



“Money and Spirit”

Your Money or Your Life Study Group

Sponsored By: *Simply Living and Maynard Avenue United Methodist Church*

Free Introduction & Registration Session

Tuesday December 6, 2011 from 7:00pm - 8:30pm

Maynard United Methodist Church, 2350 Indianola Ave. Columbus, OH 43202.

Open Seating – No Limit

The facilitator, Randall Loop is highly familiar with financial desperation. He went bankrupt in the recession of the late 1980's and he navigated several personal crises over the next few years (more at the introduction). In 1997 he began to regain a measure of success at living his values, but until 2004 he remained just shy of his “Goldielocks Point” – as he calls it. During 2004, Randall discovered the 9 Steps of the *Your Money or Your Life* Program based on the book authored by Joe Dominguez and Vicki Robins. As a result of living the simple awareness building steps, he paid off nearly \$20,000 in credit card debt, developed savings and bought a small house in south Columbus. That original course he took in 2004 was offered through Simply Living. As a result, since 2006 he has coached and assisted others through the program as an engaged member of Simply Living.

The full study group will be on Tuesdays from 7:00 – 9:00 pm. *Limited to 30 Participants*

January 3, 2012 - Session 1: Convening & Getting Started

January 10 - Session 2: The Money Trap

January 17 - Session 3: What is Money

January 24 - Session 4: Knowing Where Your Money Goes

January 31 - Session 5: Fulfillment, Purpose and Alignment

February 7 - Session 6: Making Life Energy Visible

~ 4 Week Break (*practicing the steps*) ~

March 6 - Session 7: Looking at Your Progress & Pot Luck CELEBRATION!

Some expected results of participating in the study group:

- Beginning to notice a higher quality of life
- Beginning to pay off debt and build savings
- Linking your deepest values and your finances
- Reduced expenses – an average of 20 percent within 6 months
- Deepening alignment of actions with your vision of a healthful planet

Suggested Donation for this course is \$49. Simply Living and Maynard Avenue Church Members receive a \$5 discount, if requested. If you can not afford this amount, any donation is acceptable. No one will be denied access.

YMOYL Books/Study Guides: A limited number of YMOYL books can be loaned during the course. They can also be purchased for \$8 from the facilitator. Each participant will need to have the “Money and Spirit” study guide - *cost \$5*.

Forms of Payment: Randall (the facilitator) will accept cash, checks, money orders or credit card payments. Pay up front, weekly, or at the course end, *you decide!* A portion of your donation will go to support Maynard Avenue United Methodist Church.

Be A Sponsor Through Simply Living: Simply Living is seeking sponsors for this program. Donations will cover fees, books and study guides for those who can not afford full payment. *\$62 will cover 100% of the cost for one participant.* All donation amounts encouraged and can be made directly to Simply Living – call 614-447-0396.. WHAT A GREAT GIFT FOR THE HOLIDAYS!

For more information contact Randall Loop, Facilitator: erloop@gmail.com or 614-496-4595.