

# UNIVERSITY

## SEMINARS THURSDAY/FRIDAY

		Leader	Age Level	Max
<b>Blessing: Noun or Verb?</b>	Which form of the word "blessing" is most evident in your daily life? Let's discuss and explore what you can do to ensure "a blessed day." Includes an opportunity to write your own blessing.	Nancy McWhorter	Both	
<b>Contemplative Walking</b>	Learn to pray in any situation or circumstance. Whether you are in church or just walking to and from class each day, this seminar will broaden your understanding of prayer and expand your ability to communicate with God.	Nancy Cothran	High School	25
<b>Faith and Friends</b>	In invitation to a conversational approach to faith in community	Mike Wise	Both	
<b>Fathoming Film</b>	Join us as we dive into a sea of cinema and fathom films for glimpses of God! We'll look at different movie clips and try to deepen our understanding of who God is calling us to be!	Steve Cothran	Both	45
<b>Harry Potter and Dilemma of Destiny</b>	Hallows or Horcruxes? Gryffindor or Slytherin? Is our fate already written? Or do we choose our path? Is Harry the Chosen One? Or is he the decider of his destiny? Buckle up for a deep dive into Harry Potter as we talk about fate, free will, and the consequences of our choices.	Beth Dusin	Both	
<b>How Do I Know If God is Calling Me to Ministry?</b>	Have you ever felt that God is calling you to be a pastor or youth minister or missionary or chaplain or other type of minister? Join Ka'thy Gore Chappell & friends to consider: What does a call to ministry really mean? What does vocational ministry look like? What is required to fulfill God's call to ministry? Seminar includes: panel discussion with several ministers who will tell their stories, personal reflection time for discerning where you are in the call process and resources that can help give thought to ministry experience and theological education. This seminar is for HS students but open to MS students who have been approved by their group leader Ka'thy Gore Chappell is the Executive Director for Baptist Women in Ministry of North Carolina and has a history of relationships and ministry with young people, college students, divinity students and young ministers.	Ka'thy Gore Chappell	Both	
<b>Juggling Faith</b>	Learn to juggle while discussing what it means to exercise faith	Ben Ondrak	Both	
<b>Junior/Senior</b>	Class of 2019 - you are outta there! Congrats! Class of 2020 - your big year is coming up. You can do this! Join us as we take a look at new beginnings and endings - how to start strong and finish strong. And how does your faith play a part in your world that is changing?	Matt Hester	High School	
<b>Let's Talk</b>	Are you sick of shallow conversations? Learn tips and tricks (including utilizing the Enneagram) to be able to converse on a higher level. Then, put your new tools into practice and your mind to work during our lively seminar discussions.	Terri Springer & Bridget Kokolis	Both	25

<b>Music To Rock Your Soul</b>	ROCK YOUR SOUL – Warning: If you do not enjoy watching cool music videos, stop reading. But If you do ... Join us as we seek to follow the apostle Paul's instruction to "be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord" (Eph 5:19). We desire to sing loud and proud with rock, rap, pop and other contemporary music. Wait, can we do that? I thought Christian music was supposed to be boring.	Andrew Holt	Both	
<b>Mysterious Worship - How Do We Craft Worship Experiences to Encounter a God of Mystery</b>	We will be studying and writing music and liturgy for worship.	John Callaway	Both	30
<b>Praying With Colors</b>	In this creative seminar, students will spend time focusing on prayer as their hands work with colors. We will use markers, crayons, colored paper, and other mediums as we pray and spend time with God.	Scott Thraikill	Both	50
<b>Silence, Meditation &amp; Prayer</b>	We will hear perspectives from within Christianity and other faiths about Silence, Meditation, & Prayer. We will watch short videos, share with one another, and practice these disciplines.	Lee Gray	Both	
<b>Sports in the Christ-Light</b>	We will be taking a faith guided approach on how we can best glorify God through the sports that we play. We will be discussing some of the most prevalent problems that high school, collegiate, and professional athletes face during their careers and how we can best handle those problems in a Christ like manner.	Tanner Brown & Allan Smith	Both	
<b>Taming the Beast Within: Tips for Managing Anxious Thoughts</b>	We'll talk about the sources of anxiety and worrisome thoughts and learn some techniques for managing them. We'll practice some techniques together and leave with our favorites added to our "toolboxes."	Marjorie Avent	Both	
<b>The Psalms as a Soundtrack for Your Life</b>	It's right there in the middle of your Bible: 150 different songs, each conveying a wide range of emotions and desires. We've lost the music and the context, but the honesty and power of these ancient words still resonate today. In this seminar we'll explore the peaceful and the painful psalms, and consider what it might mean to pray a psalm daily.	Casey Callahan	Both	
<b>The Road Back to You: An Enneagram Journey for College-aged Students</b>	"God created you to be a unique image of God in the world. Each of you reflects God's image in one of nine different ways. But there is a catch... the way you reflect this image is not the authentic you. Join other college-aged students on a weeklong journey of self-discovery as we peel back the layers and find who God made us to be."	Will Raybon		
<b>There's Something Happening Here</b>	There's Something Happening Here: Jesus' Proactive Good News in a World of Intolerance, Xenophobia, and Wokeness Using various media, this seminar will examine world views of our society today and compare them to the world views Jesus addressed in his day. What will we find that makes any difference in our world personally, socially, or spiritually?	Roger Thomas		
<b>"Brady Bunch, Kardashians, or something in between? A psychiatrist looks at some prominent familie</b>	In this seminar, we will read and discuss some Bible stories that are fascinating and strange. I hope that our time together will be both interesting and entertaining.	Walter Hiott	Both	