

NOVEMBER CONTINUED

Wednesday, November 15

+ University Chapel Service: Give Thanks

Rev. Kelli Taylor, University Chaplain

Join us for a Thanksgiving-centered time of worship as we gather to express gratitude, share blessings, and celebrate the abundance of God's goodness together.

Weekly Mission Moment: UMCOR

Opportunities for spiritual growth

+ Recognizing National Indigenous Peoples Month (DEI Lunch and Learn)

Gavin Myrick, Director of Student Belonging & Inclusion

This program will focus on the celebration of the culture and contributions throughout history of the Indigenous community.

Recognizes the dignity and worth of all persons

METHODIST UNIVERSITY MISSION STATEMENT

Methodist University, historically supported by the North Carolina Annual Conference of the United Methodist Church, owes its origin and values to the life and teachings of Jesus Christ. The University is committed to an ecumenical spirit, respects diversity, and recognizes the dignity and worth of all human beings. The University's programs are based on the conviction that a liberally educated person is sensitive to the needs and rights of others. Methodist University affirms the importance of intellectual values and ethical principles such as truth, virtue, justice, and love. The University community seeks to develop whole persons who will contribute substantially and creatively to the professions and to civic life. Therefore, Methodist University provides opportunities for spiritual, academic, and social growth, to the end that students may acquire enlightened minds and responsible spirits, as well as a continuing thirst for knowledge.

The purpose of Methodist University is to provide an undergraduate and graduate education firmly grounded in the liberal arts tradition that nurtures moral values and ethical decision making; to provide distinctive professional and graduate programs that complement the undergraduate programs; to provide educational and cultural services and resources to the community; and to prepare students for a variety of careers and educational pursuits.

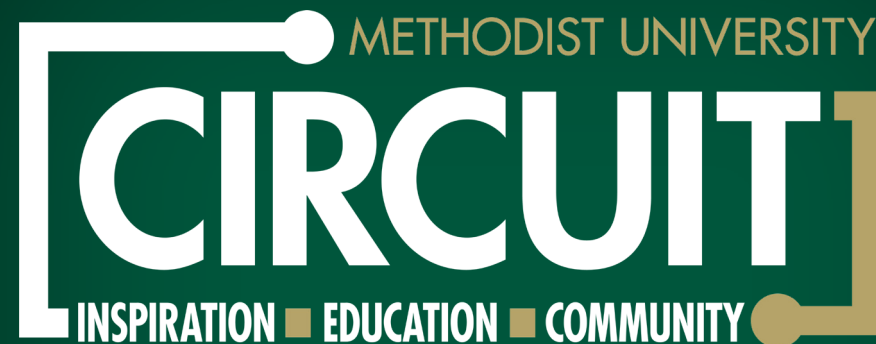
CONTACT INFORMATION

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Elevate your skills.
Broaden your perspectives.
Nurture your inner growth.
Live your mission.

Fall 2023 Programs
Wednesdays, 11 a.m.

WELCOME TO CIRCUIT

Are you ready to embark on a transformative personal and academic empowerment journey? Join us for CIRCUIT, a weekly opportunity to elevate your skills, broaden your perspectives, and nurture your inner growth. CIRCUIT is open to all – no grades, no required attendance, no pressure – only opportunity.

CIRCUIT is not just another program; it is a dynamic space where individuals from diverse backgrounds come together to share their stories, learn from one another, and cultivate a deep sense of belonging. Education is not confined to textbooks and classrooms alone; it is a lifelong journey that thrives on exchanging ideas, perspectives, and experiences. CIRCUIT encourages critical thinking, healthy disagreement, intellectual curiosity, and a lifelong love for learning – enabling individuals to contribute actively to living out the University's mission.

CIRCUIT draws its name from the legendary circuit riders in Methodism and their commitment to spreading knowledge, inspiring faith, and building diverse communities. CIRCUIT embodies the spirit of exploration, engagement, and impact demonstrated by Francis Asbury, featured on the Methodist University seal. This spirit translates to today's MU campus in a three-fold weekly CIRCUIT that creates energy by connecting education, inspiration, and community.

Each Wednesday at 11 a.m., CIRCUIT hosts multiple engaging events designed to deepen our community's knowledge of the University mission, spark inspiration, ignite conversations, and encourage personal growth – body, mind, and spirit. From thought-provoking panel discussions to interactive workshops and spiritual practice, we strive to create an environment where you can discover your passion, develop your skills, and probe your unique mission.

LEGEND

Use the corresponding icons to better understand the type of CIRCUIT events offered throughout the semester:



EDUCATION

Meets in the Seminar Room of Davis Memorial Library (unless otherwise noted)



INSPIRATION

Meets in Matthews Chapel



COMMUNITY

Meets in the Alumni Dining Room (first floor of Berns Student Center)

Italicized words and phrases indicate the missional value from the Methodist University Mission Statement (listed on back of booklet) connected to the event.

AUGUST

Wednesday, August 16



+ Get the Scoop on Well-Being

Join us for a day of discovery and empowerment, in which you can explore a wide range of resources to enhance your physical, mental, emotional, and spiritual well-being. Enjoy ice cream or healthy snacks, interact with the well-being wheel, and qualify for prizes from yoga mats to gift cards.

Develop whole persons who will contribute substantially and creatively to the professions and civic life

Wednesday, August 23



AI: Atrophy of the Intellect

Dr. Robert Gmeiner, Assistant Professor of Financial Economics

Learn how artificial intelligence applications, specifically large language models, have adverse effects on the growth of the human mind and its ability to reason, think critically, and understand objectives and their value.

Develop fully the mind and its intellectual value



+ University Chapel Service: Things You Can't Unsee

Rev. Kelli Taylor, University Chaplain

How did the unwavering faith of the Canaanite woman leave an indelible impression on Jesus, demonstrating that her faith could not be overlooked or disregarded?

Mission Moment: Lion's Share Food Pantry

Owes its origins to the life and teachings of Jesus Christ



+ Back to Campus: (Re)Adjusting to the Campus Community

Mady Hamed and Sarah Kress, Counselors & Psychotherapists for Counseling Services

This session will provide students with coping skills to successfully adjust or re-adjust to the campus community.

Grow in knowledge

Wednesday, August 30



Is God a Mathematician?

Dr. Kathleen Fick, Chair and Professor of Mathematics

Was mathematics invented or discovered, and how is it that mathematics so effectively and precisely describes every element of the world surrounding us? This question is central to an ageless, ongoing debate amongst reputable mathematical philosophers.

Intellectual values and ethical principles such as truth



+ University Chapel Service: No Way to Farm

Rev. Kelli Taylor, University Chaplain

Hear a story about a wasteful Sower who keeps throwing seeds everywhere and saying, "God is like the Sower." No one, at any time or place, no matter how faithful or not, is left outside the scope of God's Kingdom agriculture.

Weekly Mission Moment: MU Community Garden

Respects diversity and recognizes the dignity and worth of all human beings

AUGUST CONTINUED

Wednesday, August 30

Collegiate Recovery: Supporting the Wellness of All Persons

Gregory Berry, Assistant Director of Collegiate Recovery

Each person's journey is different. Join us for an introduction to MU's Collegiate Recovery Program, which seeks to cultivate an inclusive recovery community that supports individuals along their unique journey, free from judgment and stigma. *Respects diversity and recognizes the dignity and worth of all human beings*

SEPTEMBER

Wednesday, September 6

The Hijacking and the Hope of "Woke"

Dr. Kyrstin Krist, Associate Professor of Kinesiology

What does it take to be a good human? What story do the Klan robes in a Black man's closet tell? How can our experiences empower us to speak in the first person, adding our voice to history? Join us as we explore these questions and the call to love, compassion, and coexistence.

Acquire enlightened minds, responsible spirits, and a continuing thirst for knowledge

University Chapel: When Action Meets Contemplation

Rev. Kelli Taylor, University Chaplain

What happens when the inner is connected to the outer, when your action feeds on your soul, and your soul moves toward concrete caring for the world? In two words, vocation happens.

Weekly Mission Moment: MKA and C.U.B.S. Tutoring Program

Acquire enlightened minds, responsible spirits, and a continuing thirst for knowledge

Building Your Village

Aly Magras, Director of Campus Engagement

It takes a village to keep you going. Come learn how getting involved in the campus community allows you to build your village and create lasting connections.

Opportunities for social growth

Wednesday, September 13

Self-Care: Finding Peace in the Pandemonium

Deborah Davis, Interfaith Chaplain and Certified Yoga Instructor

We may not be able to stop the onslaught of external stressors that can leave us overwhelmed or burned out, but we can cultivate resilience against them. We'll discuss sustainable self-care that offers calm and strength in the midst of the storm.

To develop whole persons

University Chapel Service: The Courage to Ask

Rev. Kelli Taylor, University Chaplain

How does Jesus' invitation to Peter to walk on water demonstrate the importance of courage in our faith, and what can we learn from this biblical account about finding the courage to step out of our comfort zones and trust in God?

Weekly Mission Moment: MU Spring Break Mission Trips (Red Bird Mission, Costa Rica Mission Projects, and New Hope Hospital in Haiti)

Owes its origin and values to the life and teachings of Jesus Christ

Celebrate Recovery: Lessons and Testimonies

Gregory Berry, Assistant Director of Collegiate Recovery

Learn strategies and tools for recovery and hear student stories of struggle and success while finding a healthy sense of belonging and community. All are welcome!

To develop whole persons

Wednesday, September 20

Love is All You Need

Dr. Laura Mars, Assistant Professor of Psychology

An exploration of love and kindness and the role they play in our life satisfaction and overall happiness.

Love

University Chapel Service: When God Has Faith in Us

Rev. Kelli Taylor, University Chaplain

Have faith in God! We hear it all the time. Less frequently do we hear about God's faith in us. How does God's faith in Moses to lead the people inspire us to trust our abilities and step up to our challenges?

Weekly Mission Moment: Operation Inasmuch

Prepare students for a variety of careers and educational pursuits.

Latinx: The History of Latinx Month from 1968-Present (DEI Lunch and Learn)

Gavin Myrick, Director of Student Belonging & Inclusion

Students will discuss the history of Latin culture in the US. and celebrate the food, music, and overall culture of Latin Americans.

Respects Diversity

Wednesday, September 27

K-FUN: An Introduction to Koru Mindfulness Fundamentals

Rev. Kelli Taylor, University Chaplain

Koru Mindfulness is an evidence-based curriculum designed to teach college students mindfulness, meditation, and stress management. Join us for some K-FUN!

To develop whole persons

University Chapel Service: Stop Counting, Start Understanding

Rev. Becky Durham, Pastor, Peace Presbyterian Church

Have you ever thought, "Life's not fair?" Join us as we consider how the parable of the workers in the vineyard challenges our understanding of fairness and merit as they relate to reward and blessing.

Weekly Mission Moment: Second Harvest Food Bank

A liberally educated person is sensitive to the needs and rights of others

Beyond Athletics

TJ Gill, Resident Coordinator

Join us for a panel discussion about life beyond college sports. The program is open to all, and student-athletes are especially encouraged to attend.

Thirst for knowledge

OCTOBER

Wednesday, October 4

Poetry with the President

Dr. Stanley T. Wearden, President

Creativity is central to the human experience and critical to our well-being. Everyone needs a creative outlet, and one of mine is poetry.

Seeks to develop whole persons who will contribute substantially and creatively

University Chapel Service: World Communion Day

Rev. Kelli Taylor, University Chaplain

Jesus prayed for us, "That they may be one..." Hear the call for unity in the Body of Christ as recorded in scripture and told through bread from around the world: matzah, frybread, tortillas, cornbread, nom chakie, and baguettes.

Weekly Mission Moment: New Hope Hospital – Haiti Ministry Center

An ecumenical spirit and cultural resources

Building Community: What's Love Got to Do... Got to Do with It?

Dr. Mark Kline; Head of Social Sciences Division, Professor of Psychology

Is love necessary to develop as a whole person? What's love got to do with building community?

Sensitive to the needs and rights of others... love

Wednesday, October 11

Embodiment Workshop: Walking Back to the Body

Dr. Victoria Houser, Assistant Professor of Composition & Rhetoric

In this session, we will work through tools, exercises, and habits that center on grounding us in our bodies — this will center specifically on healing practices from the field of trauma studies.

To develop whole persons

University Chapel Service: A Good Pairing

Pastor Tre'vone McNeill, TruVine Ministries

Join us as we explore the powerful connection between wonder and faithfulness, highlighting how they complement each other in fostering a vibrant and transformative spiritual journey.

Weekly Mission Moment: TruVine Ministries

Opportunities for spiritual growth

Celebrate Recovery: Lessons and Testimonies

Gregory Berry, Assistant Director of Collegiate Recovery

Learn strategies and tools for recovery and hear student stories of struggle and success while finding a healthy sense of belonging and community. All are welcome!

To develop whole persons

Wednesday, October 18

Purity Culture, Religious Trauma, and Healing Disembodiment

Dr. Victoria Houser, Assistant Professor of Composition & Rhetoric

This session addresses how complex trauma forms in our bodies around abusive religious structures, specifically those related to purity culture and the effects of sexual violence.

To develop whole persons

University Chapel Service: Don't Lose What You Already Have

Rev. Kenneth Gray, Pastor, Sanford Circuit UMC, and Director of SBC

Weekly Mission Moment: Strengthening the Black Church (SBC) for the 21st Century

National Coming Out Day: LGBTQ Rights and Laws (DEI Lunch and Learn)

Gavin Myrick, Director of Student Belonging & Inclusion

This program will focus on the rights and laws affecting the LGBTQ community nationwide.

Is sensitive to the needs and rights of others

Wednesday, October 25

Campus-Wide Homecoming Meal

Calling all Monarchs! Join us for a homecoming meal on the Quad as we celebrate the spirit of Methodist University and create new memories together!

Celebrating the MU Mission

NOVEMBER

Wednesday, November 1

The International Culture of Cooking Together

Minnu Paul, Director of Global Education

Come together to learn and enjoy each other's company while cooking a delicious international dish!

Provide educational and cultural services and resources to the community.

University Chapel Service: Writing Your Legacy

Rev. Kelli Taylor, University Chaplain

Come together in gratitude and remembrance as we observe All Saints Day, reflecting on the faith, love, and hope that have inspired us, just as Paul commended the Thessalonians.

Weekly Mission Moment: MU Angel Tree

Owes its origins to the life and teachings of Jesus Christ

Celebrate Recovery: Lessons and Testimonies

Gregory Berry, Assistant Director of Collegiate Recovery

Learn strategies and tools for recovery and hear student stories of struggle and success while finding a healthy sense of belonging and community. All are welcome!

To develop whole persons

Wednesday, November 8

Campus-Wide Veterans Day Recognition

Join us in honoring our University veterans at our special Veterans Day Recognition program, as we celebrate and express our gratitude for their courage, sacrifice, and invaluable service to our country. Veterans and their families can access resources for academic success, mental health, and well-being.

Recognize the dignity and worth of all persons

Wednesday, November 15

Stressed Out? Did You Know that Stressed Spelled Backward is Desserts?

Debra Yeatts, Human Resources Director

Learn how to reduce stress with simple tips, techniques, and a little dessert.

To develop whole persons