






## BUMC Circuit Riders and Facilitators List


Revised Sept.11, 2018


NAME	CONTACT INFORMATION	BIO	TOPICS	# WEEKS	AUDIO / VISUAL NEEDS
<p><a href="#">Byrd Baggett</a></p>  <p><a href="http://www.byrdbaggett.com">www.byrdbaggett.com</a></p>	<p><a href="mailto:byrd@byrdbaggett.com">byrd@byrdbaggett.com</a></p>	<p>Byrd has been helping organizations develop authentic leaders and passionately engaged teams since 1990. His corporate experience includes sales and management careers with two Fortune 500 companies.</p> <p>He is the creator of the True Growth™ brand and a partner in the world-class True Growth™ Academy leader development experience that has served more than 5,000 governmental, civilian and military leaders since 2007.</p> <p>Byrd is the author of 15 books on the topics of sales, customer service, leadership and motivation. A former All American sprinter at the University of Texas at Austin, Byrd is also a Certified Speaking Professional (CSP), the highest earned designation presented by the National Speakers Association.</p>	<p><b>Legacy Leading™ - The Power of YOUR Story</b> To live a good story is the deepest cry of every human heart. In this high-energy presentation, Byrd shares insights and strategies that will help individuals live lives of personal and professional significance. If you're looking to take your life to the next level, this message is for you!</p>	<p style="text-align: center;">1</p>	<p>LCD Projector / Screen</p>
<p>Byrd Baggett 251-716-3630 <a href="http://www.byrdbaggett.com">www.byrdbaggett.com</a></p>	<p><a href="mailto:byrd@byrdbaggett.com">byrd@byrdbaggett.com</a></p>		<p><b>Can You Trust Me?</b> Simple Insights on How to Live and Lead with Integrity</p>	<p style="text-align: center;">1</p>	<p>LCD Projector / Screen</p>
<p>Ray Bailey</p>  <p><a href="mailto:rbailey@gbhem.org">rbailey@gbhem.org</a> 615 340-7334</p>	<p><a href="mailto:rbailey@gbhem.org">rbailey@gbhem.org</a></p>	<p>Chaplain Bailey is the son of a United Methodist minister in the Nebraska and has grown up living and attending school over a large part of the United States. He graduated from Texas Wesleyan University in Ft. Worth, Texas in June 1975 with a Bachelor of Arts Degree in Business and Religion. He then attended Texas Christian University, Brite Divinity School, graduating in June 1978 with a Masters of Divinity Degree. He graduated from the Army War College in 2007 with a Master Degree in Strategic Studies.</p> <p>Chaplain Bailey was nominated by the President in May 2011 for promotion to the rank of Brigadier General and assignment as the Deputy Chief of Chaplains, U.S. Army, Washington, DC. He retired 31 July 2015 after 34 years of active service. He assumed the position 1 July 2016 as Assistant General Secretary for Operations and later as the Strategic Leadership, for the General Board of Higher Education, The United Methodist Church in Nashville, TN. Chaplain Bailey and his wife Karen have two children, Patrick, 31, and Matthew, 29</p>	<p><b>Spiritual Resiliency:</b> The Goal of spiritual resiliency training is to create leaders and disciples in our church who are aware of the importance of being spiritually fit and resilient individually, in their personal family life, and as religious leaders. Along with increased awareness, they will also become better able to balance the demands of their careers, families and personal lives. It can help in the moral and spiritual failure within our church leadership by keying in on issues and tools for strength. The classes entail 3 parts: overview of terms and understanding of relevancy, application to our lives, and helping others in their journey. (I've had extensive experience currently and in the past to various executive leaders, extended ministries, local pastors and lay leaders, and others.)</p>	<p style="text-align: center;">2</p>	<p>AV Cart</p>


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Ray Bailey 615 340-7334	<a href="mailto:rbailey@qbhem.org">rbailey@qbhem.org</a>		<b>The ministry of our armed forces chaplains:</b> Today's Circuit Riders: From my 34 years as an Army chaplain, I share the ministry as a UM chaplain in this unique calling. I share the lifestyle and the world of our UM service members and families live in that the chaplain ministers to. Pluralism and ecumenicalism is the foundational cultural environment.	1	AV Cart
Ray Bailey 615 340-7334	<a href="mailto:rbailey@qbhem.org">rbailey@qbhem.org</a>		<b>Religious Diversity:</b> What we can learn from other faiths: From my experiences and training as mentioned above, I share and discuss how we can understand, learn, and be better Christians as we understand the rich gifts of other faith traditions.	2	AV Cart
Ray Bailey 615 340-7334	<a href="mailto:rbailey@qbhem.org">rbailey@qbhem.org</a>		<b>David and Bathsheba:</b> Faith and Leadership Failure: A class on looking the life of King David, and how he spiritually and morally fail as a leader and servant of God. Also, show how Bathsheba failed in her morals. A good class on how vulnerable we can become if we let our lives lose touch with our spiritual growth and solidarity with God.	1	AV Cart
Ray Bailey 615 340-7334	<a href="mailto:rbailey@qbhem.org">rbailey@qbhem.org</a>		<b>Crisis Ministry as a Christian Witness:</b> It is through crises in our world where our Christian witness can be best shared. I explore how to identify times, find ways to help, and to grow that are opportune for us to change lives and open up the Christian witness.	2	AV Cart
Sharon Cox  615 371-8375	<a href="mailto:esharoncox@aol.com">esharoncox@aol.com</a>	<p>Sharon is a nurse by background and has been a Circuit Rider for the last several years. She enjoys facilitating discussions around personal balance and renewal as well as dealing with change and transitions. She uses humor and story-telling and often shares tips and tools that make her topics memorable.</p> <p>Sharon has her own consulting business, Cox and Associates, for the last 25 years in the field of organizational development and leadership training for healthcare. She is a nationally known speaker and author with an entertaining and thought provoking style. She and her husband Jim (who sings in the chancel choir) are active members of BUMC and in their semi-retirement enjoy golf and fly fishing. They have two grown children.</p>	<b>Transitions: Dealing with Change from the Inside Out</b> We all know that change is one of the few constants in life as we deal with non-stop change at work and any number of personal changes that life brings us. With all the external changes we face this program offers insight into an internal road map to better understand our psychological adjustment to change. Helping ourselves and others as we cope with the transitions involved in change is the focus for this two part program. Based on the work of William Bridges (Transitions: Making Sense of Life's Changes) tips are offered to let go of old patterns with a homework assignment between the two sessions.	2	Flip Chart



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Sharon Cox 615 371-8375	<a href="mailto:esharoncox@aol.com">esharoncox@aol.com</a>		<b>Renewal, Replenishing, and Refreshing the Spirit Within</b> Given the stresses of life and the ease with which we all lose sight of our need for self care and balance this program offers practical ways to keep ourselves in a better place emotionally. Areas of discussion include spiritual disciplines, the healing power of nature, mindfulness and the importance of gratitude. The intent is to offer ideas for next day use and ways to sustain personal change.	1	Flip Chart
Mike Davis  615 324-7244	<a href="mailto:mdavisgroup@outlook.com">mdavisgroup@outlook.com</a>		<b>Where are the Lost Tribes of Israel today?</b>	1	
Mike Davis 615 324-7244	<a href="mailto:mdavisgroup@outlook.com">mdavisgroup@outlook.com</a>		<b>Faith walk – from Judaism to Christianity</b> My personal Journey		
Mike Davis 615 324-7244	<a href="mailto:mdavisgroup@outlook.com">mdavisgroup@outlook.com</a>		<b>The Founding of our Nation and Judeo Christian Principles</b>		
Mike Davis 615 324-7244	<a href="mailto:mdavisgroup@outlook.com">mdavisgroup@outlook.com</a>		<b>Christian Persecution today to Have you heard?</b>		

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<p data-bbox="110 191 249 215">Dr. John Fite</p>  <p data-bbox="110 440 249 464">615-337-6975</p>	<p data-bbox="317 191 540 215"><a href="mailto:drjohnfite@gmail.com">drjohnfite@gmail.com</a></p>	<p data-bbox="626 191 1206 354">I am a licensed counseling psychologist and have worked helping people particularly in the area of relationships. I have an extensive background in the area of addictions recovery and trauma but have also worked in a variety of settings with children, adolescents and adults doing therapy and testing.</p> <p data-bbox="626 386 1212 597">I have worked in hospitals, prisons, a chronic pain clinic, a biofeedback clinic and delivery therapy and testing for the public schools in most of the schools in Williamson County. In addition, I ran a sixteen bed halfway house for adolescent boys with addiction problems for six years. Half my work is with couples and the balance is with teenagers and their families and individuals with anxiety, depression or addiction.</p> <p data-bbox="626 630 1206 816">My wife and I live in Franklin and have been married thirty years with one son who is a researcher for Facebook. I have worked with the Counseling Center at Brentwood Methodist for eight years and consult with the clergy on the psychological needs of parishioners. I am a former professor and my goal is to offer education that is fun and relevant.</p>	<p data-bbox="1217 191 1819 248">I have taught a variety of classes including divorce recovery, couples enrichment, and addiction</p>		

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<p>John Gregory</p>  <p>615 804-5109</p>	<p><a href="mailto:jwgregcbt@aol.com">jwgregcbt@aol.com</a></p>	<p>My family is at least six generation Methodist. I have taught Sunday School classes for over 30 years. My father and mother were teachers and I have found teaching to be an excellent way for me to study the bible and explore various theological views along my faith journey.</p> <p>My wife ,Olivia, and I live in Franklin and enjoy worshipping at BUMC. My career is in banking and I work as an officer of Renasant Bank on West End Avenue in Nashville. Olivia and I are members of the Crossroads class.</p> <p>I ascribe to Wesley's quadrilateral: scripture, tradition, reason, and experience. I believe God is love and is best understood through the incarnation. The compassion of Jesus , his servanthood and ultimate sacrifice for all lead me as a disciple.</p> <p>"The grace of God means something like : Here is your life. You might never have been, but you are because the party wouldn't been complete without you." Frederick Buechner</p>	<p>God Isn't Angry (Seeking God)</p> <p>What is our understanding of God? What shaped it? Discussion of the Wesleyan view of creation, harmony, separation, redemption and restoration. Emphasis is on God's grace and love and the desire for relationship with all people. Drawing on scripture and the writings of Buechner , Rohr, Taylor, and Bell.</p>	<p>2</p>	<p>Flip Chart</p>
<p>John Gregory 615 804-5109</p>	<p><a href="mailto:jwgregcbt@aol.com">jwgregcbt@aol.com</a></p>		<p>Down to Earth</p> <p>"Down To Earth" is an Abingdon offering consisting of four lessons with a video presentation for each one. United Methodist pastors, Mike Slaughter and Rachel Billups, lead this study. While this study is intended for Advent, I believe that it is an excellent look at the incarnation and suitable for presentation at any time.</p> <p>The focus is for us to respond to the greatest miracle with <u>down to earth love, humility, lifestyle, and obedience.</u></p>	<p>4</p>	<p>Flip Chart or White Board</p>
<p>John Gregory 615 804-5109</p>	<p><a href="mailto:jwgregcbt@aol.com">jwgregcbt@aol.com</a></p>		<p>The Beatitudes</p> <p>This is a lesson on the beatitudes from Dr. Charles Allen's, God's Psychiatry. Dr. Allen's insightful commentary will be used in presenting these important and well known teachings of Jesus.</p>	<p>1</p>	<p>Flip Chart or White Board</p>
<p>John Gregory 615 804-5109</p>	<p><a href="mailto:jwgregcbt@aol.com">jwgregcbt@aol.com</a></p>		<p>Philippians and Colossians</p> <p>A study of St Paul's letters to the Philippians and the Colossians. An in depth look at the overall intent, purpose and theological point of each letter. The historical background and context is reviewed. How do these letters have meaning for present day disciples of Christ?</p>	<p>2</p>	<p>Flip Chart or White Board</p>

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John Gregory 615 804-5109	<a href="mailto:jwgregcbt@aol.com">jwgregcbt@aol.com</a>		Mercy and Grace What is the difference in mercy and grace? This lesson will explore the scriptures that speak to God's mercy and grace. There will be explanations from the theologians including the thoughts of John Wesley. This topic has invoked a lot of discussion from class members.	1	Flip Chart or White Board
John Gregory 615 804-5109	<a href="mailto:jwgregcbt@aol.com">jwgregcbt@aol.com</a>		The Trinity God has often presented and understood as a far off and static monarch. The Trinity has been represented as a triangle with one member superior to the other. What if the representation was that of a circle of dynamic and participatory flow? The earliest church father called it perichoresis or "divine circle dance". This lesson will draw on Fr. Richard Rohr's The Divine Dance.	1	Flip Chart or White Board
John Gregory 615 804-5109	<a href="mailto:jwgregcbt@aol.com">jwgregcbt@aol.com</a>		Telling The Good News (Our Witness)  We each have a story to tell of our faith journey. What is it? How do we fulfill our commitment to witness? Discussion of how we discover God in the ordinary and relate our story to others. Will use examples of biblical witnesses and encourage the class to participate with examples of their own.	1	Flip Chart
John Gregory 615 804-5109	<a href="mailto:jwgregcbt@aol.com">jwgregcbt@aol.com</a>		The Lord's Prayer (From Charles Allen's best seller, "God's Psychiatry")  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 an excellent opportunity to take a deeper dive into Jesus' suggestion of a prayer methodology.	1	Flip Chart
Jonathan Harrell  615 352-8403	<a href="mailto:cjhrus@juno.com">cjhrus@juno.com</a>	Married to Christy and we have Samuel 14 and Rachel 12. I am currently earning a Master's degree in Biblical Studies from Moody Bible Institute. By day I practice the art and science of Physical Therapy.	<b>Bible study on Philemon</b>		
Jonathan Harrell 615 352-8403	<a href="mailto:cjhrus@juno.com">cjhrus@juno.com</a>		<b>World views about Jesus</b>		



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Jonathan Harrell 615 352-8403	<a href="mailto:cjhrus@juno.com">cjhrus@juno.com</a>		<b>Bible study about Exodus</b> (Chap. 1 to 20)		
Jonathan Harrell 615 352-8403	<a href="mailto:cjhrus@juno.com">cjhrus@juno.com</a>		<b>Why I am not an atheist</b>		
Jonathan Harrell 615 352-8403	<a href="mailto:cjhrus@juno.com">cjhrus@juno.com</a>		<b>Is it reasonable to believe that the Bible is God's inspired word or is it full of myths and mistakes?</b>		
Jonathan Harrell 615 352-8403	<a href="mailto:cjhrus@juno.com">cjhrus@juno.com</a>		<b>A good God and suffering - how can this be?</b>		
Brandon Hulette 615 591-3133	<a href="mailto:rbhulette@gmail.com">rbhulette@gmail.com</a>		<b>The Lord's Prayer</b>	4 - 5	
Brandon Hulette 615 591-3133	<a href="mailto:rbhulette@gmail.com">rbhulette@gmail.com</a>		<b>By Water and the Spirit</b> (Baptism)	3 - 4	
Brandon Hulette 615 591-3133	<a href="mailto:rbhulette@gmail.com">rbhulette@gmail.com</a>		<b>This Holy Mystery</b> (Methodism Communion)	3 - 4	
 Phil Jamieson 615 295-9926	<a href="mailto:phil.jamieson@umfmc.org">phil.jamieson@umfmc.org</a>	Phil, an elder in the United Methodist Church, is a member of the East Ohio Annual Conference. He has been the pastor of churches and taught in a seminary. He holds degrees from Taylor University, Asbury Theological Seminary, and Boston College. Currently he is the President of the United Methodist Foundation for the Memphis and Tennessee Annual Conferences. Phil is the coauthor (with his wife, Janet) of Ministry and Money: A Practical Guide for Pastors (Westminster/John Knox, 2009) and the author of Facing Christ: A Pastoral Theology of Shame and Redemption (IVP Academic, 2016). He is married to Janet and they have two grown children, Bethany and Mark.	<b>Say Thank-You.</b> The importance of gratitude for living the Christian life.	2	Flip Chart
Phil Jamieson 615 295-9926	<a href="mailto:phil.jamieson@umfmc.org">phil.jamieson@umfmc.org</a>		<b>Why is it so hard to Forgive?</b> One of the great challenges that we face: accepting and offering forgiveness. This class will help develop a theology of Christ's forgiveness of us, enabling us to forgive others.	4	Flip Chart
Phil Jamieson 615 295-9926	<a href="mailto:phil.jamieson@umfmc.org">phil.jamieson@umfmc.org</a>		<b>The Blood of the Martyrs.</b> An introduction to the plight of many of our brothers and sisters throughout the world. What we may learn from them and how we may help.	2	Flip Chart

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Phil Jamieson 615 295-9926	<a href="mailto:phil.jamieson@umfmtc.org">phil.jamieson@umfmtc.org</a>		<b>The Power of Money.</b> This class will help us examine our relationship to money and how it influences our relationship with God and neighbor.	3	Flip Chart
Sue Perez (Johnson)  615 337-6374	<a href="mailto:sadiejo@bellsouth.net">sadiejo@bellsouth.net</a>		<b>Confronting the Controversies</b> (Adam Hamilton)	4 to 6	DVD
Sue Perez (Johnson) 615 337-6374	<a href="mailto:sadiejo@bellsouth.net">sadiejo@bellsouth.net</a>		<b>When Christians Get It Wrong</b> (Adam Hamilton)	4 to 6	DVD
Al McCree  615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>	<p>Al McCree is a long time Sunday School Circuit Rider.</p> <p>Al is the CEO and Owner of Musical Concepts Inc. and the Comedy with Class Network. In that role, he is an artist manager, concert promoter and content distributor. He is also a retired Air Force fighter pilot. He is a graduate of the US Air Force Academy and has a Masters in Systems Management from St. Mary's University in San Antonio.</p> <p>He is married to Peg, an Assistant Professor at MTSU. They have two adult children and two grandchildren.</p> <p>In 2003, Al founded the Madrick Ministry. Madrich is the Hebrew word for Study Leader. In 2008, the name was changed to the Sunday School Circuit Riders.</p> <p>Al's mission is to facilitate the spiritual growth of others. His programs are always discussion based and thought provoking. He typically includes music in his facilitations.</p>	<b>Celebrating Your Natural Gifts</b> How to achieve personal and professional satisfaction by using inborn aptitudes	1	






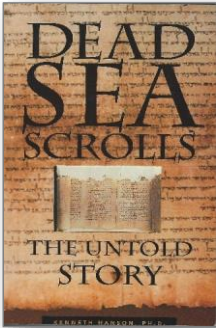
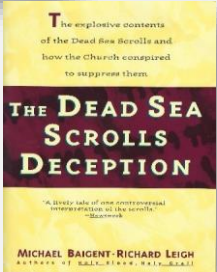
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Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>The Christian Response to the Addiction Epidemic</b> Lately the news has been full of the opioid crisis in Tennessee and across the nation. This is 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 it. To schedule this series for your class, contact Al McCree, Sunday School Circuit Rider, al@almccree.com or call 615-460-7000. Teachers: Al McCree & Shannon Garrett	3 - 4	AV – TV or Projector
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>The Refugee Crisis and the BUMC Refuge Ministry</b> 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 the BUMC's involvement with Legacy Mission. Presenters include John Frame, Randy Hartley, David Ssebulime and Al McCree. The Refuge Ministry is a vital new Ministry for BUMC. Please contact Al McCree to schedule these classes.  1. The Refuge Crisis - John Frame or Al McCree 2. The Legacy Mission Ministry - Randy Hartley 3. The BUMC Refuge Ministry - John Frame or David Ssebulime 4. The Salome Ministry  Related presentations that are not part of the series: The Persecuted Church - John Frame Immigration and the Role of the Church - Al McCree	4	
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>Forgiveness</b> Perhaps the hardest thing we are called to do as Christians	1	
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>Giving / Tithing</b> A new look at an old topic	1	
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>Making Good Decisions</b> Practical methods to improve personal, professional and spiritual decisions	1	
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>Ecclesiastes</b> An in depth study of one of the intriguing books of the Bible	3	Bibles

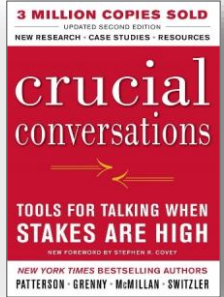
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Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>Homosexuality and Christianity</b> Learn about and discuss one of the most divisive issues in Christianity today	3	
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>Politics and Religion</b> Where does the Methodist Church stand on political issues?	3	
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>Sex and the Bible</b> There is lots about sex in the Bible. If we can't talk about in Sunday School, where can we?	4	Bibles
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>Social Principles of the UMC</b> Where does the Church stand on many comtemporany issues from the environment to abortion?	6	
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>The Book <i>With, Reimagining the Way You Relate to God.</i></b> An in depth look at our true relationship with God	4 - 5	
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>The 7 Experiment</b> Teaming with Amy Coggins - A beautiful and challenging Lenten study	7	
Al McCree 615-460-7000 (o) 615-243-0965 (m)	<a href="mailto:al@almccree.com">al@almccree.com</a>		<b>Witnessing: How To....</b> How to witness and not be embarrassed about it.	1	

NAME	CONTACT INFORMATION	BIO	TOPICS	# WEEKS	AUDIO / VISUAL NEEDS
<p>Joe Malone</p>  <p>615 595-6308</p>	<p><a href="mailto:ulifeprep@gmail.com">ulifeprep@gmail.com</a></p>	<p>Joe Malone holds a Ph.D. in Health and Human Performance with a minor in neuropsychology and a specialization in relational wellness. He has taught for many years at Middle Tennessee State University and guest lectured at Vanderbilt University. Dr. Malone served on the Centers for Disease Control Initiative for STD Prevention for the state of Tennessee. He is also a co-author of the new book Battles of the Sexes. Joe is the former Chair of the Nashville Community Health and Wellness Team and the current Topic Network Chair for Health Promotion for The Society for the Study of Emerging Adulthood <a href="http://ssea.org/">http://ssea.org/</a>. He and his family first created a Christian-based wellness program for BUMC back in 1999.</p> <p>Joe has had the honor of working with young adults on their well-being for over 25 years. In his teaching, Dr. Malone has employed a background of varied life experiences which include Division I football coach and player, fitness professional, and celebrity trainer as well as professional modeling.</p> <p>He has personally made use of the research, insights, and experience that inspired Battles of the Sexes and has had his SEX IQ raised to improve, preserve, and protect his over-40-year marriage to his wife, Jody. Dr. Malone and Jody make their home near their children and grandchildren in Franklin, TN.</p>	<p>CHRISTIAN SEX IQ: Smarter Sexuality through Understanding Human Sexual Nature  CHRISTIAN SEX IQ takes a scripturally and scientifically-based look at relationships between adult females and males and gives them insight into how and why sex differences have developed and their profound effects on their entire lives. It helps men and women understand their own sexual nature and that of the opposite sex and develop sexual empathy for them. It gives discernment into the mismatch both sexes have to endure between our rapidly changing culture and our inherited nature and the resulting battles both have to fight. Its goal is to raise SEX IQ in order to lower sexual conflict and empower long-term romantic love. Dr. Malone examines related scriptures and the underlying brain chemistry and physiology as well as sociology and psychology in an attempt to help both males and females gain deep insights into the drives that fuel many of their relationship decisions. Healthy relationships are crucial to living a great Christian life and understanding yourself and others better biologically can help greatly clarify what you are looking for from somebody else in relationships. This Circuit Rider lesson may be particularly important for classes with parents of young children, middle schoolers, high schoolers and even college students.</p>	<p>3</p>	<p>Laptop, Multimedia Cart</p>
<p>Rob Michaels 615-224-2424</p> 	<p><a href="mailto:rob@serveprotect.org">rob@serveprotect.org</a></p>	<p>Rob Michaels is the founder and CEO of Serve &amp; Protect <a href="http://www.serveprotect.org">www.serveprotect.org</a>, a non-profit organization facilitating trauma therapy for public safety nationwide. He is State Chaplain for the Tennessee FOP, Chaplain for the FBI Memphis division, and an adjunct instructor for Williamson County Sheriff's Office Court Officer Training. He is a member of the Society for Police and Criminal Psychology, American Academy of Experts in Traumatic Stress, and the National Center for Crisis Management. Rob received his undergrad from Columbia Bible College '81 with a B.S. in Biblical Education, and M.A. in Communications, focused on Interpersonal Communications / Marketing &amp; PR from Wheaton College '84. Rob served as MP with the Virginia National Guard, a Detective with Norfolk (VA) PD, and was CEO of Lord &amp; Michaels Entertainment for 30 years. Rob and Chris have been married 42 years, and have two grown children – Hollyn (Wheaton IL) and DJ (Nashville).</p>	<p><b>Romans 8:28, Invincible: Peace In The Midst of the Storm</b></p> <ul style="list-style-type: none"> <li>• In today's troubled times, God promises that He is with us, that the trouble we encounter is part of our growth in Him, moreover, nothing can ever separate us from Him.</li> <li>• Incorporated is understanding the suffering of Job.</li> </ul>	<p>1</p>	<p>None</p>

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Rob Michaels 615-224-2424	<a href="mailto:rob@serveprotect.org">rob@serveprotect.org</a>		<b>Romans 12. Be Transformed</b> The Christian life is dynamic. It is a process of transformation. We explore what that means and what changes He expects.	1	None
Rob Michaels 615-224-2424	<a href="mailto:rob@serveprotect.org">rob@serveprotect.org</a>		<b>Isaiah and Amos – The Call - Prophets of a Different Kind</b> Sometimes God calls us to a ministry position, like Isaiah who had the office of prophet. Amos was a fig picker – but was called of God to deliver a message. And then he went home.	1	None
Rob Michaels 615-224-2424	<a href="mailto:rob@serveprotect.org">rob@serveprotect.org</a>		<b>1 Samuel – David, A Man After God's Own Heart</b> David, to say the least, was a complex man. He did amazing things and he did bad things, yet God says he was a man after His own heart. Sin can be forgiven, restoration can happen, but there may be consequences.	1	None
Rob Michaels 615-224-2424	<a href="mailto:rob@serveprotect.org">rob@serveprotect.org</a>		<b>Psalm 23 – A Shepherd's Look At Psalm 23</b> This well known Psalm was written from the vantage of a shepherd. We look at the depth of the teaching and the assurance of God's loving care.	1	None
Rob Michaels 615-224-2424	<a href="mailto:rob@serveprotect.org">rob@serveprotect.org</a>		<b>God's Blueprint for Prayer:</b> Matthew 6	1	None
Rob Michaels 615-224-2424	<a href="mailto:rob@serveprotect.org">rob@serveprotect.org</a>		<b>Progress of Redemption overview:</b> Gen. 1:1 John 1:1 John 1:14 John 3:16-17 Philippians 2:9-10 1 Thessalonians 4:13-18	1	None
Rob Michaels 615-224-2424	<a href="mailto:rob@serveprotect.org">rob@serveprotect.org</a>		<b>The Cost of Freedom</b> What our freedom of faith costs	1	None
Rob Michaels 615-224-2424	<a href="mailto:rob@serveprotect.org">rob@serveprotect.org</a>		<b>The Apostles Creed</b> A review of each element of the creed we confirm	1	None

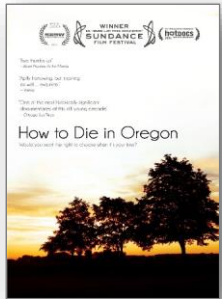
NAME	CONTACT INFORMATION	BIO	TOPICS	# WEEKS	AUDIO / VISUAL NEEDS
<p>Monicah Muhomba</p>  <p>615-727-4229</p>	<p><a href="mailto:mmuho40@icloud.com">mmuho40@icloud.com</a></p>	<p>Monicah Muhomba is a Licensed Psychologist and Training Director at Vanderbilt University Psychological &amp; Counseling Center. She is also Assistant Professor of Clinical Psychiatry at Vanderbilt University Medical Center. She is originally from Zimbabwe, Africa. Monicah has a passion for teaching that is drawn from her background in both Psychology and Theology; she obtained a PhD in Counseling Psychology from the University of Kentucky and a Masters Degree in Counseling from Asbury Theological Seminary, in Kentucky.</p>	<p><b>Doing God’s Will Through Mindfulness and Radical Acceptance</b></p> <ul style="list-style-type: none"> <li>• A closer look at examples in scriptures where Jesus practiced Mindfulness and Radical acceptance</li> <li>• The definition of Mindfulness—The “awareness that arises by paying attention, to the present moment, in a particular way, on purpose, without judgment”( Jon Kabat Zin)</li> <li>• and purpose of mindfulness and how it relates</li> <li>• The Purpose of Mindfulness and Acceptance</li> <li>• How to practice Mindfulness in day to day life in a world full of distractions</li> </ul>	<p>2 - 3</p>	<p>Easel</p>
<p>Monicah Muhomba</p> <p>615-727-4229</p>	<p><a href="mailto:mmuho40@icloud.com">mmuho40@icloud.com</a></p>		<p><b>Becoming A More Forgiving Christian</b></p> <ul style="list-style-type: none"> <li>• A discussion of Scriptures related to Forgiveness in the Old &amp; New Testament- Jesus’ messages about forgiveness</li> <li>Working definitions of forgiveness and the Process of forgiveness</li> <li>• A look at research on Forgiveness</li> <li>• Types of forgiveness</li> <li>• Barriers to Forgiveness</li> <li>• Benefits of Forgiveness</li> <li>• Differences and similarities between Forgiveness of Self vs. forgiveness of others</li> </ul>	<p>3 - 4</p>	<p>Easel</p>
<p>Monicah Muhomba</p> <p>615-727-4229</p>	<p><a href="mailto:mmuho40@icloud.com">mmuho40@icloud.com</a></p>		<p><b>Prayer and Faith Journey</b></p> <ul style="list-style-type: none"> <li>• A look at What the scriptures say about Prayer and faith</li> <li>• John Wesley on Prayer as the “most important Means of Grace”</li> <li>• Discussion of writings on prayer by such authors and Richard Rohr and Marjorie Thompson</li> <li>• Prayer as a form of Mindfulness</li> <li>• Leading a prayerful life in a distracting world</li> </ul>	<p>2 - 3</p>	<p>Easel</p>
<p>Bishop Joe Pennel</p>  <p>615 651-8995</p>	<p><a href="mailto:jdpenne@comcast.net">jdpenne@comcast.net</a></p>		<p><b>Living Fully, Dying Well</b> (older adults)</p>	<p>4</p>	
<p>Bishop Joe Pennel</p> <p>615 651-8995</p>	<p><a href="mailto:jdpenne@comcast.net">jdpenne@comcast.net</a></p>		<p><b>Practicing the Christian Spiritual Disciplines</b></p>		
<p>Bishop Joe Pennel</p> <p>615 651-8995</p>	<p><a href="mailto:jdpenne@comcast.net">jdpenne@comcast.net</a></p>		<p><b>The God of Jesus in the Gospel of Luke</b></p>		

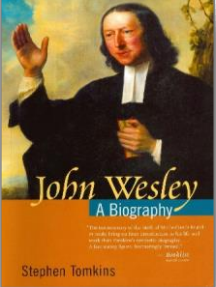
NAME	CONTACT INFORMATION	BIO	TOPICS	# WEEKS	AUDIO / VISUAL NEEDS
<p>Steve Schaffer</p>  <p>615 332-4205</p>	<p><a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a></p>	<p>Steve maintains a focus on examining how contemporary social issues sometimes compete with our Christian faith.</p> <p>The son of an Episcopal minister who was deeply engaged in the civil rights movement marching with Martin Luther King, Steve grew up heavily influenced by his father's passion for social justice, helping the disenfranchised, and working on behalf of the poor.</p> <p>For nearly 9 years Steve has mentored death row prisoners at the Riverbend Maximum Security Prison. His willingness to carefully approach 'hot-button' contemporary issues is one of his gifts and talents.</p> <p>Steve's professional experience comes from nearly 30 years as a studio musician (over 8,000 record albums) and producer, and his nearly 20 years in corporate / enterprise healthcare technology retiring from his position as Sr. Project Manager Enterprise Infrastructure.</p>	<p><b>Confronting the Controversies</b>  AdamHamilton's series - Biblical perspectives on tough issues:</p> <ul style="list-style-type: none"> <li>• The Death Penalty</li> <li>• Creation and Evolution in Public Schools</li> <li>• Euthanasia</li> <li>• Prayer in Public Schools</li> <li>• Abortion</li> <li>• Homosexuality</li> </ul>	<p>1 to 6</p>	<p>LCD Projector / Screen  (I can bring my own)</p>
<p>Steve Schaffer  615 332-4205</p>	<p><a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a></p>	<p>Based upon the following two books:</p>  	<p><b>The Dead Sea Scrolls</b>  Christianity as you and I know it and were taught did NOT come from James, John and Peter in Jerusalem. The scrolls reveal an entirely new story!  There was the discovery...  There was intrigue and deception...  There was war...  There is a treasure list...  There were revelations...  A fascinating look at what was contained in the scrolls and what they mean to us today. Their importance cannot be underestimated. Controversies and misunderstanding continue even 70 years after their discovery! This study is based upon two very popular books on the topic: Kenneth Hanson's <i>The Dead Sea Scrolls - the Untold Story</i>, and Baigent and Leigh's <i>The Dead Sea Scrolls Deception</i>. The scrolls simultaneously affirm, reveal, and challenge us to broaden our concepts of Jesus, John the Baptist, St. Paul, and others, and so much of the scrolls' content is validated by historians of the time like Pliny and Josephus. This study ties together the Essenes, Hasidics, Sadducees, Pharisees, Zealots, Masada and so much of what was happening in a short 300 year time period. We were never taught what the scrolls revealed.</p>	<p>1 - 2</p>	<p>Multi-media Presentation and Discussion</p>

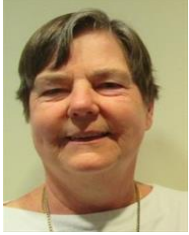

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Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>	<p>Discussion will be guided by the principles contained in the widely acclaimed book <b><i>Crucial Conversations</i></b>.</p> 	<p><b>The Uncomfortable Truth</b> The ever-deepening divisions between peoples' beliefs and opinions on so many issues threatens the very fabric of our society. The Jews were divided and splintered in Jesus' time, too. His charge to us is to go to our brothers and sisters and reconcile our differences. But doing that requires that we establish meaningful and civil dialog. That dialog can be very uncomfortable.</p> <p>Some examples dividing us now might include:</p> <ul style="list-style-type: none"> <li>• Methodism's position on human sexuality</li> <li>• The role of Religion in Politics</li> <li>• Religious / Racial tolerance</li> </ul> <p>Let's take a chance on God and our faith to begin examining together at least one issue that divides us, and there are many. Let's promise to begin exploring it and listen to each other with the courage, patience and love Christ showed us. Let's resolve to bring each other closer. Allow me to help research and facilitate.</p> <p>Uncomfortable? Yes. Essential? Absolutely.</p>		A Civil Discourse
Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>		<p><b>Radicalization and Terrorism</b> **** (Presentation and Class Discussion) ****</p> <ul style="list-style-type: none"> <li>• Why does this happen?</li> <li>• What part does religion play?</li> <li>• Why is all this happening now?</li> <li>• What can an individual do?</li> <li>• What should be our Christian response?</li> </ul>	1	Multi-media Presentation and Discussion
Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>		<p><b>Understanding Islam</b></p> <ul style="list-style-type: none"> <li>• How did Islam start? Who was Muhammad?</li> <li>• The great Islamic split and its effects today</li> <li>• More similarities than differences with Christianity</li> <li>• Politics, Poverty, and Terrorism</li> <li>• Muslims in America and abroad today</li> </ul> <p>This deeper dive reveals aspects of Muslims and Islam that you won't see on the news. Christ mandates that, next to loving God, we are to love our neighbors as ourselves. Let's take a courageous look together at this rapidly growing religious force whose numbers (currently 1.8 billion) are predicted to exceed that of Christians on our planet by the year 2070.</p>	3	Multi-media Presentation and Discussion


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Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>		<p><b>New Challenges Jesus Never Faced</b>  --- Collisions of Technology, Morality, and Faith ---  Taking a look at questions never before raised in human history that we must now face, and Jesus never did. How do we cope? To even begin our search for answers, we must first gather facts, evaluate, and make moral decisions (hopefully) based upon a framework of logic, religion and our faith. Jesus never knew....</p> <ul style="list-style-type: none"> <li>• Splitting the Atom</li> <li>• Genetically Modified Organisms (designer babies?)</li> <li>• Patenting genes – Literal ownership of lifeforms</li> <li>• Ransoming lifesaving drugs and medicines</li> <li>• Environmental Disaster (e.g. Climate Change)</li> </ul> <p>...and countless others.  Jesus would want us to courageously and prayerfully consider such questions. This class is about preparing ourselves and opening up spiritually to understand choices we will face that humanity has never before seen.</p>	1	Multi-media Presentation and Discussion
Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>		<p><b>'Wonder Women' of the Bible</b>  Take a closer look into the lives and impact of 5 Old Testament women and 5 New Testament women – putting them in context of the times, showing the risks they faced, their faith and courage, and why they are important to us today.</p>	2	Multi-media Presentation and Discussion
Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>		<p><b>Criminal Justice - An Oxymoron</b></p> <ul style="list-style-type: none"> <li>• The <i>'rest of the story'</i> Adam Hamilton didn't present</li> <li>• Why the bible says "An eye for and eye."</li> <li>• Are innocent people being executed?</li> <li>• What possible alternatives exist?</li> <li>• Can't criminal justice problems be fixed?</li> <li>• What did Jesus say?</li> <li>• What can an individual do?</li> </ul> <p>I've spend over 11 years as a Stephen Minister with over 30 men on Tennessee's death row. I knew two men who were executed. Let me share with you what's really going on in the Criminal Justice system. An inside story of what's really happening may shock you!</p>	1	Multi-media Presentation and Discussion
Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>		<p><b>Understanding Hinduism &amp; Buddhism</b>  Compared to Christianity, these may appear mysterious or bizarre on the surface, but under closer scrutiny, they somehow begin to look strangely familiar. Let's look under the hood at some of the differences and the even stranger similarities between these and Christianity. This can be a real eye opener!</p>		Multi-media Presentation and Discussion



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Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>		<p><b>What 'they' Believe</b> Taking a brief look at other primarily Christian religious communities and denominations in America may help in understanding both our uniqueness and commonalities to bridge gaps. Ever wonder what these people believe?</p> <ul style="list-style-type: none"> <li>• Catholic</li> <li>• Eastern Orthodox</li> <li>• Episcopal</li> <li>• Presbyterian</li> <li>• Lutheran</li> <li>• Methodist</li> <li>• African Methodist Episcopal</li> <li>• Assemblies of God</li> <li>• Church of Christ</li> <li>• Christian Scientists</li> <li>• Church of God</li> <li>• Jehovah's Witnesses</li> <li>• Mormon</li> <li>• Baptist</li> <li>• Seventh-Day Adventist</li> <li>• Unitarian / Universalist</li> <li>• Scientology</li> </ul> <p>A key to Jesus' command that we <b>love our neighbor</b> is first to <b>understand our neighbor</b>.</p>	2 - 3	Multi-media Presentation and Discussion
Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>	<p>Based upon the acclaimed documentary film:</p> 	<p><b>The Right to Die – Death With Dignity</b> Suddenly it's a hot button issue across America with 'Baby Boomers' in their later years and new legal questions arise.</p> <ul style="list-style-type: none"> <li>• What does our Book of Discipline say?</li> <li>• Is this suicide, or is it surrendering life back to God?</li> <li>• What is happening elsewhere in our country?</li> <li>• What if you had to face this decision with a loved one?</li> </ul> <p>There exists a growing public awareness in America that some individuals with terminal conditions experience unfathomable pain and exorbitant financial burdens to their families. Some would choose an alternative to their own prolonged natural death. Any of us may be faced one day with considering such an option. This is a challenging look to understand both practical and spiritual realities.</p>	1	Discussion

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Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>		<p><b>The Sin of Mixing Politics and Religion</b></p> <p>It is often said that two things that should never be discussed at dinner are politics and religion. Jesus might argue the opposite that our politics should be led by the illumination of his teachings. Can we gather the courage to politely broach this topic together?</p> <ul style="list-style-type: none"> <li>• Should Politics and Religion be kept separate?</li> <li>• How does separation of church and state apply?</li> <li>• What is the Church's role?</li> </ul> <p>Not to politically persuade one way or another, but to raise awareness of where we might seek guidance, patience, common ground and civility by engaging in prayerful discourse in an increasingly divided world.</p>	1	Discussion
Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>	<p>Based upon the following the biography:</p> 	<p><b>The Life and Times of John Wesley</b></p> <ul style="list-style-type: none"> <li>• John Wesley had doubts...as well as conviction</li> <li>• What was going on in the church at that time?</li> <li>• How did his family relationships shape his life?</li> <li>• How his spirituality sometimes ruined relationships</li> <li>• His real-life story shows how an ordinary man suffered amazing rejection but managed to change the world.</li> </ul> <p>Based upon the popular biography by Stephen Tomkins, you won't believe how much he was like us. Wesley had his 'issues', but he had vision and courage that you won't believe! This is not a theological series - it's a real life story you'll find fascinating.</p>	3	Multi-media Presentation and Discussion
Steve Schaffer 615 332-4205	<a href="mailto:s1548@hotmail.com">s1548@hotmail.com</a>		<p><b>Various Topics by Request</b></p> <p>Have a contraversial topic you would like to discuss in your class in civil and Christian way...?</p>		

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<p>Kathy Sherrod</p>  <p>615 351-4410</p>	<p><a href="mailto:ksherrod@comcast.net">ksherrod@comcast.net</a></p>	<p>Kathryn B. Sherrod, PhD, earned her degree in 1972. She is a licensed clinical psychologist. In her 40-year career, she has published 23 articles, written books, and taught several graduate courses in psychology. She has lectured on various topics and has provided consultation to various groups. She works with individuals, couples, and families, helping them improve their patterns of communication in relationships</p>	<p>I wrote this 12-week study after attending various 12-step programs with clients. Every time I went to a 12-step program, I learned something. I wanted to share the 12 steps with Christians who would probably not attend a 12-step program because they do not have a problem with alcohol or any other specific addiction. In my view, all of us Christians are addicted to being human, which means that we continue to make questionable choices. Sometimes we just drift rather than intentionally making choices at all. A 12 step program is about us learning to look at ourselves in the mirror. While viewing ourselves in the mirror, we have an opportunity to notice what we see without assigning shame or blame. If we are straightforward about who we really are, we are more likely to make the changes we want to make. For many people, working through the 12 steps allows us to walk down pathway to peace and to develop a clearer connection to God.</p>	<p>12</p>	
<p>Rev. Shelby Slowey</p>  <p>615 324-8205</p>	<p><a href="mailto:sslowey@bumc.net">sslowey@bumc.net</a></p>	<p>As BUMC's Pastor of Evangelism &amp; Hospitality, Shelby grew up in Texas, where her family still resides. She received her B.A. in English from Lambuth University, and has her M.Div from Vanderbilt Divinity School. Shelby discerned her passion for caring ministry through her experience practicing chaplaincy at Monroe Carrel Jr. Children's Hospital at Vanderbilt, Alive Hospice, and St. Thomas West Hospital. Shelby is married to Stephan and they have one daughter. They enjoy camping, game nights, and entertaining at their home.</p>	<p><b>Spirituality in Dementia Care</b> Explores ways to be inclusive of this unique demographic of folks in spiritual settings</p>	<p>1</p>	<p>TV or Projector and Screen for PowerPoint</p>
<p>Rev. Shelby Slowey 615 324-8205</p>	<p><a href="mailto:sslowey@bumc.net">sslowey@bumc.net</a></p>		<p><b>Play Theory in Dementia Care</b> Explores the positive impact play can have on persons experiencing dementia, as well as practical techniques for spiritual caregivers</p>	<p>1</p>	<p>TV or Projector and Screen for PowerPoint</p>
<p>Rev. Shelby Slowey 615 324-8205</p>	<p><a href="mailto:sslowey@bumc.net">sslowey@bumc.net</a></p>		<p><b>Hospital Visitation</b> How to make a hospital visit as a faith community representative</p>	<p>1</p>	<p>TV or Projector and Screen for PowerPoint</p>
<p>Rev. Shelby Slowey 615 324-8205</p>	<p><a href="mailto:sslowey@bumc.net">sslowey@bumc.net</a></p>		<p><b>Hearing the Cries: Confronting poverty in the Gospel of Matthew</b> Explores the five theological dimensions of poverty and practical Christian responses</p>	<p>4</p>	<p>TV or Projector and Screen for PowerPoint</p>

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Rev. Shelby Slowey 615 324-8205	<a href="mailto:sslowey@bumc.net">sslowey@bumc.net</a>		Topics of interest and experience for me that I could easily prepare lessons on include, <u>end-of-life spirituality and care</u> , <u>caregiver support</u> , <u>play theory</u> , and anything on the <u>Gospel of John</u> .		
Andy Voyles  615-584-1057	<a href="mailto:a_voyles@msn.com">a_voyles@msn.com</a>	<p>Andy Voyles has been a member of BUMC since 2004. Andy has been serving the banking and mortgage lending industry since 1997 and is currently an executive for First Community Mortgage out of Murfreesboro, TN. A resident of Franklin, Andy is married to Gretchen Voyles. They have three children together, Ella, Alli, and Lucas.</p> <p>Andy is currently an At-Large member of the BUMC Church Council, Elected member of the Staff Parish Relations Committee (SPRC), and a Team Leader for the Andrew Ministry.</p> <p>Andy enjoys leading class discussions that offer practical application of spiritual disciplines. Andy can lead or co-lead any of Adam Hamilton's books.</p>	<p><b>Christianity and World Religions</b>            Adam Hamilton Study - Explores Christianity, Judaism, Hinduism, Buddhism, and Islam; exploring commonalities and unique differences</p>	6	DVD
Andy Voyles 615-584-1057	<a href="mailto:a_voyles@msn.com">a_voyles@msn.com</a>		<p><b>The Call</b>            Adam Hamilton Study - An in-depth study of Paul and his journeys; exploring his fascinating trials, tribulations, and evangelical spirit.</p>	6	DVD
Andy Voyles 615-584-1057	<a href="mailto:a_voyles@msn.com">a_voyles@msn.com</a>		<p><b>Protestant Reformation</b>            A 6-8 week study focused on the most significant leaders of the reformation and separation from the early Roman Catholic Church. We will study significant leaders of the reformation such as Huss, Wycliff, Luther, Sattler, Zwingli, Calvin, and Tyndale. This is a text, lecture, and video series that provides a deep dive into the events that helped create the religious freedoms we experience today.</p>	6 - 8	DVD
Andy Voyles 615-584-1057	<a href="mailto:a_voyles@msn.com">a_voyles@msn.com</a>		<p><b>Cults or Denominations?</b>            This is a study that looks at the definition of cults versus denominations. In the US there were significant religious events that transpired from the early 19th century. Some studies show there are over 40,000 active denominations. But, are they denominations of the Christian faith, or are they cults? How do you tell the difference? This study provides a brief level of understanding regarding other religious sects, triggering a rigorous discussion and debate of what is acceptable and what is not. This study can be one or two lessons or a series covering three to six weeks.</p>	1 - 6	