

Thriving / Belonging

A 12 week class

At Pasadena Church of the Nazarene
3700 East Sierra Madre Boulevard

Starting January 2010

7:00 pm – 8:30 pm



This class is designed to teach you how to:

Reflect on moments you appreciate

Live in joy

Amplify Joy not Distress

Connect with others

Calm and Quiet Yourself

Hear from God

Keep Your Relationship Circuits on

Create Belonging

Express Appreciation to God and others