

# Nourish & Strengthen

## Redefining the Multitudes - 2015 Sunday School Curriculum

To be implemented with new April 2015 four hour Sunday block schedule.

Class	Synopsis	Church Credits
Yearning for Yoga (Women)	The ideal class for the overwhelmed LDS mom. Come, do some downward dog, and get your body and soul uplifted.	2.5
Manrichment (Men)	Feel left out when your wife goes to Enrichment Night? Come to this men-only class to talk deep doctrine not relevant to your salvation, BYU sports, and grilling for ward & scouting activities.	2
Become a 9 Cow Wife	If you still dream of becoming that 8 cow wife from Johnny Lingo, this class is for you. Only we upped them by 1 cow. 9 traits for cool wives.	3
Sharing the Gospel on Social Media	Implement the tricks used by online missionaries! Learn how to do everything but baptize someone using social media.	2.5
Menace to Society: Dating in the 21st Century (Singles 25 & Older)	If you're older than 25 and single... you know the drill. Learn how to find a celestial soul-mate using Tinder, munch and mingles, and even the grocery store.	2
Doubt Your Doubts Before You Doubt Your Scouts	Wanna be the "cool" scout leader? Come to this class to learn how to make all the young men in your ward think you can do any and everything with your bare hands and a piece of rope.	2
More Precious Than Rubies: Expressing Emotion (Men)	If you think that baking and sewing is for the sisters, this class is for you. Learn how to get in touch with with your emotions and be able to share them with real people.	2.5
Church Ball: Keeping it Clean	If you look forward to Stake basketball so you can get even with Brother Holmes, you <b>need</b> to attend this class. Learn how to ball like a baller while keeping out of the Stake President's office.	3
Dairy For Doomsday	Do you consider those old cans of tuna your food storage? Get ready for the zombie apocalypse with this informative food storage and doomsday preparation class.	2.5
Pioneer Living	You think you've got it hard when your tire blows out? Please. Your great great grandma ate the family pet while crossing the plains. Learn how to make the best of a tough situation with this informative class taught by actual pioneers that walked uphill, in the snow all the way across the western plains.	3.5
HT/VT Tips & Tricks	Hate that awkward silence during a home teaching visit? Having a hard time getting a hold of your assigned sisters? Come learn how the pros do it every month, and report ON TIME.	2