200,000 Reasons (2 hrs)  
Course on how to address hunger in our state  
200k More Reasons Resources (2 hrs)  
Innovative Ways to Serve the Community (50 min) 

Adult Small Group/Sunday (11 hrs)  
Courses for adults to study  
Intentional Discipleship (2 hrs)  
200k More Reasons Resources (2 hrs)  
Understanding Millennials and Gen Z (3 hrs)  
Worship for All (2.5 hrs)  
Dr. Greg Jones: The Heart of Methodism (1.5 hrs) 

Board of Ministries (2.5 hrs)  
Course for members of Board of Ordained Ministry to prepare for commissioning, continuing, and ordination interviews  
Email nancy.meredith@arumc.org for code  
Interview Preparation Email  
Candidacy Mentor Training 

Boundaries (3 hrs)  
Required course for all pastors and conference staff every four years  
Boundaries: Part 1 (1 hr)  
Boundaries: Part 2 (1 hr)  
Boundaries: Part 3 (1 hr) 

Children’s Ministry (3 hrs)  
Courses for Children’s Ministry members  
Rev. Leanne Hadley: Wesleyan Quadrilateral  
Children’s Ministry Resources (2.5 hrs)  
Children and Grief (35 min)  
Holy Listening for All Ages (50 min)
<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>COVID-19 Response Resources (20 hr)</strong></td>
<td></td>
<td>Class code: vpvld7t</td>
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<tr>
<td>Courses on how to adapt your church to social distancing guidelines and serve your local community</td>
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<tr>
<td>Streaming and Uploading Worship Online</td>
<td>1.5 hrs</td>
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<tr>
<td>Using Zoom to Keep Church Connection</td>
<td>50 min</td>
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<tr>
<td>Social Media Basics: Facebook and Instagram</td>
<td>40 min</td>
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<tr>
<td>Feeding Ministries</td>
<td>2 hrs</td>
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<tr>
<td>Connecting with Your Neighbors</td>
<td>1 hr</td>
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<tr>
<td>How to Teach Online</td>
<td>30 min</td>
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<tr>
<td>Children and Grief</td>
<td>35 min</td>
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<tr>
<td>Increasing Engagement Through Virtual Worship</td>
<td>1 hr</td>
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<tr>
<td>Basic Video Skills</td>
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<tr>
<td>CARES ACT Course: Options for Churches</td>
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<tr>
<td>Relaunch Your Church</td>
<td>2 hrs</td>
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<tr>
<td>Reaching Seekers as the Doors Reopen</td>
<td>1 hr</td>
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<tr>
<td>Bishop’s Guidance for Opening Churches</td>
<td>1 hr</td>
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<tr>
<td>Basics of Podcasts and Radio</td>
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<td>Innovative Ways to Serve the Community</td>
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| **Communication and Technology (7 hr 40 min)**                       |          | Class code: tikvuuh |
| Courses for beginners on technology such as social media, video, streaming, and more |          |         |
| Social Media Basics: Facebook and Instagram                         | 40 min   |         |
| Basic Video Skills                                                  | 1.5 hrs  |         |
| Getting Online Giving On Line                                       | 40 min   |         |
| Increasing Engagement Through Virtual Worship                        | 1 hr     |         |
| Streaming and Uploading Worship Online                              | 1.5 hrs  |         |
| Teaching Online: An Overview                                        | 30 min   |         |
| Using Zoom to Keep Church Connection                                | 50 min   |         |
| Social Media 2021                                                   | tba      |         |
| Website Basics                                                      | 1 hr     |         |
| Relaunch Your Church                                                | 2 hrs    |         |
| Reaching Seekers at the Door Reopen                                 | 1 hr     |         |
| Basics of Podcasts and Radio                                        | 1 hr     |         |
| Understanding Millennials and Gen Z                                  | 3 hrs    |         |
| Mission Insite                                                      | 1 hr     |         |
**Mission U Orientation (50 min)** Class code: twvu7eb
Course introduction to Mission U, a premier study organized by United Methodist Women. Prepares future attendees of Mission U.

**Mission Insite Training (1 hr)** Class code: dxc5vhb
Course on how to use Mission Insite, an online resource to analyze your church community engagement.

**The Methodist Foundation for Arkansas (4 min)** Class code: mhx3rwz
Course on basic information about MFA's mission.

**Mental Health Matters (35 min)** Class code: xol7zlc
Course for clergy and their families navigating mental health support and treatment.

**Leadership Development (10 hrs)** Class code: jx5muf4
Courses to help with leadership development in the church:
- Intentional Discipleship: Your Why, Who, and How (2 hrs)
- Prepare, Discern, Pray, Act: Getting Started with 200k Reasons (2 hrs)
- Understanding Millennials and Gen Z (3 hrs)
- The Heart of Methodism (1.5 hrs)
- Church Council Orientation (30 min)
- Finance Committee and Treasurer Orientation (70 min)
- Pastor/Staff Parish Relations Committee Orientation (40 min)
- Trustees Orientation (30 min)

**Empowering Rising Generations (5.5 hrs)** Class code: awiuipk
Courses to help your church integrate younger generations into the life of your church as leaders:
- Understanding Millennials and Gen Z (3 hrs)
- Worship for All (2.5 hrs)

**Culture of Call (1 hr)** Class code: h7vnuaa
Course for pastors guiding people through calls of ministry or those considering a call to ministry.

**6 Cups of Coffee or Tea (1 hr)**
First Year
COS 121 Bible I: Introduction
Introduction to biblical interpretation and importance of the Bible as a witness to the life and faith of ancient Israel and Christianity
COS 122 Theological Heritage I: Introduction
Introduction to theological reflection in the Wesleyan tradition
COS 123 Formation and Discipleship
Theology and core practices of personal and congregational formation and discipleship
COS 124 Transformative Leadership
Identity as pastoral leader and change agent in congregations, UMC, and the world

Second Year
COS 221 Bible II: Torah, and Israel’s History
Interpretation of critical events, developing institutions, and traditions of Israel
COS 222 Theological Heritage II: Early Church
History and theology of the Church through the first five centuries
COS 223 Worship and Sacraments
Worship and pastoral role within The United Methodist Church
COS 224 Policy and Administration
Developing competency as an administrator in a United Methodist Congregation

Third Year
COS 321 Bible III: Gospels
Content, message, and theological perspectives of Gospels
COS 322 Theological Heritage III: Medieval through the Reformation
Major movements and events from medieval Christianity to Reformation
COS 323 Congregational Care
Practices of congregational care and pastor’s responsibility in caregiving
COS 324 Preaching
Preaching the gospel from the Old and New Testaments

Email nancy.meredith@arumc.org for class codes
Fourth Year
COS 421 Bible IV: Prophets, Psalms, and Wisdom Literature
Examining God's Word expressed through Israel's prophets, selected Psalm, and selected passages from Wisdom literature
COS 422 Theological Heritage IV: Wesleyan Movement
Significant individuals, decisive events, and theology of the Methodist movement
COS 423 Mission
Theology and scope of mission and the pastor's role in leading congregation in their mission as God's agents
COS 424 Ethics
Biblical and theological bases for Christian behavior and moral leadership

Fifth Year
COS 521 Bible V: Acts, Epistles, and Revelation
Content and context of Acts, Epistles, Revelations, Romans, 1 Corinthians, Hebrews, James, and 1 John, and the theological emphases of their writing
COS 522 Theology in the Contemporary Church
Significant individuals, movements, events, and theological developments from 19th century to the present
COS 523 Evangelism
Introduction to theology and practices of evangelism as an expression of the mission of God
COS 524 Theological Reflection on the Practice of Ministry
Capstone to basic course study, focusing on the integration of the biblical, theological, and practical aspects of ministry