



LAY ACADEMY SCHEDULE

FALL 2025 - SESSION 2

OCT. 22- NOV. 19

Richard Andrews’ Bible Study | Library **4:15 - 5:15 p.m.**

Jesus sums up the entire biblical message as follows: “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself” (Luke 10:27 NRSV). But what does that love look like where we live? Where we work? With the people we do life with every day?

In answer to such questions, Dr. Jim Miller draws practical lessons from Luke’s Gospel in order to help us live a life modeled after the example of Jesus Christ. This involves his pattern of prayer, relating to others, establishing holy priorities, and a host of day-to-day issues that together establish what Jesus himself called the abundant life.

Come finish this journey with us as we work our way through the Gospel of Luke and learn what it means to follow Jesus today.

Parenting Village | Conference Room **6:15 - 7:15 p.m.**

These parents meet after Wednesday Night Dinner to support each other while their children are in the care of our Christian Education staff. They also arrange periodic family outings.

Holiday Crafts | 306 **6:15 - 7:15 p.m.**

Do you dream of creating your own doorhanger, ornaments, or wreaths for the holiday season? Are you not sure where to begin? Or do you just need extra help, extra encouragment, or the atmosphere of fellowship while you work? Please join us during Session 2 of our Fall Lay Academy season. Check out the list of all we will be accomplishing in this fun and creative class:

October 22 - Pumpkin-shaped front door hanger

October 29 - Christmas Ornaments for Children

November 5 - Christmas Ornaments for Adults

November 12 and 19 - Christmas Wreath Creations

Come to all of our classes or pick and choose the ones you most want to attend! Please pre-register so that we will be able to have an adequate amount of supplies for each activity. Some activities require a nominal fee for supplies. For more information, please check with Candace Duclos at cduclos@tumct.org for more information.

Finding Hope and Support for Mental Health Needs | 305 **6:15 - 7:15 p.m.**

We all grapple with mental health needs at some point in our lives, whether it be experiencing grief over the loss of a loved one, anxiety about an impending change or challenge, trauma following a critical event, the need to help a friend or family member in crisis, or any of a host of other issues. Often mental health concerns are invisible to others and not openly discussed. These classes are offered to help us better understand mental health topics and to be aware of resources available when we need help ourselves or to support others as they navigate mental health challenges. Speakers from the mental health, medical, and academic fields will lead us in better understanding and addressing some of these very human issues.

October 22
Mental Health Resources and Help for People
Nancy O’Farrell, National Alliance for Mental Illness, Tallahassee (NAMI)

October 29
Mental Health in Our Society
Dr. Kathryn Tillman, Professor and Chair, FSU Department of Sociology

November 5
Traumatic Experiences and Hope for Recovery
Dr. Chris LaFever, Teaching Faculty, FSU Department of Educational Psychology & Learning Systems

November 12
Youth, ADHD, Anxiety, and Depression
Dr. Paul Robinson, Pediatrician, Tallahassee Memorial HealthCare
Dr. Nicole Greenberg, Research Faculty, FSU Department of Psychology

November 19
Navigating Grief and Loss
Pam Mezzina, Bereavement Manager, Big Bend Hospice

-----WEDNESDAY NIGHT DINNER INFORMATION-----

Wednesday Night Dinners | Moor Hall | Registration required **5:30 - 6:15 p.m.**

Welcome to Wednesday Night Dinners! Pricing is as follows:
Adults (13 and over) - \$12.00
Children (ages 4-12) - \$6.00
Children 3 and under - free.
Family (up to 2 adults + children 12 and under) - \$30.00

Cash, check, or credit/debit cards are accepted forms of payment. Register on the Trinity app or on the Events page of our website, tumct.org.