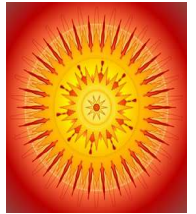


**A BIBLICAL APPROACH TO
FINDING A SIMPLER,
MORE SATISFYING LIFE**

“Stop for a moment and ask yourself what it was about this book (or our flyer) that caused you to take it in your hands and open it. Say it out loud, if you must, in order to remember this thought. You picked up this book for a reason, and it would be good for you to become very open and familiar with that reason.

Chances are very good that there is either a pressing, current need or the haunting, familiar echo of a longing that has rumbled around inside you for years. You may be overwhelmed, over-involved, overextended. You are seeking a simpler life. And six weeks sounds like a reasonable amount of time in which some benefit could be gained. A month and a half. Sounds as though it would require some commitment—not a quick fix—but it’s not forever.”

~ Introduction to Six Weeks to a Simpler Life



**A Caring Place
To Learn, To Heal,
To Share Feelings**

**SIX WEEKS TO A
SIMPLER LIFE**

The Family Life Center

703 Compton Road
Cincinnati, Ohio 45231



The Family Life Center
703 Compton Road
6 Weeks to a Simpler Life
Seven Tuesdays beginning
January 19, 2010
7—8:30 PM



*A Faith-Based Outreach of
Northminster Presbyterian Church*

Tel: 513-931-5777 for
information and for other
groups that provide help for all
ages and stages of
life & life transitions

The Family Life Center

703 Compton Road

6 Weeks to a Simpler Life

Seven Tuesdays beginning January 19, 2010

7—8:30 PM

GROUP INFORMATION

This group will explore, using the Bible, the text, and a journal, just exactly what each person needs in order to simplify his or her life. You will be moved gently, but deliberately, toward a simpler, more satisfying life.

By participating in this group, you will find a lifestyle survey to help you prioritize your life, a daily Bible reading and reflection, a simple action step for each day, journaling exercises, and a safe place to share your own insights and learn from the insights of others.

Authors and husband-and-wife, Barbara DeGrote-Sorensen and David Allen Sorensen, wrote this book in response to their own quest for a simpler lifestyle. You will find it to be an easy book to read that is filled with practical help that is not overwhelming or over-loading. The book also has a fantastic annotated bibliography, which points the reader toward more information and resources that are available.

There is no fee for class. The books are provided for your use. FREE babysitting (with pre-registration) and a FREE lending library complete our offering.

Sources of Information:

The group will use *Six Weeks to a Simpler Life* by Barbara DeGrote-Sorensen and David Allen Sorensen. Other materials may be provided, as the need arises.

Class Facilitators:

Sessions will be led by center director, Diane Kinsella. We will rely on the book's concepts to guide our discussions and lead us toward a simpler lifestyle.

FORMAT: Group meets weekly on Tuesday evenings from 7-8:30 PM for a total of seven weeks.

All information shared is kept confidential. Each member may share their insights as they feel led. No one is required to share, although participation in the discussions will enhance everyone's experience. This group is designed around your individual needs.



The experiences of others can help us understand ourselves and our feelings.

703 Compton Road
Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to:

Phone: 931-5777, Fax: 931-0260
flc@nmpchurch.org

Registration for 6 Weeks to a Simpler Life :

Sign up for:	Time	Price
<input type="checkbox"/> 7 weeks starting 1/19/2010	7-8:30 PM	FREE !!
<input type="checkbox"/> I will need child care during class		FREE !!
<input type="checkbox"/> Number of children:		
<input type="checkbox"/> Ages and names:		
<input type="checkbox"/>		
<input type="checkbox"/>		

Total: FREE !!

Name _____

Address including zip code _____

Phone and e-mail _____

How did you hear about us? _____