule
NO WWP	4 December	STM Women's Council
Session Nine	11 December	Lesson 9: Balance Through Rest *Burke Hall Closed – STM School Play
Session Ten	18 December	Lesson 10: Connect Coffee Talk: Getting a Grip Through Rest
NO WWP	25 December	Christmas Break
NO WWP	1 January	Christmas Break
NO WWP	8 January	STM Women's Council
Speaker	15 January	Speaker TBD
Session Eleven	22 January	Lesson 11: Balance Through Service
Session Twelve	29 January	Lesson 12: Balance Through Contentment
Session Thirteen	5 February	Lesson 13: Balance Through Simplicity
NO WWP	12 February	STM Women's Council
Session Fourteen	19 February	Lesson 14: Connect Coffee Talk: Getting a Grip Through Simplicity



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Speaker	26 February	Speaker TBD
Session Fifteen	5 March	Lesson 15: Balancing our Craving *Burke Hall Closed – Fat Tuesday
NO WWP	12 March	STM Women’s Council
Session Sixteen	19 March	Lesson 16: Balance Through Discipline
Session Seventeen	26 March	Lesson 17: Balance Through Surrender
Session Eighteen	2 April	Lesson 18: Connect Coffee Talk: Getting a Grip When it All Falls Apart
NO WWP	9 April	STM Women’s Council
Speaker	16 April	Speaker TBD
Session Nineteen	23 April	Lesson 19: Balance Between Mediocrity and Perfectionism (Easter Week)
Session Twenty	30 April	Lesson 20: Balance in our Thought Life
Session Twenty-one	7 May	Lesson 21: Balance Through Engaging Culture
NO WWP	14 May	STM Women’s Council
Session Twenty-two	21 May	Lesson 22: Connect Coffee Talk: Getting a Grip on Culture
Holy Hour	28 May	Holy Hour (7 PM) and End of Year Social (8 PM)
If needed	4 June	Make up session for cancelled/missed sessions
If needed	11 June	Make up session for cancelled/missed sessions

Inclement Weather Plan: Snow Days: Please Note –
WWP will follow the Arlington County School District Closings and Delays

Lessons will resume according to the calendar. If a Lesson Day is cancelled due to inclement weather, the missed lesson will be covered the following week.