



2023-24 Calendar for Keeping in Balance (book 2) and Opening Your Heart (book 1)

Date:	Session:
September 18	Lesson 1 – Connect Coffee
September 25	Lesson 2
October 2	Lesson 3
October 9	Lesson 4
October 15	Lesson 5 – Connect Coffee
October 23	Lesson 6
October 30	Lesson 7
November 6	Lesson 8
November 13	Lesson 9

ADVENT BREAK!!

January 8	Lesson 10 – Connect Coffee
January 15	Lesson 11
January 22	Lesson 12
January 29	Lesson 13
February 5	Lesson 14 – Connect Coffee
February 12	Lesson 15

LENTEN BREAK!!

April 1	Lesson 16
April 8	Lesson 17
April 15	Lesson 18 – Connect Coffee
April 22	Lesson 19
April 29	Lesson 20
May 6	Lesson 21
May 13	Lesson 22 – Connect Coffee