

## **MONDAY SCHEDULE 2024-2025**

### **Walking with Purpose**

#### **The Cathedral of the Most Sacred Heart of Jesus**

*Cathedral Hall Mondays at 9 am with Heather Anne Thomas Longo  
OR The Art Room at SHCS Mondays at 6 pm with Marsha Van Sickle. Opening Your Heart meets on Wednesday evenings from 6 - 7:30 pm.*

#### **TRUTH WITH HANDLES (video series, no book)**

**June 3**, Season 2, Episode 1: Return to Awe

**June 17**, Season 2, Episode 2: Mental Health

**July 1** Season 2 Episode 3: How do I bring my loved ones back to the church  
**July 15** Season 2 Episode 4: Identity

**September 9 Lesson 1: CONNECT COFFEE TALK 1 Getting a grip through authenticity**

**September 16 Lesson 2:** Balance through Authenticity

**September 23 Lesson 3:** Balance through Priorities

**September 30 Lesson 4:** Balancing Expectations

**October 7 NO MEETING SHCS FALL BREAK**

**October 14 Lesson 5: CONNECT COFFEE TALK 2 Getting a grip on our relationships**  
**October 21 Lesson 6:** Balance in relationships

**October 28 Lesson 7:** Balance through worship

**November 4 Lesson 8:** Balance in your schedule

**November 11 Lesson 9:** Balance through rest

**November 18 Lesson 10: CONNECT COFFEE TALK 3 Getting a grip through rest**

**November 25 Lesson 11:** Balance through service

**December 2 Lesson 12:** Balance through Contentment

**December 9, Lesson 13:** Balance through Simplicity

**December 16 NO MEETING CHRISTMAS BREAK**

**December 23 NO MEETING CHRISTMAS BREAK**

**January 6 NO MEETING CHRISTMAS BREAK**

**January 13 Lesson 14: CONNECT COFFEE TALK 4 Getting a grip through Simplicity**

**January 20 NO MEETING MLK DAY**

**January 27, Lesson 15:** Balance our cravings

**February 3 Lesson 16:** Balance through self-discipline

**February 10, Lesson 17:** Balance through surrender

**February 17 NO MEETING PRESIDENT'S DAY**

**February 24 Lesson 18: CONNECT COFFEE TALK 5 Getting a grip when it all falls apart**

**March 3 Lesson 19:** Balance between mediocrity and perfection

**March 10, Lesson 20:** Balance in our Thought Life

**March 17 *NO MEETING SPRING BREAK***

**March 24 Lesson 21:** Balance through engaging culture

**March 25: Lesson 22: CONNECT COFFEE TALKK 6 Getting a grip on culture**