BIBLE STUDY AND FRIENDSHIP GROUP

For the next 7 weeks you are invited to join – "Get Your Life Back" Bible studies.

This will either in house or restricted to outside for some of the time. They can also be sent to your email in-box or these can be delivered to your post box every Monday.

- **Oct 30th** Lesson 1 Benevolent Detachment
- **Nov 6th** Lesson 2 Simply Unplugging
- **Nov 13th** Lesson 3 Kindness to Ourselves
- **Nov 20th** Lesson 4 Allowing Transitions
- **Dec 4th** Lesson 5 Caring for Neglected places in your soul
- **Dec 11th** Lesson 6 Believe and Ask for It
- Dec 18th Lesson 7 The Hidden Life of God in you

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