



**2023-2024 HOLY TRINITY CATHOLIC CHURCH
KEEPING IN BALANCE**

MONDAY AM YOUNG MOMS

9:15 AM – 11:30AM LIGHT B'FAST & LESSON TIME
LIMITED BABYSITTING AVAILABLE BY REGISTRATION ONLY
\$75/1ST CHILD; \$25/ADD'L CHILD; PER SEMESTER

Session 1	*Sept 11*	Lesson 1: Connect Coffee Talk: Getting a Grip Through Authenticity
Session 2	Sept 18	Lesson 2: Balance Through Authenticity
Session 3	Sept 25	Lesson 3: Balance Through Priorities
Session 4	Oct 2	Lesson 4: Balancing Expectations
Session 5	*Oct 16*	Lesson 5: Connect Coffee Talk: Getting a Grip Through Relationships
Session 6	Oct 23	Lesson 6: Balance Through Relationships
Session 7	Oct 30	Lesson 7: Balance Through Worship
Session 8	Nov 6	Lesson 8: Balancing in Your Schedule
Session 9	Nov 13	Lesson 9: Balance Through Rest
Session 10 - 2024	*Jan 8*	Lesson 10: Connect Coffee Talk: Getting a Grip Through Rest
Session 11	Jan 22	Lesson 11: Balance Through Service
Session 12	Jan 29	Lesson 12: Balance Through Contentment
Session 13	Feb 5	Lesson 13: Balance Through Simplicity
Session 14	*Feb 12*	Lesson 14: Connect Coffee Talk: Getting a Grip Through Simplicity
Session 15	Feb 26	Lesson 15: Balancing our Cravings
Session 16	Mar 4	Lesson 16: Balance Through Self-Discipline
Session 17	Mar 11	Lesson 17: Balance Through Surrender
Session 18	*Mar 25*	Lesson 18: Connect Coffee Talk: Getting a Grip When It All Falls Apart
Session 19	April 8	Lesson 19: Balance Between Mediocrity and Perfectionism
Session 20	April 15	Lesson 20: Balance in our Thought Life
Session 21	April 22	Lesson 21: Balance Through Engaging Culture
Session 22	*April 29*	Lesson 22: Connect Coffee Talk: Getting a Grip in Culture