



The stress of life takes a lot of gears to work. **LifeWorks** provides three needed gears!



**Gear One:** A time for family and friends to enjoy a meal time together



**Gear Two:** If you have a child, a time with a tutor to support your child doing homework



**Gear Three:** A time for you as an adult to engage in adult conversation with people who “get” life’s highs and lows



**lifeworks** will explore these real life issues over six Wednesdays starting February 10:

Wiping Out Worry

Strangling Stress

Beating Burnout

Finding Financial Freedom

When People Hurt You

When You Feel Like a Failure

*I came that they may have life, and have it abundantly. Jesus, John 10:10b*

Mark Your Calendar for  **lifeworks**

**February 10:** First of **Six Sessions** begins in the Family Life Center (gym)

**5:45 pm:** Start time for family meal. Sessions start at **6:15 pm.**

*Nursery available for all sessions.*

## How does **LifeWorks** work?

**LifeWorks** begins at 5:45 pm on Wednesdays with a 30 minute window for a complimentary meal for your family. A donation basket will be available. The meals will include fast-food fare, along with some healthy options for sides. Meals will be anything from Little Caesars Pizza to a McDonald’s chicken sandwich. We certainly want something all ages can enjoy! Being complimentary, this yummy meal is for convenience, not a choice buffet. There will also be a sandwich bar to make a simple ham and cheese sandwich, etc. If you have children, by 6:15 pm all children will have exited for a homework session with available tutors to support their studies. (All during **LifeWorks**, youth in grades 6th—12th grade will be in their own session that does include a meal for them as well.) At 6:15 pm adults start with a large group session and conclude with a small group session. Everything concludes by 7:15 pm with the intent that most families can return home no later than 7:30 pm.

**For Meal Registration, please indicate on today’s Communication Card or email: [lifeworks@trinitywr.org](mailto:lifeworks@trinitywr.org)**

