

Suggested Spiritual Enrichment Activities for Meetings

Life Stories or Spiritual Histories – each Daughter writes her own story or history to present to her Chapter. Allow 30 to 60 minutes for each presentation. This is a confidential sharing and bonding activity that will require several months.

Review the DOK Chapter Handbook. Free and revealing. One to two hours.

Plan a **silent or directed retreat** at Villa de Matel or the Cenacle in Houston for one or more days. There are many other retreat centers of many denominations and faiths in and around the diocese. Camp Allen is great if there is space although it is usually booked up far in advance. It doesn't hurt to check for a slow weekend.

Ask your **priests and deacons** to come to a chapter meeting to reveal their seminary experience and how they were called to ministry.

Visiting another chapter's meeting is also an option but be sure to arrange this in advance so as not to interrupt the chapter's meeting or interfere with the chapter's planned programs.

Consider having a **fellowship celebration** once a year where minimal business is conducted and the remainder of the time is spent in fellowship at someone's home or a restaurant.

Organize a Quiet Day with a 1) spiritual exercise such as the labyrinth or praying the Anglican or Catholic rosary or 2) with a workshop led by an invited speaker presented for your entire church and nearby churches. Consider including a Eucharist and lunch. Present it as a gift to your Church as well as your chapter.

Go to a **labyrinth** with a planned program for your chapter.

Plan 1-5 minutes of **silent prayer** at every chapter meeting.

Check in with your sister Daughters at every chapter meeting, 1 minute maximum per person unless there are unusual circumstances.

BOOKS / LITERATURE

Everybody's Normal Till You Get to Know Them – John Ortberg. This is widely available in bookstores
An Introduction to Christianity: A First Millennium Foundation for Third Millennium Thinkers, 2nd Ed.

– Rev. Samuel R. Todd, Jr. This book is available from Amazon. Discussion questions available at:

[Open Document](#)

Return of the Prodigal Son – Henri Nowen. This book is available from multiple sources. The poster by Rembrandt is available on line. Discussion questions available at: [Open Document](#)

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Hinges of History (6 Book Series) - Thomas Cahill. This is widely available in book stores, 2 listed below.

- **The Gift of the Jews: How a Tribe of Desert Nomads Changed the Way Everyone Thinks and Feels** – Thomas Cahill. The book is available from multiple bookstores, 1 of 6 hinges of history.
- **How the Irish Saved Civilization** - Thomas Cahill. This is widely available in stores, 1 of 6 hinges of history.

God Is Closer Than You Think: This Can Be the Greatest Moment of Your Life Because This Moment Is the Place Where You Can Meet God - John Ortberg. This is widely available in book stores.

What's So Amazing About Grace – Philip Yancy. This book and separate discussion questions are widely available in book stores.

The Changing Face of God – Frederick W. Schmidt, editor. This is widely available, discussion questions for each chapter.

The Workbook of Living Prayer – Maxie Dunnam. This is widely available in book stores, a workbook, perform a week's exercises over a month and use the weekly meeting as your monthly facilitator's guide, VCR video is hard to get, not being produced any longer, look at resale sites for it (DVD never produced).

Praying Deeper – Rev. Michael Gemignani. Reflection questions for discussion for each chapter.

Bible Women: All Their Words and Why They Matter - Lindsay Hardin Freeman. This is available from Forward Movement, includes reflection questions for each woman or group of women. Suggestions for how to use the book are available from Annette Matthews. A great resource book as it can be used at times when a chapter is between planned spiritual enrichment activities or when an emergency interferes with a planned meeting. Just pick a chapter and run with it.

In the Beginning: A Video Curriculum Exploring the Catechism of Creation **A Catechism of Creation: An Episcopal Understanding** study guide. This is available for free on line from Forward Movement, The videos can be downloaded at <http://tinyurl.com/IntheBeginningVideos> or viewed on the YouTube channel at <http://tinyurl.com/h2l2ux5>

Religion and Science: Pathways to Truth – Moderated by Dr. Francis S. Collins. Videos and workbook check with Christian resources at <https://www.wesleyseminary.edu/wesley%20ministry%20network/religion-and-science/>

Celebration of Discipline: The Path to Spiritual Growth – Richard Foster and **Celebrating the Disciplines: the Workbook** – Richard Foster. This is widely available in book stores. **Celebrating the Disciplines: A Journal Workbook to Accompany "Celebration of Discipline"** – Richard Foster. This is widely available in book stores.

Streams of Living Water: Celebrating the Great Traditions of Christian Faith – Richard Foster. This is widely available. **A Spiritual Formation Workbook - Revised edition: Small Group Resources for**

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Nurturing Christian Growth – James Bryan Smith. This is the workbook that follows Foster’s book and is widely available.

You Only Die Once: Preparing for the End of Life with Grace and Gusto - Margie Jenkins .

Revealing Heaven: The Eyewitness Accounts That Changed How a Pastor Thinks About the Afterlife – Rev. John W. Price,. This is widely available in book stores.

Sex, Sacrifice, Shame, & Smiting: Is the Bible Always Right? – Donald Kraus. This is widely available. Discussion questions available at: [Open Document](#) and Forward Movement.

Forgiven and Forgiving – L. William Countryman. This is **not** widely available, check at Forward Movement. Discussion questions available at: [Open Document](#) and Forward Movement.

Please, let the current Diocesan President know if any of these resources become unavailable.

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