

The JDOK Metamorphosis Journey: The Chrysalis Years

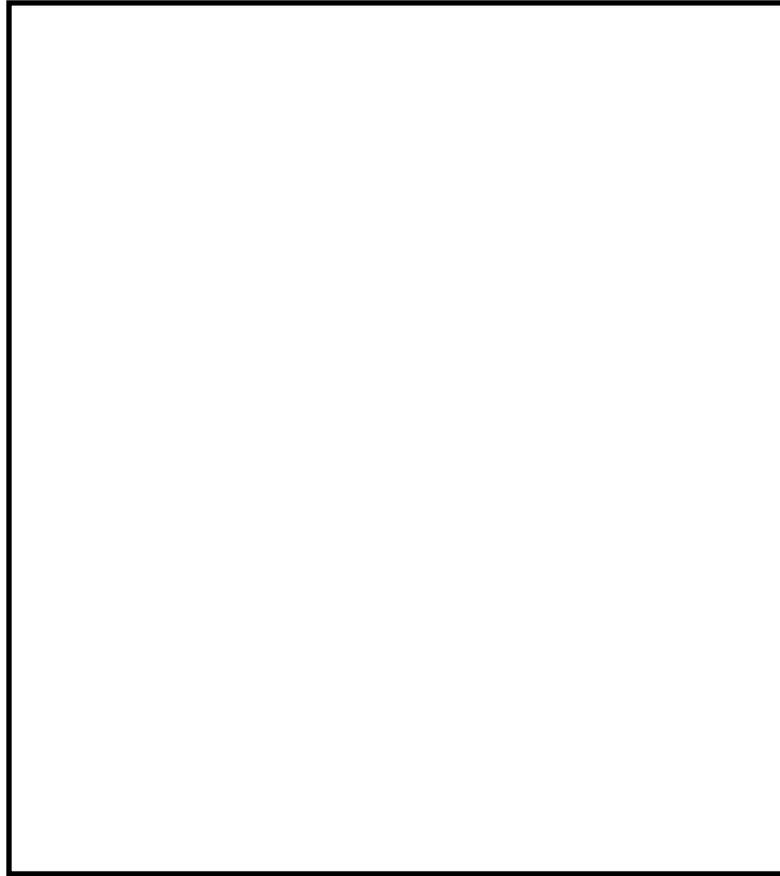
Chrysalis

Year A: The Mustard Seed Award Girl's Workbook



Written for JDOK chapters everywhere by JDOK Directress, Adelle Muller-McKinstry.

This book belongs to:



Signature of Chrysalis Junior Daughter

CHRYSalIS, *noun* The particular form which butterflies assume, before they arrive at their winged or perfect state.

Chrysalis

Year A: The Mustard Seed Award

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Chrysalis Year A

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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

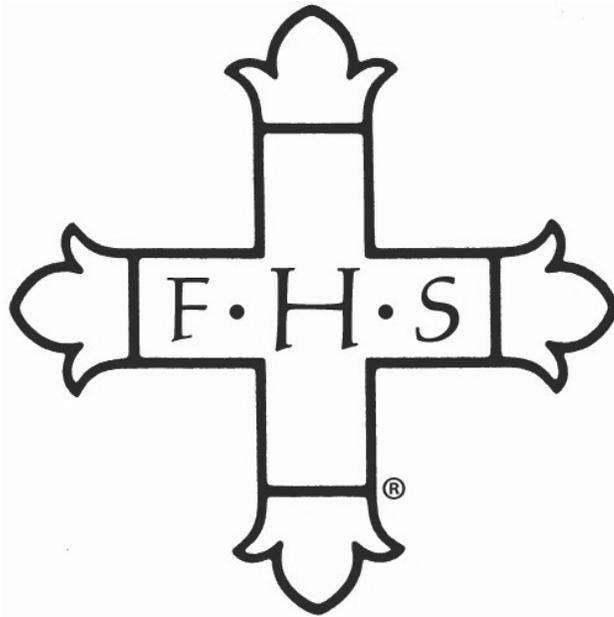
National Publications

- *Youth Study Guide*: 8 lessons to help young women understand what it means to become a JDOK
- *Leader Study Guide: Coordinates with Youth 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

J D O K





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 Prayer Beads

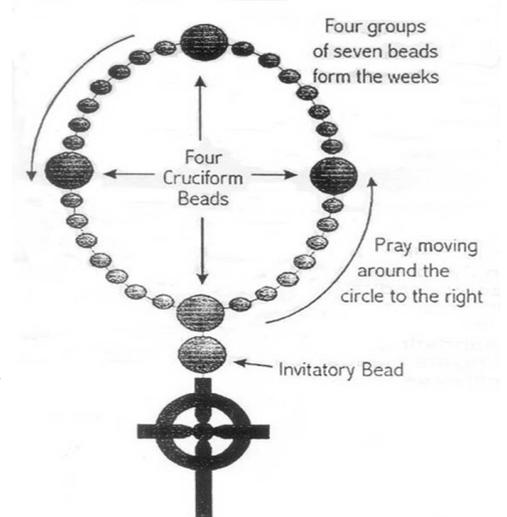
As JDOK Girls, we want to internalize our motto and prayer. Using prayer beads helps us focus on God and our JDOK promises while we pray.

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.

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.



Dear JDOK Chrysalis Girl,

You may be asking yourself, “Who are these JDOK Chrysalis Girls? And what do they do? ” JDOK Chrysalis Girls love to giggle, have fun and learn about God. They know that the path to God involves studying scriptures, singing songs, and making friendships that help them do the right things. In their hearts, they know they need Godly women mentors and friends to walk a Christ-like walk.

During Year A, Chrysalis girls work together to serve, to pray and to learn. They have the opportunity to earn three awards. First, **The Cross Award** helps them put their JDOK promises in action by serving at home, church, and in the community. They learn more about JDOK itself, as well as take time to honor feast days and find time for quiet reflection. When they complete their Cross Award, they are ready to take or renew their JDOK promises.

Next, **The Mustard Seed Award** guides Chrysalis girls through nine of Jesus Christ's parables. The girls work together to better understand how parables teach us about the Kingdom and the Citizens of Heaven. Each month they are challenged to write or draw something new that they have learned about God's kingdom and how that applies to their lives.

FOR THE KINGDOM OF HEAVEN IS

LIKE.... What does this parable

teach me about how to live?

In my
words

Lastly, **The Music Award** allows girls to make a joyful noise by independently learning to sing or play a variety of songs from the Hymnal, while **The Bible Reading Challenge** encourages the girls to open up their Bibles and get into God's word..

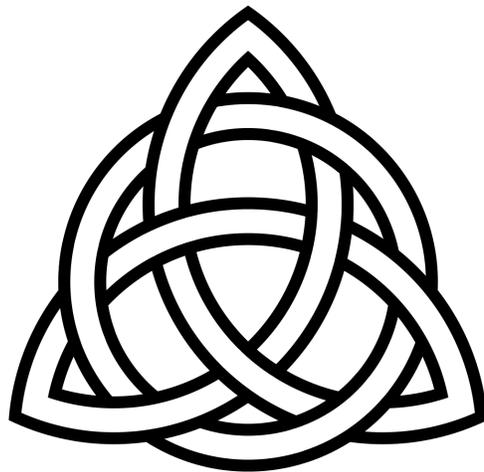
In other words, Chrysalis Girls invest God's love and word into their lives. They notice that when they live their life with God's love, life loves them back. And there is nothing greater than love.

Blessings on your journey!

Love, Adelle

Chrysalis

Year A: Mustard Seed Award



Lesson 1: Godly Growth

Grow verb, to increase in size or amount: to become better or improved in some way : to become more developed, mature.

READ: MATTHEW 13: 31-33

Select one person to pray at the beginning and end and to be a timekeeper. Three other people are chosen to read the passage of Scripture.

1. Pray for God's presence. Pray for God to speak to us and for us to hear.
2. While one reads the scripture slowly, everyone else listens prayerfully.
3. Silence for 1-2 minutes.
4. Each person says a word or phrase that attracts her. There are no elaborations on what is heard or comments by others in the group.
5. A different person reads the passage a second time.
6. Silence for 1—2 minutes.
7. Each person responds briefly with "Where does this reading touch my life today?"
8. The passage is read a third time.
9. Silence for 1—2 minutes.
10. Each person responds with, "What am I to do about what I've just heard? What might prevent me from doing this?"
11. Each person prays for the person on her right.
12. The one who prayed at the beginning thanks God for speaking to them and commits the group to God's hands.

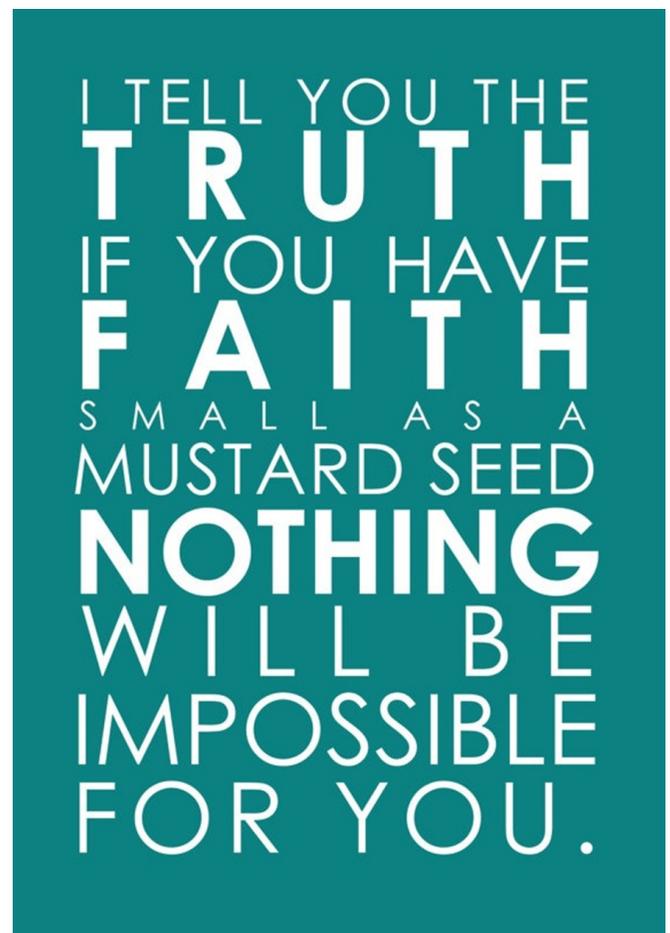
Note: Anyone may "pass" at any time. If instead of sharing with the group a person prefers to pray silently, she may simply state this aloud and conclude her silent prayer with Amen.

REFLECT:

What two things does this parable compare to faith?

Have you ever seen a mustard seed? It is a TINY seed that grows into a huge tree. Many people think that this tiny seed represents faith. Do you see how that can be from this passage?

How do you fertilizing your faith seed?



ACTIVITY: Yeast and Sugar Experiment

Jesus also compared faith to yeast which makes things grow. Let's see what is needed to make yeast grow.



Supplies:

- -Sugar, 2 tablespoons
- Active Dry Yeast, 1 packet or 2 1/4 tablespoons
- Balloon
- Warm water (105-115 degrees F, 40.5-46 degrees C)
- Mixing bowl + funnel
- Bottle that you can fit a balloon over
- String
- Ruler or measuring tape

Step 1: Mix the yeast and sugar into the warm water and stir.

Step 2: Once dissolved, pour the mixture into the bottle and cover the bottle with the balloon.

Step 3: Check the bottle and the balloon every 5-10 minutes for the next 45 minutes. As the balloon grows, measure its circumference with string. Note the bubbles in the water (this is the yeast making gas). When was the balloon the biggest?

Step 4: If you want to take this further try having a few bottles going at once and compare the results of different sugar: yeast ratios, or compare the results of different water temperatures.

REFLECT:

What does yeast need to grow?

If your faith is the yeast, what is your water, your sugar, and your lump of dough?

Imagine having a conversation with Jesus about this parable. What would you ask him? How do you think he would answer?

Yeast needs food and it likes SUGAR!
When the yeast eats the sugar, it breathes oxygen in the water and gets rid of carbon dioxide.

While eating the sugar, yeast reproduces itself and makes even more yeast. That is how a little bit of yeast turns a lump of dough into soft fluffy bread.

Once the yeast has eaten all the sugar, it will stop dividing and become dormant again.

Sugar feeds yeast. What feeds your faith??

FOR THE KINGDOM OF HEAVEN

IS LIKE....

What does this parable teach
us about the Kingdom of
Heaven?

In my words



As we saw in our experiment, tiny yeast makes big difference. One way that we can make a difference in our church is by helping make communion bread. Try making a loaf for communion and a loaf to share.

Monks Communion Bread - 2 loaves

4 C whole wheat flour * 4 t baking powder * 2 t salt* 1/2 C oil
1/2 C honey * 3/4 C milk * 3/4 hot water

1. Sift dry ingredients into a large bowl.
2. Heat honey slightly and mix with the oil. Pour into bowl with dry ingredients.
3. Mix milk and water and put into bowl.
4. Mix with mixer dough hook or by hand until it forms a soft dough that may still be sticky.
5. Turn dough out onto a floured surface. Knead about 5-10 minutes until smooth and elastic.
6. Divide into at least two balls. Roll out on greased cookie sheet until about 1/2 inch thick.
7. Using a sharp knife, cut a cross into the top.
8. Bake at 400 F for 10-15 minutes and light brown.

Do the above in a pleasant happy mood. Take your time. Don't rush. Smile and do it with love. After all the Lord is there watching you prepare the very bread He is going to change. At the Mass, you can let a little holy pride come over you as you see what happens to your labor of love. Thanks to Cheryl Quintero.

This recipe is from Fr. Francis, Monastery of the Holy Spirit, Conyer, Georgia.

Lesson 2: Unending Forgiveness

Forgive, verb: 1: to stop feeling anger toward someone who has done something wrong; to stop blaming someone 2: to stop requiring payment of money owed)

READ: MATTHEW 18:21-35

This is a story about forgiveness that comes from the disciple Matthew's teachings for the community. Read **Matthew 18: 21-35** out loud.

Why do you think forgiveness is important to a community?

Is there any part of this story that you would like to leave out?

Read the Lord's prayer as it is written in **Matthew 6: 9-14**. Did you hear anything about forgiveness in this prayer?

Forgiving others is always hard to do when you are still feeling hurt. It takes courage—not just a warm, fuzzy feeling—to decide to forgive someone. One teacher said, 'to forgive' means to let go of the past we think we wanted and to have a willingness to see the person in a light of love.



OBSERVE: FORGIVENESS FIZZ

Have you ever watched an effervescent tablet dissolve in water? Today we are going to watch one of these tablets dissolve in water. Imagine that the tablet is someone or something that you need to forgive.

Describe the tablet and the water:

Put the effervescent tablet in the water. What happened to the tablet? The water?

The bubbles are like our hurt feeling/anger floating off to God. Just like it took the effervescent tablet awhile to dissolve, sometimes it takes time for our anger and hurt to dissolve. Also if you look closely, the water might have changed in color which reminds us that hurt (change) did happen, but it has been softened, or dissolved by God. Take a moment to say a prayer to God to help you find forgiveness for hurt you are hanging on to.

In the Lord's Prayer (Matthew 6:9-13) Jesus repeats the part about forgiving at the end of the passage because it is such a hard thing to do. Forgiveness takes practice, a loving community and God's help.

Supplies:

- Glass of water
- Effervescent tablet



FOR THE KINGDOM OF HEAVEN
IS LIKE....

What does this parable teach
us about the Kingdom of
Heaven?

In my words

JOURNEY: FORGIVENESS SOAP

Just like soap washes away our dirt, God's forgiveness washes away our sins. The only requirement is that we ask for forgiveness. Of course, we will try harder to do the right thing the next time. As you use the soap to wash away your dirt, notice how much closer you move to love (the heart).

MATERIALS:

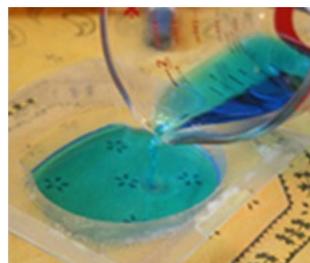
- Plastic soap molds (plastic cups work as well)
- Vegetable cooking spray or petroleum jelly for coating the molds
- Pure glycerin soap (sold in blocks or cubes at craft stores)
- Microwave-safe measuring cup with handle for melting the soap
- Red, yellow and blue soap dyes (also found at craft stores)
- Small plastic hearts
- A chopstick or popsicle stick for stirring

INSTRUCTIONS:

- 1. Prepare the molds.** Spray the interior of the plastic molds with a small amount of cooking spray, making sure to cover all areas. If you use too much spray, simply use a paper towel to wipe away the excess. Likewise, if you are using petroleum jelly, use just enough to lightly cover the mold.
- 2. Melt the soap.** The size of your mold will determine how much soap you'll need to begin with. Start by melting smaller amounts of soap; you can always add more. Place cube(s) of soap in the measuring cup and microwave on high for 30 seconds. If some solid soap still remains, microwave in 10-second intervals until soap is melted, but not boiling. Remove the melted soap from the microwave. This is best done by an adult or older child as the SOAP IS HOT.
- 3. Add the color.** Add a drop or two of the liquid soap dye to the melted soap. Too much dye will make your soap dark, so don't overdo it. Mix colors to get your desired shade. Then stir the dye into the soap using your chopstick or Popsicle stick.
- 4. Partly fill the molds.** Carefully pour the hot soap into the molds so that they are filled about a third of the way to the top. Let the soap cool for about 20 minutes and then place the plastic heart on top of the hardened soap.
- 5. Finish the soap.** Repeat steps 2 and 3 to melt and color the remaining soap. Pour a second layer of soap into the mold, covering the plastic heart. Let cool and harden for at least 2 hours. Once cool, turn the mold upside down and pop the soap out. To clean the molds, just use hot water—the soap should wash right off!

If you'd like a layered look, pour small amounts into the molds and let them harden before adding another color layer. You can also add fragrance to your soaps with a drop or two of essential oils.

Reproduced from: <http://www.pbs.org/parents/crafts-for-kids/handmade-soaps/>



Lesson 3: The Gift of Grace

GRACE *noun*, 1. Favor; good will; kindness; 2. The free unmerited love and favor of God.

PREPARE: Let's play a game!

Did you think that the game was fair?

How would you feel if someone who worked less than you received the same amount of pay?

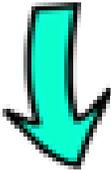
If you were in charge, how would you do it?

What is fair?

READ: Matthew 20:1-16 then...



Write something these verses tell us about God. How does God reward people who are brand-new Christians vs. people who have been Christians their whole lives? □



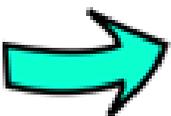
Write something these verses tell us about the Kingdom of Heaven and the Citizens of Heaven. □



Write down any new discovery you have made reading this parable .



Write down the most exciting/ interesting verse in your opinion and why. □



Write something this parable says we should do.



Does this parable mean that Christians do not need to work hard? Check out the verses in Digging Deeper.

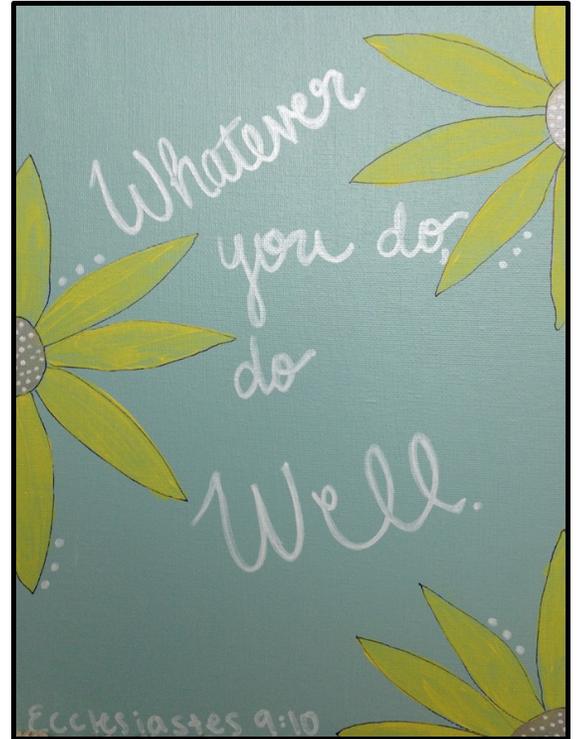
ACTIVITY: An Attitude for Service Canvas.

Read through the verses in the Digging Deeper box. Which one speaks to you? Make your own attitude for canvas to remind you of what you think your attitude should be every day. Hang it where you can see it every morning before you leave.

Supplies:

- Canvas board
- Acrylic paint
- Paint brushes

1. Choose your verse.
2. Paint a base coat on canvas.
3. Add images and words.



DIGGING DEEPER: What else does the Bible say about WORK?

Whatever you do, do well. - Ecclesiastes 9:10a (NLT)

Never be lazy, but work hard and serve the Lord enthusiastically. - Romans 12:11 (NLT)

If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. - Ephesians 4:28 (NLT)

Take a lesson from the ants, you lazybones. Learn from their ways and become wise!
Though they have no prince or governor or ruler to make them work,
They labor hard all summer, gathering food for the winter.

But you, lazybones, how long will you sleep? When will you wake up?

A little extra sleep, a little more slumber, a little folding of the hands to rest—

Then poverty will pounce on you like a bandit; scarcity will attack you like an armed robber. - Proverbs 6: 6-11 (NLT)

FOR THE KINGDOM OF HEAVEN
IS LIKE....

What does this parable teach
us about the Kingdom of
Heaven?

In my words

JUST FOR FUN: Glittery Grapes

Ingredients

- 2-4 cups green grapes
- 6 oz limeJello

Instructions

1. Wash grapes by pulling them off of the stem and tossing them into a colander. Rinse them well. (The water from washing helps the jello stick to the grapes.)
2. Place jello into a giant Ziploc bag with the grapes.
3. SHAKE!
4. Place grapes in an air tight container and freeze for a few hours.
5. ENJOY!

God saved you by his
grace when you
believed. And you
can't take credit for
this; it is a gift from God.

-Ephesians 2: 8 (NLT)

Lesson 4: Talk the Talk and Walk the Walk

Repent *verb*, to sorrow or be pained for sin, as a violation of God's holy law

READ: Matthew 21:28-32 Let's do a skit!

Today's scripture has a lot of action that needs to be thought through. In this story, Jesus is speaking to the priests and elders in Jerusalem. Today we will shoot two news segments: 1st the live action coverage of Jesus, the priests, as well as the father and two brothers, 2nd an in-depth interview with each of the characters. Ask hard questions about what motivated their actions and what we can learn. Try setting the story in modern times.

ROLES TO CONSIDER:

JESUS

THE PRIEST AND ELDERS

THE FATHER

YOUNGER BROTHER

OLDER BROTHER

INVESTIGATIVE REPORTER (SOMEONE WHO CAN ASK HARD QUESTIONS)

STUDY:

After watching your "Live Action News Coverage and In-depth Interview", why do you think Jesus told this parable to the priests and elders?

Who do you think Jesus is comparing to the second son in the story?

Have you ever acted like the second son?

Who do you think Jesus is comparing to the first son in the story? How are you like the first son?

I wonder if the first son is like people seen as the worst of the worst in society: prostitutes, thieves..And perhaps the second son is like people who think they are holy - and frankly look holy but whose actions are self-serving rather than for God's glory. Why do you think

Jesus says these people, the lowest of society, will get into Heaven before the priests, people who look holy? What did these thieves and prostitutes do right? If you aren't sure, look at Matthew 21:32 .

Can you think of anyone today who acts like the priest in the story?

So if thieves and prostitutes can get into heaven, does following God really matter? Is it enough to believe that Jesus died for our sins and to love him?

Does it mean anything when we say we believe Jesus died for our sins, and then we don't live lives that are pleasing to Him? How can we say we love Jesus and NOT follow his commands?

How do we get to know God, so we can know the commands he wants us to follow?

Jesus replied,
"All who **love** me
will **do** what I
say."

-John 14:23a (NLT)

FOR THE KINGDOM OF HEAVEN
IS LIKE....

What does this parable teach
us about the Citizens of
Heaven?

In my words

Lesson 5: The Mystery of the Scattered Seeds

SEED *noun*, The substance, animal or vegetable, which nature prepares for the reproduction and conservation of the species.

READ: Mark 4:26-29

Parables are a form of literature. The reason that Jesus often used parables to teach his disciples is that there is no right or wrong way to hear a parable. There is not one meaning for each parable, but many, many ways that the parable could be understood.

When Jesus originally told this parable, it might have been a long, long story. I imagine that Jesus might have been sitting outside with his disciples and looked around and saw all sorts of plants growing and began to wonder.....

Read Mark 4: 26-29 slowly one time aloud. Sit and think about it for one minute.

Read the parable a second time slowly and aloud. What word "jumps" out at you? What one word do you remember?

Read the parable slowly aloud one more time. Sit and think about it for one minute. Why is your word special for you?

REFLECT:

Every parable has a twist or a surprise. The challenge with parables is that we've heard them so many times that we miss the special thing that Jesus may be saying.

What surprises you in this parable?

What was unexpected?

What is Jesus saying to you today in this familiar parable? What does Jesus want you to do in response to hearing this parable?

ACTIVITY: Explore God's Garden

SUPPLIES

- Markers
- Paper
- Digital camera and/or smart phone
- Place to walk

Go outside—no matter what the weather is. How many different plants can you find?

Look carefully. You may find some in some surprising places.

Draw a picture, write a description or take a photograph of each different plant.

Does it have flowers?

What color?

What do the leaves look like?

Is it a vine?

Is it the only one or are there lots of these same plants around?

How do you think the plants ended up where they are growing?

What I found in God's Garden:

FOR THE KINGDOM OF HEAVEN
IS LIKE....

What do all of the plants you
found tell you about the
Kingdom of Heaven?

In my words

THE FEAST OF HOLY INNOCENTS

Lord, what would you have me do?

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.
5. Knot fringe pieces together using one strand from the top and one from the bottom to tie each knot. Tie together along all four sides.



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
Junior Daughters of the King

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

Lesson 6: Who Is Your Neighbor

NEIGHBOR *noun*, One of the human race; any one that needs our help, or to whom we have an opportunity of doing good.

READ: Luke 10: 30-37 Let's make a news report!

Today's scripture has a lot of action. Let's shoot an eye-witness news report—something that might appear on the 6 o'clock news. Be sure to get eye witness accounts on what has happened! Before we begin, let's make sure you know who all the main players are:

THE PRIEST: A holy man whose job is to help others worship God and follow His commands. You probably have a priest at your church!

THE LEVITE: Levites were one of the tribes of Israel. They were the only tribe chosen to work in the temple. His clothes told everyone that he was a man of God. (Although today, women can be priests and bishops, during the time of Jesus, it was mainly men) You might compare him to a bishop wearing all this fancy clothing.

THE SAMARITAN: Samaritans were the descendants of both Jew and Assyria. Long before Jesus was born, Assyria invaded Israel, the Northern Kingdom, and married Jews. They practiced a different form of Judaism than Jews. Samaritans were disliked by most Jews because they practiced a different form of Judaism and were of "mixed" descent- Jesus shocked a lot of people by telling a story about a Samaritan helping a Jew! The Jews considered Samaritans dirty and unworthy of God's love, let alone the kind of people who could perform an act of mercy.

ADDITIONAL ROLES FOR THE NEWS REPORT:

- * Newscaster
- * Eye witnesses
- * Experts (to give their "expert opinion" on what has happened or what will happen.)

"Now which of these three would you say was a neighbor ...?" Jesus asked.

The man replied, "The one who showed him mercy."

Then Jesus said, "Yes.

"Now go and do the same."

-Luke 10:36-37

STUDY:

What would have been the “common courtesy” thing to do when witnessing an injured person?

Did the priest or Levite show common courtesy?

What excuses do you think were made for their behavior?

How did the Samaritan go above and beyond common courtesy?

Did the parable say the Samaritan was rich and had LOTS of money? Do you think it was convenient for him to help?

What does it mean if everyone is our neighbor?

How have I been a good “fellow being” to my neighbors?

What is an instance in which I failed at being a good neighbor?

How are we called to act as the Samaritan?

It can be really hard to find value (or reasons to be a neighbor) to everyone we meet. So we must be tenacious (unwilling to quit and holding fast to the teaching of Jesus) in order to be a neighbor to all we meet.

FOR THE KINGDOM OF HEAVEN
IS LIKE....

*What does this parable teach
us about the Citizens of
Heaven?*

In my words

Lesson 7 : The Lost Sheep

REJOICE, verb To experience joy and gladness in a high degree; to be exhilarated with lively and pleasurable sensations; to exult.

STUDY: Luke 15:3-7

Read parable aloud four times.

Listen.

Read again and substitute definitions for underlined words.

Read again and look for words that are symbols. [sheep, lost]

What is Jesus saying? How can you apply this to your life?

Then Jesus told them this parable: "Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, 'Rejoice with me; I have found my lost sheep.' I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.

Sheep are very gentle and timid animals. They need protection both day and night.

We are like sheep. We belong to God. When we are lost or led away, Jesus wants us to return. He celebrates when we are back in his arms.

ACTIVITY: Cinnamon Roll Sheep (makes 4 sheep)

Ingredients:

- 1 can (12 oz) refrigerated cinnamon rolls with icing
- 1 egg
- Mini marshmallows or coconut
- Raisins
- Pastry brush
- Cookie sheet
- Plastic knife

Directions:

Preheat oven to 400F. Grease cookie sheet. Open the cinnamon roll and set icing aside.

Take one cinnamon roll and squeeze it a bit to turn it into an oval. This will be the sheep's body.

Place on the cookie sheet. Unwind another cinnamon roll. Cut off two small pieces for legs and one larger piece for the head. Cut off a tiny piece for the tail. Assemble sheep on the cookie sheet. Brush parts with egg for "glue."

Bake for 8-10 minutes until lightly brown. Remove and let cool for a few minutes.

Spread icing. Sprig with coconut flakes or mini-marshmallows for wool; add raisins for eyes. Use icing to make eyes stick.

Put on a plate and head back to the table for story time!

REFLECT: Story time

Imagine that I took all of you to a water park. We all have on our suits and bags of towels, sun screen, etc. We hit the road together. It's a beautiful sunny day.

I park the car. We all get out of the car together, enter the water park together, and set up "camp" at a table together. I sit at the table most of the day, getting some sun and reading my book. I occasionally walk around to check on each of you, go refill my water bottle, etc. You come to the table to check in, reapply sun screen, get a snack, etc. Then at closing time, we all gather at the table to pack up, but [name of girl in group] is not there.

We look around. We ask the park employees. We have you paged on the loudspeaker. We begin to panic a bit. I leave you all at the table with instructions to stay put. I go look for [name of girl].

Finally, I find [name] across the park at another table, crying and upset. She got confused. All the tables started to look the same. She heard the call on the loudspeaker, but was too scared to move.

I gently put my arm around her and assure her it's going to be OK. We walk back to the group together. The other girls celebrate when they see [name of girl].

We load up in the car and I buy you all ice cream on the way home.

Would I have bought ice cream if [name of girl] had not been found? Would I have said, "We came with six girls. I only lost one and we still have five. Let's go home."

No to both questions, right? Think back to the parable. We are sheep and we know Jesus is our shepherd. If we wonder away from his protection, he will go and find us and bring us back into his protection. All of Heaven will celebrate our return.

FOR THE KINGDOM OF HEAVEN
IS LIKE....

What does this parable teach
us about the Kingdom of
Heaven?

In my words

THE FEAST OF THE PRESENTATION

LORD WHAT WOULD YOU HAVE ME DO?

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:

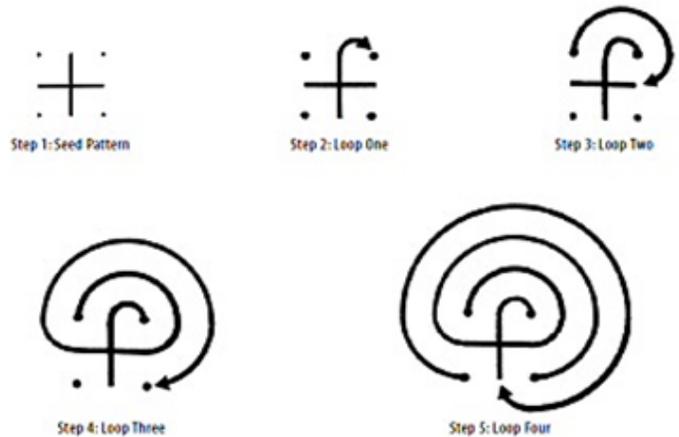
- Your imagination
 - 1 rock per girl
 - Paint or sharpies for
- decorating rocks
 - Painter's tape, pine needles, sand or rope

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.

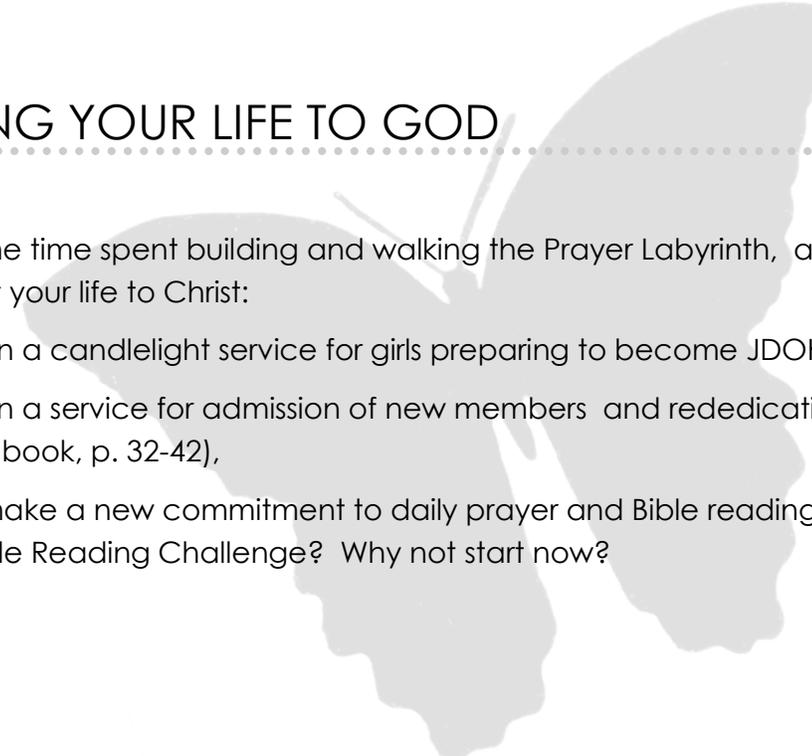
At the center, pray, reflect, and breathe.

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.

PRESENTING YOUR LIFE TO GOD

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?
- 

Lesson 8: The Lost Coin

Drachma *noun, Silver Coin (Greek Drachma) – roughly equal to a day's wage*

READ: Luke 15: 8-10 Let's do a skit



There is a lot going on in the parable. Sometimes the best way to learn is to act. Let's read Luke 15:8-10, ask any questions, then act it out.

Have fun!

STUDY:

Why was the woman looking for the coin?

Describe what a house might be like during the time of Jesus. What did the woman have to do to find the coin?

How did the woman feel when she found the coin? What did she do once the coin was found?

What does this parable tell us about God?

What does it mean when we say that God longs for us, just like the woman longed for the lost coin?

FOR THE KINGDOM OF HEAVEN
IS LIKE....

What does this parable teach
us about how God feels about
His citizens?

In my words

ACTIVITY:

1. Cover 10 buttons with aluminum foil. Use a pencil to add "engravings" to look like coins.
2. Hide coins (buttons, fake coins, chocolate coins) in the classroom. Turn down the lights play a game of hunting for the coins. Provide a flashlight and broom to use in the search.



3. Decorate a paper sack with the Bible verse and a few coins. Use the sack to carry your coins –don't lose any!



CRAFT: Joy Luminary

Have fun making this reminder of the JOY that God takes in us. Consider giving it as a gift to a shut-in or someone in need of being reminded of God's joy.

- Smooth-sided mason jar
- Frosted glass spray paint
- Clear matte sealer , or glitter spray paint
- Sticker letters to spell JOY
- (Optional) Silver sparkle spray paint for lids
- Votive candles
- Ribbon for lids

Step One: Use sticker letters to spell the word "JOY" on each jar. Rub the stickers on well so no paint leaks underneath. Remove lids and rings.

Step Two: Spray paint the jars with the frosted glass paint. Let dry at least one hour after last coat, then spray with clear matte sealer, or a glitter spray paint to seal. Let dry overnight.

Step Three: If desired, spray paint the rings and lids.

Step Four: Remove the stickers. Sometimes warming them with a hair dryer helps them peel off easily... (The concern is scratching off the frosted paint)

Step Five: Wrap and tie ribbon twice around the top of the jar.

Step Six: Add candle. SHARE THE JOY!

CRAFT: 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!

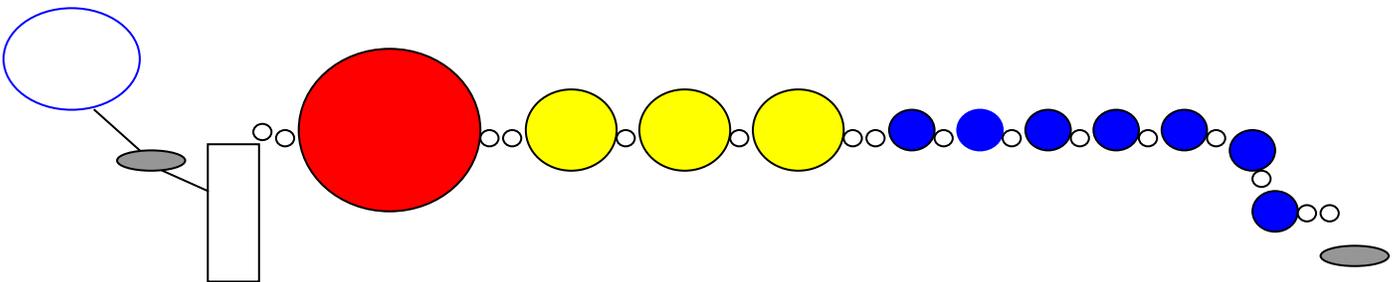
CREATOR: (1 large bead) **PEOPLE :** (3 medium beads) **LITTLE THINGS OR EVENTS :** (6 small beads)

Supplies:

- Large beads - 1 per child
- Medium beads - 3 per child
- Small beads - 6 per child
- Filler beads
- Crimping beads
- Beading thread
- Beading tool kit
- Scissors
- Key ring

Select beads : 1 large God bead, 3 medium people beads, 6 small thing beads. Place beads in order on beading mat or washcloth.

STRING BEADS: String beads following pattern below, adding filler beads. Start at right and move to left.



FINISH: Crimp bead and key ring to thread after all beads are on. Pull end of thread through key ring and then back through the open crimp bead. Pull taught with bead crimping tool. Crimp the crimp bead to secure. Trim excess thread.

Lesson 9: Persistent Prayer

Persistence *noun*, the quality that allows someone to continue doing something or trying to do something even though it is difficult

READ: Luke 18:1-8

Although a short story, there is a lot going on in in this parable. Did you know that in Jesus day widows were not allowed to work! If a male family member did not help take care of them, they might die simply from lack of resources. Generally, but not always, women were not heard. In the parable Jesus told in Luke, not only was a woman heard, but her request was granted - simply because she did not give up!

REFLECT: Hold the Front Page



Today with your JDOK girlfriends and a little imagination design the front page of a newspaper complete with a logo, main line story and eye-witness reporting on Luke 18:1-8. Think about the widow's story. How long was she widowed? Who wronged her and why? What was the issue?

Before you begin, discuss:

- * What surprises you about this parable?
- * Why do you think the widow was so persistent?
- * If you had been wronged like the widow in the story, how would you react?
- * Have you ever had to be persistent to get what you needed? It seems likely that this widow needed what she was asking for to survive.
- * What does this story teach us about the Citizens of Heaven?
- * What does Jesus want you to do in response to this parable?

FOR THE KINGDOM OF HEAVEN
IS LIKE....

What does this parable teach
us about Citizens of the
Kingdom should act?

In my words

ACTIVITY: Prayer Pail

Supplies

- Cardstock
- Stickers or Markers
- Small bucket
- Craft sticks
- Ribbon

God wants us to communicate with him daily. Make and use a prayer pail to keep track of those prayers which you want to **PER-SISTANTLY** place before God.

Step 1: Cut out a strip of card stock, add the words "Prayer Pail" with stickers or a pen, and attach to the front of your bucket with double sided tape.

Step 2: Write your prayers or names of people you pray for on the craft sticks and place in your bucket.

Step 3: For added fun, add ribbon to the top of the craft sticks.

Step 4: PRAY!



ACTIVITY: Book of COMMON Prayer Morning Challenge

COMMON adjective, **1.** Belonging equally to more than one, or to many indefinitely ; **2.** Belonging to the public; having no separate owner; **3.** Universal; belonging to all; **4.** Frequent; **5.** Usual; ordinary

As you can see, common has a lot of meaning! The gist of all the meanings is similar: common belongs to many – it has not separate owner. The prayers in the Book of COMMON Prayer are held in common. When you pray them, others in other places of the world are praying them too

Did you know that In less than 5 minutes a day, you can join others who start their day with this prayer, by doing Morning Prayer, BCP 137. Try leading you family in Morning Prayer on 4 separate occasions.

Morning
Prayer 1

Morning
Prayer 2

Morning
Prayer 3

Morning
Prayer 4

The

Chrysalis

Years



Chrysalis Year A Mustard Seed Award: *The Parables of Jesus*



Chrysalis Year B Agnus Dei Award: *The Stories Jesus Told*



Chrysalis Year C Chi-Rho Award: *The Sermon on the Mount*

The Cross Award

The Cross Award helps Chrysalis girls put their JDOK promises in action by serving at home, church, and in the community. They learn more about JDOK itself, as well as take time to honor feast days and find time for quiet reflection. When they complete their Cross Award, they are ready to take or renew their JDOK promises.



			DATE	INITIALS
[]	RECITE	JDOK Motto & Prayer		
[]	SING	JDOK Hymn v1		
[]	HONOR	Feast of the Holy Innocents or Feast of the Presentation		
[]	PARTICIPATE	Retreat or Day of Reflection _____		
[]	SERVE	Giving back to home _____		
[]	SERVE	Giving back to church _____		
[]	SERVE	Giving back to community _____		

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?

The Mustard Seed Award

The Mustard Seed Award guides Chrysalis girls through nine of Jesus Christ's parables. The girls work together to better understand how parables teach us about the Kingdom and the Citizens of Heaven. Each month they are challenged to write or draw something new that they have learned about The Kingdom of Heaven and its citizens.



	DATE	INITIALS
[] STUDY Godly Growth Matthew 13: 31-33		
[] STUDY Unending Forgiveness Matthew 18:21-35		
[] STUDY The Gift of Grace Matthew 20: 1-16		
[] STUDY Talking the Talk and Walking the Walk Matthew 21: 28-32		
[] STUDY Mystery of the Scattered Seeds Mark 4:26-29		
[] STUDY Who is Your Neighbor Luke 10:30-37		
[] STUDY The Lost Sheep Luke 15: 3-7		
[] STUDY The Lost Coin Luke 15: 8-10		
[] STUDY Persistent Prayer Luke 18:1-8		

Music Award

Some girls love athletics, others art and still others MUSIC. For all those music loving JDOK this award is for you. Each year, the Metamorphosis Program invites JDOK girls to independently learn to sing or play a variety of songs from the Hymnal.



		DATE	INITIALS
[]	RECITE/ SING	Trisagion S99-102	
[]	RECITE/ SING	Fairest Lord Jesus v. 1 Hymnal 383-4	
[]	RECITE/ SING	Shalom, My Friends Hymnal 714	

O come, let us sing to the LORD;
let us make a joyful noise to the rock of
our salvation!

Psalm 95: 1

Shalom Chaverim

This traditional Hebrew folk song translates: Peace to you my friends until we meet again. It is appropriate any time friends depart from one another.

Shalom, my friends, shalom, my friends,
shalom, shalom.
Shalom, my friends, shalom, my friends.
Shalom, shalom.

Shalom chaverim, shalom chaverim,
shalom, shalom.
Shalom chaverim, shalom chaverim.
Shalom, shalom.

The Episcopal Church Hymnal No. 714

Trisagion

Trisagion is a Greek word meaning "Thrice Holy". There are many tales told about the origins of this hymn, but it was probably written in the 5th century. The version we use comes from the Greek Orthodox Church and has been used for centuries.

Holy God,
Holy and mighty,
Holy Immortal One,
Have mercy upon us.

The Episcopal Church Hymnal No. S99-102

Hymns for *Chrysalis Year A*

FAIREST LORD JESUS

The tune is originally a Silesian folk song and the words were originally in German. The English translation we use was written by Joseph A. Seiss in 1873. Some people call this the "Crusader's Hymn" because it was sung by German Crusaders as they made their way to the Holy Land.

Fairest Lord Jesus,
Ruler of all nature,
O Thou of God and man the Son,
Thee will I cherish, Thee will I honor,
Thou, my soul's glory, joy and crown.
Fair are the meadows,
Fairer still the woodlands,
Robed in the blooming garb of spring;
Jesus is fairer, Jesus is purer,
Who makes the woeful heart to sing.
Fair is the sunshine,
Fairer still the moonlight,
And all the twinkling starry host;
Jesus shines brighter, Jesus shines purer
Than all the angels heaven can boast.

The Episcopal Church Hymnal No. #383-4

Bible Reading Challenge

Reading the Bible is the best way to put God in your heart. Try reading 1 chapter a day three days a week and see what happens!



√ **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

√ **New Testament**

	Romans 6
	Romans 8
	Romans 12
	1 Corinthians 5
	1 Corinthians 13
	1 Corinthians 15
	2 Corinthians 4
	Ephesians 3
	Ephesians 6
	Colossians 3
	1 Timothy 1
	2 Timothy 2
	Hebrews 9
	Hebrews 11
	1 John 1
	Revelation 4
	Revelation 21

√ **Proverbs**

	Proverbs 1
	Proverbs 4
	Proverbs 6
	Proverbs 10

√ **Genesis**

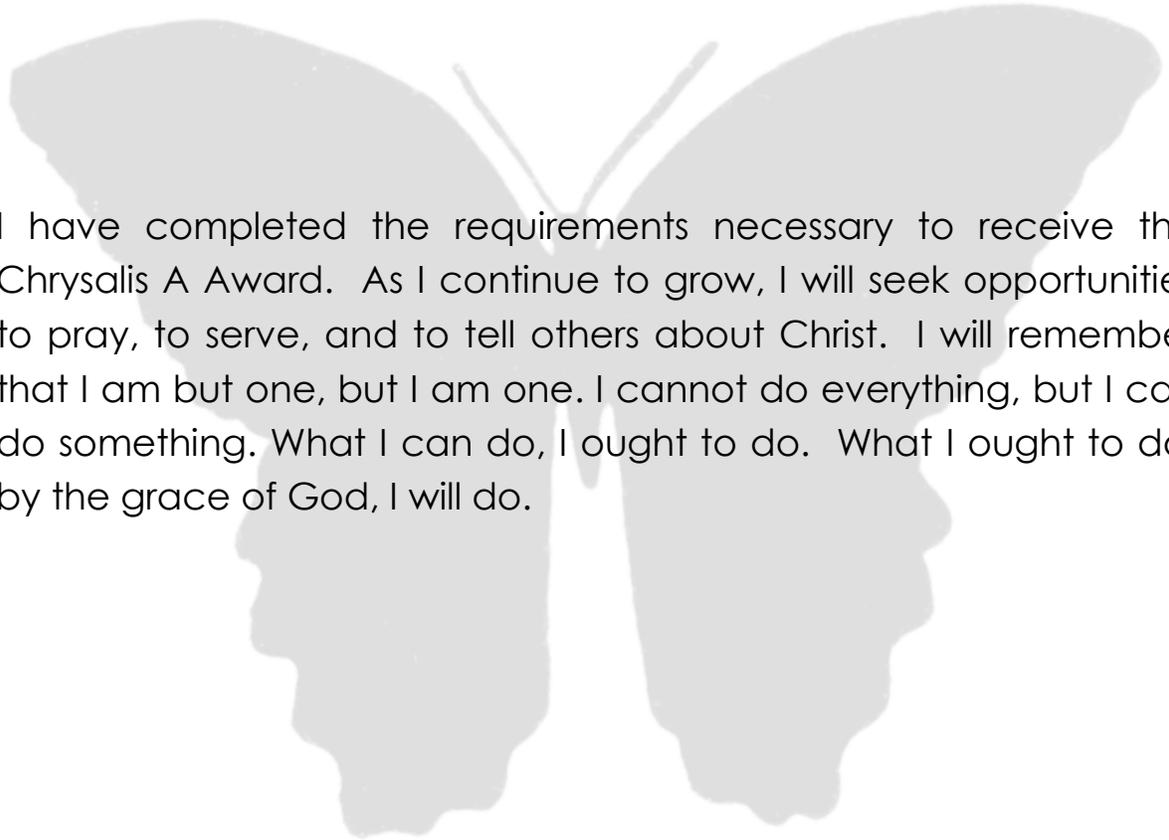
	Genesis 1
	Genesis 2
	Genesis 3
	Genesis 4
	Genesis 7
	Genesis 8
	Genesis 15
	Genesis 19
	Genesis 22
	Genesis 27
	Genesis 28
	Genesis 37
	Genesis 41
	Genesis 45

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

Completion of *Chrysalis Year A*

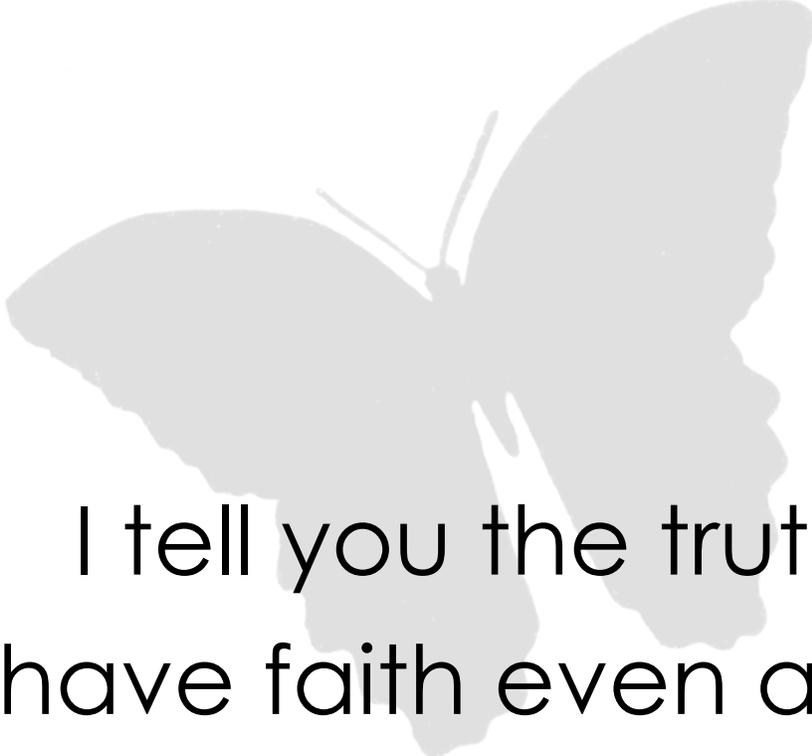


I have completed the requirements necessary to receive the Chrysalis A Award. As I continue to grow, I will seek opportunities to pray, to serve, and to tell others about Christ. I will remember that I am but one, but I am one. I cannot do everything, but I can do something. What I can do, I ought to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

Signature of JDOK Girl

Signature of JDOK Directress

Date



I tell you the truth, if you
have faith even as small as
a mustard seed... Nothing
will be impossible for you.

Matthew 17:20

JDOK