

8/1/2024

COURSE CATALOG



Domenic Nigrelli

ADULT EDUCATION PASTOR | ADULT EDUCATION MINISTRY

Table of Contents

| | |
|--|----|
| Passing on your Faith to the Next Generation..... | 7 |
| Instructor: Jonathan Andersen | 7 |
| The Gift of Years..... | 8 |
| Instructor: Doug Anderson | 8 |
| The History and Importance of Hymns in Our Worship Experiences | 9 |
| Instructor: Rosemary Blose..... | 9 |
| Job and God, the Creator | 11 |
| Instructor: Rosemary Blose..... | 11 |
| Abimelech, The Bad Leader | 12 |
| Instructor: Rosemary Blose..... | 12 |
| Rahab: From Prostitute to Heroine..... | 13 |
| Instructor: Rosemary Blose..... | 13 |
| The Story of Martha and Mary and Their Love of Jesus | 14 |
| Instructor: Rosemary Blose..... | 14 |
| The Story of Martha and Mary and The Story of Rahab..... | 15 |
| Instructor: Rosemary Blose..... | 15 |
| Wilberforce, Wesley, and Newton: Men of Extraordinary Faith | 16 |
| Instructor: Rosemary Blose..... | 16 |
| Joseph, Husband of Mary | 18 |
| Instructor: Steve Bond | 18 |
| The ABC's of Resilience..... | 19 |
| Instructor: Sharon Cox | 19 |
| Dealing with Change and Transitions..... | 20 |
| Instructor: Sharon Cox | 20 |
| The Transformative Power of Gratitude..... | 21 |
| Instructor: Sharon Cox | 21 |
| Simple Rules for Money | 22 |
| Instructor: John Delaney..... | 22 |
| It's A Wonderful Life | 23 |
| Instructor: Gino DeSalvatore | 23 |

| | |
|--|----|
| A Charlie Brown Christmas | 24 |
| Instructor: Gino DeSalvatore | 24 |
| We Are the World | 25 |
| Instructor: Gino DeSalvatore | 25 |
| Our Faith Journey in Welcoming the Stranger..... | 26 |
| Instructor: Katie Edwards..... | 26 |
| A King's Poem and a Rabbi's Prayer | 27 |
| Instructor: Waldon Garriss..... | 27 |
| The Beatitudes/The Lord's Prayer | 29 |
| Instructor: John Gregory | 29 |
| I Wish Jesus Hadn't Said That! | 30 |
| Instructor: John Gregory | 30 |
| St. Paul's Letters..... | 31 |
| Instructor: John Gregory | 31 |
| The Transformation of John Wesley | 32 |
| Instructor: John Gregory | 32 |
| The Messianic Secret | 33 |
| Instructor: John Gregory | 33 |
| Nicodemus | 34 |
| Instructor: John Gregory | 34 |
| God's Good Creation..... | 35 |
| Instructor: John Gregory | 35 |
| Five Faith Fundamentals in Christian Apologetics | 36 |
| Instructor: Mike Hendren | 36 |
| Prayer | 37 |
| Instructor: Mike Hendren | 37 |
| The Great Divorce | 38 |
| Instructor: Rick Hotzfeld | 38 |
| New Testament Study of James..... | 39 |
| Instructor: Rick Hotzfeld | 39 |
| The Book of Romans | 40 |
| Instructor: Rick Hotzfeld | 40 |
| Pathways to Peace | 41 |
| Instructor: Rick Hotzfeld | 41 |

| | |
|--|----|
| Searching For God Knows What | 42 |
| Instructor: Rick Hotzfeld | 42 |
| In The Beginning... .. | 43 |
| Instructor: Rick Hotzfeld | 43 |
| Parables..... | 44 |
| Instructor: Jim Hughes | 44 |
| Protest Reformation | 45 |
| Instructor: Jim Hughes | 45 |
| History of Christianity | 46 |
| Instructor: Jim Hughes | 46 |
| Introduction to Islam | 47 |
| Instructor: Jim Hughes Instructor Email: jhughes@bumc.net Duration: 2 weeks..... | 47 |
| Introduction to Judaism..... | 48 |
| Instructor: Jim Hughes Instructor Email: jhughes@bumc.net Duration: 2 weeks..... | 48 |
| God Is Love..... | 49 |
| Instructor: Mack Jean..... | 49 |
| Study of Genesis..... | 50 |
| Instructor: Mack Jean..... | 50 |
| The Rapture and End Times | 51 |
| Instructor: Mack Jean..... | 51 |
| Encouragement for a Successful Future as a Christian..... | 52 |
| Instructor: Phil Johnston | 52 |
| Addiction & Recovery: What's Family Got to Do with It? | 53 |
| Instructor: Tracey Levine | 53 |
| Addiction and Recovery: What's TRAUMA Got to Do with It? | 54 |
| Instructor: Tracey Levine | 54 |
| Mental Health - A Christian Perspective | 56 |
| Instructor: Al McCree..... | 56 |
| The Christian Response to the Addiction Epidemic..... | 57 |
| Instructor: Al McCree..... | 57 |
| The Refugee Crisis..... | 58 |
| Instructor: Al McCree..... | 58 |
| Forgiveness | 59 |
| Instructor: Al McCree..... | 59 |

| | |
|--|----|
| Giving/Tithing..... | 60 |
| Instructor: Al McCree..... | 60 |
| Making Good Decisions..... | 61 |
| Instructor: Al McCree..... | 61 |
| Ecclesiastes | 62 |
| Instructor: Al McCree..... | 62 |
| Homosexuality and Christianity | 63 |
| Instructor: Al McCree..... | 63 |
| Sex and the Bible..... | 65 |
| Instructor: Al McCree..... | 65 |
| Social Principles of the UMC..... | 66 |
| Instructor: Al McCree..... | 66 |
| With God | 67 |
| Instructor: Al McCree..... | 67 |
| The Seven Experiment | 68 |
| Instructor: Al McCree..... | 68 |
| Witnessing..... | 69 |
| Instructor: Al McCree..... | 69 |
| BUMC Foundation..... | 70 |
| Instructor: Al McCree..... | 70 |
| Know the Truth | 71 |
| Instructor: Al McCree..... | 71 |
| The Journey Toward the Ordination of Women in the UMC..... | 72 |
| Instructor: Peg McCree | 72 |
| The Gift of the Magi..... | 73 |
| Instructor: Nelson Mangione | 73 |
| So... Do You Believe in Santa Claus..... | 74 |
| Instructor: Nelson Mangione | 74 |
| Finding Faith in the Faith of Others | 75 |
| Instructor: Russell McIntire..... | 75 |
| Medical Ethics and the Christian..... | 76 |
| Instructor: Russell McIntire..... | 76 |
| Hope..... | 77 |
| Instructor: Russell McIntire..... | 77 |

| | |
|---|----|
| Becoming a More Forgiving Christian | 78 |
| Instructor: Monicah Muhomba | 78 |
| Mindfulness and Spirituality | 79 |
| Instructor: Monicah Muhomba | 79 |
| Prayerful Attitude in a Distracting World | 80 |
| Instructor: Monicah Muhomba | 80 |
| Gospel of Mark..... | 81 |
| Instructor: David Pflaum | 81 |
| Genesis..... | 82 |
| Instructor: David Pflaum | 82 |
| The Miracles of Jesus | 83 |
| Instructor: David Pflaum | 83 |
| Gospel of John..... | 84 |
| Instructor: David Pflaum | 84 |
| Jesus' Birth Stories | 85 |
| Instructor: David Pflaum | 85 |
| The Will of God | 86 |
| Instructor: David Pflaum | 86 |
| Sermon on the Mount..... | 87 |
| Instructor: David Pflaum | 87 |
| Luke 15..... | 88 |
| Instructor: David Pflaum | 88 |
| The Bible's Buried Secrets..... | 89 |
| Instructor: David Pflaum | 89 |
| The Bible's Two Creation Stories | 90 |
| Instructor: David Pflaum | 90 |
| The Parables of Jesus | 91 |
| Instructor: David Pflaum | 91 |
| The Revelation to John..... | 92 |
| Instructor: David Pflaum | 92 |
| Reading the Bible Seriously But Not Necessarily Literally | 93 |
| Instructor: David Pflaum | 93 |
| The Book of Acts | 95 |
| Instructor: Doug Ralls..... | 95 |

| | |
|--|-----|
| The Parables of Jesus | 96 |
| Instructor: Doug Ralls..... | 96 |
| Bonhoeffer | 97 |
| Instructor: Doug Ralls..... | 97 |
| Love Does by Bob Goff..... | 98 |
| Instructor: Doug Ralls..... | 98 |
| The Book of Hebrews..... | 99 |
| Instructor: Doug Ralls..... | 99 |
| All Hallowtide..... | 100 |
| Instructor: Doug Ralls..... | 100 |
| The Difficult Words of Jesus..... | 101 |
| Instructor: Doug Ralls..... | 101 |
| The Book of Ruth..... | 102 |
| Instructor: Doug Ralls..... | 102 |
| The Gospel of Mark..... | 103 |
| Instructor: Doug Ralls..... | 103 |
| Science and Religion | 104 |
| Instructor: Doug Ralls..... | 104 |
| Liberating People, Planet, and Religion | 105 |
| Instructor: Joerg Rieger..... | 105 |
| Blessed are the Peacemakers: Conflict Management for People of Faith | 107 |
| Instructor: Michael Russell | 107 |
| The Book of Job..... | 108 |
| Instructor: Marcus Stamps..... | 108 |
| I'm Waiting God, Finding Blessing in God's Delays | 109 |
| Instructor: Michael Thomas..... | 109 |
| God and Sports..... | 110 |
| Instructor: Michael Thomas..... | 110 |

Passing on your Faith to the Next Generation

Instructor: Jonathan Andersen

Instructor Email: jandersen@bumc.net

Duration: 1 Week

Course Description:

In this one-session class, Rev. Jonathan Andersen will explore practical strategies for nurturing your child's spiritual growth and fostering a deep, authentic faith that lasts a lifetime. Drawing from studies and personal experience, the session will emphasize key principles that every family can live out.

Learning Objectives:

1. Explore practical ways you can nurture faith in your child.
2. Learn from other families' faith practices that may help your family.
3. Gain wisdom from studies done by researchers about faith formation in children.

Teaching Objectives:

1. Share practical ways families can nurture faith in their children.
2. Create an environment where families can learn from one another.
3. Begin a conversation about how the church can partner with families for faith development.

Materials (required):

- None required

Materials (optional):

- TV cart for computer

Keywords:

- Parenting
- Faith
- Spiritual growth
- Families

The Gift of Years

Instructor: Doug Anderson

Instructor Email: dougnash3@comcast.net

Duration: 3 weeks

Course Description:

This is a story about the one gift we have all received- 'The Gift of Years'. This really occurred to me when they rolled me out of the Cath lab 10 years ago with two more stents in my heart. I truly felt that I had been given some more time, but I didn't know what I was supposed to do with it. I talked to others, read some books, and thought about it, but didn't come up with any good answers until I encountered this incredible book. It finally gave me a perspective on the past, present, and future that I had lacked before. So, I want to share what Joan Chittister says along with what I have learned.

Learning Objectives:

1. We will discuss the chapters on Regret, Memory, and Fulfillment along with some stories about my journey.
2. I believe that coincidence is when God chooses to remain anonymous and that there are miracles happening around us every day, but we're too busy to see them so I have some to share.

Teaching Objectives:

1. Seeing the gift of years in a different perspective matters most to me.

Materials (required):

- Easel and paper

Materials (optional):

- None

Keywords:

- The Gift of Years
- Regret
- Memory
- Fulfillment

The History and Importance of Hymns in Our Worship Experiences

Instructor: Rosemary Blose

Instructor Email: rosietom@comcast.net

Duration: 2 Weeks

Course Description:

In the first session, we will learn about the history of hymns as well as their importance in our worship experiences and in our faith journeys. We will examine old hymnals (provided by the teacher) and compare them to today's UMC hymnal. We'll have some fun playing Name That Tune!

In the second session, we will explore the histories of selected well-known hymns. Many of our beloved hymns have rich and fascinating stories behind them. (It Is Well With My Soul, Amazing Grace, O For A Thousand Tongues To Sing, Great Is Thy Faithfulness, and more!)

Learning Objectives:

- To recognize the importance of hymns and how they are part of our DNA
- To learn what makes a hymn a hymn
- To learn how hymnals have changed through the years
- To recognize what a valuable tool our current hymnals are and how much information they contain
- To learn the histories of some of our favorite hymns and how those histories impacted the authors of the hymns
- To appreciate and to enjoy hymns and to appreciate our hymnals more than when this course began
- To learn the importance of really paying attention to the words as we sing hymns
- To learn how hymns help us share our faith and help us feel a part of a faith community

Teaching Objectives:

- To help class members understand the importance of hymns
- To provide interesting hymn history information in a clear and fun way so the course is enjoyable to everyone
- To share the histories of selected well-known and favorite hymns in such a way that class members develop a new appreciation and love for those hymns
- To help class members recognize the importance of hymns in our faith journey and in connecting to our faith community

Materials (required):

- Anything needed will be provided by the teacher.

Materials (optional):

- None

Keywords:

- Hymns
- Hymnals
- Authors
- Singing
- History
- Community

Job and God, the Creator

Instructor: Rosemary Blose

Instructor Email: rosietom@comcast.net

Duration: 1 week

Course Description:

This lesson will explore the story of Job while focusing specifically on Job's conversation with God. We will discuss Job's strong faith even in the face of terrible loss and hardship and also his growing frustration as his situation worsens. When Job finally gets to talk to God, the conversation doesn't go exactly as he had anticipated. We will discuss the lessons to be learned from this conversation and how Job learns the hard way that God is the Creator of all things—and Job is not! Based on Job 38.

Learning Objectives:

- For class members to refresh their memories about the story of Job
- To examine the faith of Job as well as his frustrations
- To study the conversation Job had with God and Job's reaction to it
- To understand both God's anger with Job and his love for Job
- To remind ourselves that God was a Master Engineer and The Creator of all things
- To discover the lessons we can learn from this story

Teaching Objectives:

- To present the story of Job in an organized, interesting, and relatable way so class members can enjoy it and also find it useful in their lives
- To encourage class members to ponder what their reaction would be if God asked them the same questions He asked Job. Would they be prepared to answer?
- To share the importance of having a good foundation when facing tragedy
- To help class members rekindle an awe of God the Creator who calls the sun to rise every morning and who holds us close when we suffer

Materials (required):

- No materials required, but class members are encouraged to bring their Bibles.

Materials (optional):

- None

Keywords:

- Job
- Suffering
- Creator
- Conversation
- Faith

Abimelech, The Bad Leader

Instructor: Rosemary Blose

Instructor Email: rosietom@comcast.net

Duration: 1 week

Course Description:

In this lesson, we will explore the story of Abimelech which is found in Judges 9. While there are many good leaders throughout the Bible and specifically in the Book of Judges, Abimelech isn't one of them. He is a cruel and evil leader, and his rise to power is an interesting story as well as a cautionary one. We will examine his method for gaining power, his need for power, how he used his power, and what happened to him in the end. We will see how God intervened to help bring an end to Abimelech's reign. We will discuss lessons we can learn from this story.

Learning Objectives:

- To learn the story of Abimelech, an evil leader in the book of Judges whose story is not as well-known as other Biblical stories
- To study how the need for power can corrupt people
- To better understand how lives can go really bad when they stray from God's guidance
- To compare the qualities of a good leader with the qualities of a bad leader

Teaching Objectives:

- To introduce, or in some cases re-introduce, the story of Abimelech, a story which may not be familiar to all class members
- To help class members understand the importance of this story and the lessons it teaches about choosing good leaders
- To help class members understand the importance of following God's guidance
- To explore this story in a manner that makes it interesting to class members
- To encourage class members to read and study other stories in Judges, a book that perhaps we don't study as often as others

Materials (required):

- None, but class members are encouraged to bring their Bibles to class

Materials (optional):

- None

Keywords:

- Abimelech
- Leader
- Evil
- Gideon
- Power

Rahab: From Prostitute to Heroine

Instructor: Rosemary Blose

Instructor Email: rosietom@comcast.net

Duration: One Week

Course Description:

We will examine the story of Rahab in the Book of Joshua. Rahab was a prostitute who hid the spies that Joshua had sent to Jericho to gather information. She protected them by lying to the authorities! Is it ever appropriate to lie? We will study the amazing story of a prostitute who became a woman of faith, received new life into the community of God's people, and is mentioned in four books of the Bible. Rahab is actually in the lineage of David and Jesus!

Learning Objectives:

1. To learn the importance of Rahab and her story.
2. To see a great example of how God uses ordinary people to do His will.
3. To be inspired by Rahab's faith and courage.

Teaching Objectives:

1. To make Rahab's story interesting and inspiring.
2. To ask the class if they are willing to take risks for God the way Rahab took a risk.

Materials (required):

- None. Teacher will supply any necessary materials.

Materials (optional):

- None

Keywords:

- Rahab
- Joshua
- Jericho

The Story of Martha and Mary and Their Love of Jesus

Instructor: Rosemary Blose

Instructor Email: rosietom@comcast.net

Duration: One Week

Course Description:

We will examine and discuss the three stories in the Bible about Martha and Mary, sisters of Lazarus. We will explore the different ways that they showed their love of Jesus. Martha was focused on service and taking care of Jesus' earthly needs, while Mary was focused on sitting at Jesus' feet and learning from Him. We will look at the customs of the times, the friendship between Jesus and Martha and Mary, and the impact of the miracle Jesus performed to raise Lazarus from the dead. We will discuss the differences in Martha and Mary's priorities and what we can learn about our own priorities. Are you a Martha or a Mary?

Learning Objectives:

1. To study the three stories of Martha and Mary in order to better understand them.
2. To discuss what we can learn from these stories, especially when setting our own priorities.
3. To understand how love and faith can be expressed in different ways for different people.

Teaching Objectives:

1. To make the lesson interesting for the class.
2. To help the class realize how the culture of the time played a role in these stories.
3. To help the class understand the importance of knowing the context for these stories.

Materials (required):

- None. Teacher will provide any necessary materials.

Materials (optional):

- None

Keywords:

- Martha
- Mary
- Lazarus

The Story of Martha and Mary and The Story of Rahab

Instructor: Rosemary Blose

Instructor Email: rosietom@comcast.net

Duration: 2 weeks

Course Description:

The first week we will explore the three stories in the Bible about Martha and Mary, the sisters of Lazarus. We will study John 11 and 12 and Luke 10. We will look at the differences of the sisters and how, despite their differences, they both had great love for Jesus. Martha was focused on service and taking care of Jesus' earthly needs such as food. Mary was focused on sitting at Jesus' feet and learning from Him. Are you a Martha or a Mary? Is there a need for both? What are our priorities?

The second week we will look at a very different story, the story of Rahab the prostitute. Her story is found in Joshua 2. When Joshua sent spies to Jericho to look over the situation, Rahab took them in and protected them by lying. She had heard about the Israelite God, and she would eventually become a great believer. She hoped for survival by helping the spies, but she gained much more. What can we learn from Rahab?

Learning Objectives:

- To examine the stories of these three women who lived in different times but were great believers.
- To think about what we can learn from these women.
- To explore whether their actions changed history.

Teaching Objectives:

- To encourage people to think about what kind of Christian servant they want to be.
- To encourage people to examine the actions they take to show their love of God.
- To help people get excited about Bible stories and what they can learn from them.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- Martha
- Mary
- Lazarus
- Rahab

Wilberforce, Wesley, and Newton: Men of Extraordinary Faith

Instructor: Rosemary Blose

Instructor Email: rosietom@comcast.net

Duration: 2 weeks

Course Description:

During this series, we will learn how the lives of these three men of faith intersected and how they changed the world. The first lesson will focus on William Wilberforce, the lesser known of these men. Wilberforce was greatly influenced by both John Wesley and John Newton. He led the fight to end the slave trade in England and to eventually end slavery in England. Because of the encouragement of John Newton, his mentor, he used his faith to guide him in Parliament. John Wesley and his Methodism also had a profound impact on Wilberforce. In fact, Wesley's last letter just days before his death was written to Wilberforce to encourage him to continue his fight against slavery.

The second lesson will focus on the lives of John Wesley, the founder of Methodism, and John Newton, a slave ship captain who, like Wesley, had a profound conversion experience. He would later write our beloved hymn "Amazing Grace." These two men became friends and exchanged many letters concerning theology. Even when they disagreed theologically, they remained friends. After our discussions of all three men, we will examine how their lives intersected, how they supported each other, and the great legacy each man left.

Learning Objectives:

1. To learn about William Wilberforce, John Wesley, and John Newton and the ways they supported and influenced each other.
2. To learn how their faith influenced their lives.
3. To discuss what we can learn today from these three men.

Teaching Objectives:

1. To make the class informative and interesting.
2. To encourage class members to explore these three men on their own.
3. To encourage class members to watch the 2007 movie, "Amazing Grace," about William Wilberforce.

Materials (required):

- None. Teacher will bring all necessary materials.

Materials (optional):

- None

Keywords:

- Wilberforce
- Wesley
- Newton

Joseph, Husband of Mary

Instructor: Steve Bond

Instructor Email: stevebond@comcast.net

Duration: One Session

Course Description:

Joseph, husband of Mary, does not say a word in Scripture. And yet, he speaks clearly and eloquently. We shall read Matthew's brief account of Joseph with additional insights from Luke's Gospel.

Learning Objectives:

1. To see the spiritual formation of a first-century craftsman in wood, stone, and perhaps metal.
2. To see divine initiatives and human responses in Matthew's Gospel with a view to recognizing similar processes in the 21st century.

Teaching Objectives:

1. We'll read relevant texts in Matthew and in Luke.
2. The approach will be an interactive one in which all are invited to participate and contribute perspectives and insights.

Materials (required):

- I will provide the relevant texts from NRSV.

Materials (optional):

- Other translations and their differing nuances are welcome.

Keywords:

- Divine initiative
- Responses to God's initiatives

The ABC's of Resilience

Instructor: Sharon Cox

Instructor Email: esharoncox@aol.com

Duration: 1-2 weeks

Course Description:

This program offers practical ideas to foster resilience in challenging times and includes a focus on attitudinal adjustments, behavior changes, and the value of connections in developing resilience. Spiritual disciplines are discussed as well as the healing power of nature and the value of gratitude.

Learning Objectives:

1. Outline the ABCs of resilience and offer practical ways these can be integrated into daily routines.
2. Describe the steps in behavior change and the value of having an accountability partner.
3. Review additional resources to sustain personal change.

Teaching Objectives:

1. Simplify the concept of resilience into a mental model that can be easily accessed.
2. Stress the value of spiritual disciplines and developing new habits to sustain resilience over time.
3. Offer resources for further study.

Materials (required):

- Slide deck provided by speaker

Materials (optional):

- Flip chart

Keywords:

- Spiritual disciplines
- Healthy habits
- Relational connections

Dealing with Change and Transitions

Instructor: Sharon Cox

Instructor Email: esharoncox@aol.com

Duration: 1-2 weeks

Course Description:

Change is a constant, and this program deals with the inner work of adjusting to change. The focal points of ending, neutral zone, and new beginning are based on the models developed by William Bridges in his best-selling books on the topic. Ways to better manage the psychological adjustment to change and ways to help others coping with change are discussed, including the value of spiritual disciplines in this process.

Learning Objectives:

1. Review the variety of changes we experience and ways in which Bridge's model for transitions can provide language for the psychological adjustment to change.
2. Identify several ways to better manage transitions and reframe them as an opportunity for transformational change and spiritual growth.
3. Review ways to support others as they navigate change.

Teaching Objectives:

1. Discuss Bridges' model for transitions and encourage discussion about ways to better manage the psychological adjustment to change.
2. Provide resources for further reading and encourage the use of Stephen Ministers as a means of support in times of transition.

Materials (required):

- Flip chart

Materials (optional):

- Speaker will provide handout

Keywords:

- Change
- Transition
- Psychological adjustment to change
- Opportunity for spiritual growth

The Transformative Power of Gratitude

Instructor: Sharon Cox

Instructor Email: esharoncox@aol.com

Duration: 1-2 weeks

Course Description:

This program highlights the many ways in which experiencing gratitude can improve mental health, foster a more productive mindset, and change perspectives. Ways to bring gratitude into our daily routines are discussed with the intent of next-day use. Gratitude is much more than an emotion; it can become the lens through which we see life.

Learning Objectives:

1. Describe the ways in which gratitude benefits the mind and body.
2. Identify practical ways in which a gratitude practice can be developed and sustained over time.
3. Provide resources for further study.

Teaching Objectives:

1. Demonstrate ways in which gratitude can be something more than just an emotion but rather an action and disposition.
2. Provide additional resources for further study and support with a gratitude practice.

Materials (required):

- Slide deck provided by speaker

Materials (optional):

- No other materials required

Keywords:

- Gratefulness
- Gratitude practice
- Gifts of the Spirit

Simple Rules for Money

Instructor: John Delaney

Instructor Email: jdelaney70@att.net

Duration: 4 Weeks

Course Description:

John Wesley gave a sermon on the Use of Money, and this is a look at his four main points: when crisis forces change, gain all you can, save all you can, and give all you can. Everyone has a relationship with money; some view it as the reward for hard work, some as a means to get nice things, and some hold it so tight that it makes their knuckles white. John Wesley will provide the daily habits needed to clearly define our mission to live the life that God wants us to live.

Learning Objectives:

- To understand the 4 points from John Wesley's sermon "The Use of Money."
- To create habits that lead us to a lifestyle that God intended us to have.

Teaching Objectives:

- To share the tried-and-true points from a sermon in the 1700s in a way that can be applied to people living in the 2000s.

Materials (required):

- Monitor to display a PowerPoint presentation

Materials (optional):

- The class could purchase the book "Simple Rules for Money: John Wesley on Earning, Saving, & Giving"

Keywords:

- Money
- Earn
- Save
- Give
- John Wesley

It's A Wonderful Life

Instructor: Gino DeSalvatore

Instructor Email: gdesalvatore1@aol.com

Duration: 3-4 weeks

Course Description:

This course will focus on the wonderful lives we have and the components/experiences that make our lives wonderful. It focuses on the meaning of the holidays, how we deal with stress and situations that bring anxiety and fear to our lives. We will focus on the importance of friendship, communication, and community.

Learning Objectives:

- To identify what makes our lives wonderful.
- To analyze the importance of community.
- To learn the importance of welcoming, community, togetherness, and connection.
- To analyze why we pray during times of stress and need.
- To understand why money plays an important part in our lives.

Teaching Objectives:

- To communicate the issues that affect our lives and our responses to everyday situations.
- To examine our relationship with God and His son Jesus and how we need them in our lives.
- To communicate the importance of friends.

Materials (required):

- The DVD of "It's a Wonderful Life"

Materials (optional):

- Easel and notepad

Keywords:

- Wonderful Life
- Money
- Stress
- Friendship
- Community
- Holidays

A Charlie Brown Christmas

Instructor: Gino DeSalvatore

Instructor Email: gdesalvatore1@aol.com

Duration: 2 weeks (maybe 3)

Course Description:

Christmas is usually a very exciting time of year. Much preparation for this event, decorations, food, presents, family being together. BUT many people are not in the holiday spirit for a lot of reasons. This course will look at the "true meaning" of Christmas and the perils this holiday season brings. Charlie Brown and his gang will communicate the issues we face, feelings we feel, and the true meaning of this time of year.

Learning Objectives:

- To identify what makes this time of year special
- To identify barriers that keep us from really enjoying Christmas
- To identify the mood and feelings associated with this time of year.

Teaching Objectives:

- To use group discussion to examine the feelings associated with this time of year.
- To engage with class individuals on their own experiences of Christmas.

Materials (required):

- 1 DVD player with TV

Materials (optional):

- DVD

Keywords:

- True Meaning of Christmas
- Feelings
- Charlie Brown and characters
- Personal Experiences

We Are the World

Instructor: Gino DeSalvatore

Instructor Email: gdesalvatore1@aol.com

Duration: 1 Week

Course Description:

This 1-week course looks at the development of the song "We Are The World." It analyzes the concept of generosity, the ability to give no matter what our profession is, to see the need of all those in the world, and our responsibility to take care of those less fortunate than us. It looks at the lyrics of this song and its application where and whenever a need arises.

Learning Objectives:

- Students will learn the meaning of the lyrics of "We Are The World."
- Participants will assess world needs no matter where they are.
- Participants will discuss their contributions to making the world a better place.
- Participants will discuss their skill sets for helping others.

Teaching Objectives:

- Through the use of the story and lyrics, participants will assess their own abilities to help others.
- Through self-reflection, content will look at what keeps us from helping others.

Materials (required):

- YouTube video

Materials (optional):

- TV and screen

Keywords:

- We Are the World
- Generosity
- Helping others

Our Faith Journey in Welcoming the Stranger

Instructor: Katie Edwards

Instructor Email: kdedwards134@gmail.com

Duration: 3 Weeks

Course Description:

This 3-week series shares the experiences of the Refugee and Migrant Ministry at BUMC as they seek to respond to our biblical mandate to welcome the stranger. Beginning with the position of the UMC on immigration, how the RMM developed, and concluding with interviews with members of our church family who have lived experience with immigration. Two of our adopted families (Afghan and Ukrainian) are highlighted, and participants have firsthand experience with a citizenship test! Resources for further study are offered as well as ways to engage with the ongoing work of the Refugee and Migrant Ministry.

Learning Objectives:

1. Describe the stance of the UMC on the issue of immigration, including the biblical references underpinning this work.
2. Engage with members of our church family who have lived experiences with the immigration system to better understand this process.
3. Listen to stories of adopted families within BUMC and explore ways to be more involved with the work of this team.

Teaching Objectives:

1. Promote understanding of the RMM within the BUMC community.
2. Foster collaboration and participation in the ministry both as volunteers and advocates for immigrants and migrants in our community.
3. Develop an understanding of the services and agencies involved in the resettlement of immigrants and migrants in our Nashville community.

Materials (required):

- AV cart for all sessions

Materials (optional):

- Copies of the US Citizenship test will be supplied by RMM team members teaching the course

Keywords:

- Immigration
- Migrants
- Nashville Neighbors
- Harvest Hands
- Ebenezer UMC/Connecting Kindness

A King's Poem and a Rabbi's Prayer

(Adapted from 21 Seconds to Change Your World by Dr. Mark Rutland)

Instructor: Waldon Garriss

Instructor Email: waldon.garriss@vumc.org

Duration: 2 weeks

Course Description:

This two-week study covers two very familiar passages of scripture, the 23rd Psalm and the Lord's Prayer. The structure for this study is provided by the scriptural passages and from an outline adapted from the book, 21 Seconds to Change Your World by Dr. Mark Rutland. In Rutland's book, the author explores several themes, alternating between the two scriptural passages. To make each week's class a "stand alone" session, perhaps more useful to participants who only attend one of the two weeks, we will separate the focus on the two passages, doing the 23rd Psalm the first week, followed by the Lord's Prayer during the second week.

The 1st session will examine 7 assumptions implicit to the 23rd Psalm. We will reflect on what it means to be cared for by our good shepherd and what we can learn about ourselves and humanity, illustrated in this psalm as sheep. We'll discuss concepts such as our needs for restoration, the Spirit's leading in our lives, and our dependence on God for comfort and protection. Related scriptural passages will be included as the topics are discussed.

The 2nd session will focus on the Lord's Prayer (Matt. 6: 9-13; Luke 1:2-4). We will consider Jesus' model prayer and what Jesus emphasized as part of our conversations with God. The discussion will review the six sections of the prayer, often recited in Christian worship services. We will meditate on what it means to have God's kingdom come and God's will be done in the earth that is us. We will also explore a scriptural concept of forgiveness and Jesus' exhortation for us to forgive others.

Learning Objectives:

Week 1 (A King's Poem – 23rd Psalm):

- Participants will analyze and discuss, line by line, this familiar Old Testament passage.
- Seven specific assumptions contained in this psalm will be reviewed and discussed.

Week 2 (A Rabbi's Prayer – the Lord's Model Prayer):

- Participants will review all six sections of the Lord's Prayer and meditate on the nuanced difference between praying for God's kingdom to come and God's will to be done on earth versus "in" the earth that is us.
- Discuss seven assumptions included in the Lord's Prayer.

Teaching Objectives:

- These sessions are interactive and designed to evoke discussion and class participation as the two passages are reflected upon, line by line.

Materials (required):

- None. However, class members are encouraged to bring their Bibles to class.

Materials (optional):

- 21 Seconds to Change Your World, by Dr. Mark Rutland

Keywords:

Week 1:

- 23rd Psalm
- Shepherd
- Sheep
- Rod/staff

Week 2:

- Lord's Prayer
- Hallow
- Forgiveness

The Beatitudes/The Lord's Prayer

Instructor: John Gregory

Instructor Email: johnwillisgregory@gmail.com

Duration: Two - three weeks

Course Description:

This is a two-week lesson on the Beatitudes from Dr. Charles Allen's book, "God's Psychiatry." Dr. Allen's insightful commentary will be used in presenting these important and well-known teachings of Jesus. A one-week lesson on the Lord's Prayer from the same book. How is Jesus' teaching of this model prayer for his disciples relevant for today? Each line of the prayer with Dr. Allen's interpretation will be presented. This will be an excellent opportunity to take a deeper dive into Jesus' suggestion of a prayer methodology.

Learning Objectives:

- Growing in our collective faith journey through the teachings of Jesus Christ.
- Maybe his most important sermons/lessons are summarized in the Beatitudes.
- How do we process this along with the guidance of the Holy Spirit for relevance/action in today's world?
- Prayer is a spiritual practice and discipline. Jesus' model for praying can be helpful in our spiritual growth.

Teaching Objectives:

- Connect with the classes in a genuine and open way that challenges but confirms our commitment as disciples of Jesus Christ.

Materials (required):

- Whiteboard

Materials (optional):

- None

Keywords:

- Beatitudes
- Prayer

I Wish Jesus Hadn't Said That!

Instructor: John Gregory

Instructor Email: johnwillisgregory@gmail.com

Duration: Three to six weeks

Course Description:

These are lessons on troublesome passages for Christians that are troublesome to the point we wish he hadn't said that. Present lessons are on: the workers in the vineyard, the rich young ruler, and the least. More lessons are in preparation. Each lesson is suitable for one Sunday. These lessons will challenge us as disciples. Are we willing to accept the yoke of Christ or prefer the 'cheap grace' Bonhoeffer describes?

Learning Objectives:

- Each lesson will cover the scripture verse by verse with commentary from various theologians.
- There will be ample opportunity for class and small group discussion.
- How is this particular teaching of Jesus relevant in my life?
- How do I turn these seemingly harsh verses into action in a realistic way?

Teaching Objectives:

- These lessons can be transformative in how we think about our money, our power, our influence, and our discipleship.
- Hopefully, they will be received as a genuine attempt at explaining Jesus' commands for us as disciples.

Materials (required):

- Whiteboard
- I will prepare an outline for each lesson. The church has provided copies of the outlines.

Materials (optional):

- None

Keywords:

- Tough Teachings of Jesus

St. Paul's Letters

Instructor: John Gregory

Instructor Email: johnwillisgregory@gmail.com

Duration: Two to five weeks

Course Description:

A two-week study of St. Paul's letter to the Ephesians. Emphasis will be on the Apostle Paul's two well-known prayers in Ephesians. A two-week study of Philippians will be an in-depth look at the overall content, purpose, and theological point of the letter. The historical background and context are reviewed. A one-week lesson on Colossians. The same focus as the lessons on Philippians will be applied.

Learning Objectives:

- How do these letters have meaning for present disciples of Christ?
- Of what relevance are they in today's world?
- Where is the Holy Spirit moving me to action and change in my life?
- Can I/we be transformed as these early churches were?

Teaching Objectives:

- Prayerfully, these presentations will be a genuine look at our personal transformation and the need for a transformed church through the lens of St. Paul.

Materials (required):

- Whiteboard

Materials (optional):

- None

Keywords:

- St. Paul's Letters

The Transformation of John Wesley

Instructor: John Gregory

Instructor Email: johnwillisgregory@gmail.com

Duration: 1 lesson

Course Description:

Life and Ministry of John Wesley:

- Childhood, Education and Early Ministry
- Georgia Years
- Aldersgate
- Transformation

Learning Objectives:

- Knowledge of our Wesleyan heritage.
- The theology of grace: prevenient, justifying, and sanctifying.

Teaching Objectives:

- Challenges each of us to examine our own process of transformation.

Materials (required):

- Whiteboard

Materials (optional):

- No additional materials.

Keywords:

- Transformation

The Messianic Secret

Instructor: John Gregory

Instructor Email: johnwillisgregory@gmail.com

Duration: 1 lesson

Course Description:

A motif found primarily in Mark where Jesus performs miracles and instructs his followers, the healed, and others to tell no one. Attention to this pattern was brought by William Wrede in 1901.

Learning Objectives:

- Interesting scriptural study and discussion of Jesus' motives for not disclosing who he is.

Teaching Objectives:

- Discovering a deeper understanding of Jesus, his ministry, and mission.

Materials (required):

- Whiteboard

Materials (optional):

- No additional materials.

Keywords:

- Discipleship

Nicodemus

Instructor: John Gregory

Instructor Email: johnwillisgregory@gmail.com

Duration: 1 week

Course Description:

Was Nicodemus an admirer or a follower? The topic comes from an essay by Soren Kierkegaard.

Learning Objectives:

- Are we followers or admirers?

Teaching Objectives:

- Challenges each of us to examine where we are on our faith journey of transformation.

Materials (required):

- Whiteboard

Materials (optional):

- Nothing additional

Keywords:

- Discipleship

God's Good Creation

Instructor: John Gregory

Instructor Email: johnwillisgregory@gmail.com

Duration: 1 week

Course Description:

This lesson is based on N. T. Wright's book, *Surprised by Scripture*, exploring the concept of God's good creation and its redemption.

Learning Objectives:

The lesson covers the following points: all of creation is being redeemed, Wesley's theological discussion of Grace (Prevenient, Justifying, and Sanctifying), and scripture references from Genesis (creation—all good) and the fall. The inflection point of God's redemption and restoration is discussed, citing the incarnation and resurrection of Jesus Christ.

Teaching Objectives:

Questions for small group reflection:

- Do you believe the whole of creation is being redeemed?
- Is the redemptive process what Wesley called "sanctification"?
- How are we to be stewards of God's creation?

Materials (required):

- To be provided by the teacher

Materials (optional):

- N/A

Keywords:

- Creation
- Redemption
- Wesley

Five Faith Fundamentals in Christian Apologetics

Instructor: Mike Hendren

Instructor Email: mikehendren206@gmail.com

Duration: 4 weeks

Course Description:

In reading some of Christianity's most renowned Apologists, common themes emerge: • Our World as Enemy Occupied Territory • The "Old Man" Must Die • Humility is Indispensable • Focusing on God's Other Children • Being All In

Learning Objectives:

- For class members to benefit from the writings of such well-known Christian Apologists as Richard Foster, C. S. Lewis, Henri Nouwen, Thomas A Kempis, A. W. Tozer, Richard Rohr, Oswald Chambers, and Dietrich Bonhoeffer as they address common themes and fundamentals of the Christian faith.

Teaching Objectives:

- To introduce class members to the wisdom and sensibility of these brilliant writers in hopes that they will further explore the contribution each has made to Christian apologetics.

Materials (required):

- Whiteboard

Materials (optional):

- None

Keywords:

- Culture
- Born Again
- Others
- Committed

Prayer

Instructor: Mike Hendren

Instructor Email: mikehendren206@gmail.com

Duration: 4 weeks

Course Description:

An affirmation that God longs for our presence through the many dimensions of prayer presented in Richard Foster's book *Prayer – Finding the Heart's True Home*. After discussing the challenges we face in our prayer lives, we will discuss the many dimensions of prayer, including:

- Healing Prayer
- Petitionary Prayer
- Intercessory Prayer
- Unceasing Prayer
- Radical Prayer
- Contemplative Prayer
- Sacramental Prayer
- Formational Prayer
- Covenant Prayer
- Simple Prayer

Learning Objectives:

1. Remind class members that God longs for our presence through prayer.
2. Help them to understand that prayer is not something to be mastered.
3. Acquaint class members with the many forms of prayer to enrich their relationship with God.

Teaching Objectives:

To better equip class members to a deeper understanding, experience, and practice of prayer in its many forms.

Materials (required):

- Whiteboard

Materials (optional):

- A copy of Richard Foster's book *Prayer – Finding the Heart's True Home*.

Keywords:

- Coming Home
- Open Heart
- Genuine Longing
- Divine Grace

The Great Divorce

Instructor: Rick Hotzfeld

Instructor Email: rickhotzfeld@gmail.com

Duration: 5-6 weeks

Course Description:

Responsive discussion of C.S. Lewis' allegorical book *The Great Divorce*. Lewis takes us into the internal elements of Purgatory/Hell through the eyes of a single man, a recent addition. It touches on good and evil, grace and judgment, internal battles for our soul, and debates whether it's even possible to keep both heaven and hell at the same time.

Learning Objectives:

To identify yourself in these characters and their peculiarities, vagaries, and non-negotiables that prevent us from experiencing heaven.

Teaching Objectives:

To have us take inventory of what we hold dearly and which of those things that keep us from experiencing Christ in this world and beyond.

Materials (required):

- TV and connection cords

Materials (optional):

- Read the book as we progress through it

Keywords:

- C.S. Lewis
- The Great Divorce
- Heaven and Hell

New Testament Study of James

Instructor: Rick Hotzfeld

Instructor Email: rickhotzfeld@gmail.com

Duration: 4 weeks

Course Description:

Comprehensive study and deep discussion of the Book of James.

Learning Objectives:

- Discussion Facilitation Method of teaching. Not lecture-oriented. Objective for the class participants is to hear the verses and dig deep into the intended meaning and its context in the infant church.
- Also, to bring forward this book into our time and discuss its relevance today.

Teaching Objectives:

To dissect the key aspects of this interesting, and often misunderstood man and his views on faith in the new church.

Materials (required):

- Weekly reading of the selected sections of the Book of James

Materials (optional):

- Bible

Keywords:

- James
- Faith without works
- Early Church writers

The Book of Romans

Instructor: Rick Hotzfeld

Instructor Email: rickhotzfeld@gmail.com

Duration: 5 weeks

Course Description:

Comprehensive discussion of the 16 chapters of Paul's Letter to the Church at Rome broken as follows:

- WEEK 1: If we Live by Sin
- WEEK 2: Righteousness Through Faith
- WEEK 3: Dying to Sin, Living with Christ
- WEEK 4: End of the Law?
- WEEK 5: Condemning the Condemnation Types

Learning Objectives:

To get the class to dig deep and go wide on one of Paul's most interesting and powerful letters.

Teaching Objectives:

To achieve deep class discussion through facilitation rather than lecture.

Materials (required):

- Television and connectors for PowerPoint Slide Presentation

Materials (optional):

- Bible for aloud reading reference and discussion

Keywords:

- Book of Romans
- Letter to the Church at Rome
- Paul

Pathways to Peace

Instructor: Rick Hotzfeld

Instructor Email: rickhotzfeld@gmail.com

Duration: 4 weeks

Course Description:

Gino DeSalvatore & Rick Hotzfeld facilitate an in-depth discussion about how we can find our way to respectful and constructive engagement and discussion in an era of hate, contempt, and polarization. Using tools from three books: *Anatomy of Peace*, *I Never Thought of it That Way*, and *Love Your Enemies*, we break down the causes of toxic relationships and conversations and offer ways to move toward tolerance and love in our daily interactions.

Learning Objectives:

1. To leave the audience equipped with tools that help them better understand how to stay in relationship with those who come from different backgrounds and positions, and how to have respectful conversations about the tough issues of our day.

Teaching Objectives:

1. We hope to leave you more comfortable in those awkward situations and conversations within your friend groups and family by giving you ways to live in the tension and calm potentially destructive dynamics.

Materials (required):

- See Below

Materials (optional):

- Not required to read these books, but we both promise they are powerfully helpful to not just in the discussion, but in your daily walk: *Anatomy of Peace* (Arbinger Institute), *I Never Thought of it That Way* (Monica Guzman), *Love Your Enemies* (Arthur C. Brooks)

Keywords:

- Hate
- Contempt
- Polarization
- Conversation

Searching For God Knows What

Instructor: Rick Hotzfeld

Instructor Email: rickhotzfeld@gmail.com

Duration: 4 weeks

Course Description:

A detailed discussion of Donald Miller's book *Searching for God Knows What*. Miller, in his "coming from left field" way, helps us see God, faith, and our relationship with Jesus in a new light. Through this exploration, we will examine how our behavior and understanding of God and Jesus either help bring others to Christ or hinder that process.

Learning Objectives:

- To gain a clearer view of how we might be showing others, through our words and actions, a contorted view of Jesus and faith.
- To be challenged by Miller's insights to align how we live with how Jesus wants us to be.
- To leave with a renewed desire to ensure our lives reflect the love, inclusiveness, and outreach that Jesus exemplified.

Teaching Objectives:

- Conduct a discussion-based class, using a Socratic method where weekly readings generate robust discussions about who we are called to be.
- Facilitate an honest assessment of how today's formulaic religion is often perceived as intolerant, harsh, and exclusive, and discuss how we can personally influence this perception in a positive way.

Materials (required):

- *Searching For God Knows What* by Donald Miller

Materials (optional):

- None

Keywords:

- Faith
- Religiosity
- Formulaic Religion

In The Beginning...

Instructor: Rick Hotzfeld

Instructor Email: rickhotzfeld@gmail.com

Duration: 2 weeks

Course Description:

A deep, responsive discussion of the first chapter of Genesis. The facilitator will walk the class through The Creator, The Creation, and where God's children fit into The Creation.

Learning Objectives:

- By the end of the course, participants will have a more complete and rich understanding of this often hard-to-understand text.

Teaching Objectives:

- To achieve a deeper understanding of what the author of Genesis is conveying.
- To delve into the texts to unearth a much richer and more diverse perception of a passage many have read numerous times.

Materials (required):

- Bible: Read the first chapter of Genesis

Materials (optional):

- None

Keywords:

- Genesis
- Creation
- In Our Image

Parables

Instructor: Jim Hughes

Instructor Email: JamesGordonHughes@gmail.com

Duration: 2 weeks

Course Description:

We will spend two consecutive weeks doing a deep dive on a few of Jesus' most well-known parables, looking specifically for fresh understandings of these parables.

Learning Objectives:

The basic objective is to broaden the knowledge and understanding of our scriptures. Learning how to read and interpret these parables will also lead to a deeper appreciation of the rest of the Bible.

Teaching Objectives:

The teaching objective will be to create a safe space to explore our Bible through conversation and lecture. Ample time to field questions will be built into the lesson.

Materials (required):

- The Bible—whichever version the class members prefer. I will likely use the NRSV.

Materials (optional):

- I will be borrowing from the following writers:

- Frederick Buechner, *Telling The Truth—The Gospel as Comedy, Tragedy and Fairy Tale*
- Robert Farrar Capon, *Parables of Grace and Judgment*
- Amy Jill Levine, *Short Stories By Jesus*

Keywords:

- Prodigal Son
- Good Samaritan

Protest Reformation

Instructor: Jim Hughes

Instructor Email: JamesGordonHughes@gmail.com

Duration: 2 Weeks

Course Description:

History of the Protestant Reformation. We will explore what is arguably the most important period of Western Christianity—from the 1300s to the 1800s and how that period continues to shape our current faith communities.

Learning Objectives:

Our primary objective will be to introduce (for most class members) the causes of the split between Roman Catholicism and the rise of the Protestant movement.

Teaching Objectives:

We will be looking at events and people who shaped the Reformation such as Luther, Calvin, and others. We will do this through lecture and conversation with plenty of time built in for questions.

Materials (required):

- None

Materials (optional):

- History of the Reformation Parts 1 and 2 by Justo and Catherine Gonzales would be useful.

Keywords:

- Reform
- Indulgences
- Excommunication
- Nationalism

History of Christianity

Instructor: Jim Hughes

Instructor Email: jhughes@bumc.net

Duration: 2 weeks

Course Description:

A brief overview of major Christian historical moments. A look at some early church heresies and practices.

Learning Objectives:

To provide depth of knowledge about our faith. Understanding why we do some of the things we do in church—their historical foundations.

Teaching Objectives:

A conversational style in which questions/comments are encouraged.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- History of Christianity

Introduction to Islam

Instructor: Jim Hughes

Instructor Email: jhughes@bumc.net

Duration: 2 weeks

Course Description:

This course provides an overview of the foundational beliefs, practices, and history of Islam, one of the world's major religions. We will explore the life of the Prophet Muhammad, the Quran, and the Five Pillars of Islam, along with the diverse cultures and traditions within the Muslim world.

Learning Objectives:

The course aims to foster a deeper understanding of Islam, addressing common misconceptions and highlighting its contributions to global civilization. By the end of the course, participants will have a well-rounded knowledge of Islamic faith and its relevance in today's world.

Teaching Objectives:

- To provide an introductory understanding of the core beliefs and practices of Islam, including the Five Pillars and the teachings of the Quran.
- To encourage critical thinking and discussion about the historical and cultural contexts of Islam, promoting a nuanced view of the religion and its followers.
- To address and dispel common misconceptions about Islam, fostering an environment of respect and appreciation for the diversity within the Muslim world.

Materials (required):

- Provided by the teacher

Materials (optional):

- N/A

Keywords:

- World Religions
- Islam
- Critical Thinking

Introduction to Judaism

Instructor: Jim Hughes

Instructor Email: jhughes@bumc.net

Duration: 2 weeks

Course Description:

This course offers an exploration of Judaism, covering its key beliefs, practices, and historical development as one of the world's oldest monotheistic religions.

Learning Objectives:

Participants will learn about the Torah, the significance of Jewish holidays, and the diverse traditions that shape Jewish life. The course also delves into the rich cultural and philosophical contributions of Judaism throughout history. By the end of the course, students will gain a deeper understanding of Judaism's impact on global civilization and its relevance in contemporary society.

Teaching Objectives:

- To provide a thorough understanding of the fundamental beliefs, rituals, and sacred texts of Judaism, with a focus on the Torah and key Jewish holidays.
- To explore the historical development and cultural diversity within Judaism, highlighting its contributions to global philosophy, ethics, and civilization.
- To foster critical thinking and discussion about the relevance of Judaism in the modern world, encouraging an appreciation for its traditions and influence on contemporary society.

Materials (required):

- Provided by the teacher

Materials (optional):

- N/A

Keywords:

- World Religions
- Judaism
- Introduction

God Is Love

Instructor: Mack Jean

Instructor Email: mackjean@gmail.com

Duration: 1 Hr. Lecture or 1 evening

Course Description:

In our Christian journey, we are invited to accept God's gift of forgiveness, redemption, and eternal life. When we do this, we are mindful of God's abiding presence within us. We no longer seek to live our lives according to our own self-centered desires. We choose instead to live a God-centered life that is grounded in God's love. We remain in God with the joyful assurance that God indeed remains in us!

Learning Objectives:

The student will be able to:

1. Explain the Law of Moses and describe how the 10 Commandments became the foundation of Christian living.
2. Describe God's gift of the Holy Spirit.
3. Explain the transition from the Law to Grace.
4. Describe prevenient grace.

Teaching Objectives:

In our Christian journey, we are invited to accept God's gift of forgiveness, redemption, and eternal life. When we do this, we are mindful of God's abiding presence within us. We no longer seek to live our lives according to our own self-centered desires. We choose instead to live a God-centered life that is grounded in God's love. We remain in God with the joyful assurance that God indeed remains in us!

Materials (required):

- Large Group: audio and video services, whiteboard

Materials (optional):

- None

Keywords:

- Moses
- Torah
- Jesus
- Grace
- Prevenient grace
- Holy Spirit
- Redemption

Study of Genesis

Instructor: Mack Jean

Instructor Email: mackjean@gmail.com

Duration: 1 Hour

Course Description:

The book of Genesis is the first book of the Bible, and opens with one of the most famous first sentences of any literary work: “In the beginning, God created the heavens and the earth.” It’s where we find the famous stories of Adam and Eve, Cain and Abel, Noah and the ark, Abraham and Isaac, and a well-dressed dreamer named Joseph.

Learning Objectives:

Upon conclusion of this lecture, you will be able to:

1. Describe the 7 days of events that occurred when God created the Heavens and Earth, Man and Woman, Garden of Eden, and the genealogy of those whom God assigned to carry out his future plans.

Teaching Objectives:

1. Describe the 4 major events in Genesis: Creation, Fall, Flood, and Nations.
2. Describe 4 important people: Abraham, Isaac, Jacob, and Joseph.

Materials (required):

- White Board or Flip Chart

Materials (optional):

- This course will eventually be presented as a PowerPoint course and will require access by Laptop computer to WIFI and Internet

Keywords:

- Genesis
- Abraham
- Isaac
- Jacob
- Joseph

The Rapture and End Times

Instructor: Mack Jean

Instructor Email: mackjean@gmail.com

Duration: 1 hour

Course Description:

The Biblical Rapture is a concept rooted in Christian eschatology—the study of end times. It centers around the belief that both living and deceased believers will ascend to heaven to meet Jesus Christ during His Second Coming (also known as the Parousia). These are the most exciting times to be alive, not just because of breathtaking technology and science, but because we twenty-first Christians have more reason than any generation before us to believe that Christ will return to take us to His Father's house.

Learning Objectives:

Upon completion of this lesson, you will be able to:

1. Describe the Premillennial timeframe of the Rapture, Tribulation, and 2nd coming of Jesus Christ.
2. Describe the 4 Pivotal Historical Biblical Events that will have occurred preceding the Rapture.
3. Describe the event that started the Church of Jesus Christ.
4. Describe the Bible Scripture that documents the events of "The End Times."
5. Describe the Rapture moment when the dead in Christ will rise to meet Jesus in the air and then the living Christian Believers will follow afterward.

Teaching Objectives:

1. Describe the Future Plan that Jesus Christ, The Son of God has for HIS CHURCH.
2. Describe the Tribulation and 2nd Coming of Christ.

Materials (required):

- This is a PowerPoint slide presentation and will require classroom laptop computer connectivity to BUMC WIFI Internet.

Materials (optional):

- White Writing Board or Chalk Board or Flip Charts

Keywords:

- First Thessalonians
- Matthew 24
- John 14
- Rapture
- End Times

Encouragement for a Successful Future as a Christian

Instructor: Phil Johnston

Instructor Email: pejohnston50@gmail.com

Duration: 3 weeks

Course Description:

This is a three-week series of lectures, discussions, and self-evaluation of our current status as Christians, and a collection of ideas, activities, and practices to help us become better Christians.

Learning Objectives:

By participating in this three-week series, you should:

1. Learn skills helpful in assessing your current spiritual well-being.
2. Be more aware of the abilities and skills you possess to identify your gifts and your purpose in life.
3. Know what tools you might use to improve your spirituality and how to share yourself with others.
4. Be able to be more satisfied with your current actions as a Christian.

Teaching Objectives:

1. Present the points of the three authors and reflect on their suggestions.
2. Provide self-evaluation for each participant, to identify ways to improve our Christianity.

Materials (required):

- Laptop, screen
- No books are required by class members

Materials (optional):

- “The Gift of Years – Growing Older Gracefully” by Joan Chittister
- “The Ruthless Elimination of Hurry – How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World” by John Mark Comer
- “How to Stay Alive as Long as You Live – Practical Guides for Christian Living” by Robert H. Spain

Keywords:

- Christian Living
- Emotional Health
- Spirituality
- Growing Older

Addiction & Recovery: What's Family Got to Do with It?

Instructor: Tracey Levine

Instructor Email: tlevine@healinghousing.org

Duration: 2 weeks

Course Description:

Loving an addict: an introduction to identifying and responding to a family member struggling with addiction.

Learning Objectives:

1. A discussion of when helping is hurting, boundaries, and tips on communication with a family member who is struggling with addiction.
2. Attendees will also walk away with community resources.

Teaching Objectives:

1. Brief overview of addiction, including continuum of care.
2. To help attendees gain insight about their role in addiction as a family unit.
3. The three C's: I didn't cause it, I can't control it, I can't cure it. And the 4th - I don't want to contribute to it.
4. Prayer is an action word.

Materials (required):

- I will bring literature for handouts.

Materials (optional):

- Paper/pen for notes

Keywords:

- Recovery
- Family disease
- Addiction
- Boundaries
- Loving an addict

Addiction and Recovery: What's TRAUMA Got to Do with It?

Instructor: Tracey Levine

Instructor Email: tlevine@healinghousing.org

Duration: 1 week

Course Description:

How trauma, especially at an early age, can shape future susceptibility to addiction.

Learning Objectives:

Walk away with an understanding of the Adverse Childhood Experiences (ACE) assessment tool and how it is a predictor for addiction.

Teaching Objectives:

1. How trauma lives in the body.
2. How addiction becomes a coping mechanism for trauma.
3. Different modalities for treating trauma.

Materials (required):

- I will provide trauma handouts and reading list.

Materials (optional):

- Pen/paper for taking notes.

Keywords:

- Trauma
- Addiction
- Recovery
- ACE's
- Therapy

Celebrating Your Natural Gifts

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 1 week

Course Description:

How to achieve personal and professional satisfaction by using inborn aptitudes.

Learning Objectives:

To understand your God-given aptitudes.

Teaching Objectives:

Allow class to understand how to better serve others through their natural gifts.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- Gifts

Mental Health - A Christian Perspective

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 4 weeks

Course Description:

Mental Health is just as important as bodily health but is often stigmatized. This series highlights the need to understand the value of good mental health.

1. Mental Health – An Overview
2. The Role of the Therapist – Dr. John Fite
3. The Role of the Psychiatrist – Dr. Joe Sharpe
4. BUMC Resources – Reverend Casey Orr

Learning Objectives:

To understand the concept of mental health as part of overall physical health.

Teaching Objectives:

How the Methodist community can help to remove the stigma surrounding mental health.

Materials (required):

- LCD projector (in-person)

Materials (optional):

- LCD projector (in-person)

Keywords:

- Mental Health

The Christian Response to the Addiction Epidemic

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 4 weeks

Course Description:

Lately, the news has been full of the opioid crisis in Tennessee and across the nation. This is a problem that touches us directly at BUMC. Addiction is a disease that affects many of our members and their families. This series provides an overview of the problem and features outside experts on the many issues and how, as Christians, we can begin to deal with it.

1. Overview – Al McCree
2. Addiction Counseling – David Hampton
3. Mending Hearts Ministry
4. BUMC Resources – Congregational Care Minister

Learning Objectives:

To understand that addiction is a treatable disease.

Teaching Objectives:

To understand that addiction is a treatable disease.

Materials (required):

- A/V Requirements: Large Screen TV or Projector & Screen

Materials (optional):

- A/V Requirements: Large Screen TV or Projector & Screen

Keywords:

- Addiction

The Refugee Crisis

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 4 weeks

Course Description:

This is a 4-week series. Each lesson is a stand-alone session that does not necessarily need to be in sequence. There are multiple presenters including a presentation of BUMC's involvement with Legacy Mission. Presenters include Randy Hartley and Al McCree. The Refuge Ministry is a vital new Ministry for BUMC.

1. The Refuge Crisis - Al McCree
2. The Legacy Mission Ministry - Randy Hartley
3. The BUMC Refuge Ministry - BUMC Staff
4. The Salome Ministry

Learning Objectives:

- To understand the religious and political aspects of refugees and immigration.
- To understand the immigration ministry of BUMC.

Teaching Objectives:

To present the challenges, solutions, and the BUMC response.

Materials (required):

- A/V Requirements: Large Screen TV or Projector & Screen

Materials (optional):

- A/V Requirements: Large Screen TV or Projector & Screen

Keywords:

- Immigration
- Refugees

Forgiveness

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 1 week

Course Description:

Forgiveness is perhaps the hardest thing we are called to do as Christians. The concepts and methods of forgiveness are presented.

Learning Objectives:

To understand how fundamental forgiveness is to being a Christian.

Teaching Objectives:

- To present how important forgiveness is.
- To present different methods of forgiveness.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- Forgiveness

Giving/Tithing

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 1 week

Course Description:

A new look at an old topic.

Learning Objectives:

The importance of lifelong tithing.

Teaching Objectives:

The concept of giving and tithing.

Materials (required):

- TV projector and screen

Materials (optional):

- TV projector and screen

Keywords:

- Giving
- Tithing

Making Good Decisions

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 1 week

Course Description:

Practical methods to improve personal, professional, and spiritual decisions. The Wesleyan Quadrilateral, The Four-Way Test, and other methods.

Learning Objectives:

To understand different methods of decision making.

Teaching Objectives:

To present different methods of decision making.

Materials (required):

- Large Screen TV or Projector & Screen

Materials (optional):

- Large Screen TV or Projector & Screen

Keywords:

- Decision Making
- The Wesleyan Quadrilateral
- The Four-Way Test

Ecclesiastes

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 3 weeks

Course Description:

Bible Study. An in-depth study of one of the intriguing books of the Bible.

Learning Objectives:

To learn about this very intriguing book.

Teaching Objectives:

To completely read and analyze the book.

Materials (required):

- Large Screen TV or Projector & Screen

Materials (optional):

- Bibles

Keywords:

- Ecclesiastes

Homosexuality and Christianity

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 3 weeks

Course Description:

Learn about and discuss one of the most difficult issues in Christianity today.

Learning Objectives:

To understand the Biblical and cultural issues.

Teaching Objectives:

To present a history and Bible study of the topic.

Materials (required):

- Large Screen TV or Projector & Screen

Materials (optional):

- Large Screen TV or Projector & Screen

Keywords:

- Homosexuality
- LBGQT

Politics and Religion

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 3 weeks

Course Description:

Where does the Methodist Church stand on political issues?

Learning Objectives:

- To understand the history of Politics and Religion.
- To understand the Methodist Church's political positions.

Teaching Objectives:

- To present a brief history of Politics and Religion.
- To present the Methodist Church's political positions.

Materials (required):

- Large Screen TV or Projector & Screen

Materials (optional):

- Large Screen TV or Projector & Screen

Keywords:

- Politics
- Social Principles
- Lobbying

Sex and the Bible

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 4 weeks

Course Description:

There is lots about sex in the Bible. If we can't talk about it in Sunday School, where can we?

Learning Objectives:

To understand the rich Biblical references of Sex from Genesis to the Letters of Paul.

Teaching Objectives:

To present the rich Biblical references of Sex from Genesis to the Letters of Paul.

Materials (required):

- Large Screen TV or Projector & Screen

Materials (optional):

- Large Screen TV or Projector & Screen

Keywords:

- Sex
- Bible
- Fornication
- Song of Songs

Social Principles of the UMC

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 4 weeks

Course Description:

Where does the Church stand on many contemporary issues from the environment to abortion?

Learning Objectives:

To understand the Social Principles of the UMC.

Teaching Objectives:

To survey the Social Principles of the UMC.

Materials (required):

- Large Screen TV or Projector & Screen

Materials (optional):

- Large Screen TV or Projector & Screen

Keywords:

- Social Principles

With God

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 4-5 weeks

Course Description:

Reimagining the Way You Relate to God. An in-depth look at our true relationship with God.

Learning Objectives:

A guided book study of a superb study of our relationship with God.

Teaching Objectives:

To look at separate perspectives of our relationships with God.

Materials (required):

- Large Screen TV or Projector & Screen
- The book "With God"

Materials (optional):

- None

Keywords:

- With God

The Seven Experiment

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 8 weeks

Course Description:

A beautiful and challenging 8-week Lenten study. The true story of how my family and I took seven months, identified seven areas of excess, and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence. 7 is the true story of how Jen (along with her husband and her children to varying degrees) took seven months, identified seven areas of excess, and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence. Food. Clothes. Spending. Media. Possessions. Waste. Stress.

Learning Objectives:

To understand how to fast from various parts of our lives from food to media.

Teaching Objectives:

To guide the understanding of fasting from various parts of our lives from food to media.

Materials (required):

- DVD player
- Large Screen TV or Projector & Screen

Materials (optional):

- Large Screen TV or Projector & Screen

Keywords:

- Fasting

Witnessing

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 1 week

Course Description:

How to Witness and not be Embarrassed by it.

Learning Objectives:

The many methods of witnessing.

Teaching Objectives:

Presenting the many methods of witnessing.

Materials (required):

- TV Screen and computer input

Materials (optional):

- See Above

Keywords:

- Witnessing

BUMC Foundation

Instructor: Al McCree

Instructor Email: mccreereal@gmail.com

Duration: 45-50 minutes

Course Description:

At the end of this presentation, you will become familiar with the Brentwood United Methodist Church Foundation. You will learn about who we are, our mission, ministry work (what we do), grants distributed in the past, our Ministry Partners, financial status, process of applying for grants, and finally, how you can become a partner with BUMC Foundation.

Learning Objectives:

To inform class members about the Brentwood United Methodist Church Foundation, its mission, ministry work, and how to become a partner.

Know the Truth

Instructor: Al McCree

Instructor Email: al@almccree.com

Duration: 1 week

Course Description:

An in-depth look at how to discern the truth spiritually, intellectually, and philosophically.

Learning Objectives:

- To have the class understand that the truth can be very subjective.
- To understand that news is a product that is sold.
- How to discern the truth.

Teaching Objectives:

See above.

Materials (required):

- Standard AV TV/Computer hook up

Materials (optional):

- None

Keywords:

- Truth
- News
- Know the Truth

The Journey Toward the Ordination of Women in the UMC

Instructor: Peg McCree

Instructor Email: Peg.McCree@gmail.com

Duration: 2 sessions

Course Description:

The focus of this short course is to examine the history of women in the Methodist church in two parts - the road to ordination and their contributions after.

Learning Objectives:

- Become familiar with the history of Methodism in the US from 1730 to the present, with a particular focus on the quest for ordination by women in the church.
- Understand the arguments in support of and against Women's ordination in the Methodist Church.
- Learn how this controversy has impacted Methodism in the US.
- Increase awareness of the challenges faced by women clergy in the church.

Teaching Objectives:

- To present a well-organized and easy-to-follow history of the ordination movement in Methodism.
- To help create a greater appreciation for the role women have played in the history of the Methodist church in the US.

Materials (required):

- TV or Monitor for showing PowerPoint slides

Materials (optional):

- None

Keywords:

- Ordination of women
- History of UMC
- Role of women
- Challenges for women
- Issues that divided the church

The Gift of the Magi

Instructor: Nelson Mangione

Instructor Email: njmangione@gmail.com

Duration: 2 Weeks

Course Description:

Two-week course exploring Matthew's account of the visit of the Magi, first to Jerusalem, then to Bethlehem, and finally to the feet of Christ. We will explore the origin of the Magi and dispel common myths: who they were, and who they were not; what they did and what they did not; discuss the significance of their gifts, and end with that mysterious star they followed. Finally, we will conclude with a "So What?" Who cares? What's the Magi "Big Deal"? What is the Gift of the Magi?

Learning Objectives:

- Begin with a fun quiz targeting Gift of the Magi facts
- Show a video clip reading of the Gift of the Magi by Kristin Chenoweth
- Discuss the history of the Magi
- Discuss Matthew 2:1-12
- Discuss cultural and historical conjecture that have become accepted "fact" but are poorly supported
- Posit possibilities for the miracle of the nativity star

Teaching Objectives:

- Get a deeper understanding of the significance of the visit of the Magi to the newborn Christ and dispel some common misunderstandings as well as discuss common and possible alternative interpretations of the scripture that have been levied not just recently but throughout the centuries.

Materials (required):

- Computer and Display Monitor
- Microphone (for large rooms/tall ceilings/large audiences)

Materials (optional):

- Microphone (for small rooms)

Keywords:

- Magi
- Nativity
- Christmas
- Epiphany

So... Do You Believe in Santa Claus

Instructor: Nelson Mangione

Instructor Email: njmangione@gmail.com

Duration: 1 Week

Course Description:

This one-week class explores the origins of the story of Santa Claus from its humble beginnings in Eastern Europe in what is now modern-day Turkey to the jolly ole elf who lives at the North Pole and delights children on Christmas morning with toys. The study starts and ends with the simple question: So... Do you believe in Santa Claus?

Learning Objectives:

- Students will learn the history of St. Nicholas and the evolution of his story across Christendom and through the reformation.
- They will learn that the "secular" Santa Claus is not so secular at all, starting with his names: Santa Claus and Kris Kringle.

Teaching Objectives:

- History of St. Nicholas
- Timeline of the spread of the story of St. Nicholas from its origins in the Eastern Orthodox Church to the Western Catholic Church, through the reformation, and continuing as the story evolves to the Americas.
- Exploration of Christian (Messianic) themes, concepts, and metaphors "hidden" in the Santa Claus story.
- We'll use an excerpt of the movie "The Santa Clause" to demonstrate.

Materials (required):

- Television with Computer DVR adapter
- Microphone (for larger rooms/high ceilings)

Materials (optional):

- Microphone (if the room is small)

Keywords:

- Christmas
- Advent
- Santa Claus

Finding Faith in the Faith of Others

Instructor: Russell McIntire

Instructor Email: russell.m.mcintire@vanderbilt.edu

Duration: 4 weeks

Course Description:

A study of leading world religions from the point of view of Barbara Brown Taylor's experience teaching a college course on the values, samenesses, and differences among Hinduism, Buddhism, Judaism, Islam, and Christianity. Taylor is a former Episcopal priest, college professor, and well-known writer and speaker.

Learning Objectives:

To learn more about one's own faith by learning about leading world religions, appreciating the strengths and values of each.

Teaching Objectives:

To facilitate discussion around the learning objectives.

Materials (required):

- None

Materials (optional):

- Holy Envy: Finding Faith in the Faith of Others, Barbara Brown Taylor, 2019

Keywords:

- Faith
- World religions

Medical Ethics and the Christian

Instructor: Russell McIntire

Instructor Email: russell.m.mcintire@vanderbilt.edu

Duration: 4 weeks

Course Description:

An exploration of current biomedical ethical issues and reflections on them from a Christian/Biblical perspective. Topics include truth-telling in the medical context, genetic research, experimentation, designer babies, and end-of-life dilemmas.

Learning Objectives:

To address the question of what should a Christian do in addressing medical dilemmas not always directly resolved in our scripture and theology.

Teaching Objectives:

Facilitating discussion on the learning objectives.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- Christian ethics
- Biomedical ethics

Hope

Instructor: Russell McIntire

Instructor Email: russell.m.mcintire@vanderbilt.edu

Duration: 4 weeks

Course Description:

Hope is in some sense the stepsister of faith and love. A study of the essence and centrality of hope, including nurturing and growing hope, based largely on the book by J. Daniel Day, *Lively Hope: A Taste of God's Tomorrow*.

Learning Objectives:

To explore the concept of hope by engendering awareness of its centrality to faith and developing the capacity for and ability to hope.

Teaching Objectives:

To facilitate discussion on the learning objectives.

Materials (required):

- None

Materials (optional):

- *Lively Hope: A Taste of God's Tomorrow* by J. Daniel Day, 2021

Keywords:

- Hope
- Faith

Becoming a More Forgiving Christian

Instructor: Monicah Muhomba

Instructor Email: mctg12@icloud.com

Duration: 4 weeks

Course Description:

The course is focused on teaching Christians how to become more forgiving. It explores scriptures on forgiveness in both the Old and New Testament. The following topics will be explored during class sessions:

1. Working definitions of forgiveness.
2. Types of forgiveness and barriers to forgiveness
3. Scientific research on forgiveness
4. Forgiveness of self vs. forgiveness of others
5. Assessing hurts
6. The process of forgiveness
7. Giving a humble gift of forgiveness
8. Holding on to forgiveness and becoming a more forgiving Christian

Learning Objectives:

1. Study scriptures on forgiveness
2. Describe the working definition of forgiveness
3. Recognize the differences between forgiving the self and forgiving others
4. Explore the steps to becoming a more forgiving Christian

Teaching Objectives:

To teach participants how to become more forgiving Christians.

Materials (required):

- Board and markers

Materials (optional):

- None

Keywords:

- Forgiveness
- Forgiving
- Christian

Mindfulness and Spirituality

Instructor: Monicah Muhomba

Instructor Email: mctg12@icloud.com

Duration: 4 weeks

Course Description:

The course will explore scriptures and the practice of mindfulness and its benefits. Discussions will cover how mindfulness practice can reduce stress and Jesus' examples of practicing mindfulness. Topics include:

1. Working definitions of mindfulness
2. Why practice mindfulness
3. The Bible and mindfulness – exploration of scriptures
4. Scientific research on mindfulness and its benefits
5. Mindfulness and stress reduction
6. How to practice mindfulness step by step
7. Formal vs. informal mindfulness practice
8. Brief mindfulness practices during class sessions
9. Spiritual benefits of mindfulness

Learning Objectives:

1. Identify and explore scriptures on mindfulness
2. Recognize the relationship between mindfulness and spirituality
3. Practice at least 3 easy-to-implement mindfulness practices within a Christian context

Teaching Objectives:

The course will explore the relationship of mindfulness and spirituality in the Christian context. Mindfulness and stress reduction will be explored.

Materials (required):

- Board and markers

Materials (optional):

- None

Keywords:

- Mindfulness
- Spirituality

Prayerful Attitude in a Distracting World

Instructor: Monicah Muhomba

Instructor Email: mctg12@icloud.com

Duration: 4 weeks

Course Description:

The course will explore ways to adopt a prayerful attitude in a world full of distractions. A look at scriptures about prayer and faith, and exploration of John Wesley's teachings about prayer. Discussions will include the works of different authors on prayer including: Richard Rohr, Marjorie Thompson, and Paul Miller.

Learning Objectives:

1. Describe the definition of prayer – explore John Wesley's teachings
2. Identify and discuss scriptures about prayer
3. Discuss how prayer can help in managing a distracting world
4. Explore prayer as a process rather than an event
5. Recognize ways to adopt a prayerful attitude – explore different authors

Teaching Objectives:

To explore ways to adopt a prayerful attitude in a world full of distractions.

Materials (required):

- Board and markers

Materials (optional):

- None

Keywords:

- Prayer
- Prayerful
- Attitude

Gospel of Mark

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 6 weeks

Course Description:

A Bible study of the Gospel of Mark.

Learning Objectives:

To learn about the Gospel of Mark in its historical context.

Teaching Objectives:

To facilitate learning about the historical and theological aspects of the Gospel of Mark.

Materials (required):

- A Bible

Materials (optional):

- None

Keywords:

- Mark

Genesis

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 6 weeks

Course Description:

A Bible study of Genesis.

Learning Objectives:

To learn about Genesis.

Teaching Objectives:

To facilitate learning about the historical and theological aspects of Genesis.

Materials (required):

- A Bible

Materials (optional):

- None

Keywords:

- Genesis

The Miracles of Jesus

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 3 weeks

Course Description:

A Bible study of Jesus' miracles.

Learning Objectives:

To learn about the symbolic or more-than-literal meaning of Jesus' miracles.

Teaching Objectives:

To facilitate learning about the symbolic or more-than-literal meaning of Jesus' miracles.

Materials (required):

- A Bible

Materials (optional):

- None

Keywords:

- Jesus
- Miracles

Gospel of John

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 7 weeks

Course Description:

A Bible study of the Gospel of John.

Learning Objectives:

To learn about the Gospel of John in its historical context.

Teaching Objectives:

To facilitate learning about the historical and theological aspects of the Gospel of John.

Materials (required):

- A Bible

Materials (optional):

- None

Keywords:

- John

Jesus' Birth Stories

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 3 weeks

Course Description:

A study of Jesus' birth stories in Matthew and Luke.

Learning Objectives:

To learn about the differences and symbolism in the two New Testament stories of Jesus' birth.

Teaching Objectives:

To facilitate learning about the differences and symbolism in the two New Testament stories of Jesus' birth.

Materials (required):

- A Bible

Materials (optional):

- None

Keywords:

- Jesus' birth

The Will of God

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 1 week

Course Description:

A short study of Leslie Weatherhead's famous book, *The Will of God*.

Learning Objectives:

To learn more about the will of God.

Teaching Objectives:

To facilitate learning about the will of God.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- Will of God

Sermon on the Mount

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 4 weeks

Course Description:

A Bible study of the Sermon on the Mount in Matt. 5-7.

Learning Objectives:

To learn about the Sermon on the Mount.

Teaching Objectives:

To facilitate learning about the historical and theological aspects of the Sermon on the Mount.

Materials (required):

- A Bible

Materials (optional):

- None

Keywords:

- Sermon on the Mount
- Beatitudes
- Gospel of Matthew

Luke 15

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 1 week

Course Description:

A Bible study of the three “lost” parables in Luke 15.

Learning Objectives:

To learn more about the three “lost” parables in Luke 15.

Teaching Objectives:

To facilitate learning about the three “lost” parables in Luke 15.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- Luke
- Lost sheep
- Lost coin
- Prodigal Son

The Bible's Buried Secrets

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 5 weeks

Course Description:

A study of the NOVA documentary on Biblical archaeology.

Learning Objectives:

To learn about the history of the Hebrew Bible.

Teaching Objectives:

To facilitate learning about the history of the Hebrew Bible.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- Biblical archaeology

The Bible's Two Creation Stories

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 1 week

Course Description:

A study of the two creation stories in Genesis.

Learning Objectives:

1. A better understanding of the two creation stories in Genesis.

Teaching Objectives:

1. A better understanding of the two creation stories in Genesis.

Materials (required):

- N/A

Materials (optional):

- Bible

Keywords:

- Creation
- Adam & Eve
- Genesis

The Parables of Jesus

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 3 weeks

Course Description:

A Bible study of Jesus' more famous parables.

Learning Objectives:

1. A better understanding of Jesus' more famous parables.

Teaching Objectives:

1. A better understanding of Jesus' more famous parables.

Materials (required):

- N/A

Materials (optional):

- Bible

Keywords:

- Parables

The Revelation to John

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 8 weeks

Course Description:

An in-depth study of The Revelation to John based upon *Breaking the Code* by Bruce Metzger.

Learning Objectives:

1. A better understanding of The Revelation to John.

Teaching Objectives:

1. A better understanding of The Revelation to John.

Materials (required):

- Bible

Materials (optional):

- *Breaking the Code* by Bruce Metzger

Keywords:

- Revelation

Reading the Bible Seriously But Not Necessarily Literally

Instructor: David Pflaum

Instructor Email: davidpflaum@comcast.net

Duration: 1 week

Course Description:

An overview of reading the Bible in its historical context and searching for its more-than-literal meaning.

Learning Objectives:

1. Learning to read the Bible in its historical context and search for its more-than-literal meaning.

Teaching Objectives:

1. Teaching how to read the Bible in its historical context and search for its more-than-literal meaning.

Materials (required):

- N/A

Materials (optional):

- Bible

Keywords:

- Bible
- Literalism
- Metaphor

Hebrews

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 6 weeks

Course Description:

An in-depth study/discussion of the New Testament book of Hebrews.

Learning Objectives:

- Why was this book initially written, and to whom?
- What was the purpose of the book?
- What meaning does this book have for Christians today?
- How can we thrive despite criticism of our faith?

Teaching Objectives:

To facilitate understanding of the historical and theological aspects of the book of Hebrews.

Materials (required):

- Bible

Materials (optional):

- None

Keywords:

- Hebrews
- New Testament

The Book of Acts

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 6 weeks

Course Description:

An overview video and discussion study of the Acts of the Apostles.

Learning Objectives:

- How did the young church survive after the crucifixion and resurrection of Jesus?
- What truths still hold true for Christians today?

Teaching Objectives:

To facilitate understanding of how belief and trust in Jesus Christ influence our daily lives.

Materials (required):

- TV or screen
- Bible

Materials (optional):

- None

Keywords:

- Acts
- Early church
- Holy Spirit

The Parables of Jesus

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 2 to 4 weeks

Course Description:

A study of the parables told by Jesus. We will take a different look at the parables and discuss why Jesus taught primarily through this method.

Learning Objectives:

- How do parables teach us?
- What was the message that Jesus was trying to impart?
- How should we read the parables today?

Teaching Objectives:

To facilitate understanding of the purpose and significance of Jesus' parables.

Materials (required):

- Bibles

Materials (optional):

- None

Keywords:

- Parables

Bonhoeffer

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 4 weeks

Course Description:

Using video, readings, and discussion, we will go through Eric Metaxas' biography of Dietrich Bonhoeffer. Both his life and his theology will be reviewed.

Learning Objectives:

- We will review Bonhoeffer's views on:
 - What is the Church?
 - Living in Christian Community
 - Religionless Christianity
 - Come and Die

Teaching Objectives:

- Did Bonhoeffer's life lead him to his views on religion, or vice-versa?
- What was the theological and historic significance of Bonhoeffer?

Materials (required):

- TV or screen

Materials (optional):

- Metaxas' biography of Bonhoeffer

Keywords:

- Bonhoeffer
- Metaxas
- Germany

Love Does by Bob Goff

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 5 sessions

Course Description:

Using videos by acclaimed public speaker Bob Goff, we will discuss and explore how our Christian faith calls us to live into our faith through actions.

Learning Objectives:

- How can we follow Jesus' teachings more faithfully?
- How can we risk more for building the Kingdom?

Teaching Objectives:

To facilitate understanding of how to live out our Christian faith through actions.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- Bob Goff

The Book of Hebrews

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 6 sessions

Course Description:

An in-depth exploration of the New Testament book of Hebrews. Extensive discussion and reading the scripture. Discussing why Hebrews matters today and how we can apply it in our own lives.

Learning Objectives:

- Why is Hebrews considered holy scripture?
- Why was Hebrews written?
- What message did Hebrews have for those reading it in ancient times?
- What meaning does Hebrews have for us today?

Teaching Objectives:

To facilitate understanding of the historical and theological aspects of the book of Hebrews.

Materials (required):

- Bibles

Materials (optional):

- None

Keywords:

- Hebrews
- Covenant

All Hallowtide

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 1 session

Course Description:

Discussion of the origins of Halloween and the days that surround it.

Learning Objectives:

- What did Hallowtide mean to early Christians?
- What do these days mean to us today?

Teaching Objectives:

To facilitate understanding of the historical and theological aspects of All Hallowtide.

Materials (required):

- None

Materials (optional):

- None

Keywords:

- All Hallowtide
- Halloween
- Holidays

The Difficult Words of Jesus

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 6 sessions

Course Description:

Using AJ Levine's book "The Difficult Words of Jesus," we will discuss some of the things that many wish Jesus had never said. Jesus was compassionate and loving in his ministry, but also was occasionally seemingly harsh or unfeeling. Why did he say these things, and how should we hear them today?

Learning Objectives:

- Sell what you own.
- Hating your family.
- Are we really slaves?
- Did Jesus exclude gentiles?
- Did Jesus condemn people to hell?
- Why did Jesus speak ill of others?

Teaching Objectives:

To facilitate understanding of the challenging and seemingly harsh teachings of Jesus.

Materials (required):

- TV screen

Materials (optional):

- The Difficult Words of Jesus by AJ Levine

Keywords:

- Harsh words

The Book of Ruth

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 2 sessions

Course Description:

In-depth exploration of the book of Ruth. What did it mean to those who wrote it, and what lessons can we learn from it for today.

Learning Objectives:

- How Ruth speaks to us today.
- What Ruth meant to ancient Israelites.

Teaching Objectives:

To facilitate understanding of the historical and theological aspects of the book of Ruth.

Materials (required):

- TV screen

Materials (optional):

- None

Keywords:

- Ruth
- Naomi
- Boaz

The Gospel of Mark

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 6 Sessions

Course Description:

Based on Dr. Amy Jill Levine's book and video series. We will delve into the Gospel of Mark and what it meant to first-century Christians, and to Christians today.

Each session includes a short video from Dr. Levine, as well as extensive Bible reading and discussion.

Learning Objectives:

- What does the Gospel of Mark mean to you?
- How does Mark differ from the other gospels?
- Why was Mark written in the way that it was?
- What lessons can we take from Mark?

Teaching Objectives:

- See above

Materials (required):

- Bibles

Materials (optional):

- None

Keywords:

- Gospel
- Mark
- AJ Levine

Science and Religion

Instructor: Doug Ralls

Instructor Email: dougralls@gmail.com

Duration: 3 Sessions

Course Description:

We will learn about the history of the conflict between science and religion. We will discuss the creation of the universe, the creation of the earth, and how life on earth appeared. We will discuss evolution, and the controversy surrounding it.

Learning Objectives:

- How have religion and science co-existed throughout history?
- What is the "big-bang" theory, and does it conflict with the Bible?
- How did life on earth come to be, and how has it evolved?

Teaching Objectives:

- See above

Materials (required):

- None

Materials (optional):

- None

Keywords:

- Big Bang
- Evolution
- Darwin
- Creation

Liberating People, Planet, and Religion

Instructor: Joerg Rieger

Instructor Email: j.rieger@vanderbilt.edu

Duration: 4 weeks

Course Description:

“Jesus preached the kingdom of God, and what came was the church.” This statement reflects a common sentiment of disappointment. This course will explore what difference, if any, the church can make in the twenty-first century by examining how Jesus’s message addresses two pressing contemporary challenges: racial justice and environmental concern. If the exploitation of people and the planet is interconnected, often supported by religion and the church, how can Jesus’s message help liberate people, the planet, and religion at the deepest levels?

Learning Objectives:

- Understand how religion can be both part of the problem and the solution, directing the community toward a deeper sense of liberation.
- Develop a deeper understanding of the structural aspects of racism and ecological devastation, moving beyond individual blame and guilt (doctrine of sin).
- Explore how these problems can be overcome through participation in alternative flows of power, the formation of deep solidarity, and the creation of alternative structures (doctrine of salvation, reign of God).

Teaching Objectives:

- Guide the community toward deeper understandings of global challenges to identify where God is at work and what God is doing.
- Shift the community from guilt, misguided good intentions, and moralizing approaches to more hopeful perspectives rooted in fresh visions of God’s grace embedded in the world (referred to as “grace under pressure”).

Materials (required):

- Chapters 1 and 4 of Joerg Rieger, *Theology in the Capitalocene: Ecology, Identity, Class, and Solidarity* (Fortress Press, 2022)
- Or, if preferred, popular summaries of this work available on published blogs.

Materials (optional):

- Wendland-Cook Program in Religion and Justice at Vanderbilt website:
www.religionandjustice.org

Keywords:

- Liberation
- Racial justice

- Ecological justice

Blessed are the Peacemakers: Conflict Management for People of Faith

Instructor: Michael Russell

Instructor Email: michael@michaelrussellonline.com

Duration: 1 to 4 weeks, based on the preference of the class

Course Description:

Conflict is inevitable. Even from the earliest days of the Church, believers wrestled with conflict. This course will examine what scripture teaches about managing conflict, as well as discussing the most contemporary conflict resolution research and strategies.

Learning Objectives:

To gain an understanding of the history of conflict in the Church, a grasp of the Biblical approach to conflict, and a working knowledge of dispute resolution strategies.

Teaching Objectives:

To communicate timeless biblical truths about conflict, while also educating the learner on contemporary conflict resolution strategies and research.

Materials (required):

- Handouts may be distributed by the instructor

Materials (optional):

- None

Keywords:

- Conflict
- Dispute Resolution
- Peace

The Book of Job

Instructor: Marcus Stamps

Instructor Email: wmstamps@comcast.net

Duration: 3-4 weeks

Course Description:

This study examines the Book of Job in its entirety and is presented in sections. The study explores the book from a biblical and a practical, real-life application standpoint. We look at the initial challenge presented in the first phase; the pain and suffering of Job and his challenging friends in the second phase; the seeming absence of God during times of trouble in the third phase; and Job's encounter with God in the final phase (phase 3-4 can be combined or separate – leading to either a 3–4-week class).

Learning Objectives:

1. Exploring what we don't know when disaster strikes
2. How to stabilize in difficult times
3. What to know when God seemingly is silent
4. How to stay in a relationship with God when you don't like what is happening
5. Humility when you realize that you are not God

Teaching Objectives:

1. What is the story of Job all about
2. How do we stay faithful during times of trouble
3. Who is God
4. How to recognize when we don't know it all

Materials (required):

- Bible

Materials (optional):

- White/chalk board

Keywords:

- Disaster
- Resilience
- Pain and suffering
- Intimacy with God

I'm Waiting God, Finding Blessing in God's Delays

Instructor: Michael Thomas

Instructor Email: thomasmikeh34@gmail.com

Duration: 4 weeks

Course Description:

This study will help you trust God even when His timing doesn't make sense. You'll find peace about God's provision and a deeper understanding of God's desire to take care of you.

Learning Objectives:

During this study you'll meet four women in the Bible who grappled with unanswered prayers:

1. Hannah wondered if God loved her or had forgotten about her.
2. Ruth's life took a tragic and unexpected turn.
3. One woman suffered for over a decade with an embarrassing medical condition (the unnamed bleeding woman).
4. Martha prayed, but God said "no" to her prayer.

Teaching Objectives:

We have to learn and be able to show patience in our daily lives. We expect God to move fast and when he doesn't, it frustrates us.

Materials (required):

- None

Materials (optional):

- Handouts available, one 15-minute video clip for each lesson by author Barb Roose.

Keywords:

- Women in the Bible
- Waiting on God
- Challenges our faith

God and Sports

Instructor: Michael Thomas

Instructor Email: thomasmikeh34@gmail.com

Duration: 1 week

Course Description:

To see how God and Sports tie in together on and off the playing fields to help people of all walks of life.

I'll show a video entitled: "Christian Athletes Who Aren't Ashamed of Jesus Christ."

Learning Objectives:

1. Competition to win can be fierce, but God wants us to have good sportsmanship.
2. The Lord can use your strength, your hard work, and your good courage as a part of your Christian life to honor him.

Teaching Objectives:

1. To view how current pro athletes, entertainers, and other stars are using their platforms to express their thoughts and praises to Our God.
2. Years ago, many of these high-profile stars stayed away from this opportunity.

Materials (required):

- None needed

Materials (optional):

- None needed

Keywords:

- Daily Prayer
- Athletics
- Teamwork
- Good Sportsmanship
- Support of other people