

The JDOK Metamorphosis Journey: The Caterpillar Years



caterpillar

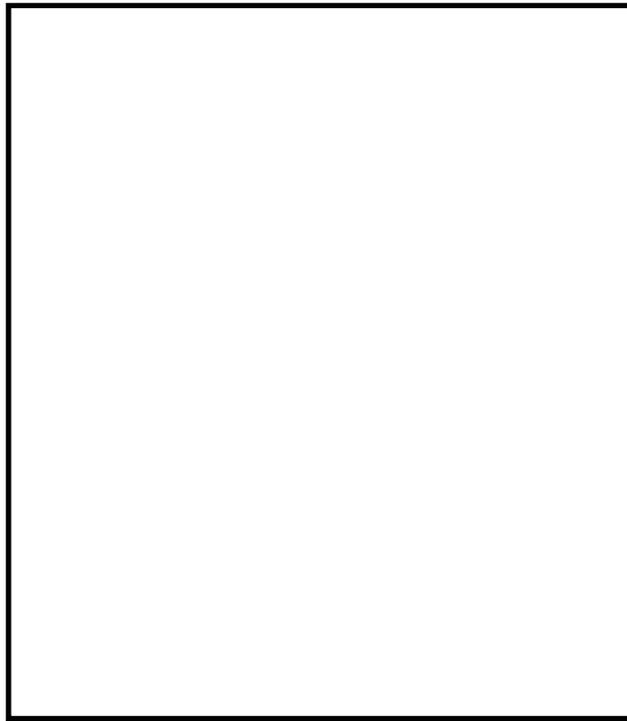
Year A: Honoring Our Baptismal Promises



Written for JDOK chapters everywhere by JDOK Directress, Adelle Muller-McKinstry and JDOK Leader Paige Akard.

Edited by Lissette Smead.

This book belongs to:



Signature of Junior Daughter Caterpillar

CATERPILLAR, *noun* A small fuzzy creature with many legs that changes to become a butterfly.



Caterpillar

Year A: Honoring Our Baptismal Promises

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For His Sake



Before we begin our Chrysalis journey together, let's review what it means to be a JDOK. The mission of the Order of the Daughters of the King is the extension of Christ's Kingdom through prayer, service and evangelism. This means that as **JDOK** we try to **show Christ's love to the world**. How do we do that? We **pray**, we **serve**, and we **tell** others about Christ. When a young woman decides to join the Junior Daughters of the King, she receives a cross inscribed with *FHS*, which reminds her that her daily actions should always be **For His (Christ's) Sake**.

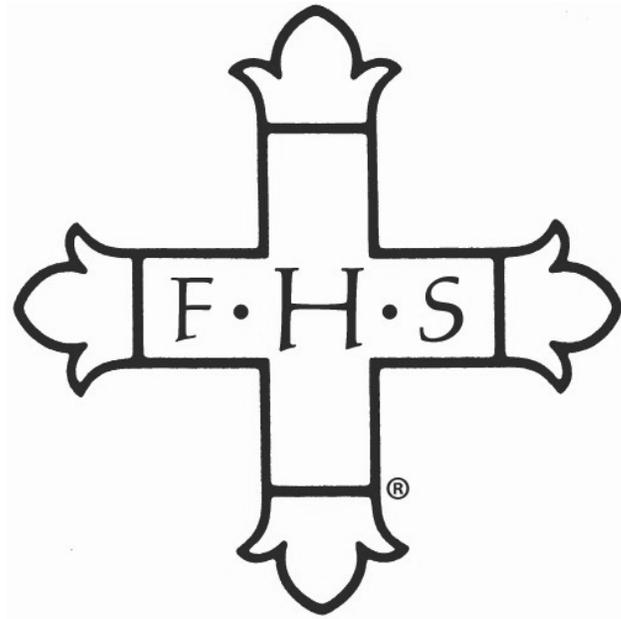
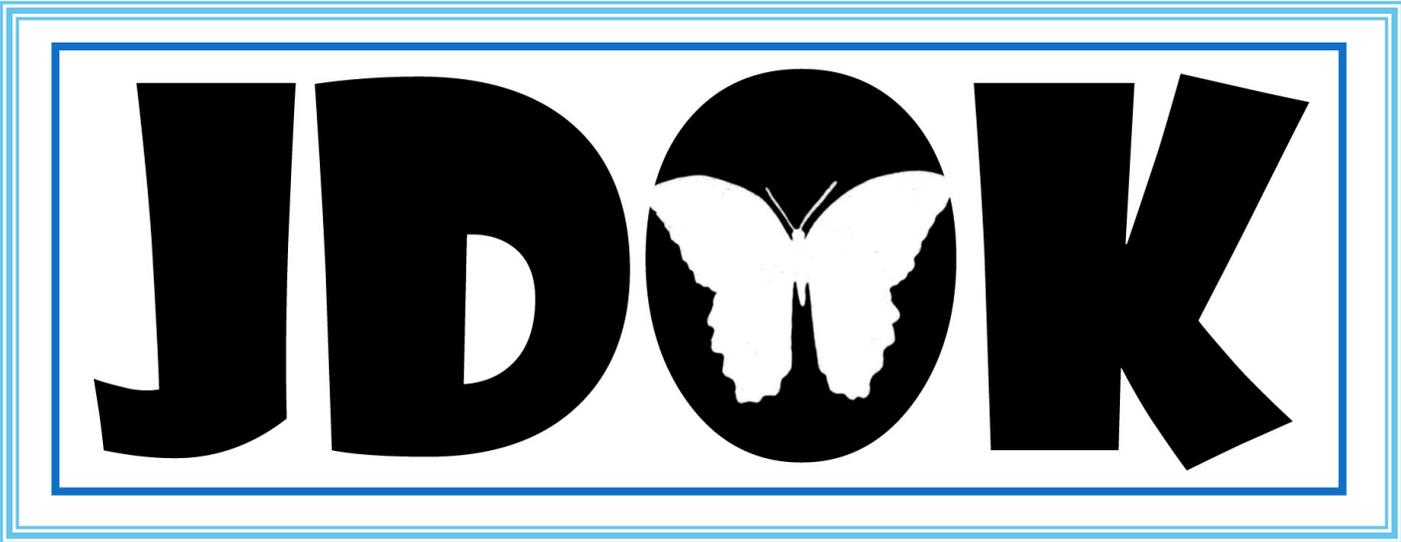
JDOK RESOURCES

National Publications

- *Primary Study Guide*: 8 lessons to help a girl 7-12 understand what it means to become a JDOK
- *Leader Study Guide*
- *JDOK Handbook*: in-depth information about the order, services, policies, as well as useful resources
- *Work Among Girls*: an inspirational piece written by the founding mother of JDOK

National Website

www.doknational.com/junior_daughters





ALL THINGS JDOK

JDOK PRAYER

God of Love, God of Life, God of Holy Strength, guide us, that by our daily practice of prayer and service we may draw others to Christ. Help us to reach up in hope, receive in spirit, respond in faith and reach out in love for all. We pray that your Kingdom will come for all creation, all people living together in love and peace. FOR HIS SAKE. AMEN.

THE JDOK MOTTO

For His Sake

I am but one,

But I am one.

I cannot do everything,

But I can do something.

What I can do,

I ought to do.

What I ought to do,

By the grace of God, I will do.

Lord, what will you have me do?

Did you know that blue and white are the colors of JDOK?

Blue is the color for Mother Mary.

White is the color of rejoicing,

THE JUNIOR DAUGHTERS HYMN "O Jesus I Have Promised"

O Jesus, I have promised to serve Thee to the end; Be Thou forever near me, my Master and my Friend; I shall not fear the battle if Thou art by my side, Nor wander from the pathway if Thou wilt be my Guide.

O let me hear Thee speaking in accents clear and still; Above the storms of passion, the murmurs of self will. O speak to reassure me, to hasten or control; O speak, and make me listen, Thou Guardian of my soul.

O Jesus, Thou hast promised to all who follow Thee, that where Thou art in glory there shall Thy servant be. And Jesus, I have promised to serve Thee to the end; O give me grace to follow, my Master and my Friend.

THE EPISCOPAL CHURCH HYMNAL 1982
NO. 655 'O JESUS I HAVE PROMISED' SUNG TO
NO. 525 'THE CHURCH'S ONE FOUNDATION'

JDOK LITANY

Leader: Dear heavenly Father, we thank you for your love for us; be with us as we pray.

All: In the name of the Father, and of the Son and of the Holy Spirit.

For your constant care through day and night,
We thank you, Lord.

For our homes, our teachers and our friends,
We thank you, Lord.

For time to serve, to pray, and to play,
We thank you, Lord.

That we can talk to you as our dear Friend, and know you are listening,
We thank you, Lord.

That we may love, obey, and serve you every day,
May the Holy Spirit teach and lead us.

That the members of our church family may grow more and more like Jesus,
May the Holy Spirit teach and lead us.

That we may be faithful to our vows as daughters of Christ, our King,
May the Holy Spirit empower us.

That we may support our priest(s) _____, and our bishop(s) _____
_____, in the work of spreading your Kingdom,
May the Holy Spirit empower us.

That the President of the United States, the governor of this state, and the judges and officers of our community may be just and wise,
Please bless and guide them, Lord.

That people in our community and all over the world may know Jesus Christ,
Help us to reach out to them in love, and show that we care.

For those among our families and friends who are sick or in trouble,
We ask for your healing and peace.

(Time may be given here for the specific prayers of those present.)

And now, Almighty God, Father, Son and Holy Spirit, with praise for who you are, and thanksgiving for all you do for us,
We offer you ourselves, all that we are, and all that we will be. Amen.



The original cover to the JDOK Handbook.

JDOK Daily Devotions

Like all good habits, the practice of prayer and Biblical study requires a commitment, specifically a daily commitment of a short amount of time at a particular time of day. Will you commit the first ten minutes of your day to be with God in prayer and learning?

BEGIN: Prepare your heart for prayer:

Open my lips, O Lord, and my mouth shall proclaim your praise. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence and take not your holy Spirit from me. Give me the joy of your saving help again and sustain me with your bountiful Spirit. Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen. – from Psalm 51: BCP p137

READ: Open your Bible and read it for at least five minutes. Read consecutively—verse after verse, chapter after chapter. Don't rush; don't stop to do a study of a word, thought or theological problem. Read for the joy of reading and allow God to speak. Use a guide such as Day by Day or a Bible reading plan to guide you through the scriptures.

PRAY: After God has spoken to you through His Book, speak to Him in prayer. Use the prayer beads to remind you of the elements of prayer that Jesus taught us to pray.



Praying with ACTS Prayer Beads **



The Cross: Glory to the Father and the Son and to the Holy Spirit. Amen

The Invitatory Bead (lion bead): The Lord is my light and my salvation. – Psalms 27:1

Cruciform Bead (dolphin bead): Lord, hear my prayer.

Adoration (giraffe bead): Name something wonderful about God.

Confession (rhino bead): Tell God something that you wish you hadn't done, or something that you didn't do, but wish you had done.

Thanks (turtle bead): Tell God something you are thankful for.

Intercession (elephant bead): Pray for someone else's needs.

Petition (fish bead): Ask God for help with your needs.

Cruciform Bead (dolphin bead): The Lord's Prayer

The Invitatory Bead (lion bead): This is the day that the Lord has made. We will rejoice and be glad in it. -Psalm 118:24

The Cross: I bless the Lord. Thanks be to God.

CLOSE:

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling

** To make a set of ACTS prayer beads, use the same beading instructions from page 12, but instead use 7 plastic animal beads per girl with 3 spacer beads between each animal.

JDOK Prayer Beads

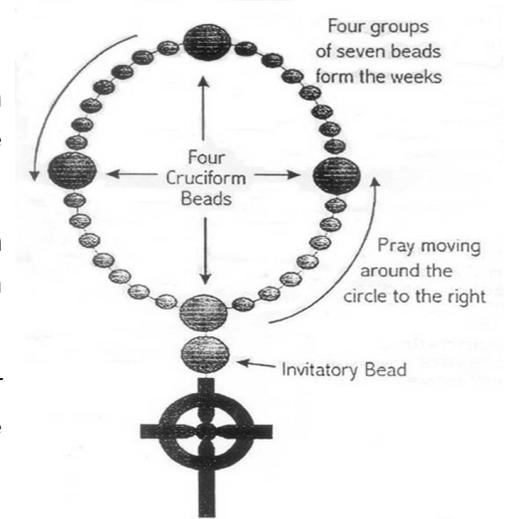
As JDOK Girls, we want to internalize our motto and prayer. Using prayer beads helps us focus on God and our JDOK promises while we pray.

Anglican Rosary Beads

Anglican prayer beads consist of 33 beads, one for each of the years that Jesus walked the Earth. The 33 beads are divided into four sections of seven beads each, called "weeks."

The number seven symbolizes the number of days in creation as well as the temporal week. There are also seven seasons in the church year and seven sacraments.

The four cruciform beads that separate the "weeks" for the four points of a cross. The invitatory bead, strung just above the cross, invites us into the presence of God.



A JDOK Prayer

The Cross: Glory to the Father and the Son and to the Holy Spirit. Amen

The Invitatory: The Lord is my light and my salvation. – Psalms 27:1

The Cruciform: Lord, hear our prayers.

The Weeks Bead (Pray one line per bead)

God of Love,

God of Life,

God of Holy Strength,

Guide us, that by our daily practice of prayer and service we may draw others to Christ.

Help us to reach up in hope, receive in spirit, respond in faith and reach out in love for all.

We pray that your Kingdom will come for all creation, all people living together in love and peace.

For His Sake. Amen

Invitatory Bead

The Lord's Prayer

The Cross

Let us bless the Lord.

Thanks be to God.

Julian of Norwich Prayer

The Cross:

In the Name of God, Father, Son, and Holy Spirit. Amen.

The Invitatory

O God make speed to save me (us),
O Lord make haste to help me (us),
Glory to the Father, and to the Son, and to the Holy Spirit: As it was in the beginning, is now, and will be forever. Amen.

The Cruciforms

God of your goodness, give me yourself,
For you are enough to me.
And I can ask for nothing less that is to your glory.
And if I ask for anything less, I shall still be in want, for only in you have I all.

The Weeks

All shall be well, and all shall be well,
And all manner of things shall be well.

Or

In His love He has done His works, and in His love He has made all things beneficial to us.

Invitatory Bead

The Lord's Prayer

The Cross

I bless the Lord.

Or, in a group setting: Let us bless the Lord.
Thanks be to God.

More Rosary Prayers

Come Lord Jesus Prayer

The Cross:

"Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen."—Revelation 7:12

The invitatory:

"God is our refuge and strength, a very present help in time of trouble."—Psalm 46:1

The Cruciforms:

"Bless the Lord, O my soul, and all that is within me, bless God's Holy Name."—Psalm 103:1

The Weeks:

"Come Lord Jesus, draw us to yourself."—John 12:32

Invitatory Bead

The Lord's Prayer

The Cross

I bless the Lord.

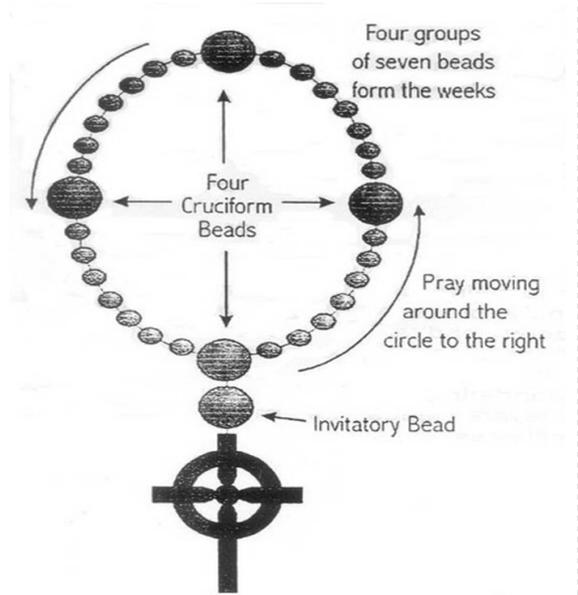
Or, in a group setting: Let us bless the Lord.
Thanks be to God.

INSTRUCTIONS FOR MAKING PRAYER BEADS:

MATERIALS:

- 1 cross
- 1 invitational bead – size 10-12 mm.
- 4 cruciform beads – size 8–10 mm.
- Weeks beads - 6–8 mm.
- Spacer beads - seed beads
- Beading thread
- Size 10 beading needle
- Hypo cement or non-water soluble glue
- Small scissors
- Clothespin or small clamp

1. Cut a four-foot length of beading thread. Thread needle and bring both ends of thread together to form a double strand. Place clothespin or small clamp at the end, leaving about a 4-inch tail.
2. String the cross and move it down to the clothespin or clamp. String the stem of the rosary in the following order: 5 seed beads, 1 invitational bead, 5 seed beads, 1 cruciform bead.
3. String the path of the rosary in the following order: 3 seed beads, 1 weeks bead. Continue until there are 7 weeks beads on the thread. Add cruciform bead, then repeat until all weeks and cruciform beads are strung, ending with 3 seed beads.
4. Bring the needle back down through the *first* cruciform bead strung and through *all the remaining beads* on the rosary's stem. The needle and thread should exit the first seed bead strung in step 1. (This closes the rosary.) Pass the needle back through the cross so that both thread tails exit at the same side of the cross and lying side by side.
5. Remove the clamp. Pull threads to draw the beads snug. With both thread tails, make a surgeon's knot around the top of the cross in the following manner:
 - *Hold tails in your right hand and the rosary in the left. Bring the tails over the rest of the thread (right over left), forming a loop that captures the cross. Pass the tails through the loop and out twice. Pull the knot tight and snug against the cross.
 - *Pass the tails through the loop again in the *opposite* direction (left over right) once. Pull tight.
6. Rethread the tails – one strand at a time - and draw the needle and tails back through the first 5 seeds beads strung in step 1 and back through the invitational bead. Clip thread close to the invitational bead. Thread remaining tail and repeat. Place a small drop of hypo cement on the knot. Let dry.



GRATITUDE BEADS: A Joyful Way to Pray



Gratitude Beads are simple and subtle reminders to find things to be grateful for throughout your day. Living a life of gratitude will return more into your life. Whatever you focus on, whatever you give attention to, will be returned to you. In order to have abundance, you must be grateful for the big and small things in your life.

Use these as prayer or meditation beads; hang them on a keyring, in a window or clipped onto a belt or purse. Remember 10 GOOD THINGS in your life every day and remember that you are loved!

CREATOR: (1 large bead) **PEOPLE :** (3 medium beads) **LITTLE THINGS OR EVENTS :** (6 small beads)

HOLY STITCHING



Any knit pattern can be turned into a prayer. A prayerful washcloth is a simple way to begin prayer knitting. Furthermore, dishcloths offer an opportunity to open a dialog about how any task, humble or great, can be done to God's glory. Prayer, service, and evangelism all through knitting.

Materials: cotton yarn; Size 6 or 7 needles (US)

Instructions:

Cast on 3 stitches

Row 1: Knit 3

Row 2: Knit 2, kfb, knit to the end

Row 3 and 4: Repeat row 2 until 6 stitches on needle

Row 5: Knit 3, yarn over, knit across the row. AS YOU STITCH THE FIRST THREE STITCHES SAY, "**IN THE NAME OF THE FATHER, SON AND HOLY SPIRIT.**" AT THE YARN OVER SAY, "**BLESS the name of the person you are praying/knitting for.**"

Repeat Row 5 until you have 44 stitches on the needle.

Next row: Knit 1, Knit 2 together, yarn over, knit 2 together, knit to the end of the row.

Repeat above until you have 6 stitches on the needle.

Next row: K1, K2tog, K until the end of the row; continue this pattern until you have 3 stitches on the needle.

Finishing: Either bind off or do a round of single crochet and make a little loop of chain stitches in one corner so you can hang the cloth to dry when you are finished using it.

For more holy stitching ideas visits:
www.shawlministry.com

For knitting and crochet ideas visits:
www.ravelry.com

For knitting tutorials and on-line yarn visit:
www.knitpicks.com

THE FEAST OF HOLY INNOCENTS

Celebrated on December 28, **The Feast of the Holy Innocents** (Matthew 2:1-12) is a time for honoring and serving children, especially children in physical or spiritual need. While there are many ways to help, this year we are going to have A PAJAMA PARTY!! There is no reason why we can't have fun while we help. So grab your jammies, teddy bears, blankies and midnight snacks, and get ready to SERVE God's children.

JDOK only celebrates two feast days, in the year, yet there are many feast days or special days in the church year. Why do you think this is?

What did you do differently this day? How was it special? Describe how you spent your day:

No-Sew Prayer Blankets

A handmade blanket not only provides warmth, but also a sense of love and security. Children's hospitals, nursing homes, and homeless shelters are a great place to donate blankets. Local chapters of Project Linus can help with distribution of blankets: <http://www.projectlinus.org/>

SUPPLIES & TOOLS:

- Fleece – 2 yards each of two coordinating prints, or a print and a solid
- Scissors or rotary cutter and mat
- Ruler

DIRECTIONS:

1. Layer the two pieces of fleece and cut a 56"x70" rectangle.
2. Cut a 7" square out of each corner of both pieces of fleece.
3. Make fringe around all sides of both pieces by cutting 7" into fleece at 1" intervals.
4. Place fleece rectangles wrong sides together.



ACTIVITY: Cards

SUPPLIES:

- White cardstock
- Stamps and stickers
- Markers
- Small safety pins
- Curling ribbons

INSTRUCTIONS:

1. Allow the girls to decorate and personalize the front of the pre-printed prayer cards.
2. Punch a hole in the upper left corner of the card, thread ribbon through the whole and attach to the prayer blanket with a safety pin.
3. End by praying for the children, the HOLY INNOCENTS, who are hurting in this world, especially those who will receive the prayer blankets.



PRAYER FOR THE HOLY INNOCENTS: Almighty Father, we come before You to pray for all children who are physically and emotionally abused, neglected, lonely, unloved, hungry, afraid, kidnapped, missing, and victimized by natural disasters and war. You know each one by name and You see their suffering and pain. Protect us all 48 Father, from harmful and dangerous situations. Fill our lives with the joy of Your presence and grant us hope for a better life believing in Your Son and in our infinite value to You. Through Jesus Christ our Lord we pray. Amen.



1. The front of the cards were decorated by JDOK with markers, stamps and stickers.

This blanket was made just for

YOU

To bring you

COMFORT

To remind you that you are

LOVED

To share in your

JOY

This blanket is to wrap you up

When you're cold

When you're hurting

When you need to

SNUGGLE

2. The inside left of the card was printed with a prayer of encouragement.

With

BLESSINGS

With

LOVE

With

PRAYERS

The girls and young women from
St. Mary's Episcopal Church
Junior Daughters of the King

3. The inside right was printed with a greeting. The back had the church's contact information.

THE FEAST OF THE PRESENTATION

Celebrated on February 2, **The Feast of the Presentation (Luke 2:22-40)** is a time to commemorate the presentation of Jesus at the temple. It is a time to present ourselves as living sacrifices to God. One of the ways that we dedicate ourselves to God is to talk to him, **PRAY!** To honor God and our walk with him, this Feast of the Presentation we will build a **PRAYER LABYRINTH**



A group of JDOK girls from the Diocese of Texas are walking a labyrinth that they made out of painter's tape. As they approached the center

A prayer labyrinth is not a maze with paths which aim to confuse; rather a labyrinth is a one-way path to and from the center of a pattern; an ancient Christian tool for meditation and prayer, the labyrinth has no dead ends. While walking slowly and breathing deeply, the labyrinth pilgrim is invited to offer God a prayer, a question, thanksgiving or to seek guidance. Think of the labyrinth as a short prayer walk.

BUILDING PRAYER LABYRINTH

MATERIALS:

- Your imagination
- 1 rock per girl
- Paint or sharpies for

decorating rocks

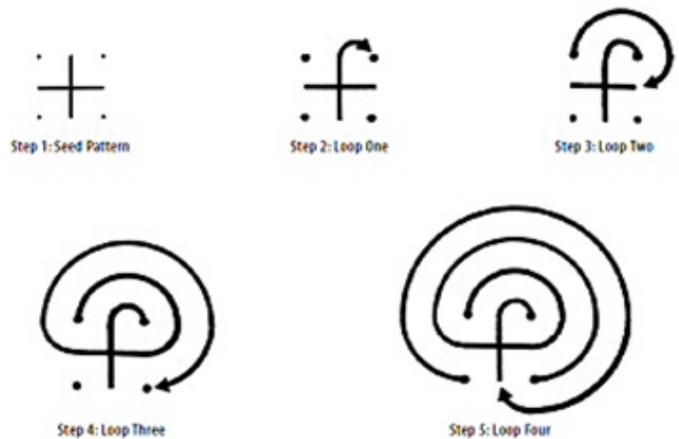
- Painter's tape, pine needles, sand or rope

INSTRUCTIONS:

Making a labyrinth can be lots of fun. Using the diagram to the left, make a labyrinth out of simple objects such as painter's tape taped to the ground; pine needles or sand that you and your JDOK friends rake into the shape of a labyrinth.

After you make the labyrinth shape, walk the path carrying a rock on which you have written a care or worry that you would like to give to the Lord.

DRAWING A CLASSICAL THREE CIRCUIT LABYRINTH



For more information:

<http://www.rethinkingyouthministry.com/2011/08/create-your-own-outdoor-labyrinth.html>
<http://www.labyrinthos.net/layout.html>
<http://labyrinthosociety.org/make-a-labyrinth>

WALKING A PRAYER LABYRINTH

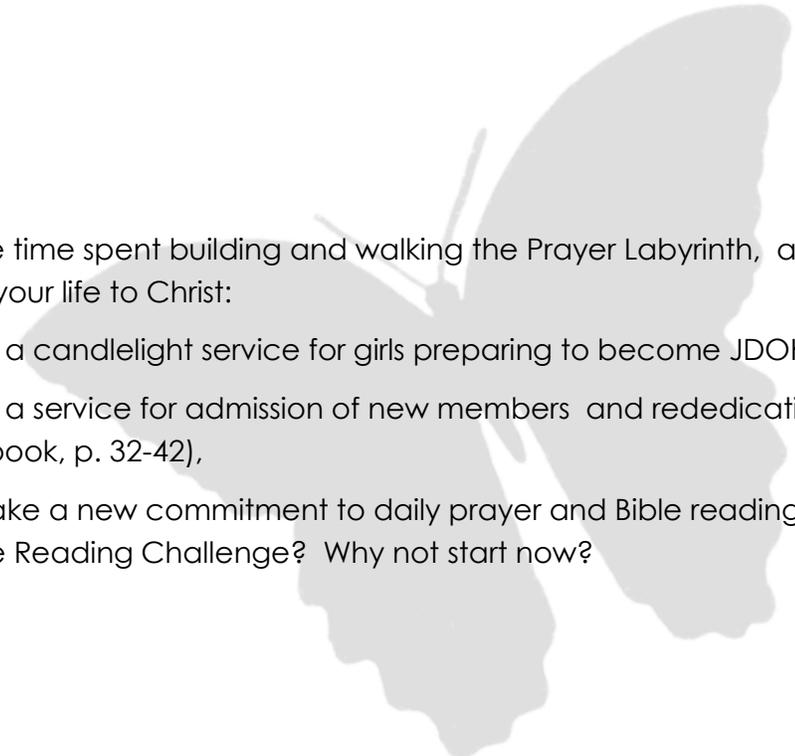
While walking inward, toward the center, let go of worries or thoughts which separate you from God.

At the center, pray, reflect, and breathe.

Walking outward, from the center to the exit, consider your relationship with others and with nature – all in the light of our relationship with God.

PRAYER FOR THE FEAST OF THE PRESENTATION: Dear Heavenly Father, we thank You for allowing us the privilege to serve You. With humble hearts we present to You this day these our children for Your use. We pray that You will consecrate them to Your service and cover them with Your grace that they may be a blessing to all they meet each day. Let their lives be a mirror of the life of Your dear Son, our Lord and Savior, Jesus Christ, who lives and reigns with You and the Holy Spirit, one God forever and ever. Amen.

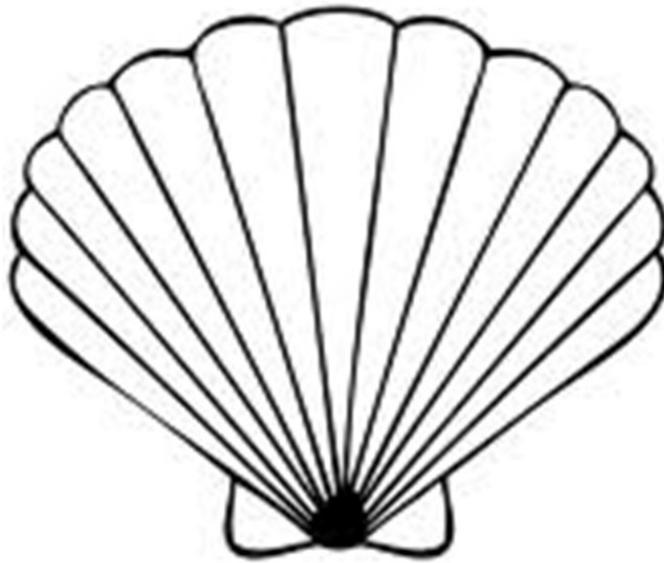
In addition to the time spent building and walking the Prayer Labyrinth, also consider some other ways to present your life to Christ:

- Participate in a candlelight service for girls preparing to become JDOK - (JDOK Handbook, p. 22)
 - Participate in a service for admission of new members and rededication of current members (JDOK Handbook, p. 32-42),
 - Decide to make a new commitment to daily prayer and Bible reading. Have you started the Chrysalis Bible Reading Challenge? Why not start now?
- 



Caterpillar

Year A: Honoring Our Baptismal Promises



| | |
|---|--|
|  | Caterpillar Year A: Honoring Our Baptismal Promises |
|  | Caterpillar Year B: Becoming Fishers of Men |
|  | Caterpillar Year C: Following the Good Shepherd |

Welcome to JDOK Caterpillar Year A.

We are going to have so much fun as we grow together with God! This year, we are going to focus on learning about the basics of our faith: prayer, God's gifts to us, as well as his commands for us. We will learn the Lord's Prayer, the 10 commandments, baptismal promises, as well as a small piece of Morning Prayer. WHEW!! Each month, we will do activities together and with our families, that will help us practice putting God's word in our heart and serving others.



We hope that every girl will have special JDOK fellowship and community time at our monthly meetings, but don't worry if you miss a month. Everything you need to remember is right here in this book. If you miss a meeting, work on your memory verse, song, and secret service project at home with your parents. Write or draw about your service or special prayers in the secret service box. At the very end of the book, you will find check sheets for keeping track of your accomplishments as well as a Bible challenge. Celebrate your accomplishments and enjoy the journey!

Lesson One

MEMORIZE: THE JDOK MOTTO

For His Sake
I am but one,
 But I am one.
I cannot do everything,
 But I can do something.
What I can do,
 I ought to do.
What I ought to do,
 By the grace of God, I will do.
Lord, what will you have me do?



Complete Study Session 1
from JDOK Primary Study
Guide, "Baptism".

MEMORIZE:

PRAYER BEFORE BAPTISM

"There is one Body and one Spirit; There is one hope in God's call to us; One Lord, one Faith, one Baptism; One God and Father of all."

BCP 299

SECRET SERVICE: When you are baptized, you are marked as Christ's own forever. Make a set of JDOK Prayer Beads (page 10). Use them to talk to God and thank Him for accepting you as a member of God's family.

Lesson Two

Pssst... I bet if you pray this prayer every night before bed , you will have it memorized by the next meeting!

MEMORIZE JDOK PRAYER

God of Love, God of Life, God of Holy Strength, guide us, that by our daily practice of prayer and service we may draw others to Christ. Help us to reach up in hope, receive in spirit, respond in faith and reach out in love for all. We pray that your Kingdom will come for all creation, all people living together in love and peace. FOR HIS SAKE.
AMEN.

Baptismal Promises

With your JDOK leader read the promises (covenant) made at baptism in the BCP p. 304-305. Draw a picture of one of the promises that we make at baptism:

SECRET SERVICE: One of the baptismal promises that we make is to “seek and serve Christ in all persons.” By caring for church members who are unable to attend church or are lonely or in need, we can honor this promise. With a parent’s help, make a treat for someone at church who is lonely or in need, and bring it to them. How did they respond? Draw a picture of how you served Christ in all persons:

Lesson Three



Complete Study Session 3, "Talking with God" from the Primary Study Guide.

SING: THE JDOK HYMN v. 1

O Jesus, I have promised to serve Thee to the end; be Thou forever near me, my Master and my Friend; I shall not fear the battle if Thou art by my side, nor wander from the pathway if Thou wilt be my Guide.

THE EPISCOPAL CHURCH HYMNAL 1982
NO. 655 'O JESUS I HAVE PROMISED' SUNG TO
NO. 525 'THE CHURCH'S ONE FOUNDATION'

MEMORIZE: THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

SECRET SERVICE: There are lots of ways to talk to God and lots of things to talk to God about. Sometimes, it is easier to ask God for things than thank him for life's blessings. Use your strand of gratitude beads (lesson 1) every day for a week to thank God for all the blessings in your life. Draw a picture of one thing that you are grateful for:



Lesson Four



Complete Study Session 4, "Getting to Know the Holy Spirit" from the JDOK Primary Study Guide.

MEMORIZE: THE FRUITS OF THE SPIRIT

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

- Galatians 5:22-23

SECRET SERVICE: Simple acts of service can show God's love (a fruit of the Spirit!). Washing dishes is an important task to keep the home running. Ask mom or dad to teach you how to properly wash dishes and commit to helping wash dishes 1 meal a day for a week. How did you feel as you served your family? Draw a picture or write a story about serving your family:

Lesson Five



MEMORIZE: JOHN 15:12

My command is this: Love each other as I have loved you.

The Ten Commandments

1. ONLY 1 God.
2. Have NO idols.
3. Do not say God's name in vain.
4. Keep the Lord's day holy.
5. Honor your father and mother.
6. Do NOT hurt anyone.
7. Do NOT commit adultery.
8. Do NOT steal.
9. Do NOT lie.
10. Do NOT want what someone else has.

THE FEAST OF HOLY INNOCENTS

Celebrated on December 28, **The Feast of the Holy Innocents** (Matthew 2:1-12) is a time for honoring and serving children, especially children in physical or spiritual need.

SECRET SERVICE: In both the Old and New Testament, we are taught rules that teach us how to live. After the command to love God, Jesus says that the most important rule is to love others. As we honor the *Feast of the Holy Innocents*, find a way to show God's love to hurting children in your town. With your family, donate toilet paper or canned goods to a local charity. Can you think of a different way to serve children? How did you serve hurting children today? Draw or write about how you showed love to others.

Lesson Six



MEMORIZE: PSALM 34:13

Keep your tongue from evil and your lips from telling lies.

Sometimes telling the truth is HARD, but God wants us to be truthful and He promises to be with us, especially during tough times.

MEMORIZE: ISAIAH 41:10

So don't worry, because I am with you. Do not be afraid, because I am your God. I will make you strong and will help you. I will support you with my right hand that saves you.



- **GOD ROCKS:** At our baptism, we are taught that we are members of God's family and that our sins are forgiven. Forgiveness – both for our own sins and those of others, is one of God's greatest gifts to us. Take a moment to think of a worry, a stumbling block, anything that you want to give to God. Write that on a rock IN CHALK, take a moment to pray – turn it over to God and then use the waters to wash that care away. During all our scary and angry times, God is with us! Draw a picture of your rock or write about the worry you gave to God.

Lesson Seven



MEMORIZE: LUKE 11:28

Jesus replied, "But even more blessed are all who hear the word of God and put it into practice."

SING: HOLY, HOLY, HOLY LORD

by Franz Schubert

The Sanctus, or Holy, Holy, Holy Lord is a hymn sung as the final words of the Preface of the Eucharistic Prayer. Through it we sing with all the angels and archangels in praising God. Composer Franz Schubert set these and other words of our liturgy to music.

Holy, holy, holy Lord, God of power and might, Holy, holy, holy Lord, God of power and might, heaven and earth are full, full of your glory. Hosanna in the highest. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest. Hosanna in the highest.

The Episcopal Church Hymnal No.s130

FEAST OF THE PRESENTATION

Celebrated on February 2, **The Feast of the Presentation** (Luke 2:22-40) is a time to commemorate the presentation of Jesus at the temple. It is a time to present ourselves as living sacrifices to God.

SECRET SERVICE: Luke 11: 28 reminds us that saying we are Christians and going to church and JDOK isn't enough. We must live out what we learn in the Bible. How will you present your life to Christ? Are you old enough to be an acolyte? Could you help mom or dad greet at church?: Have you helped at a parish work day? Find a NEW way to serve God at church. Draw or write about how you served the church here:

SING: MORNING HAS BROKEN

Morning has broken like the first morning,
blackbird has spoken like the first bird.
Praise for the singing! Praise for the
morning! Praise for them, springing fresh
from the Word!

Sweet the rain's new fall sunlit from
Heaven, like the first dew fall on the first
grass. Praise for the sweetness of the wet
garden, sprung in completeness where
his feet pass.

Mine is the sunlight! Mine is the morning
born of the one light Eden saw play!
Praise with elation, praise every morning
God's re-creation of the new day!

The Episcopal Church Hymnal No. 8

Lesson Eight



MEMORIZE:

MORNING PRAYER COLLECT

May the God of hope fill us with all joy
and peace in believing through the
power of the Holy Spirit. Amen.

SECRET SERVICE: Lead Morning Prayer, BCP 137, four times with your family. You might enjoy singing "Morning Has Broken" together. Draw a picture of your family worshiping together.

Morning
Prayer 1

Morning
Prayer 2

Morning
Prayer 3

Morning
Prayer 4

Lesson Nine

SING: "SIMPLE GIFTS"

Simple Gifts is a hymn from the Shaker communities and was written in 1848. It has been arranged and adapted by many folksingers and composers.

'Tis the gift to be simple, 'tis the gift to be free,
'tis the gift to come down where we ought to
be, and when we find ourselves in the place
just right, 'twill be in the valley of love and
delight.

When true simplicity is gained to bow and to
bend we shan't be ashamed, to turn, turn, will
be our delight till by turning, turning we come
round right.

The Episcopal Church Hymnal No.554



SECRET SERVICE: ANYTHING that you do can be done to God's glory, and most things can be turned into a prayer. Try making someone special a simple gift such a washcloth (directions on page 10). As you work on your gift, pray for that person. Draw a picture of what you made and the person's face when they received the gift from you.



Summer

Over the summer get together to have some fun with your JDOK friends. Write a short story or draw a picture about what you did together!

SECRET SERVICE: Arrange a special time with your JDOK friends to visit a nursing home. Before you go, decorate some flower pots and plant easy-care plants inside. While at the nursing home, give the residents the flowers. You might even sing them some of the hymns you learned this year. Draw a picture of one of the resident's faces when they received their flower.





Caterpillar

Caterpillar A: Record Sheets

The following pages, Caterpillar A record sheets, help girls, their parents, and directresses keep track of what the girls have accomplished. After a girl has memorized a prayer, a verse, a song, or performed a specific act of service, she will show her leader, her parent, or another JDOK parent what she has done. The adult will initial and date the chart. When a girl completes the Cross Award, she is ready to either officially join JDOK, or to rededicate herself to the JDOK promises. This is a time of great celebration!

There are three awards and one Bible reading challenge offered each year. By completing all activities in each lesson, the girl will achieve all three awards. The majority of activities and memory work will take place during the JDOK meeting, however there are a few service projects that require going off campus or completing at home. When a girl completes an award, she will receive a stamp or sticker to put in her achievement box to celebrate her journey growing closer to God. Some girls may choose to do all of the awards and challenges, while others may choose just to do one or two.

Why should I read the Bible?

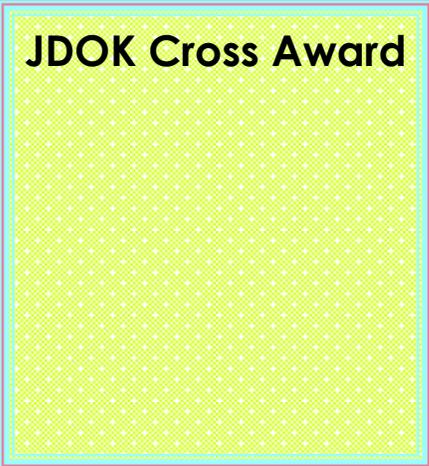
... 'People do not live by bread alone, but by every word that comes from the mouth of God.'

Matthew 4:4

The JDOK journey is meant to be a pleasurable path. For a variety of reasons, a directress or parent may decide to modify a lesson: for example some girls may choose to sing a song, while others play it on an instrument, and others recite it. If a girl struggles with the memory work, look for an alternative such as illustrating a special Bible verse book or putting the verse to music. Be flexible in helping the girls, yet encourage them to try new things and grow. Be sure to help each girl enjoy her journey.

Cross Award

To earn the Cross Award, you will practice living out your JDOK promises by learning the motto, prayer, and hymn; as well as studying three lessons from the JDOK Primary Study Guide and serving in your home, at church and in the community. By completing the cross award, you are eligible to officially join JDOK or rededicate yourself to the promises of JDOK (JDOK girls are encouraged to rededicate annually.) You will have prayed, served, and told others about Christ! WOW!!



| | | DATE | INITIALS |
|-----|-------|--|----------|
| [] | SAY | JDOK Motto | |
| [] | PRAY | JDOK Prayer | |
| [] | SING | JDOK Hymn | |
| [] | LEARN | Baptism from Primary Study Guide | |
| [] | LEARN | Talking with God from Primary Study Guide | |
| [] | LEARN | “Getting to Know the Holy Spirit” from Primary Study Guide | |
| [] | SERVE | Serving at home | |
| [] | SERVE | Serving at church | |
| [] | SERVE | Serving in the community | |



Shell Award

The shell has been a symbol of baptism for hundreds of years. In fact, many people are baptized in water held in a shell. The focus of the Shell Award is twofold: baptismal promises and prayer. By the end of the year, you will have learned about baptism and baptismal promises, the gifts of the Spirit, as well as how to pray and honor God. Furthermore, you will have lead your family in Morning Prayer.



| | | DATE | INITIALS |
|--------------------------|-------------------------|----------------------------------|----------|
| <input type="checkbox"/> | HONORING GOD | Baptismal Covenant BCP 305-305 | |
| <input type="checkbox"/> | | The Ten Commandments | |
| <input type="checkbox"/> | GOD'S GIFTS | Galatians 5: 22-23 | |
| <input type="checkbox"/> | | John 15:12 | |
| <input type="checkbox"/> | | Psalms 34:13 | |
| <input type="checkbox"/> | | Isaiah 41:10 | |
| <input type="checkbox"/> | | Luke 11:28 | |
| <input type="checkbox"/> | PRAYING | Prayer Before Baptism BCP 299 | |
| <input type="checkbox"/> | | The Lord's Prayer | |
| <input type="checkbox"/> | | Morning Prayer Collect BCP 102 | |

Honoring Our Baptismal Promises

Music Award

Music Award

Psalm 100 tells us to **SHOUT**, to **WORSHIP**, and to **SING** TO God! The Episcopal Church Hymnal is full of wonderful songs of praise and worship. Although all the verses are listed in each lesson, for the Music Award, learn to sing, recite, or play the ONE verse of each hymn listed below.



| | DATE | INITIALS |
|-----------------|---|----------|
| [] RECITE/SING | Morning Has Broken The Episcopal Church Hymnal No. 8 | |
| [] RECITE/SING | Holy, Holy, Holy Lord The Episcopal Church Hymnal No. 5130 | |
| [] RECITE/SING | Simple Gifts The Episcopal Church Hymnal No. 554 | |

I will sing to the LORD as long as I live. I will praise my God to my last breath!

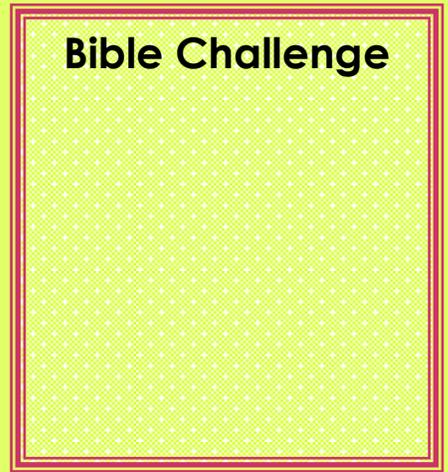
Psalm 104:33 (NLT)



Caterpillar Year A:

Bible Challenge

Reading the Bible is FUN!! Ask your mom or dad to read a chapter of the Bible to you during breakfast or right before bedtime two to three times a week. Maybe you could even read it by yourself! Spending time in God's word is a great way to start and to end the day.



√ **Matthew**

| | |
|--|------------|
| | Matthew 1 |
| | Matthew 2 |
| | Matthew 3 |
| | Matthew 4 |
| | Matthew 5 |
| | Matthew 6 |
| | Matthew 7 |
| | Matthew 8 |
| | Matthew 9 |
| | Matthew 10 |
| | Matthew 11 |
| | Matthew 12 |
| | Matthew 13 |
| | Matthew 14 |
| | Matthew 15 |
| | Matthew 16 |
| | Matthew 17 |
| | Matthew 18 |
| | Matthew 19 |
| | Matthew 20 |
| | Matthew 21 |
| | Matthew 22 |
| | Matthew 23 |
| | Matthew 24 |
| | Matthew 25 |
| | Matthew 26 |
| | Matthew 27 |
| | Matthew 28 |

√ **Esther**

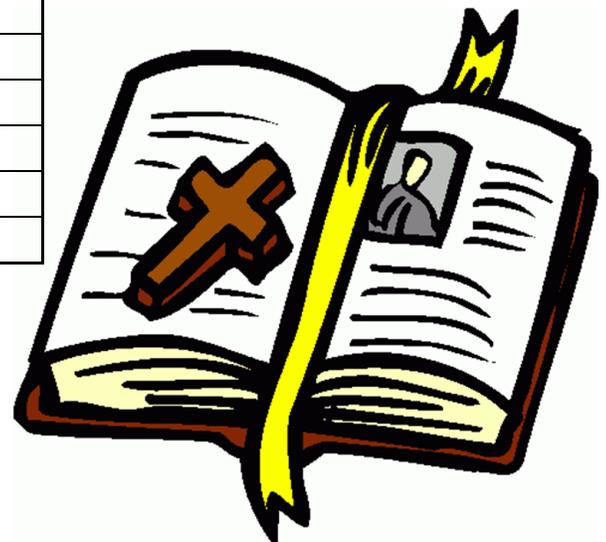
| | |
|--|-----------|
| | Esther 1 |
| | Esther 2 |
| | Esther 3 |
| | Esther 4 |
| | Esther 5 |
| | Esther 6 |
| | Esther 7 |
| | Esther 8 |
| | Esther 9 |
| | Esther 10 |

√ **James**

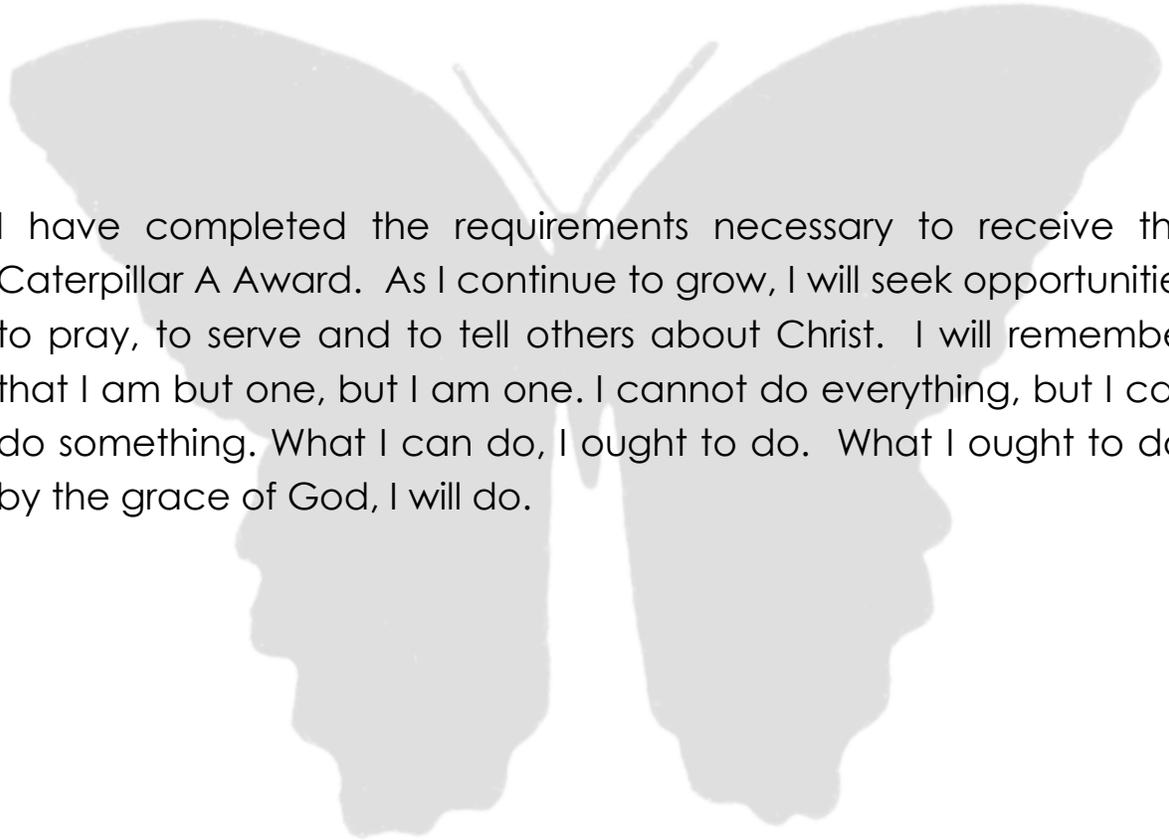
| | |
|--|---------|
| | James 1 |
| | James 2 |
| | James 3 |
| | James 4 |
| | James 5 |

√ **Psalms**

| | |
|--|------------|
| | Psalms 1 |
| | Psalms 5 |
| | Psalms 19 |
| | Psalms 24 |
| | Psalms 42 |
| | Psalms 51 |
| | Psalms 95 |
| | Psalms 100 |
| | Psalms 105 |
| | Psalms 118 |



Completion of Caterpillar Year A



I have completed the requirements necessary to receive the Caterpillar A Award. As I continue to grow, I will seek opportunities to pray, to serve and to tell others about Christ. I will remember that I am but one, but I am one. I cannot do everything, but I can do something. What I can do, I ought to do. What I ought to do, by the grace of God, I will do.

Signature of JDOK Girl

Signature of JDOK Directress

Date



Blessed are all who hear
the word of God and
put it into practice.

Luke 11:28

JDOK