



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

Spring 2025 Programs
Wednesdays, 11 a.m.

WELCOME TO CIRCUIT

Are you ready to embark on a transformative personal and academic 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 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 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.

Introduction to the Student Belonging and Inclusion Lunch and Learn Series

The Lunch and Learn series, presented by the Office of Student Belonging and Inclusion, offers engaging discussions on topics that matter. This semester, we're spotlighting Women's History Month, Black History Month, and the complexities of race in society. Join us for thought-provoking conversations, led by students and experts, that inspire learning, connection, and action.

Introduction to the Chapel Series: Threads of Redemption

Welcome to this chapel series, Threads of Redemption, where we will explore the unifying thread of God's redemptive story woven through the fabric of human history and our individual lives.

We will consider how God's redemptive work continues to weave through our lives, drawing together our moments in college and life beyond college into a greater tapestry. In the Torah portion Shlach, God commands the Israelites to attach *tzitzit*—fringes—to the corners of their garments as a visible reminder of God's commandments and abiding presence. These threads were not mere adornments; they served as tangible symbols of the covenant between God and God's people, a call to remember who they were and whose they were. Just as the *tzitzit* invited God's people to look and remember, we, too, are invited to pause and recognize how God is at work, redeeming even the most frayed threads of our stories.

Through this series, we'll trace the threads of redemption—in Scripture, in history, and in our lives. Together, we will celebrate how God transforms what was torn, binds what was wounded, and crafts from our struggles a garment of joy, meaning, and purpose. Join us each week to learn or learn more about the thread that draws us closer to God, to one another, and to the deep truth that redemption is not only possible but promised. Rev. Dr. Kelli W. Taylor, university chaplain, will lead the series, with featured speakers throughout the semester.

LEGEND

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



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

JANUARY

Wednesday, January 15, 2025

  **Genesis: Threads of Anticipation** (*Matthews Chapel*)

What if starting a new semester is less about surviving and more about thriving, with meaning and purpose? Join us for the first program in the *Threads of Redemption* series, where a student panel explores how anticipating a new season mirrors God's own "set up" of the world—full of intention, hope, and the promise of a healthy, joyful partnership.

Methodist University provides opportunities for spiritual, academic, and social growth,

Wednesday, January 22, 2025

 **Exodus: Threads of Freedom** (*Matthews Chapel*)

What if the freedom you've been longing for isn't just about breaking free, but about discovering the purpose you were created for? Join us as we explore the anticipation of freedom (*redemption from*) as a core human desire and how God's framing of *redemption for* weaves purpose and meaning into our freedom.

Methodist University provides opportunities for spiritual growth.

Introduction to Mindfulness (*Alumni Dining Room*)

  **Sarah Kress, M.S.W., LCSW, Counselor & Psychotherapist at The Well**
Sarah Williams, Intern, The Well

Join staff from *The Well* as they introduce a new series of interactive seminars that will be offered this semester focused on mindfulness. Discover practical techniques to cultivate mindfulness in your daily life and explore the many benefits it brings to your mental, emotional, and spiritual well-being. Whether you're looking to reduce stress, improve focus, or find greater balance, these sessions offer tools to help you pause, reflect, and thrive.

The University community seeks to develop whole persons.

JANUARY CONTINUED

Wednesday, January 29, 2025

+ 🐾 🎓 Phillip's Love Bears: Threads of God's Presence *(Matthews Chapel)*

Calling all Monarchs to use your “paws” for an hour of hands-on compassion as we partner with Phillip's Love Bears® to stuff 100 teddy bears for children in need around the world. Together, we'll bring comfort and hope to survivors of child trafficking, orphans, children affected by war, and others in crisis—because love knows no boundaries.

The University's programs are based on the conviction that a liberally educated person is sensitive to the needs and rights of others.

FEBRUARY

Wednesday, February 5, 2025

+ Numbers: Threads of Adulthood *(Matthews Chapel)*

What can the book of Numbers teach us about “adulthood” as the people of God? Join us for the third program in the Threads of Redemption series as we explore how God led God's People through the messiness of growing up—learning to live with love, justice, and obedience, all while following God's presence step-by-step.

Methodist University provides opportunities for spiritual growth.

🎓 How “A Little” Equates to “A Lot” *(Davis Memorial Library Seminar Room)*

Dr. Kathy Fick, Chair & Professor of Mathematics

How can small, steady steps lead to extraordinary outcomes? Join us as we explore how just a 1% shift—whether in challenges, goal-setting, or personal growth—can compound over time to unlock lasting progress and powerful results.

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Wednesday, February 12, 2025

+ Joshua: Threads of Identity *(Matthews Chapel)*

Join us as we explore the book of Joshua and the profound significance of finding a place to call your own—both physical or spiritual. This service weaves together themes of grounding, identity, and God's redemptive work in our lives, offering hope and direction for your journey.

Methodist University provides opportunities for spiritual growth.

🌸 🎓 Lunch and Learn: Black History Month *(Alumni Dining Room)*

Join us for a special Black History Month Lunch and Learn as we celebrate the rich history, achievements, and contributions of persons of color who have shaped our nation. Enjoy lunch, feed your mind, and honor the stories that continue to inspire generations.

The University is committed to an ecumenical spirit, respects diversity, and recognizes the dignity and worth of all human beings.

FEBRUARY CONTINUED

Wednesday, February 19, 2025

+ Judges: Threads of God's Best Work *(Matthews Chapel)*

Are good people required to do good work? Not in the hands of God, who works with us in whatever moral and spiritual condition God finds us. Join us to learn from the book of Judges how some of God's best work is done with the most unlikely people.

Methodist University provides opportunities for spiritual growth.

+ 🌿 🎓 Mindful Connections: Integrating Spirituality and Self-Care

Sarah Kress, M.S.W., LCSW, Counselor & Psychotherapist at The Well

Ruth Carr, Director of Religious & Spiritual Life

Rev. Dr. Kelli W. Taylor, University Chaplain

Discover how spirituality and mental health influence one another and explore the role of spiritual practices and beliefs in fostering personal well-being. Learn how to integrate these practices into your self-care routine for a more balanced and mindful approach to life. Join us for this reflective program and take a step toward nurturing your mind, body, and spirit.

The University community seeks to develop whole persons.

Wednesday, February 26, 2025

+ Esther: Threads of Voice *(Matthews Chapel)*

Discover the unwavering hope woven into the story of Esther as we continue to trace the Threads of Redemption. Reflect on God's enduring presence and the resilience of God's people, reminding us of the final and definitive word: no force can extinguish communities of faith devoted to honoring and worshiping God.

Methodist University provides opportunities for spiritual growth.

+ 🎓 Life Lessons from a Teenaged Major General *(Alumni Dining Room)*

Scot McCosh, Senior Director of Military and Veteran Programs at FTCC

The Marquis de Lafayette (our city's namesake) was nineteen years old when he snuck out of France to fight for freedom for the American colonies. Join Scot McCosh, as he explains why Lafayette's legacy is still relevant. Lunch will be provided.

Methodist University provides educational and cultural services and resources to the community.

MARCH

Tuesday, March 4, 2025

+ 🌿 🎓 Celebrate Mardi Gras! *(Upper Level - Berns Student Center)*

Mardi Gras, "Shrove Tuesday" or "Fat Tuesday," marks the day before the beginning of Christian season of Lent — a time traditionally used to enjoy rich foods like pancakes before the fasting season. Join us in Upper Berns from 11:00 a.m. to 12:30 p.m. for a delicious pancake feast and a chance to connect with the campus community!

Methodist University provides opportunities for spiritual growth.

MARCH CONTINUED

Ash Wednesday, March 5, 2025

✦ Joel: Threads of Decision (Matthews Chapel)

In our everyday experience, right and wrong and the decisions we make about them seldom come to us neatly packaged and precisely defined. Begin the Lenten season with our Ash Wednesday service of the imposition of ashes, as we reflect on Joel 2 and God's call to return with all our hearts. Together, we'll embrace the hope of redemption and renewal, woven into the fabric of repentance and grace.

Methodist University provides opportunities for spiritual growth.

March 8-13, 2025 – Spring Break

Wishing everyone a safe and restful spring break! As you enjoy this time to recharge, we invite you to join in prayer for the Monarchs serving in San Isidro, Costa Rica, in partnership with The United Methodist Church. May they embody hope, joy, and a spirit of global peace and unity.

Methodist University provides opportunities for spiritual growth.

Wednesday, March 19, 2025

✦ Luke: Threads of Grace (Matthews Chapel)

Grounded in the Gospel of Luke, this worship service examines the thread of prevenient grace in God's relentless passion to redeem humanity. Join us as we reflect on divine grace and its transformative power in our lives.

Methodist University owes its origin and values to the life and teachings of Jesus Christ.

🌍🍴 **The International Culture of Cooking Together** (Alumni Dining Room)

Minnu Paul, Director of Global Education

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

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Wednesday, March 26, 2025

✦ Matthew: Threads of Fulfillment (Matthews Chapel)

Fulfilled is a key word in the Gospel of Matthew, where the thread of redemption weaves through creation, the life and work of Jesus, and into our lives today. Discover how seeing the larger context reveals Jesus not as a mere diversion, but as the Savior through whom God's kingdom breaks into the world—fulfilling the promises of old and transforming our present and future.

Methodist University owes its origin and values to the life and teachings of Jesus Christ.

🌍🍴 **Lunch and Learn: Women's History Month** (Alumni Dining Room)

Join us as we explore the remarkable contributions and achievements of women in the entertainment industry, from groundbreaking actresses and visionary directors to influential musicians and creatives. Don't miss this opportunity to learn, reflect, and celebrate their lasting impact! Lunch provided.

The University is committed to an ecumenical spirit, respects diversity, and recognizes the dignity and worth of all human beings.

Wednesday, April 2, 2025

+ **Remix the Praise: Wesley Meets Today's Worship Beats** (Matthews Chapel)
Experience the timeless power of worship in a whole new way. This unique program bridges the rich legacy of John and Charles Wesley's hymns with today's most popular Christian praise and worship music. Discover how the profound theology of Wesleyan hymns continues to inspire modern worship, creating a dynamic and uplifting experience. Join us for an unforgettable journey through music that connects the past and present, uniting generations in praise!

Methodist University provides opportunities for spiritual growth.

Wednesday, April 9, 2025

+ 🌱 🎓 **Research & Creativity Symposium**
MU 2025 Spring Break Mission Team (Matthews Chapel)

Join the MU Spring Break Mission Team as they share insights and takeaways from their 2025 mission work in San Isidro, Costa Rica. This session will highlight the team's experiences, challenges, and the impact of their service on both the local community and their own personal growth. Discover how the team's commitment to service, culture, and faith shaped their journey, and explore how this mission trip fosters lasting connections and transformative learning.

The University community seeks to develop whole persons who will contribute substantially and creatively to the professions and to civic life.

Wednesday of Holy Week, April 16, 2025

+ **Mark: Threads of Commitment** (Quad – Outside Hensdale Chapel)

Join us as we recall Palm Sunday and reflect on Jesus' bold commitment to "turn his face toward Jerusalem," knowing the path ahead would lead to the cross. As part of our Threads of Redemption series, we will explore how this pivotal moment in the Gospel of Mark weaves God's ultimate plan of redemption through the fabric of history. Animals from a local farm will join us for this outdoor worship service.

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Wednesday, April 23, 2025

+ **John: Threads of Life** (Matthews Chapel)

Celebrate the power of resurrection life in this worship service based on the Gospel of John, where we'll explore how Christ's victory over death weaves hope into every moment of our lives. As part of the Threads of Redemption series, this message reminds us that the story of redemption didn't end at the empty tomb—it continues to transform and renew us today.

Methodist University owes its origin and values to the life and teachings of Jesus Christ.

+ 🌱 🎓 **Lunch and Learn: Race** (Alumni Dining Room)

Join us as MU students lead a thought-provoking discussion on how race shapes society today. This is a chance to dive deep into the conversation, share perspectives, and explore ways we can all contribute to positive change. Don't miss out on this opportunity to learn, reflect, and connect over an important topic that affects us all.

The University is committed to an ecumenical spirit, respects diversity, and recognizes the dignity and worth of all human beings.

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

Rev. Dr. Kelli W. Taylor

Vice President for Mission Integration & Student Well-Being;

University Chaplain

ktaylor@methodist.edu

910.630.7515

Ruth Carr

Director of Religious & Spiritual Life

rcarr@methodist.edu

910.630.7157



**METHODIST
UNIVERSITY**

RELIGIOUS & SPIRITUAL LIFE