



2020 SYLLABUS

GROWING IN GRACE • RECLAIMING TRUE BEAUTY

Greetings!

Why Excel? Having been young ladies ourselves once, we know what it's like to have lots of questions—questions about our relationships, our wardrobes, our walks with the Lord, and our futures, to name a few. As young ladies, we wonder if we are beautiful the way we are or if we need to change who we are? We have questions about the career and education choices we're facing, how to balance modest clothing with attractive styles, and how to develop our gifts and talents to serve the Lord.

When we look in the Bible, we discover that God called women to be noble (Look at Sarah!), submissive (Look at Ruth!), courageous (Look at Abigail!), strong (Look at Esther!), prayerful (Look at Anna!), and clothed in good works (Look at Lydia and Priscilla!).

Through the Excel program, we are passionate about pursuing Biblical womanhood. Through prioritizing spiritual growth and providing training in practical skills, we want to help young ladies grow in grace and reclaim true beauty.

We hope this packet gives you a flavor of what Excel will look like. More than anything, we want to invest in your life (or the life of your daughter). As you pray about joining us for the next Excel class, know that we are already praying for you, and we look forward to connecting with you soon!

Anna Ferraro & Bethany Ferraro

Program Coordinators

HOSPITALITY

“AND WHOSOEVER SHALL GIVE TO DRINK UNTO ONE OF THESE LITTLE ONES A CUP OF COLD WATER . . . VERILY I SAY UNTO YOU, HE SHALL IN NO WISE LOSE HIS REWARD.” MATTHEW 10:14

What is hospitality? At a basic level, it involves sharing food, clothing, and shelter with those whom God brings into our lives. But what about the extra touches— fresh flowers, candles, music, decor, and all the things that would make for a memorable and delightful meal? And then there are big events, such as wedding banquets, neighborhood cookouts, church dinners, and more. Are you confident serving in these settings as well? Hospitality should be a part of everyday life, and we want you to be equipped to serve whenever God brings opportunities across your path.

INSTRUCTORS:



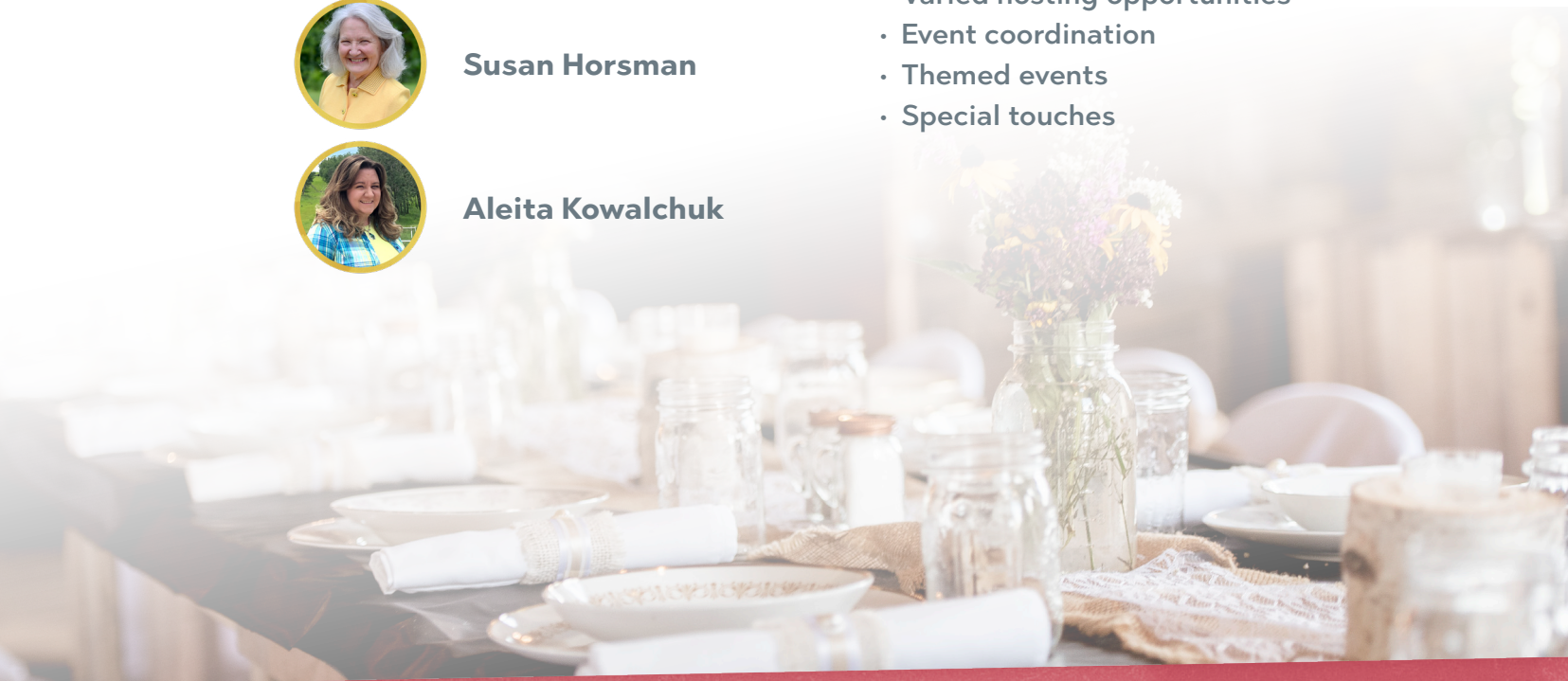
Susan Horsman



Aleita Kowalchuk

CLASSES INCLUDE:

- Varied hosting opportunities
- Event coordination
- Themed events
- Special touches





MUSIC

“THE AIM AND FINAL END OF ALL MUSIC SHOULD BE NONE OTHER
THAN THE GLORY OF GOD AND THE REFRESHMENT OF THE SOUL.”

JOHANN SEBASTIAN BACH

Every day, we use our voices to communicate. From casual conversations to formal musical presentations, every lady needs to know how to use her voice well, enjoy God’s gift of music, and be able to share her voice with others.

INSTRUCTOR:



Anna Ferraro

CLASSES INCLUDE:

- Vocal techniques
- Ensemble practice
- Music ministry

ARTS

“AS A CREATIVE INDIVIDUAL, NURTURE YOUR OWN VISION OF LOVELINESS AND OFFER YOUR FAMILY YOUR PERSONAL EXPRESSIONS OF BEAUTY.” ELIZABETH GEORGE

Have you ever wished that you could bring a blank page to life with watercolor strokes? Or how about using brushed lettering to create your own pieces of art? What about honing your penmanship skills into an art form that you can use every day to bring beauty and communicate truth with those around you? Cards, invitations, or even a simple note to a friend—the opportunities are limitless when you have a beautiful foundation for how you use your pen.

INSTRUCTOR:



Karen West

CLASSES INCLUDE:

- Basic & advanced penmanship
- Brushed lettering
- Watercolor
- Calligraphy





PERSONAL CARE

“YOU AND I DON’T NEED TO BE DISCOURAGED OR FEEL OVERWHELMED BY GOD’S STANDARD FOR BEAUTY BECAUSE HE GIVES US, DAY BY DAY, A LIFETIME TO REACH IT.” ELIZABETH GEORGE

As the Psalm says, “The king’s daughter is all glorious within...” (Psalm 45:13a). As daughters of the King, we want our outward appearance to reflect the serenity, order, and loveliness we experience as we walk with the Lord. While we focus on our inward beauty first each day, our wardrobe choices and styles will be a reflection of God’s work in our heart and lives.

INSTRUCTORS:



Beth Ferraro

CLASSES INCLUDE:

- Modesty & style
- Hygiene & personal care
- Exercise & morning routines
- Hair cutting & styling
- The role of make-up

TIME MANAGEMENT

“SO TEACH US TO NUMBER OUR DAYS THAT WE MAY GET A HEART OF WISDOM.” PSALM 90:12

From the moment we rise until we finish our tasks for the day, every minute counts for something. How well do you set achievable and specific goals for yourself? How well do you manage the moments you’re given? Proverbs 31:27 says, “She looketh well to the ways of her household, and eateth not the bread of idleness.” At Excel, let’s learn how to make our minutes count—not just for accomplishing our personal goals, but for investing in eternity.

INSTRUCTORS:



Taryn & Mirren Martin

CLASSES INCLUDE:

- Goal-setting
- Rhythms for work & and rest
- Personal routines
- Scheduling





HOME MANAGEMENT

“THROUGH HIS WORD, OUR WISE FATHER CALLS AND INVITES YOU TO BE AN ENTERPRISING HOMEMAKER WHO ADDS TOUCHES OF BEAUTY TO HER HOME.” ELIZABETH GEORGE

From deep cleaning nooks and crannies to completely reorganizing a closet or room, how you manage the inside corners of your home sets the stage for how your domestic environment really feels. Creating open, bright, and orderly spaces will welcome individuals to rest and refreshment by their surroundings. From an orderly space, you, the manager of your home, can coordinate decor and embellishments that will further establish your home as a haven for you, your family, and your guests.

INSTRUCTORS:



**Michele & Peyton
Weiss**

CLASSES INCLUDE:

- Decluttering
- Organization systems
- Cleaning protocols
- Basic interior design

ACADEMICS

**“SEEST THOU A MAN DILIGENT IN HIS BUSINESS, HE SHALL STAND
BEFORE KINGS . . .” PROVERBS 22:29**

God calls us to be diligent, “workmen approved,” and able to “rightly divide the word of truth” (II Timothy 2:15). In academics, we’re passionate about excellence—excellence in our communications and our conversations. As we enjoy a variety of academic topics, our main goal is to be able to communicate effectively with grace and truth.

INSTRUCTORS:



Carol Blair



Anna Ferraro

CLASSES INCLUDE:

- Basic grammar
- Essay construction
- Public speaking
- Letter writing



NUTRITION

“SHE IS LIKE THE MERCHANTS' SHIPS; SHE BRINGETH HER FOOD FROM AFAR. SHE RISETH ALSO WHILE IT IS YET NIGHT, AND GIVETH MEAT TO HER HOUSEHOLD, AND A PORTION TO HER MAIDENS.” PROVERBS 31:14-15

Food is a fuel. It has the potential to give us energy to make the most of our days, or it has the potential to make us feel poorly. So what does it take to feed ourselves, our family's, our friends and our guests in a healthy, affordable, and delightful way? That's what we hope to show you in this class. We'll share ideas on working restricted diets and food intolerances, and we'll share tips on how to plan, prepare, and serve meals that are nourishing, and beautiful.

INSTRUCTORS:



Anna Ferraro

CLASSES INCLUDE:

- Food combinations
- Specialized diets
- Food substitutes
- Time-saving tips

CULINARY ARTS

“YOUR HEART ATTITUDE DETERMINES THE ATMOSPHERE OF YOUR HOME. WHEN YOU CHOOSE TO WORK WITH A WILLING, HAPPY HEART, YOU BECOME A BEAUTIFUL SOURCE OF JOY TO ALL, A FOUNTAIN OF GOD-GIVEN JOY.” ELIZABETH GEORGE

The kitchen is the center of the home—and it should be a place of nourishment, creativity, joy, laughter, and productivity. At Excel, we'll learn what it takes to create meals that look appealing and taste delicious! We'll bake some dainty treats and serve them at a tea party. We'll roll up our sleeves and prepare a massive meal for the ALERT battalion. And of course, we'll display what we learned for an elegant banquet at the end of the course.

INSTRUCTORS:



**Charissa
Christopherson**

CLASSES INCLUDE:

- Menu planning & budgeting
- Kitchen management
- Meal preparation techniques
- Extra touches:
garnishes, decor, etc.





DISCIPLE-MAKING

**“GOD INTENDS FOR OUR LIVES TO INTERSECT WITH ONE ANOTHER,
TO CARRY EACH OTHER FORWARD UNDER THE STRONG, VICTORIOUS,
BEAUTIFUL BANNER OF CHRIST.” NANCY DEMOSS WOLGEMUTH**

As Christians, we are called to speak truth in our hearts, and into the lives of others. When a young lady learns to speak truth TO herself, she is planting her feet upon an unshakable foundation that will resist even the most powerful attacks of the enemy. She will see how God’s Word will transform each area of her life as the truth sets her free! From there, she is free to invest that truth into the hearts of those around her, reflecting a testimony of Christ-like boldness and grace.

INSTRUCTORS:



Sarah (Mally) Hancock

CLASSES INCLUDE:

- Replacing lies with the truth
- Aligning thinking with God’s Word
- Seeking & giving accountability
- Mentoring young believers

WOMEN'S MINISTRY

"AS FOLLOWERS OF CHRIST, WE HAVE BEEN GIVEN THE GREATEST CAUSE OF ALL — THAT IS, TO BUILD FOR HIS KINGDOM." BECKY KEILEN

From conducting neighborhood Bible studies to ministering in maximum security prisons, life-on-life discipleship is an eternally impactful calling. In this class, listen to ladies who share about the JOY program and what it's like to do ministry in state prisons. Meet inspiring women who have given their lives to making disciples in their communities. Hear the stories of courageous women who left their western homes to share the gospel with those who have never heard about Jesus. Ministry looks different for everyone, but as you hear testimonies from the lives of others, you will catch a vision for where God may be calling you to serve in the future.

INSTRUCTORS:



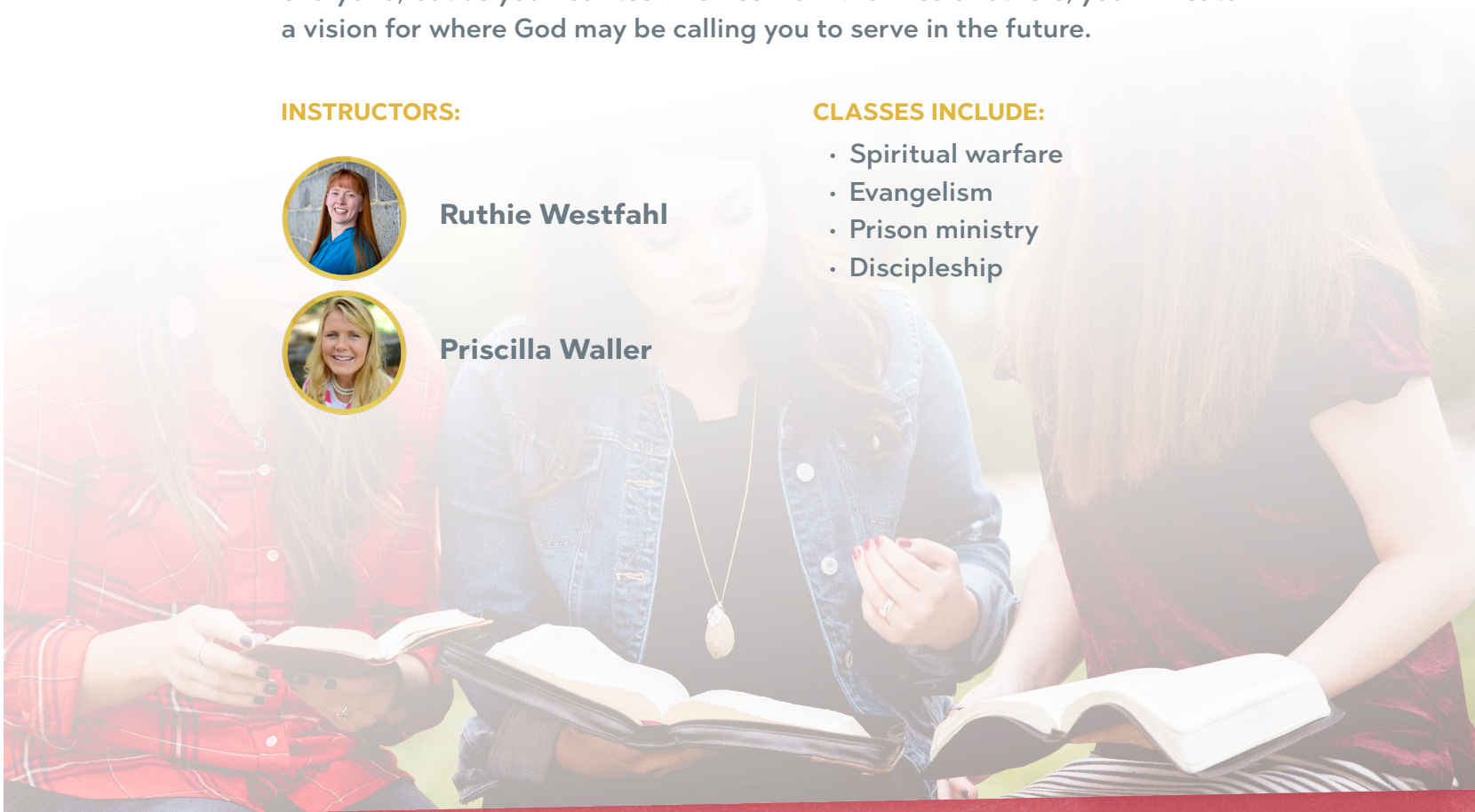
Ruthie Westfahl



Priscilla Waller

CLASSES INCLUDE:

- Spiritual warfare
- Evangelism
- Prison ministry
- Discipleship





DISCIPLESHIP

“ . . . WHAT THINGS WERE GAIN TO ME, THOSE I COUNTED LOSS FOR CHRIST. YEA DOUBTLESS, AND I COUNT ALL THINGS BUT LOSS FOR THE EXCELLENCY OF THE KNOWLEDGE OF CHRIST JESUS MY LORD . . .” PHILIPPIANS 3:7-8

Food is a fuel. It has the potential to give us energy to make the most of our days, or it has the potential to make us feel poorly. So what does it take to feed ourselves, our families, our friends, and our guests in a healthy, affordable, and delightful way? We'll share ideas on adapting meals for restricted diets and food intolerances, and we'll share tips on how to plan, prepare, and serve meals that are both nourishing and beautiful.

INSTRUCTORS:



Taryn & Mirren Martin



Bethany Ferraro

CLASSES INCLUDE:

- Rekindling your private devotions
- Journaling with purpose
- Discussing identity in Christ
- Exploring Proverbs 31

BASIC HOME & VEHICLE MAINTENANCE

Do you know what to do when your dashboard flashes an unusual message? Or what about when plumbing or electrical problems surface in your home? Our first response is usually panic. But, as you learn the basics of car maintenance and tips for basic home care, you'll have a framework of knowledge and some simple action steps for when those mini emergencies arise.

LANDSCAPING & GARDENING

Let's get outside in God's creation. We'll get our hands dirty as we learn how to transform the fruit of the ground into resources that nourish our bodies and bring beauty to our eyes. Classes include basic landscaping, as well as basic vegetable and flower gardening.

SEWING

From learning mending and tailoring, to completing basic sewing projects, sewing is an essential skill! Classes include reading patterns, basic mending, and basic tailoring.

BASIC FIRST AID

Life is full of challenges and surprise events. You never know when you may be called to lend a hand in an emergency situation. Learning from certified EMT's, you will walk away with a basic knowledge of First Aid and be able to feel more prepared the next time an unexpected scenario occurs.

“THAT YE MIGHT WALK WORTHY OF THE LORD UNTO ALL
PLEASING, BEING FRUITFUL IN EVERY GOOD WORK,
AND INCREASING IN THE KNOWLEDGE OF GOD.”

COLOSSIANS 1:10

LEARN MORE AT
iblp.org/excel

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