



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

