



KEEPING IN BALANCE

LOCATION: OUR LADY OF LOURDES SCHOOL LIBRARY (MEDIA CENTER)
MATERIALS: (1) *THE BIBLE* AND (2) *KEEPING IN BALANCE* STUDY GUIDE

EVENING(S): WEDNESDAYS
TIME: 7:00PM-9:00PM

Lesson	Date	Lesson/Talk
*	9/15/2021	Third Wednesday Holy Hour and Reflection
1	9/22/2021	Talk – Getting a Grip Through Authenticity
2	9/29/2021	Lesson – Balance Through Authenticity
3	10/6/2021	Lesson – Balance Through Priorities
4	10/13/2021	Lesson – Balancing Expectations
*	10/20/2021	Third Wednesday Holy Hour and Reflection
5	10/27/2021	Talk – Getting a Grip in Our Relationships
6	11/3/2021	Lesson – Balance in Relationships
7	11/10/2021	Lesson – Balance Through Worship
*	11/17/2021	Third Wednesday Holy Hour and Reflection
-	11/24/2021	Thanksgiving Break
8	12/1/2021	Lesson – Balance in Your Schedule
9	12/8/2021	Lesson – Balance Through Rest
*	12/15/2021	Third Wednesday Holy Hour and Reflection
-	12/22/2021	Christmas Break
-	12/29/2021	Christmas Break
10	1/5/2022	Talk – Getting a Grip Through Rest
11	1/12/2022	Lesson – Balance Through Service
*	1/19/2022	Third Wednesday Holy Hour and Reflection
12	1/26/2022	Lesson – Balance Through Contentment

* While not a part of *Keeping in Balance*, this schedule includes the OLOL monthly 3rd Wednesday Women’s Holy Hour and Reflection. It was developed so that it would not conflict with the time offered for adoration.



walking with purpose

13	2/2/2022	Lesson – Balance Through Simplicity
14	2/9/2022	Talk – Getting a Grip Through Simplicity
*	2/16/2022	Third Wednesday Holy Hour and Reflection
15	2/23/2022	Lesson – Balance Our Cravings
16	3/2/2022	Lesson – Balance Through Self-Discipline
17	3/9/2022	Lesson – Balance Through Surrender
*	3/16/2022	Third Wednesday Holy Hour and Reflection
18	3/23/2022	Talk – Getting a Grip When It All Falls Apart
19	3/30/2022	Lesson – Balance Between Mediocrity and Perfectionism
20	4/6/2022	Lesson – Balance in Our Thought Life
21	4/13/2022	Lesson – Balance Through Engaging Culture
*	4/20/2022	Third Wednesday Holy Hour and Reflection
22	4/27/2022	Talk – Getting a Grip in Culture

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