

Keeping in Balance

LOCATION: St. Elizabeth Ann Seton Catholic Church Parish Hall TIME: 10:00 AM - 11:45 AM, Thursdays
(Connect Coffee talks are [accessible online](#) or through DVD purchase)

SESSION	DATE	LESSON DETAILS
Session One	9/11/25	Lesson 1: Connect Coffee Talk 1 Getting a Grip Through Authenticity
Session Two	9/18/25	Lesson 2: Balance Through Authenticity
Session Three	9/25/25	Lesson 3: Balance Through Priorities
Session Four	10/2/25	Lesson 4: Balancing Expectations
Session Five	10/9/25	Lesson 5: Connect Coffee Talk 2 Getting a Grip Through Relationships
Session Six	10/16/25	Lesson 6: Balance in Relationships
Session Seven	10/23/25	Lesson 7: Balance Through Worship
	10/30/25	Fall Break
Session Eight	11/6/25	Lesson 8: Balance in Your Schedule
Session Nine	11/13/25	Lesson 9: Balance Through Rest
	11/20/25	Thanksgiving Break
	11/27/25	Thanksgiving Break
Session Ten	12/4/25	Lesson 10: Connect Coffee Talk 3 Getting a Grip Through Rest
	12/11/25	Christmas Luncheon
Session Eleven	1/8/26	Lesson 11: Balance Through Service
Session Twelve	1/15/26	Lesson 12: Balance Through Contentment
Session Thirteen	1/22/26	Lesson 13: Balance Through Simplicity
		Lesson 14: Connect Coffee Talk 4
Session Fourteen	1/29/26	Getting a Grip Through Simplicity
Session Fifteen	2/5/26	Lesson 15: Balance Our Cravings
	2/12/26	Winter Break
Session Sixteen	2/19/26	Lesson 16: Balance Through Self-Discipline
Session Seventeen	2/26/26	Lesson 17: Balance Through Surrender
Session Eighteen	3/5/26	Lesson 18: Connect Coffee Talk 5 Getting a Grip When It All Falls Apart
Session Nineteen	3/12/26	Lesson 19: Balance Between Mediocrity and Perfectionism
	3/19/26	Greenville County Spring Break
Session Twenty	3/26/26	Lesson 20: Balance in Our Thought Life
	4/2/26	Easter Break
	4/9/26	Easter Break
Session Twenty-one	4/16/26	Lesson 21: Balance Through Engaging Culture
		Lesson 22: Connect Coffee Talk 6
Session Twenty-two	4/23/26	Getting a Grip in Culture
	4/30/26	Make up day if needed
	5/7/26	End of Year Luncheon