

Date	Team	Topic
Sep 1	Team 1	Prayer – Gratitude, Praise, Petition. Types of prayer and value of each
Sep 8	Team 2	Real presence of Jesus in the Eucharist
Sep 15	Team 3	Are your friends making you a better disciple of Christ
Sep 22	Team 4	Importance of family life rituals (positive family time)
Sep 29	Team 5	Goals: are you and your spouse on the same page
Oct 6	Team 6	Delayed gratification – similar to a workout
Oct 13	Team 1	Being a Servant Leader
Oct 20	Team 2	Six Ways to Love Your Wife
Oct 27	Team 3	Controlling our anger and growing our patience.
Nov 3	Team 4	OPEN MIC
Nov 10	Team 5	Who are modern day saints and martyrs – could you be one?
Nov 17	Team 6	Forgiveness
Nov 24	FT Lite	
Dec 1	Team 1	Asking the Holy Spirit to direct our daily lives.
Dec 8	Team 2	Why Should I Avoid Vices and Instead Seek Virtues, And How Do I Talk With My Children About Doing the Same / Does God want me to have fun?
Dec 15	Team 3	OPEN MIC
Dec 22	FT Lite	
Dec 29	FT Lite	
Jan 5	Team 4	Five ways to show Catholic courage at work
Jan 12	Team 5	How to prepare to receive Holy Eucharist and why important
Jan 19	Team 6	OPEN MIC
Jan 26	Team 1	Friendships as men
Feb 2	Team 2	How to “receive” help
Feb 9	Team 3	Dealing with a “woke” culture, Dealing with societal ties that go against our faith
Feb 16	Team 4	Lent: Denying ourselves and picking up the cross
Feb 23	Team 5	OPEN MIC
Mar 1	Team 6	Will I be saved? / How to get to heaven
Mar 8	Team 1	How to evangelize effectively?
Mar 15	Team 2	OPEN MIC
Mar 22	Team 3	Catholics vs Crossroads – what can we learn from the Mega Churches that are drawing our younger adults away from the Catholic church?
Mar 29	FT Lite	
Apr 5	FT Lite	
Apr 12	Team 4	Empty nesting - how do you deal with children moving on?
Apr 19	Team 5	What as a Catholic father, should I be doing as my kids are dating?
Apr 26	Team 6	The relevancy of our Catholic faith in today’s world!
May 3	Team 1	OPEN MIC
May 10	Team 2	Lessons from St. Augustine and St Monica – when your kids stray from the faith.
May 17	Team 3	Why don’t we trust God fully with our lives?