

Winter 2012 Recommended Resources

North Carolina Conference Media Center

United Methodist Church

In the new year, borrow resources from the Media Center to help your congregation keep their resolutions. The recommendations listed here include resources to help adults cultivate spiritual disciplines in faith, food, finances, and more. The youth resources help students make faithful decisions in their lifestyle choices. The children's resources provide them with opportunities to be of service, develop smart eating habits, and be healthy. Contact the Media Center at 800-849-4433 x264 or www.nccumc.org/mediacenter to make a request.

Resources for Adults

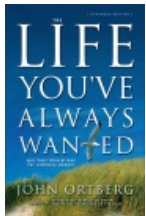
Momentum for Life



United Methodist pastor Mike Slaughter calls us to a renewed life of faith, balance, and purpose so that we can fulfill God's plan in our lives. Using biblical principles and the acronym DRIVE, the six sessions will focus on devotion to God, readiness for lifelong learning, investing in key relationships, visioning for the future, eating and exercising for life, and an introductory session on momentum. The kit includes a group session DVD, participant journal on DVD-ROM, leader's guide, and workbook.

KIT95 Momentum for Life Planning Kit

The Life You've Always Wanted

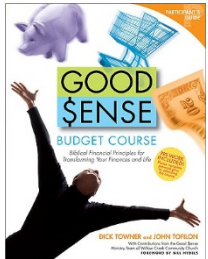


John Ortberg leads six sessions on developing spiritual disciplines to help Christians develop a deep relationship with God. The sessions are: It's "Morphing" Time, Slowing Down and Celebrating, Praying and Confessing, Meditating on Scripture and Seeking Guidance, Practicing Servanthood and Finding Freedom, Going the Distance with a Well-Ordered Heart. The study includes a DVD with leader's guide, the original book, and one copy of the participant's guide.

DVD239 The Life You've Always Wanted

Good Sense

The Good Sense budget course has been in use by Willow Creek Community Church for 16 years and has proven its ability to help participants of all backgrounds to become diligent earners, generous givers, wise savers, cautious debtors, and prudent consumers. Help your congregants prioritize financial goals, develop personal spending plans, identify action steps to reduce expenses, reduce debt, and above all, reflect on their relationship to money and how it impacts their relationship to God. The course can be adapted to any size group and formatted to a one or multi-day seminar, two 3.5 hour sessions, or six 50-minute sessions making it useful for community programs, Sunday School classes, Bible studies, and retreats. The kit includes a leader's guide, one copy of the participant's guide, DVD, VHS video, and PowerPoint CD-ROM.



KIT50 Good Sense

Start > Becoming a Good Samaritan

Would your congregation like to be a better neighbor this year? This study for the missional church encourages participants to reach out to those in need as Jesus called us to do. The six DVD sessions are hosted by John Ortberg but include interviews with many religious leaders such as Eugene Peterson, Philip Yancey, Archbishop Desmond Tutu, Rob Bell, Shane Claiborne, and many others. The study focuses on bringing hope to those who are suffering from sickness, injustice, poverty, disability, incarceration, and being orphaned, and one session focuses on caring for the Earth. The study comes with one copy of the participant's guide and a DVD with leader's guide. More information is available at juststart.org.

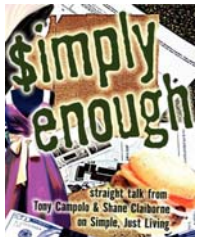


DVD449 Start> Becoming a Good Samaritan

BK633 Start> Becoming a Good Samaritan Participant's Guide

Resources for Youth & Young Adults

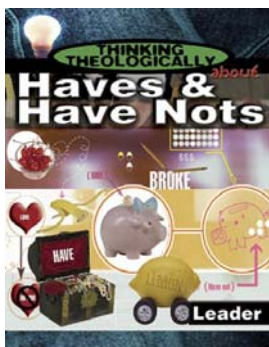
Simply Enough



This DVD study for senior high youth and young adults helps participants apply biblical principles to become more conscious consumers and better stewards. Tony Campolo and Shane Claiborne lead these six sessions on lifestyle, food, celebrations, stuff, money, and justice. Includes discussion questions and action ideas.

DVD185 Simply Enough

Thinking Theologically Series



This series from Abingdon Press teaches students a spiritual framework for making faithful decisions throughout life using the Wesleyan Quadrilateral of scripture, tradition, experience, and reason. Each topic includes six self-contained sessions that provide options for activities, prayers, lessons, discussion, and worship. A leader's book and one copy of the participant book is available for each topic.

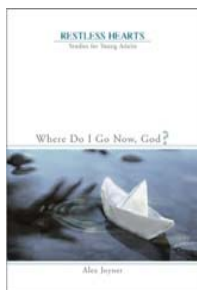
BK405 Thinking Theologically: Money

BK429 Thinking Theologically about Haves and Have Nots

BK490 Thinking Theologically: Pop Culture

BK492 Thinking Theologically: Body Image

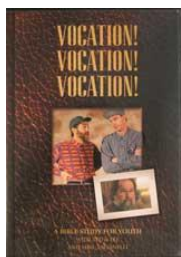
Where Do I Go Now, God?



This planning kit from Abingdon Press' Restless Hearts series helps young adults discover a vocation by listening for God's call. United Methodist Elder Alex Joyner guides students through six sessions designed to increase awareness of God's purpose for their lives and the ability to trust in Him. Each session includes worship, video, discussion, journaling, scripture, and activity. The kit includes the DVD, leader's guide, and one copy of the workbook.

KIT79 Where Do I Go Now, God?

Vocation! Vocation! Vocation!

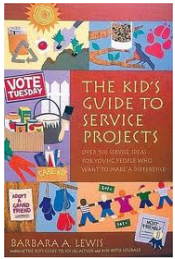


Ted and Lee use humor to lead students into conversation about choosing a career. This 14-minute video includes their comedic Bible story on the feeding of the 5,000 as well as a candid interview with Mike Yaconelli and people of all ages on listening to God's call. A study guide is included.

DVD62 Vocation Vocation Vocation: Ted and Lee

Resources for Children

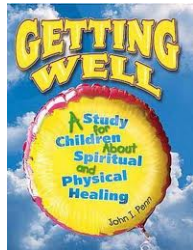
The Kid's Guide to Service Projects



This book includes over 500 service ideas for kids. Almost any type of service that the adults in your church are doing, kids can contribute, feel a part of the group, and know they are making a difference. The book is divided by topic including animas, community, crime fighting, environment, friendship, health, holidays, homeless, hunger, literacy, special needs, politics, safety, seniors, and transportation. The book also includes instructions on activities such as creating fliers, petitions, press releases, proclamations, proposals, PSAs, resolutions, surveys, laws, funds, and more.

BK367 The Kid's Guide to Service Projects

Getting Well: Spiritual and Physical Healing for Children



United Methodist minister Dr. John I. Penn has written this six-session study for tweens and older children that encourages them to spread the good news that God wants wholeness in spirit, body, mind, and relationships for everyone. The study will help children understand what healing is, why Jesus healed, what healing teaches us about God's love for us, why healing is needed today, and how to enhance health in every stage of life by choosing healthy lifestyles that promote wholeness. Reproducible pages are included for each session's activities.

BK546 Getting Well: Spiritual and Physical Healing for Children

Diabetes Resources for Kids



The National Diabetes Prevention Center of the Centers for Disease Control published four beautifully illustrated children's books to promote healthy diets and lifestyle as part of diabetes prevention. The books use animal imagery targeted to Native Americans, but the lesson comes through for all children. The Conference Media Center also offers a Diabetes Awareness Kit for Kids and Teens that includes a collection of booklets and brochures from the NC Diabetes Prevention and Control Branch.

BK706= CDC Native Diabetes Wellness Program Eagle Books

BK711 Diabetes Awareness Kit for Kids and Teens