



Meck**Institute**

COURSE CATALOG

2023

SPRING

The Christian faith is defined not by a ton of rules and regulations, but by a person: Jesus Christ. And getting to know Him and cultivating a transformative relationship with Him is the goal of the Christian life. But oftentimes, that's easier said than done. It can be a struggle to understand what we read in the Bible about God, or we can often wonder what relevance God has to our everyday lives. Wouldn't it be great to have a place where you could get your questions answered, learn to engage with the Bible and grow spiritually?

WELL, THERE IS!
It's called the Meck Institute.

Through classes, seminars and mentoring groups, the Meck Institute offers you a safe space to learn all about God and how to develop a meaningful relationship with Him. And that's true whether you're kicking the tires of Christianity for the first time or you've called yourself a Christian for decades.

While you're welcome to take whatever classes most interest you, we've developed two pathways of study to help guide you: a Major in Discipleship and a Minor in Family. Each route has core classes and elective classes that provide you with an easy roadmap for learning. While some classes are prioritized over others for each pathway, every class is designed to help you know God better and develop your relationship with Him. With everything from finances to marriage, biblical studies to raising kids, you'll receive a robustly diverse education in the topics that matter most in life.

If you're new to the Meck Institute and haven't watched the Training Camp orientation video, we suggest you start there. This video casts a vision for where you're headed in your relationship with God and how to get there.

I N T R O D U C I N G :



O V E R V I E W :

The Christian life is a life of transformation. The apostle Paul described it this way: “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” (2 Corinthians 5:17, NIV). And yet this life change doesn’t happen in isolation. Instead, God delivers us from a life enslaved to sin and into a community of fellow believers who can encourage us, support us and keep us directed toward Him.

The Institute’s Spiritual Mentoring Program allows participants the opportunity to target specific areas of spiritual growth they hope to pursue and then develop them within the context of biblical community.

This program is perfect for any Christ-follower who wants to mature their relationship with God, connect with others with similar goals, and who is willing to learn from a mentor’s guidance and accountability.

STRUCTURE :

Participants are placed in small groups (3-5 participants or couples) under the direction of a volunteer spiritual mentor. While the mentors are not professional counselors or sinless examples, they have walked a similar road and are able to provide the wisdom of experience, hindsight and reflection. Additionally, they serve as guides, helping participants seek God's counsel to become aware of opportunities for growth, establish a strategy to achieve specific goals, identify obstacles that might derail one's focus, and keep participants focused on God throughout the process. Specifically, mentors are available in the areas of:

- Marriage
- Parenting
- Spiritual Formation (i.e. developing spiritual disciplines, experiencing Christian community, outwardly expressing one's of faith, etc.)

The Spiritual Mentoring Program is structured with monthly meetings spread over the course of seven months (from March through September), combining one-on-one and group meetings.

PARTICIPANT EXPECTATIONS :

In addition to attending the monthly meetings, participants are expected to complete personal reflection assignments and preparation exercises throughout the program.

Participants are required to apply for the program and will be selected based on suitedness and availability. For marriage and parenting mentoring, both spouses must be present unless in a single-parent home. If selected, participants will receive mentee training and more specific details about the program. Applications will be accepted from January 8 – February 5.

Questions? Email meckinstitute@mecklenburg.org

IN ADDITION TO LEARNING A TON ABOUT GOD AND KICKSTARTING YOUR SPIRITUAL LIFE, THERE ARE OTHER PERKS TO TAKING MECK INSTITUTE CLASSES:

- Most of them are completely FREE!
- All classes are taught by trained, knowledgeable instructors.
- Classes are offered in a variety of formats: in-person, online, live streamed and on demand.
- You'll meet other great people while learning about God.
- Anyone can attend!

Inside this catalog, you'll find the semester syllabi and course descriptions. However, we're always adding new classes, so to view the most updated list, be sure to visit **mecklenburg.org/meck-institute** or the **Meck app**.

REGISTRATION IS REQUIRED, SO PLEASE REGISTER ONLINE OR ON THE MECK APP.

The Meck Institute

Spring 2023 Course Syllabi

MAJOR IN DISCIPLESHIP

When you study the life of Jesus and His disciples, you see a beautiful balance of intentional Bible study and community learning. Jesus encouraged Christ-followers to unleash God's leadership into every area of their life, including relationships, finances and our inner world. Because of that, we have designed our Major in Discipleship program to reflect a well-rounded education with six core classes and then your choice of electives. But be sure to start with the "Training Camp" video to help you orient yourself for this journey.

INSTITUTE ORIENTATION: (START HERE)

- ☐ TRAINING CAMP

CORE CLASSES:

- ☐ AFTER "I BELIEVE"
- ☐ EXPLORING THE BIBLE
- ☐ FOUNDATIONS 101
- ☐ GAME TIME
- ☐ LEARNING TO PRAY
- ☐ THEOLOGY ON TAP

ELECTIVE CLASSES:

APOLOGETICS AND EVANGELISM:

- ☐ CHRISTIANITY AND OTHER WORLDVIEWS
- ☐ EVANGELISM IN THE MODERN WORLD 101

THE BIBLE:

- ☐ HOW TO ENJOY READING YOUR BIBLE
- ☐ "THE BIG PICTURE" BIBLE STUDY SERIES

CHRISTIAN GROWTH:

- ☐ CHRISTIAN CLASSICS
- ☐ DISCOVERING THE ENNEAGRAM AND YOURSELF
- ☐ THE GODS WE WORSHIP (Women's Study)
- ☐ THE PURPOSE AND PRACTICE OF PRAYER
- ☐ REMEMBER THE SABBATH

THE CHURCH:

- ☐ ALL IN: EXPERIENCING A NEW KIND OF COMMUNITY
- ☐ CHURCH HISTORY 101
- ☐ TEAMLIFE

FINANCES:

- ☐ FINANCIAL SENSE
- ☐ MONEY GOD'S WAY
- ☐ MONEY SEEDS (for high school and college students)

MINOR IN FAMILY

God designed the family to be the cornerstone of relational institutions, but keeping a biblical focus in your marriage and your parenting can be challenging. We designed the Minor in Family track to help you understand God's full vision for your family and to experience it in the everydayness of life. Since marriage is the foundation of the family, we suggest you begin with one of our Marriage Core classes. Then, if you have children, move on to our Parent Roadmap classes that are meant to guide you as parents from the time your children are in the cradle to the time they launch into the world.

MARRIAGE CORE CLASSES:

- ☐ **ENGAGED COUPLES:** MARRIAGE PREP
- ☐ **MARRIED COUPLES:** ROOTED: FOUNDATIONS OF A STRONG MARRIAGE

PARENT ROADMAP:

- ☐ BABY STEPS: BEGINNING THE PARENTING JOURNEY WELL
(Newborns to 18 months)
- ☐ SETTING SAIL: PARENTING WITH PURPOSE (Ages 0-4)
- ☐ GROUNDED: DISCIPLINING WITH WISDOM & GRACE (Ages 2-6)
- ☐ THE FAITH-CENTERED FAMILY: NAVIGATING THE ELEMENTARY YEARS
(Ages 5-7)
- ☐ FACETIME: WHAT PARENTS NEED TO KNOW ABOUT TECHNOLOGY,
SOCIAL MEDIA, VIDEO GAMES & MORE (3rd-6th Grade)
- ☐ MIDDLE SCHOOL MAYHEM: UNDERSTANDING YOUR TWEEN
(5th-7th Grade)
- ☐ PREPARE TO LAUNCH: PARENTING FUTURE ADULTS (10th-12th Grade)
- ☐ EMPTY NEST, WHAT'S NEXT?: RECLAIMING A CHILD-FREE HOME
(Post High School)

ELECTIVE CLASSES

- ☐ EXPLORING HOMESCHOOLING
- ☐ RAISING MONEY-SMART KIDS

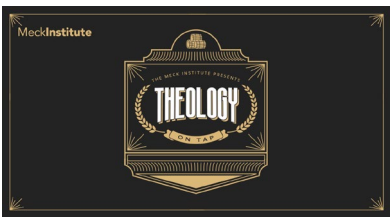
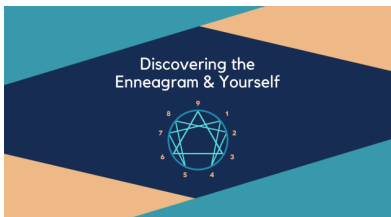
ADDITIONAL PARENT RESOURCES

- ☐ CONNECTION CRATES (PARENT-LED DISCIPLESHIP KITS)

MECK INSTITUTE ON DEMAND

Now you can grow with the Institute anytime, anywhere with our on-demand classes. Different from recordings of live classes, on-demand classes are specifically designed for an online audience, with the instructor speaking directly to you. After you register for an on-demand class, you'll receive a class link and a password, giving you access to the video classes and a workbook.

Offered on demand this semester:



MAJOR IN DISCIPLESHIP

CORE CLASSES

AFTER “I BELIEVE”

The first step in entering a relationship with God is to declare, “I believe” – a proclamation of both trust and faith. But what comes next? This on-demand course is dedicated to answering that question and helping Christians experience the full richness of a life led by God. If you recently said, “I believe,” this class will provide a roadmap for where you’re headed. If it has been ages since you said, “I believe,” this class will reorient you toward a Christ-filled life.

On-Demand Course

EXPLORING THE BIBLE

Can we trust the Bible? Is it still relevant to our lives? What is it about? How does it all fit together? And where do we even begin? All of these questions and more are answered in “Exploring the Bible”, an on-demand class that takes you behind the text and into the most influential book ever written.

On-Demand Course (coming soon)

FOUNDATIONS 101

What is at the heart of the Christian faith? Who is God really and what does He want with us (if anything at all)? In Foundations 101, we lay the groundwork for what the Christian life is all about. Whether you’re in exploration mode or a devout follower of Christ, we all need to learn the essence of why we were created and if there really is a supernatural God. This class strips God from our cultural context, from church tradition and from media portrayal to look at what He says about Himself and about us.

Single-Session Course



GAME TIME

You were made with a plan and a purpose and equipped with a unique combination of gifts, passions, personality and skills. Yet it sometimes can be difficult to figure out exactly how God wants to use you or what role you might play in His big adventure through the local church. Join us for Game Time to examine the person God made you to be and how you can make a real difference with your life.

Single-Session Course

LEARNING HOW TO PRAY

For many of us, prayer is hard. We're not sure how to do it or if it even works, so we simply give up. If you've ever wrestled with prayer, you won't want to miss this class. We'll cover everything from what prayer is to how to pray and whether it even works.

On-Demand Course (coming soon)

THEOLOGY ON TAP

The word theology comes from the Greek words *theos* and *logos* and literally means "words about God." In other words, talking about God. But when most people hear the term "theology," they think of it as something set aside for pastors who are attending seminary. But at its heart, theology has to do with the answers Christians give to questions people have about God and all things related to God. It's attempting to speak Christianly about the great issues of life; it's about having a biblical worldview; it's about forming a Christian mind.

In this on-demand class, senior pastor Jim White takes his seminary-level course on systematic theology and breaks it down in a way that anyone can understand. In his words, "Let's pretend it's just you and me, sitting down together having a pint and talking about theology." In other words, this is a theology discussion unlike any other, and we hope you'll join us for it.

On-Demand Course

MAJOR IN DISCIPLESHIP

ELECTIVE CLASSES

APOLOGETICS AND EVANGELISM

EVANGELISM IN THE MODERN WORLD 101:

Jesus commissioned all Christ followers with the joy and responsibility of sharing the good news about God's salvation and grace with other people. So why do many of us find this to be so difficult? Fear, insecurity, intimidation - all of these can be boundaries, not to mention the difficulty of navigating the changing beliefs of culture and biblical truth. In this class, you'll confront the barriers that are keeping you from sharing about Jesus and practically learn how to navigate conversations of faith.

2-Session Course



THE BIBLE

HOW TO ENJOY READING YOUR BIBLE

If you're a Christian, you know spending time in the Bible is important. Yet so many of us struggle to read it regularly. It feels like just another task to check off our list. We may even feel guilty if we miss a day or don't keep up with our self-imposed reading plan. What if reading the Bible, though, wasn't something we felt like we ought to do, but something we actually enjoyed doing? That's what this class is all about – getting from "I ought to read the Bible" to "I can't wait to read the Bible!"

3-Session Course

THE BEGINNING (THE BIG PICTURE BIBLE STUDY):

You may think your story began a few decades ago, but to get at the heart of who you really are and what your purpose is, we need to go back to the beginning... to the very beginning. Join us for the first series in The Big Picture Bible Study for a five-week journey through the book of Genesis. We'll unpack themes such as: being made in the image of God, the theology of sin and its effects, the purpose of mankind, and the importance of a special covenant God made with a man named Abraham.

5-Session Course

THE LAW (THE BIG PICTURE BIBLE STUDY):

When most people hear about God's Law, the Ten Commandments immediately come to mind. But the Law is so much more than that. In this second installment of The Big Picture Bible Study series, we'll spend five weeks diving into the origin of God's Law, the aspects of the Law that we rarely hear about, and what importance (if any) the Law has for our modern context.

5-Session Course

CHRISTIAN GROWTH

CHRISTIAN CLASSICS

Because we are made in God's image, every person possesses the power to create. For those who are Christians, this includes the power to create beautiful images, inspiring music, and engaging stories that emerge from their faith. In this class, we will read selections from great Christian writers and explore the way their words and wisdom can help guide us on our own spiritual journeys. In this edition of the Christian Classics we will be reading selections from writers St. Augustine, Milton, Bradstreet, Tennyson, Hopkins, and C.S. Lewis.

5-session Course

DISCOVERING THE ENNEAGRAM AND YOURSELF

The Enneagram is an ancient personality model that is bringing new understanding and life-changing transformation to countless lives. Deeply spiritual in nature, it helps individuals identify the unique personality type that God has given them, which shapes the way we view the world, other people, and ourselves. If you've never looked into the Enneagram, now is the time. This on-demand class provides the perfect starting point for beginners and a roadmap for how to go deeper and wider with the Enneagram as you seek to discover more about yourself.

On-Demand Course

THE GODS WE WORSHIP (WOMEN'S STUDY)

All throughout the Bible you'll read about the prevalence of idolatry during thousands of years of human history. And with the many descriptions of golden statues, sacrificial altars and carved poles, it's easy to stick up your nose and think, "How primitive!" And yet a closer examination of the heart of idolatry might reveal that we haven't come as far from their "primitive" beliefs as you might think. In fact, while the form of idol worship has changed throughout the ages, the idols themselves have simply reinvented themselves for each new generation, changing names and tactics to get you to worship them. Not convinced? Come check out this four-week exploration of ancient and modern idols to learn more.

4-session Course

REMEMBER THE SABBATH

Contemporary society values productivity and a hustle-and-grind lifestyle. Rest, play and relaxation are generally thought of as either rewards to earn or marks of laziness to avoid. And yet “Remember the Sabbath” are words God gave us in the Ten Commandments - a command for us to rest and play. But why? What if the command to remember the Sabbath holds the key to experiencing a truly healthy rhythm of life and a fuller understanding of our place in this world? Join us to explore what Sabbath can mean in a modern world and how we might take steps toward living out this command in our own lives.

4-session Course

THE CHURCH

ALL IN: EXPERIENCING A NEW KIND OF COMMUNITY

We often make the mistake of assuming that a relationship with God is a private affair. Instead, nothing could be further from the truth. In this unique class, you'll be grouped with a handful of other students to simultaneously learn about Christian community while experiencing it yourself. We'll talk about the role that God designed us to play within the Church, the process of discipleship and mentoring, enjoying biblical friendships, the responsibilities that Christians have to one another, and more. Our hope is that this class connects you more intimately with others as you learn together about God's vision for the Church.

4-Session Course

CHURCH HISTORY 101

It has been said that history is walking back through time, listening to its better minds. For Christians, it holds even more significance as it charts not only the history of ideas but the history of the Christian movement. Through this course, taught by senior pastor Jim White, you will have history "come alive" through people and events, ideas and challenges, stories and revolutions. You will learn why we believe what we believe, and come to understand our present moment with greater clarity. If you're ready for a fast paced 2,000 year ride, this course is for you.

6-Session Course

TEAM LIFE

Ready to join the team at Meck? Take Team Life. Learn more about Meck: where we've been, where we're headed, and the mission, vision and values that make us unique. This place is full of people from so many different spiritual backgrounds. So whether you're new to church or have been attending for years, join us for Team Life and discover the heart of Meck and what it means to be a member of the team.

Single-Session Course

FINANCES

FINANCIAL SENSE

As pervasive as money is to our everyday life experience, very few people have ever learned how to truly manage money in a way that honors God and that helps them make wise financial decisions throughout their entire life. You might have learned the value of a dollar in your youth, but do you know how to have a healthy relationship with money? In this comprehensive money course led by financial professionals and money-wise teachers, we will explore:

- Basic financial principles and how to build credit
- Budgeting
- Getting out of debt
- Saving for college, retirement and home purchases
- Investing
- Generosity and estate planning
- Insurance and more

Students are encouraged to take the full 9-week course, with both in-person and online participation options, but our preliminary financial aptitude survey might suggest you skip ahead to future lessons. Either way, taking this financial journey with us will be one of the best investments you'll ever make.

9-Session Course (coming soon)

MONEY GOD'S WAY

Jesus talked about it more than prayer. He also talked about it more than faith. Why would Jesus put such an emphasis on money? Does He want us to be rich? Does He want us to give everything away? Wherever you are with money, this class is designed to put a new perspective on the topic so you can learn what it means to manage money God's way. We'll unpack budgeting, debt management, insurance, investing and more in a practical, yet biblical way.

Single-Session Course

MONEY SEEDS (FOR HIGH SCHOOL AND COLLEGE STUDENTS)

As you approach or are embracing financial independence, you might quickly learn that there's a lot more to money management than meets the eye. In Money Seeds, we will walk through responsible and biblical financial practices such as budgeting, saving, investing and more. This is a class you won't get to take in school but that you absolutely need for the real world. Set your financial portfolio off on the right foot by starting with Money Seeds.

On-Demand Course

MINOR IN FAMILY

MARRIAGE CORE CLASSES

MARRIAGE PREP

Marriage Prep is a course designed to help couples get ready, not just for the big day but for a lifelong, Christ-centered marriage. If you are planning to be married by a Meck pastor, Marriage Prep is a required part of our premarital process. However, we encourage any engaged couple to participate.

6-Session Course

ROOTED: FOUNDATIONS OF A STRONG MARRIAGE

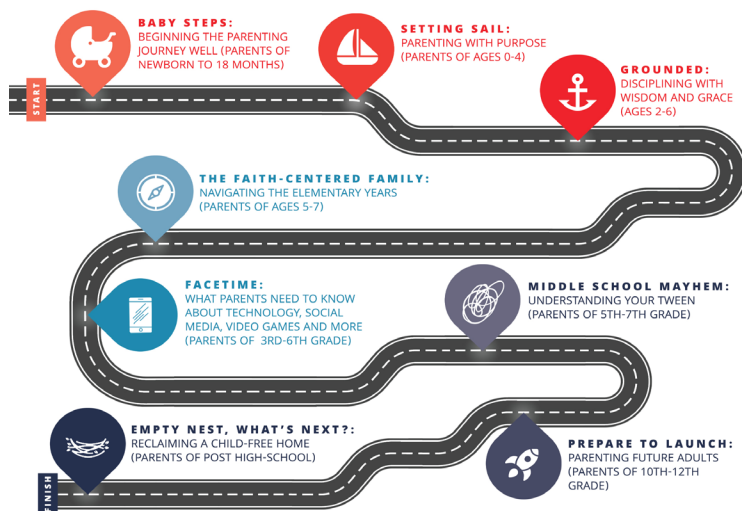
Marriage is an incredible gift. Nevertheless, when the honeymoon ends and the rest of your life together begins, it takes time and intentionality to keep your marriage strong. How do you navigate conflict? How do you demonstrate love and respect? How do you balance your time? In this course, we'll talk about how to build a marriage with such deep roots that when the trials and challenges of life come your way, your relationship will stand firm.

3-Session Course



MINOR IN FAMILY

PARENT ROADMAP



BABY STEPS: BEGINNING THE PARENTING JOURNEY WELL (for parents of newborns to 18-month-olds)

Congratulations on entering the wonderful adventure of parenthood! So, what exactly did you get yourself into? More importantly, what kind of parent does God want you to be? In this class, we focus on you as the parent – celebrating your call to be a mother or father and helping you to understand the spiritual impact that you will have on your child. And as your church, we'll walk you through all the ways in which we aim to support you as you seek to raise your child in a Christ-centered home. Together, we will help you dream big for your child and learn how to make those dreams a reality.

Single-Session Course (required for any family wanting to participate in the Baby Dedication ceremony)

SETTING SAIL: PARENTING WITH PURPOSE

(for parents of children ages 0 to 4 years old)

So much of parenting seems like a matter of survival: getting through each day, providing our kids with their immediate needs and trying to stay sane in the process. Rarely do we ever stop to consider the biblical goal of parenting, the big vision that helps us orient our daily decisions. Without that vision, we merely float around the water instead of ever reaching a destination. In this course, we'll examine God's vision for parenting and how we can take practical steps to see that vision come to life in our families. You'll also get hands-on practice by creating a physical display of your family's mission and values. Once you have the correct target on the wall, each day of parenting will be missional, purposeful and fulfilling.

2-Session Course

GROUNDING: DISCIPLINING WITH WISDOM AND

GRACE (for parents of children ages 2-6)

Did your sweet little angel just talk back to you? And was that an eye roll you just witnessed? When it comes time to disciplining our kids, parents can often find themselves facing a crisis of approach. While we might all agree that discipline is necessary, knowing exactly when and how to discipline can be much less clear. In this class, we go to the Bible to learn God's view of discipline and how it can and should be used as an instrument of love and learning.

3-Session Course

THE FAITH-CENTERED FAMILY: NAVIGATING THE

ELEMENTARY YEARS (for parents of children ages 5-7)

You've made it to the elementary years! It's time to take a breath, to celebrate and to plan for what the next couple of years are going to look like for you and your child. In this date-night class, you and your spouse (or supportive friend) will enjoy a catered dinner in The Grounds as you toast your progress and hear from some parents who are a bit further along in the journey about what's in store once school is part of the picture. You'll learn about how to make the most of the time you have with your kids, how to navigate your child's friendships, and how to keep faith at the center of your family.

Single-Session Course

FACETIME: WHAT PARENTS NEED TO KNOW ABOUT TECHNOLOGY, SOCIAL MEDIA, VIDEO GAMES AND MORE (for parents of children in 3rd-6th grade)

Does your son or daughter have a smartphone? Or maybe a tablet? With access to more and more technology comes the world of social media, video gaming, YouTube and more. As a parent, it can be hard to keep up with, much less navigate, what platforms your kids are using these days. In this extremely practical class, we'll introduce the most commonly used media outlets, explain the potential dangers of each, and give some practical suggestions on what you as a parent can do to help guide your kids.

On Demand with Live Q&A

MIDDLE SCHOOL MAYHEM: UNDERSTANDING YOUR TWEEN (for parents of students in 5th-7th grade)

It's no surprise that the middle school years are some of the most challenging years for both students and parents. It's a time of transition (physical, emotional and spiritual), and navigating that transition can be difficult at times. This class will help parents understand the changes their child is going through and how to come alongside them in a supportive and grace-filled way. We'll also talk about safeguarding your student from temptation, building their faith and adjusting methods of discipline.

Coming Soon

PREPARE TO LAUNCH: PARENTING FUTURE ADULTS (for parents of students in 10th-12th grade)

It can be hard to believe that your once toddler is now almost an adult! In no time, they'll be launched into the world and making decisions on their own. But until then, you have a bit more time to prepare them (and yourself) for that transition. In this panel-style class, you'll hear from Robby Smernoff, the director of Meck's high-school ministry, as well as some parents who have been-there, done-that with their college-age children. Together, they'll give you unique insight into what your children are facing in high school, and how you can stay involved as their parent in the areas that matter most.

Coming Soon

EMPTY NEST, WHAT'S NEXT?: RECLAIMING A CHILD-FREE HOME (for parents of adult children)

You did it! You survived the sleepless nights, the send-off to elementary school, the acne-faced and smelly middle school years, and the dreaded teenage years. Now is a time to celebrate! In this final Parent Roadmap class, we invite you to let your hair down and joyfully reflect on all that you have experienced and accomplished as a parent. We'll also spend some time discussing how you can reconnect with your spouse, set healthy boundaries with your adult children, and explore what God has next for you.

Coming Soon

MINOR IN FAMILY

ELECTIVE CLASSES

EXPLORING HOMESCHOOLING

You can go to an open house to find out more about a public, private or charter school but where do you go to find out more about homeschooling? In this 90-minute class, Exploring Homeschooling aims to answer the real, practical questions many families have as they consider this education option. If you're a parent considering homeschooling you've probably wondered about things like: How do you choose curriculum? What about socializing your kids? How about sports? Is it expensive? How do I get started? Are there laws you have to follow? Why homeschool anyway? Join us as we explore the answers to these questions and more.

Single-Session Course



MINOR IN FAMILY

ADDITIONAL PARENT RESOURCES

CONNECTION CRATES

The Meck Institute and MeckKidz have partnered together to create “Connection Crates,” carefully crafted activity boxes that are designed to empower parents to be the primary disciplers of their children. Studies consistently show that parents are the most important spiritual influence in a child’s life, and Connection Crates are designed as a helpful tool that parents can use as they teach their children about God.

While each Connection Crate is unique, they each contain lessons and activities that parents can lead their families through. They’re designed with jittery kids in mind (so think lots of hands-on activities and videos), and yet they contain biblical lessons that even parents can learn from.

We’ve literally made these lessons as simple as opening a box, so order one today at thegroundsatmeck.com/connectioncrates.



**SCAN TO ORDER
OR FIND OUT MORE**

MECK INSTITUTE for Kids Summer 2023

Meck Institute for Kids Summer Classes are designed to give your kids something that is fun and engaging to do this summer. These in-person classes allow us to dive deep into lessons and truths with your kids that we aren't able to do on the weekends. With classes fit for specific grades and ages, your kids are sure to have a blast while learning about God and being challenged in the most fun ways.



**Save the dates for these
three weeks of classes:**

(specific classes TBD)

July 10-12

July 17-19

July 24-26



SPRING SEMINAR

NEW RHYTHMS

Understanding the Body-Mind-Soul Connection

We invite you to join us as we welcome back Mary Shea, a local licensed marriage and family therapist, who is partnering with us to provide deeper insight into mental health and wholeness.



In her February seminar, Mary will unpack the importance of understanding the body-mind-soul connection when approaching wellness. In other words, we will be reminded that God created us as WHOLE people; therefore, we cannot approach health with fragmented approaches to care. Instead, she'll discuss the relationship between technology, sleep, exercise, nutrition and mental health, and how we might develop rhythms of holistic care to incorporate into our children's and our everyday lives.

MeckInstitute FAQ

GENERAL

Are classes only for people who attend Meck?

No! Meck Institute classes are open to anyone and everyone to attend. Some classes are age-specific (noted in the class description); otherwise, there are no restrictions. In fact, we encourage you to invite friends, family, coworkers, etc. to attend with you.

How much do classes cost?

Most classes are completely FREE. Only a handful of classes require a small fee to cover material costs.

What supplies do I need to take a class?

Most of our classes will have an accompanying workbook, which will be provided for you. You'll have the option when you register to have yours emailed to you as a PDF, shipped to you, or you can pick it up at Meck's campus in Charlotte.

Are classes in person or online?

Both. We offer in-person, live streamed, online and on-demand classes. The format of each class is indicated in the class description. Here's an easy breakdown:

- In person classes take place live in a physical classroom at Mecklenburg Community Church.
- Live stream classes also take place live in a physical classroom at Meck, but you can choose to attend virtually.
- Online classes are live but exclusively online, with the teacher joining you in the virtual classroom.
- On demand classes are pre-recorded and available for you to access at any time.

What does it mean to attend a class via live stream?

When in-person classes feature a live stream viewing option, the teacher will be in a physical classroom with in-person students, but you can opt to participate in class virtually. You'll be able to ask questions and take part in group discussions, but from the comfort of your home (or wherever you are).

I registered for a class, but I can no longer make it. What should I do?

No worries! Life happens, and we get that. Simply email meckinstitute@mecklenburg.org to let us know you cannot make it.

Do you have any volunteer opportunities within the Meck Institute?

We sure do! We have opportunities for teachers, class moderators, content developers, administrative support, and more. Email meckinstitute@mecklenburg.org to find out more.

MeckInstitute FAQ

IN-PERSON CLASSES

Do you offer childcare?

Sometimes. If you attend an in-person class on a Sunday, you can utilize MeckKidz for your children while you're in class. For weekday classes, we offer childcare for most of our parenting classes.

ONLINE CLASSES

Are the online classes live or pre-recorded?

Most classes are live unless designated as "on-demand." We believe that learning takes place best within community, and live classes provide a great atmosphere for meeting new people and forming meaningful relationships. Additionally, you'll be able to chat with the instructor and receive feedback in real time. If you're not comfortable attending live, or if your schedule doesn't afford you that option, you can always register and wait until the class recording is available a few days after the live class takes place.

Will I be on video?

While we encourage everyone to have their camera turned on during class, it's not mandatory in our adult classes. We do, however, insist on having cameras on for our children's classes as an additional security measure. But don't let the camera be a deterrent to your participation. The atmosphere of our online classes is casual, so feel free to wear your pajamas, eat dinner while participating, and even have your cat join you for class as well.

Do I need to download any software?

Not unless you want to. We utilize Zoom for our online classes, and you can attend a class through your web browser without downloading any additional software. However, to access the full functionality of Zoom, we encourage you to download the desktop app on your computer or the Zoom app on your phone. Once you click on the classroom link (which you'll receive via email), you'll be prompted to download Zoom if you haven't already. If you don't wish to, simply select "ignore", and you'll be able to access the meeting through your web browser.

Can I access class recordings?

You sure can! A few days after class, you'll receive an email with the class recording. You'll be able to watch it as many times as you'd like for three months.



So...what are you waiting for?

REGISTER TODAY.

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