



Howard Thurman

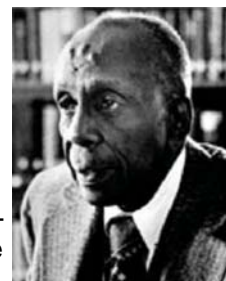
B i b l e I n s t i t u t e

**FREE CHILCARE IS PROVIDED FOR
CHILDREN OF
HTBI STUDENTS
TUESDAY & THURSDAYS
6:30 — 8:45 pm**



About Howard Thurman

Howard Thurman (born 1900 in Daytona Beach, Florida - April 10, 1981 in Daytona Beach, Florida) was an author, philosopher, theologian, educator and civil rights leader. In 1923, Howard Thurman graduated from Morehouse College as valedictorian. After he was ordained a Baptist minister in 1925, he became the first black dean at Boston University and then the first dean of Rankin Chapel at Howard University in the District of Columbia. Thurman was the author of 20 books of ethical and cultural criticism. The most famous of his works, *Jesus and the Disinherited* (1949), deeply influenced Martin Luther King Jr. and other leaders of the modern Civil Rights Movement. In 1944 Thurman left his prestigious tenured position at Howard to help the Fellowship of Reconciliation establish the first racially integrated, intercultural church in the United States, the Church for the Fellowship of All Peoples in San Francisco, California. *Ebony* magazine called Thurman one of the 50 most important figures in African American history, and *Life* rated him among the 12 best preachers in the nation. Thus, it is in his honor, Howard Thurman that FWBC names this biblical institute.



The Howard Thurman Bible Institute

In order to Educate, Empower and Edify the FWBC congregation and surrounding community, there is a growing need to provide tools and resources needed for spiritual growth. This bible institute will be readily accessible by all desiring not only to succeed, but also to excel in their spiritual development. The ability for FWBC to minister to the needs of those partaking of this groundbreaking event will further enable the motto to come to life: "Equipping Changed People to Change the World." Providing an in-house educational center will help FWBC answer the calling to discover and develop God-given gifts and become sanctified stewards of talents, time, money and minds; and through the power of the Holy Spirit make a difference in the community and the world.

Our Mission

The Howard Thurman Bible Institute is committed to developing and growing members in a meaningful way that will lead members into a closer encounter with our Lord and Savior Jesus Christ. It is our hope that this closer intimacy with Jesus will lead to a ministry of empowerment, Godly Christian living, and a thirst for higher biblical learning. The Howard Thurman Bible Institute was formed to transform the mind of believers through socially conscience teaching and sound doctrine through the power of the Holy Spirit to make a difference personally and corporately. We are further called to demonstrate and live out God's love, share the gospel, be a blessing to the hurting and the needy, empower the oppressed, and confront injustice to the end that God will be glorified in all that we say and do.

Our Vision

To empower, edify and educate believers to Think Biblically, Live Christianly, Serve Effectively and Reproduce Consistently.

Our Goals

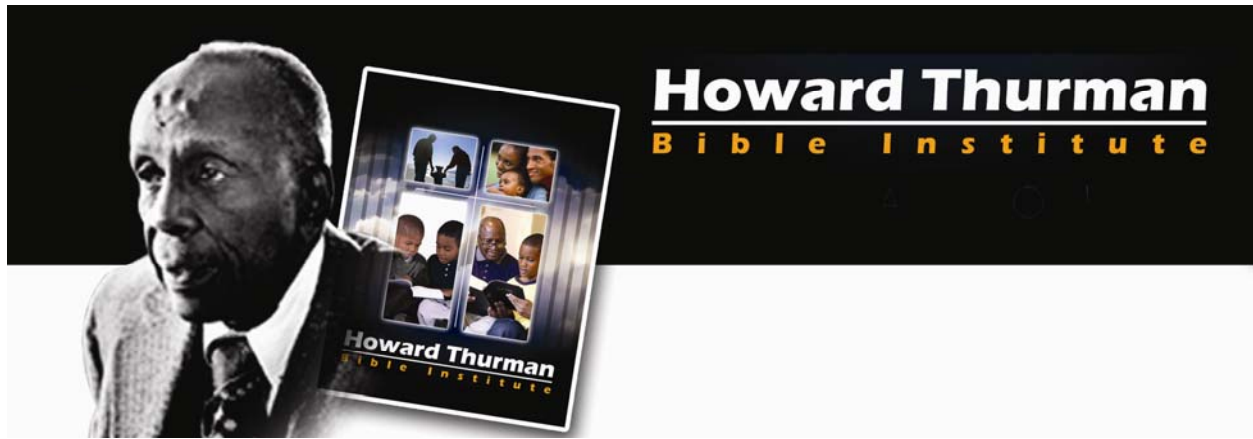
To foster an environment that increases the knowledge of, and enhances the appreciation for our faith in Jesus Christ, African-American heritage and identity; To provide a program of continuing and advanced education that will enable participants to invest their God-given abilities in more fruitful living and overcome the challenging realities of life; To provide professional training for Christian ministers, leaders and other laypersons, that promotes high standards of scholarship, morality and spiritual growth, and competence for ministry in a variety of cultural settings; To provide a foundation based on sound doctrine, scholarship and moral ethics.

Advisory Council

The advisory council consists of 10 lay leaders and persons representing the vast demographics of Friendship-West Baptist Church. This council will make course recommendations to the Senior Pastor, as well as evaluate and administrate the Howard Thurman Bible Institute.

About Us

The Howard Thurman Bible Institute offers practical life enrichment classes coupled with advanced biblical studies for persons interested in advancing his or her spiritual growth and knowledge of God. Our classes are offered in eight week terms throughout the year. Three, two and one year, certificate programs are available with specific courses are prescribed for each of the certificate programs. A course may not apply toward two different certificates. Elective classes are also available.



Admission Requirements

The Howard Thurman Bible Institute maintains an open enrollment policy. Anyone may enroll in individual courses without committing to a certificate program. An admissions application is included in this course guide.

Registration

Register for Howard Thurman Bible Institute classes by completing a registration form and return it to the Howard Thurman Bible Institute Center information table in the lobby of Friendship-West Baptist Church on specific registration days or return completed form to Friendship-West Baptist Church Administrative Office, Monday - Friday from 9:00 am - 4:30 pm. You may also register on-line at www.friendshipwest.org.

Course Length

8 week sessions - Tuesday or Thursday from 7:00 - 8:30 pm weekly unless otherwise specified.

Course Fees

\$5.00 Registration: Saturday, December 31, 2011 (On-Site Only)

Early Bird registration is \$10.00 (January 1– January 10, 2012; on-line only)

Beginning January 15, 2012 registration is \$15.00 (on-site only).

International Sunday School Lesson and New Member Orientation Classes are free.

Method of payments accepted are check, cash, money order or credit card. Please make checks payable to "Friendship-West Baptist Church".

Course Materials

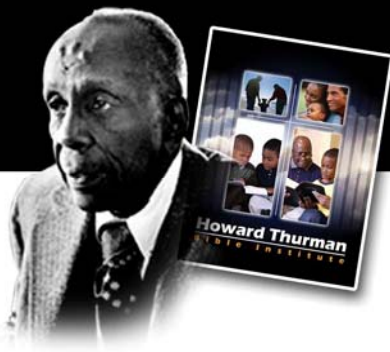
Books and other study materials may be required for an additional fee. Most books are available in the III Pyramids bookstore located in the Narthex of FWBC. The hours are extended during the first two weeks of Bible Study. Normal hours of operation are Sunday after both worship services.

Childcare

Childcare is free and available for students from 6:30 — 8:45 pm.

Questions?

You may visit our website at www.friendshipwest.org for additional information, email HTBI@friendshipwest.org or call our Administrative Office at 972-228-5237.



Certificate Programs

Four Year Certificate Program

Ministers In Training Program (82 Hours/27 Classes)
Completion of MIT program (See MIT Handbook)

The Scholars Track (57 Hours)

(Completion of 17 Classes and 2 Core Classes FD102 & FD104)

1. Completion of Biblical Studies Program
2. Completion Certification of Theological Studies

Three Year Certificate Program

Certificate of Biblical Studies (42 Hours / 14 Classes)

1. Completion of New Testament Studies
2. Completion of Old Testament Studies

Certification of Theological Studies (42 Hours / 14 Classes)

1. (TS101) Introduction to Biblical Languages I
2. (TS102) Introduction to Biblical Languages II
3. (TS201) The Holiness of God
4. (TS301) Rapture, Revelation and End Times
5. (CA101) Master Plan for Evangelism
6. (TS500) Completion of Teacher and Leadership Certification (6 Hours)
7. (TS601) Introduction to Hermeneutics
8. Any two classes offered from the Theological Studies curriculum
9. Completion of the four core classes.

Certificate of Faith Based Lay Counseling (42 Hours / 14 Classes)

1. (LCC101) Lay Counseling Certification Course - Part 1
2. (LCC102) Lay Counseling Certification Course - Part 2
3. (LC201) Bereavement Counseling: Pastoral Care for Complicated Grieving
4. (LC202) Counseling Survivors of Traumatic Events
5. (LC 401) Understanding and Counseling Persons with Alcohol, Drug and Behavioral Addictions
6. (LC502) Counseling African American Marriages and Families
7. (LC601) Helping Those Who Hurt
8. (LC701) No Secrets, No Lies: How Black Families Can Heal From Sexual Abuse
9. Any two classes offered from the Lay Counseling Curriculum
10. Completion of the four core classes

Certificate of General Studies (42 Hours)

1. Select 10 classes from any five certificate programs
2. Completion of the four core classes

Two Year Certificate Program

Completion of 3 Major Classes, 1 Elective and 4 Core Classes

Certificate of Social Justice Studies

1. (SJ101) Black Church Beginnings: The Long-Hidden Realities of the First Years
2. (CL301) Christian Ethics
3. (SJ401) Defending Black Faith
4. Any classes offered from the Social Studies Curriculum
5. Completion of the four core classes

Certificate of New Testament Studies (24 Hours/8 Classes)

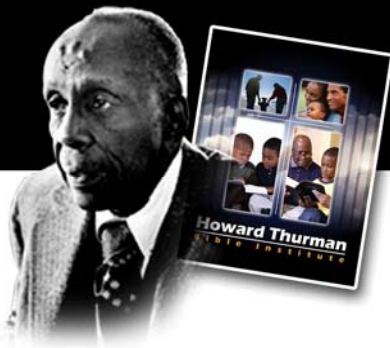
1. (NT201) Survey of New Testament I
2. (NT301) Survey of New Testament II
3. (NT 401) Survey of New Testament III
4. Any class offered from the New Testament Curriculum.
5. Completion of the four core classes

Certificate of Old Testament Studies (24 hours/8 Classes)

1. (OT101) Survey of Old Testament I
2. (OT201) Survey of Old Testament II
3. (OT301) Survey of Old Testament III
4. Any class offered from the Old Testament Curriculum
5. Completion of the four core classes

Certificate of Christian Leadership (24 hours/8 Classes)

1. (CLD101) Spiritual Leadership
2. (CLD201) God's Armor Bearer
3. (CLD404) Avoiding Leadership Mistakes
4. Any class offered from the Leadership Curriculum
5. Completion of the four core classes



Certificate Programs

Two Year Certificate Program (Cont.)

Completion of 3 Major Classes, 1 Elective and 4 Core Classes

Certificate of Family Studies (Tract A -24 hours/8 Classes)

1. (FSA101) Pillow Talk: The Art of Communication in Marriage
2. (FSA202) Can Two Walk Together? Encouragement for Spiritually Unbalanced Marriages
3. (FSA501) The Excellent Wife: A Biblical Perspective (FSA502) The Exemplary Husband
4. Any class offered from the Family Studies Curriculum
5. Completion of the four core classes

Certificate of Family Studies (Tract B -24 hours/8 Classes)

1. (FSB101) Single, Married, Separated, and Life After Divorce
2. (FSB301) Choosing God's Best
3. Any two classes offered from the Family Studies Curriculum
4. Completion of the four core classes

Certificate of Intercessory Prayer (24 hours/8 Classes)

1. (PR101) Praying to Change Your Life
2. (CA101E) The Master Plan of Evangelism
3. (LC504E) Caring for God's People
4. Any class offered under the Intercessory Prayer Curriculum
5. Completion of the four core classes

Certificate of Public Safety (24 hours/8 Classes)

1. (CA101E) The Master Plan of Evangelism
2. (CLD201) God's Armor Bearer
3. (CLD101) Spiritual Leadership
4. (CL301) Christian Ethics
5. Completion of the four core classes

Certificate of Personal Growth (24 hours/8 Classes)

1. (PG101) When Pleasing Others Is Hurting You: Finding God's Patterns for Healthy Relationships
2. (PG201) Who's Pushing Your Buttons: Handling the Difficult People in Your Life
3. (PG301) The Search for Significance
4. Any class offered under the Personal Growth Curriculum
5. Completion of the four core classes

Certificate of Christian Living (24 hours/8 Classes)

1. (CL101) The Peacemaker: Biblical Ways to Resolving Personal Conflict
2. (CL201) Breakthrough Prayer
3. (CL301) Christian Ethics
4. Any class offered under the Christian Living Curriculum
5. Completion of the four core classes

Foundational Classes (required for all certificate programs - 12 hours)

1. (FD101) Know What You Believe: Connecting Faith and Truth
2. (FD102) Listening to God: Spiritual Formation
3. (FD103) How to Study the Bible and Enjoy It
4. (FD104) The Stewardship of Life

Floating Electives: (Can be substituted for any elective in any program)

1. (TS101) Introduction to Biblical Languages Part I (Greek)
2. (TS102) Introduction to Biblical Languages Part I (Hebrew)
3. (CLD201) God's Armor Bearer
4. (SS201): Soul Stirrers – Advanced

Certificate Programs Codes

FD = Foundational Core Classes

CL = Christian Living

PG = Personal Growth

TS = Theological Studies

FSA= Family Studies (Tract A)

FSB= Family Studies (Tract B)

ISSL= International Sunday School

PR= Intercessory Prayer

LC = Faith Based Lay Counseling

NT = New Testament

OT = Old Testament

CLD = Christian Leadership Development

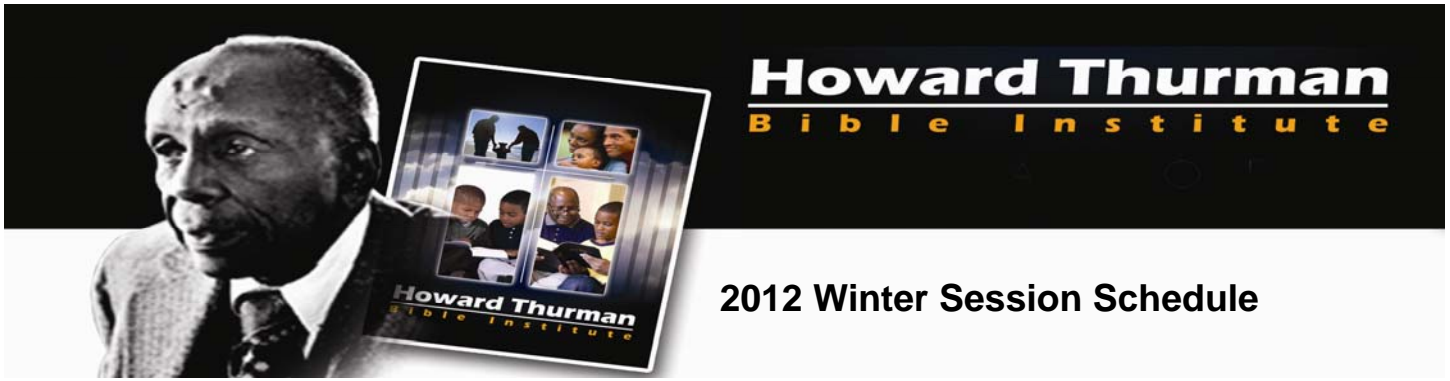
SJ = Social Justice Studies

CA = Apologetics

SM = Public Safety

E = Elective

*Note: Not all elective courses are listed in the catalog, nor are all courses offered every semester. Those who have completed Teacher and Leadership Certification are exempt from taking FD101 & FD103, but must take FD102 & FD104.



2012 Winter Session Schedule

Fees: \$5.00 Registration is Saturday, December 31, 2011. \$10.00 Early Bird Registration begins January 1, 2012. \$15.00 On-Site Registration begins January 15, 2012.

Tuesday Classes Beginning January 17, 2012 (Eight-Week Sessions)

(CLD201) God's Armor Bearer

Leaders in the Bible often chose loyal "armor bearers" to assist and protect them. Christian leaders today also need dedicated assistants to turn visions into reality. Like leaders in the Bible, pastors today need Christians willing to help in the role of God's Armor Bearer. Reaffirming the significance of the local church, Understand the importance of Running with your Pastor's Vision. Learn how to get "plugged into" your congregation; leave your comfort zone; develop your gifts for spiritual service. This class uses biblical examples of servant-hearted helpers to help you discover and develop the essential qualities of an integral team player! *(Required book: God's Armor Bearer Volumes 1 & 2: Serving God's Leaders by Terry Nance).*

(FD103) How to Study the Bible and Enjoy It!

For too many Christians, the Bible is a confusing combination of stuffy old stories, ancient history and irrelevant rules; but the exact opposite is the case. When Christians read and understand the Bible, they soon discover its extraordinary relevance and transforming power to their lives. This course helps readers discover the tools that can help them unlock God's Word. This class will enable you to begin studying and interpreting the Bible for yourself. *(Required book: How to Study the Bible and Enjoy It! by Skip Heitz).* This is an excellent preparatory class for Teacher and Leadership Certification.

(FD104) The Stewardship of Life - Ordering Your Private World

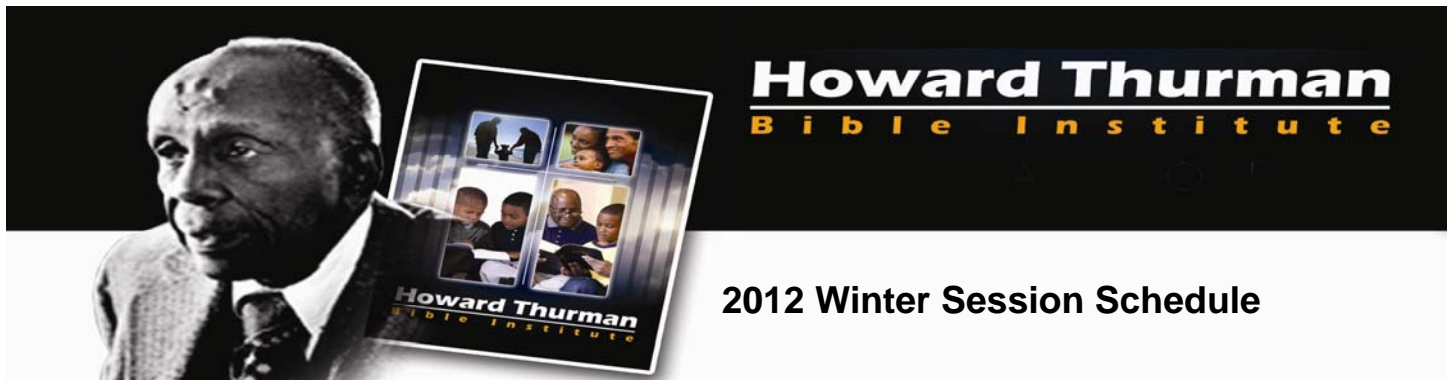
We have schedule planners, computerized calendars, and self-stick notes to help us organize our business and social lives every day. But what about organizing the other side of our lives--the spiritual side? One of the great battlegrounds of stewardship is within the private world of the individual. The values of our Western culture incline us to believe that the busy, publicly-active person in ministry is also the most spiritual. Tempted to give imbalanced attention to the public world at the expense of the private, we become involved in more programs, more meetings. Our massive responsibilities at home, work, and church have resulted in a lot of good people on the verge of collapse. In this class you will be equipped to live life from the inside out, cultivating the inner victory necessary for both public and private ministry effectiveness. *(Required book: Ordering Your Private World by Gordon MacDonald).*

(FS401E): Becoming Family: How to Build a Stepfamily That Really Works

This class is packed with concrete real-life guidance. It stresses the importance of seeing each family member's point of view and gives practical, easy-to-understand advice that focuses on strengthening the marriage and new family bonds. This class doesn't mask the challenges a stepfamily faces, but instead, tempers them with hope. You'll see how several stepfamilies used faith and Biblical teachings to carry on and succeed. This class offers practical advice and guidance in helping all family members deal with loyalty conflicts and in managing limited resources. In "The Ex-Factor," you'll find tips on dealing with the challenges of a former spouse. The difficulties and experiences expressed by the stepparents ring true. Finally, the class discusses the rewards of stepfamily life, giving us a few "happy ending" stories for inspiration. *(Required book: Beyond the Brady Bunch: Hope and Help for Blended Families by Debbie and Ray Alsdorf)*

(ISSL102) International Sunday School Lesson—Winter Quarter 2012 "God Establishes a Faithful People"

The study for this quarter focuses on God's covenant through Abraham. The theological emphasis is on faith. God promised Abraham that through him all nations of the earth would be blessed. That promise was passed on from Generation to generation until it was ultimately fulfilled in Christ. The lessons for this quarter are taken from Genesis, Exodus, Luke and Galatians. *(Sunday school materials provided).*



2012 Winter Session Schedule

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Tuesday Classes Beginning January 17, 2012 (Eight-Week Sessions)

(LCC101) Lay Counseling Certification Course - Part I

Part I of a comprehensive training course that will allow our members to experience and explore the uniqueness and complexities of mankind and how Christ is essential for us to live effective lives. Biblical Christian values are required to adequately help a person evaluate alternatives. The courses will emphasize a Christ-centered approach for counseling as Christ is the Center of Life. The student will gain knowledge of counseling approaches and techniques. The student will develop an understanding of these facts for effective application in counseling. *(Required book: Please visit III Pyramid's' Book and Media Store).*

Course One Topics:

- **The Lay Counseling Ministry**
- **Identify the Problem**
- **Determine the Action Plan**
- **A Fundamental Skill – Listening**
- **Building Relationships**
- **Expectations and Boundaries**

(NT506E) Exploring 1 & 2 Thessalonians: Living in the End Times

Newly planted, the Thessalonian church grew in strength as it spread the gospel in the surrounding area. But some theological and moral problems also grew. To build up and correct these believers Paul addressed many issues which concern Christians today. With scholarly rigor and pastoral care, this class opens up these important letters to us in a way that will enlighten our minds, encourage our hearts, and lift our souls to worship the God of the gospel and of time. *(Required book: The Message of 1 & 2 Thessalonians by John R. W. Stott).*

(PG311E): Caring Enough to Confront: How to Understand and Express Your Deepest Feelings Toward Others

Conflict simply is. Believing that we can somehow avoid it can only damage our relationships, but when we learn to integrate our needs and wants with those of others, it can be a catalyst in our relationships for deeper loving care. Caring Enough to Confront is a classic in Christian peacemaking. It teaches students how to build trust, cope with blame and prejudice, and be honest about anger and frustration. This class challenges students to keep in mind that the important issue is not what the conflict is about, but instead how the conflict is handled. It offers a biblically based model for dealing with conflict to teach Christians how to confront with compassion and resolve issues in a healthy and healing way. Whether in family, church or work relationships, This class gives students the tools to make the most of every conflict. *(Required book: Caring Enough to Confront by David Augsburgberger).*

(PG415E) Dressed To Kill: A Biblical Approach to Spiritual Warfare and Armor

This class explains with exacting detail the purpose and function of each piece of Roman armor. It also describes the significance of our spiritual armor not only to withstand the onslaughts of the enemy, but also to overturn the tendencies of the carnal mind. This class delivers a clear, scriptural presentation on the biblical definition of spiritual warfare; what it is and what it is not. It stresses that your unbroken, ongoing fellowship with God is your absolute guarantee that you are constantly and habitually dressed in the whole armor of God. When you walk with God in deliberate, continual fellowship, He will enrobe you with Himself. Armed with the knowledge of who you are in Him, you will be dressed and dangerous to the works of darkness, unflinching in the face of conflict, and fully equipped to take the offensive and gain mastery over any opposition from your spiritual foe. You don't have to accept defeat anymore once you are *Dressed To Kill!* *(Required book: Dressed to Kill by Rick Renner).*



2012 Winter Session Schedule

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Tuesday Classes Beginning January 17, 2012 (Eight-Week Sessions)

(SS201): Soul Stirrers – Advanced

A continued evangelism course that further prepares and equips believers to effectively defend their faith against other religions and alternative lifestyles. Students will learn the fundamentals of faith, the process of salvation and the need for evangelism. Students will also memorize key scriptures and techniques for presenting the gospel (8 sessions). This is an advanced course. *Must have completed (CA104) Master Plan of Evangelism (Required book: Spirit-Led Evangelism: Reaching the Lost through Love and Power by Che” Ahn).*

Specialty Class (Beginning Tuesday, January 17, 2012)

Course Length - 8 weeks

***Re-Invent Yourself for the “New Workforce”
Writing a Grant Proposal
(No Cost)***



Tuesdays, beginning January 17, 2012: 7:00-8:30 pm (Eight weeks)

This eight-week specialty class is apart of the Social Action Ministry career building program. It will give each participant the knowledge and skills they need to compete in today’s workforce: **WRITING A GRANT PROPOSAL** will explain the essential components of a grant proposal, apply hands on application in writing a grant proposal, and tell participants where to find the money. Participants in this class will leave with a rough draft grant proposal. **(Course Material Provided).**

2012 Winter Session Schedule

Thursday Classes Beginning January 19, 2012 (Eight-Week Sessions)

(CA104) The Master Plan of Evangelism

Even if you do not think evangelism is for you, this class gives step-by-step proven ways to change your lifestyle into an evangelistic lifestyle that honors God. You will be equipped to effectively and intentionally share with people who need to know that God loves them. Learn the value of your story/testimony as you share the Gospel of Jesus Christ. This class will also help you confirm what you believe, understand your assignment and to identify barriers/obstacles that prevent you from becoming a LIFESTYLE WITNESS. The class combines the best of the personal evangelism and Decision Counselor Training. If you would like to become a decision counselor or just want to learn about evangelism this class is a must! *(Materials Provided).*

(CLD404E) Avoiding Leadership Mistakes

Great leaders learn by bad examples---and so can you! This leadership class examines 10 common errors that are dangers to any organization. Discover how you can avoid top-down attitudes, "dirty" delegation, communication chaos, putting paperwork before people work, dictatorship in decision making, absence of affirmation, missing the culture clues; no room for mavericks; success without successors; dictatorship in decision-making and failure to focus on the future. *(Required book: The Top Ten Mistakes Leaders Make by Hans Finzel).*

(FD104) The Stewardship of Life - Ordering Your Private World

We have schedule planners, computerized calendars, and self-stick notes to help us organize our business and social lives every day. But what about organizing the other side of our lives--the spiritual side? One of the great battlegrounds of stewardship is within the private world of the individual. The values of our Western culture incline us to believe that the busy, publicly-active person in ministry is also the most spiritual. Tempted to give imbalanced attention to the public world at the expense of the private, we become involved in more programs, more meetings. Our massive responsibilities at home, work, and church have resulted in a lot of good people on the verge of collapse. In this class you will be equipped to live life from the inside out, cultivating the inner victory necessary for both public and private ministry effectiveness. *(Required book: Ordering Your Private World by Gordon MacDonald).*

(FD101) Know What You Believe

What does the Bible teach about God, Jesus and the Holy Spirit? What do angels, Satan and demons have to do with reality? What place should the Bible or a church have in my life? Perhaps you think you know what others are telling you to believe, but deep down inside you wonder, "What is really important to my own faith?" If so, you need to know...a Christian's faith must be grounded in truth. *(Required book: Know What You Believe by Paul Little). This is an excellent preparatory class for Teacher and Leadership Certification.*

(FSB602E) The Five Love Languages for Singles

Whether you're widowed, divorced, separated, or never married, your deepest emotional need is to feel loved and your greatest successes will be obtained by loving others. This class shows you how to do both effectively in situations unique to single adults - dating; roommates; classmates and co-workers; family connections; and single parenting. Includes "Questions to Ponder" that will help you to cultivate and build relationships. *(Required book: The Five Love Languages for Singles by Gary Chapman).*



2012 Winter Session Schedule

Thursday Classes Beginning January 19, 2012 (Eight-Week Sessions)

(OT408E) The Message of Amos: the day of the Lion

"The LORD roars from Zion and thunders from Jerusalem; the pastures of the shepherds dry up, and the top of Carmel withers." So begins the prophecy of Amos! Why does the Lord roar? What had led to such abuses of privilege on the part of the people of Israel in that day? This class leads us through the prophecy, opening it up and applying it powerfully and relevantly to persons today. Designed to encourage students to delve into the text, this helps individuals and small groups open up the bible for themselves. (*Required book: The Message of Amos by J. Alec Motyer*).

(PG217E) Living Beyond Your Feelings

Citing biblical passages as well as examples of others this class examines the spectrum of emotions that people experience, with topics covering anger, guilt, fear, handling loss, forgiveness, and more. This class discusses the way that the brain processes and stores memories and thoughts, and then - emotion by emotion - teaches students how they can manage their reactions to those emotions. This class provides vital information on the aspects of emotions and the effects they can have on people's lives, including: (*Required book: Living Beyond Your Feelings by Joyce Meyer*).

- The four personality types and their influence on one's outlook
- The impact of stress on physical and emotional health
- The power of memories
- The influence of words on emotions
- The power of replacing reactions with pro-actions
- The benefits of happiness

(PG405E) Boundaries: When to say yes, When to say no: Taking Control of your Life

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries affect all areas of our lives: Physical boundaries help us determine who may touch us, mental boundaries give us the freedom to have our own thoughts, emotional boundaries help us to deal with our own emotions, and spiritual boundaries help us to distinguish God's will from our own. (*Required book: Boundaries by Henry Cloud*).

(PG610E) Introduction to Public Speaking

Whether at a business meeting, church gathering, or social function, most of us will be called upon at some time to speak publicly. As Christians, we are called to speak not only with effectiveness but also in a way that honors God and embodies Christian virtue. This class encourages readers to become servant speakers who faithfully serve their audiences as neighbors. Besides providing a biblical perspective on public speaking, this class also covers such practical topics as overcoming common challenges, the importance of listening, and the art of preparing and delivering well-crafted speeches. Filled with helpful sidebars, checklists, and tips, this class is for any person who wishes to improve his or her public speaking skills. (*Required book: Introduction to Public Speaking and Etiquette by Harriet Juanita Houston*).

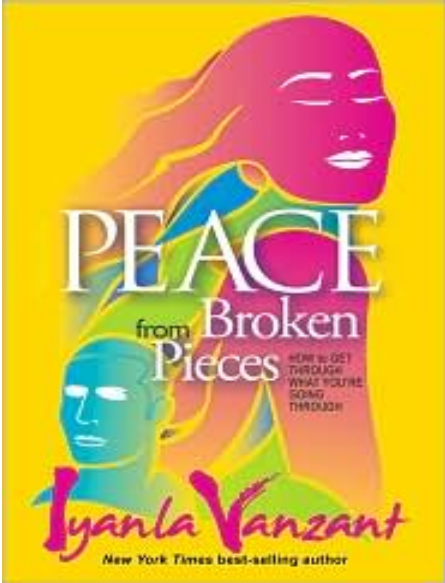


2012 Winter Session Schedule

Specialty Classes (Beginning January 17 & 19, 2012)

Course Length— 8 weeks

Café West “Book Club” (No cost; but you must register)



Thursdays, beginning January 19, 2012: 7:00-8:30 pm

(CL213E) Peace from Broken Pieces: How to Get Through What You're Going Through

This book club is centered on the spiritual reflection on Vanzant’s adversities of life that took her from the top to the bottom and back to the top again. In her book, Vanzant offers principles on how to overcome any and every challenge that we may face in our lifetime. "Peace from Broken Pieces" is Vanzant’s emotionally charged, gut wrenching personal triumph from the personal and brutal reality of life experiences. Intertwined with teachings of godly wisdom and principles, Ms. Vanzant was able to show how cultural pathological patterns could show up in our lives as physical manifestations and how we can become aware of these repetitive cycles to overcome the disease of this damaging pathology. Discussions will be taken from a Christian perspective; they will be emotionally compelling, empowering and inspirational. You will look at Vanzant’s life challenges, her ups and downs, highs and lows, her decision making and analyze them from a Christian worldview. You will learn and be convinced that all challenges and tragedies can be overcome when you draw from Jesus Christ. Having read "Peace from Broken Pieces", You will feel connected with Ms. Vanzant from the first page. "Peace from Broken Pieces," is by far one of the most poignant pieces of literature written by Ms. Vanzant to date.

What is a book club? A book club, also referred to as a reading group (with a moderator) is a collection of readers who participate in the regular discussion of books. Traditionally, a book club consists of several members who meet in person each month/week to talk about a specific work.

2012 Winter Session Schedule



The Overcomers Recovery Support Program
(No Cost)

Thursdays, beginning January 19, 2012: 7:00-8:30 pm (12 weeks)

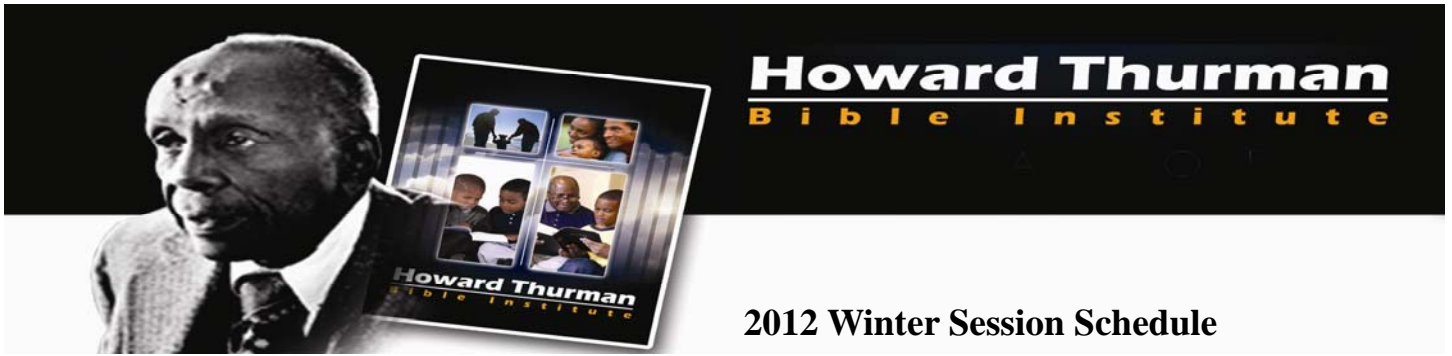
The Overcomers Recovery Support Program is a 90 day (12 weeks) 12 step faith based program. There is a *Daily Choice* workbook used in this recovery-group program. The cost of the workbook is \$15.00. There are 90 lessons in the workbook, titled Day 1 through Day 90. This class will be ongoing.

The Overcomers Recovery Support Program is based on the 90-day workbook, *A Daily Choice, Overcoming Life-Controlling Problems*. Through daily recovery education and support meetings, participants overcome addictions to drugs, alcohol, gambling, pornography, smoking, eating disorders, anger management, overwhelming fears, compulsive behaviors and/or a consuming urge to dominate and manipulate others. They learn to manage anger, jealousy, feelings of inferiority and codependency issues, while implementing Christian principles to regain self-respect and take control of the future. This is a program that works!

Do you want to be released from the emotional pain of your past failures, regain control of your life and change the direction of your future? This class outlines a practical plan that gives you the mental and spiritual tools needed to achieve your goals. Today, you can make the choice to change your future!



Biblical Answers to Personal Problems



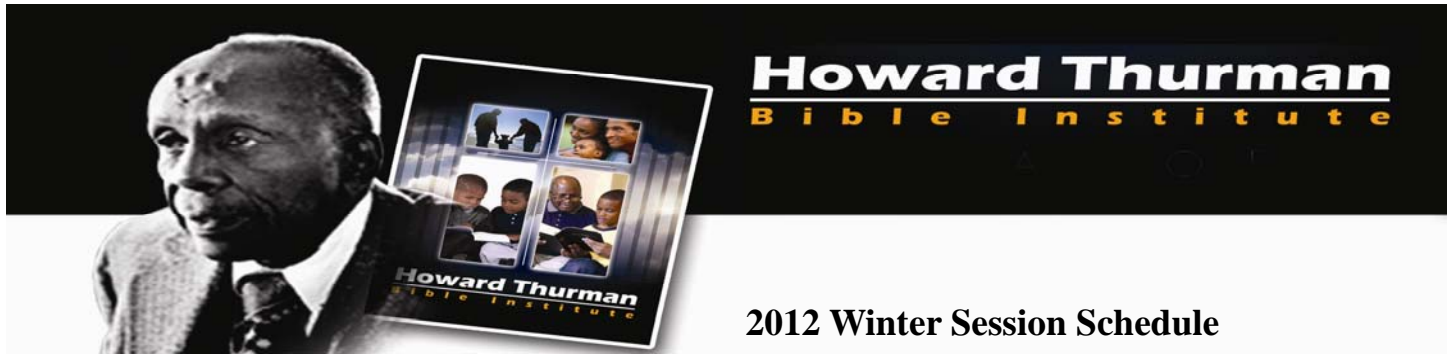
2012 Winter Session Schedule

Healthy Eating, Living Longer! (No Cost)



Thursdays, beginning January 19, 2012: 7:00-8:30 pm (Eight weeks)

Friendship West and Texas A&M Extension Program are partnering once again to bring healthy lifestyles to Oak Cliff! Are you ready to prepare meals that are nutritious, balanced and tasty? Would you like to have greater balance in your daily eating life, avoid diets and create the lifestyle you desire? If so, join the Village Co-op Movement, Executive Chef Cassondra Armstrong, and special guests. In this course we will provide tips on preparing meals (cooking demonstrations) and discuss health and wellness to equip you for a wholesome life.



2012 Winter Session Schedule

*“Martial Arts” Training for Children and Youth (Ages 6-Adult)
Eight weeks—Two days a week (Tues. & Thurs)*



Tuesdays and Thursdays beginning January 17, 2012, 7:00 - 8:30 pm. Registration: Children of enrolled HTBI students (\$40.00); Children of non-enrolled HTBI students (\$50.00) All ages and ability levels are welcome. We believe martial arts training is not just about fighting and self-defense, it is also about respect, self-discipline, integrity and setting and reaching personal goals – all earned and achieved through hard-work, and dedicated practice. The course also includes martial arts forms and non-contact sparring. Within weeks, you will see the "yes I can" attitude emerge. Your child will be more confident, more respectful; have improved self-discipline, and higher self-esteem.

Paid Receipt #: _____

Friendship-West Baptist Church
The Howard Thurman Bible Institute
Registration Form
(Please Print, check any that apply)

- First Time Student
 Member of Friendship-West Baptist Church Ministry Name _____
 Guest (Non-Member)
 MIT

First time student, please complete Sections I, II, and III (All Sections)
Returning student, please complete Sections I & II ONLY

Section I

Personal Data

Name: _____ Date: _____

Address: _____
Street *Apt. #*

_____ *City* *State* *Zip*

Gender: Male ____ Female ____ Date of Birth ____/____/____

Phone: (H) _____ (C) _____ (W) _____

Marital Status: _____ Email Address: _____

Section II

School / Degree (s)

High School: _____

College: _____

Other or Post Graduate Work: _____

Name of your current church: _____

EMERGENCY CONTACT:

Name: _____ Phone: _____

Address: _____

Section III - Course Information (Only one Tuesday and one Thursday class can be selected)

Course ID#: _____ Tuesday Course Title: _____

Course ID#: _____ Thursday Course Title: _____

Please enroll me in a Certificate Program:

Name of Certificate Program _____

Course fees: Onsite Registration \$15.00 / Online Registration \$10.00 / International Sunday School Class (No Fee)

Office Use: Paid by Check Cash Initials _____ Date _____



Friendship-West Baptist Church

Dr. Frederick D. Haynes, III

Senior Pastor

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