

CATERPILLAR

LEADER'S GUIDE FOR YEARS A, B, & C





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INTRODUCTION

The JDOK Metamorphosis Journey provides a special opportunity for girls working alongside adult mentors to establish spiritual disciplines, serve God's people, and establish strong bonds with Christian friends and mentors as well as learn about The Order of the Daughters of the King®. It is divided into three distinct developmental stages:

1. Elementary-*The Caterpillar Years*
2. Middle school-*The Chrysalis Years*
3. High school-*The Butterfly Years*

The mission of The Order of the Daughters of the King® is the extension of Christ's Kingdom through prayer, service and evangelism. Each year, the Metamorphosis notebooks promote and schedule these goals with focused monthly lessons as well as prayer activities, service projects, and evangelism ideas to actively engage the girls in conversation with God as well as learning about Junior Daughters of the King. Furthermore the Bible reading challenges correspond with the liturgical Gospel reading for the year (A, B, or C respectively). Because each notebook can stand on its own, girls may join at any year in the program. The Caterpillar program is intended for elementary age children, although it can be adapted and used with any age Junior Daughter.

To further enrich the JDOK Metamorphosis Journey, consider joining on-going activities within your parish and community that will augment the work that you are doing with the JDOK. At St. Mary's, we participate in a yearly Easter Prayer Vigil (prayer), the Fall Gift Market (evangelism - the girls greet guests), and the making of Palm Crosses (service).

Why memorize scripture?

1. **To Know God and His love**– The word of God is very clear that God loves us.
2. **To resist temptation**– When we put God's word in our heart, it will often sneak back in our brains to help us when we are tempted. When tempted by Satan, Jesus quoted scripture to him.
3. **To make God-centered decisions**– Decisions are best made through prayer. With God's words in our heart, the Holy Spirit can draw on this knowledge to help us find God's path.
4. **To share God's love**– Evangelism is one of the main goals of JDOK, yet without knowledge of the scriptures how can we evangelize?
5. **To persevere through hard times**– God's word can give us strength to do hard things. When it is buried in our hearts, the Holy Spirit can help us access the words we need in times of trouble.

LESSONS

The lessons in the Caterpillar years encourage the girls to put God's word in their hearts by memorizing scriptures, prayers and hymns. If you have never memorized scripture or helped a child do that, FEAR NOT, there are lots of easy tricks to make the process enjoyable and attainable.

First and foremost, use age-appropriate Bible passages with verses relevant to their lives. Before diving into memory work, help the girls find meaning in the verses by talking about what the scriptures means and how they apply it to modern life.

For a child who has never memorized anything before, the task can seem overwhelming. Help them break the scripture into small pieces, three to five words at the most. Let them feel the satisfaction of memorizing just that small chunk of scripture before adding a few more words. They will be surprised how quick they can learn! Encourage active learning by playing memory games, creating scripture art, putting the verse to music... Young children love games and can memorize easily when encouraged and having fun. Remember the goal: to put God's word in their hearts. If a child struggles, encourage her by finding another way to help her, NEVER shame her. As the girls move through the program, it will become easier and easier for them to memorize scripture.

THE FOUR AWARDS

Each year, four awards are offered. By completing all activities in each lesson of the notebook, the girl will achieve three of awards. The Bible Award is meant to be encouraged at the meetings and completed at home. The majority of the activities and memory work should take place during the JDOK meeting; however there are a few service projects that require going off-campus or completing at home.

THE CROSS AWARDS

The Cross Award introduces girls to Junior Daughters. While earning the Cross Awards, JDOK girls practice living out their JDOK promises by learning the motto, prayer, and hymn; they honor the JDOK feast days and go on retreat; they serve at home, at church and in the community. After completing the Cross Award, new girls may choose to officially join Junior Daughters; whereas current members may choose to rededicate themselves to the JDOK promises. Ideally rededication should be a yearly practice.

CATERPILLAR NOTEBOOKS AT A GLANCE

LESSONS

Prayers, verses, songs to memorize; stories to discuss; activities to engage

TEACHING TIPS (follow each lesson)

Activity and discussion suggestions

RECORD SHEETS

Cross

Year (Shell, Ichthys, Little Lamb)

Music

Bible

THE LESSON AWARDS

The Lesson Awards teach girls to learn about the Bible in community and to put their faith into action.

THE SHELL AWARD - YEAR A:

Honoring Our Baptismal Promises

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. Girls will learn about baptism and baptismal promises, the gifts of the Holy Spirit, as well as how to pray and honor God. Furthermore, they will lead their family in Morning Prayer.

THE ICHTHYS AWARD- YEAR B: Becoming Fishers of People

"Ichthys" means fish in Greek. It was used as a symbol by ancient Christians to show their faith. The focus of the Ichthys Award is EVANGELISM-sharing faith. Throughout the year, girls learn about becoming fishers of people, the Great Commission and sharing God's Good News. They also will lead their families in the five finger prayer.

THE LITTLE LAMB AWARD - YEAR C: Following the Good Shepherd

During Year C, girls will learn about Christ, the Good Shepherd, and about some of his commands for living a Godly life. They will also lead their family in Lectio Divina, Compline, and the Daily Examen.

THE MUSIC AWARDS

The Music Award encourages Junior Daughters to dive into the hymnal and learn three hymns per year. 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, they learn to sing, recite, or play ONE verse of each hymn listed.*

BIBLE AWARDS

The Bible Award motivates Junior Daughters to put God's word into their hearts and to establish life-long habits of Bible reading. Reading the Bible is an important discipline to cultivate, but many parents and leaders don't know where to begin. In each Bible reading challenge, scriptures are chosen to take away the burden of "Where do I begin?" Caterpillar Year A, B, and C encourages them to read the Gospel that correlates with the respective liturgical year as well as other age-appropriate reading. If a girl has a different reading plan that she would like to pursue, that should be honored.

PLEASE NOTE

Throughout *Metamorphosis Journey*, the Episcopal Book of Common Prayer and the Episcopal Hymnal have been referenced since the author created these lessons at an Episcopal JDOK group. Please remember that these are suggestions and helps, NOT mandates. If it is not your practice to use the BCP, please adapt the lesson as best fits your group.

RECORD SHEETS

The record sheets found at the end of each notebook help girls, their parents, and directresses keep track of what they have accomplished. After a girl has memorized a prayer or verse, performed a specific act of service, sung or played a song, she will show her JDOK leader what she has done. This is a time of great celebration! The adult will initial and date the chart.

The JDOK journey is meant to be a pleasurable path. For a variety of reasons, a JDOK leader may decide to modify a lesson or the required achievements for an award. Clearly communicate your expectations and any changes or modifications that you will make at the beginning of the year, yet remember to remain flexible throughout the year. Remember the goal is to support young girls growing towards a more Godly life. If a girl struggles with the memory work, a JDOK leader may choose to look for an alternative such as illustrating a special Bible verse book or putting the verse to music. Be accomodating, yet encourage them to try new things and grow. Be sure to help each girl enjoy her journey.

SUGGESTED SCHEDULES:

PRE-JDOK YEAR START-UP

Over the summer:

- Meet with JDOK Directress and leaders. Plan school year calendar with special attention to honoring The Feast of the Holy Innocents, The Feast of the Presentation, a retreat or a quiet day and an end-of-year celebration.
- Confirm dates and room availability with church priest and secretary.
- Read through the yearly lessons. Pay attention to needed supplies- supplies such as flip-flops (see lesson six) will be more available and perhaps on sale during the summer.
- As needed purchase supplies for the year.
- Print girls' notebooks.
- Send an email/text reminder to ALL girls with information about the meeting location, time and lesson. Encourage parents who know their daughter will be unable to attend to do the lesson and secret service at home. Offer any necessary assistance. REMEMBER CONSISTENT COMMUNICATION GROWS GROUPS.

PRE-MEETING SCHEDULE:

One week before the scheduled meeting:

- Review lesson and teaching tips. Prepare any necessary supplies.
- Send an email/text reminder to ALL girls with information about the meeting location, time and lesson. Encourage parents who know their daughter will be unable to attend to do the lesson and project at home. Offer any necessary assistance.

One day before scheduled meeting:

- Send another quick reminder with date, time, and what to bring.

One day after meeting:

- If possible, send a "we missed you" email to those who were absent. Give details from the meeting as well as necessary make-up work needed to earn their award.

MEETING SCHEDULE:

Fellowship and snack or lunch if following the Sunday service (15-30 minutes)

Opening (10-15 minutes)

- Say JDOK Motto and Prayer
- Play an icebreaker game
- Report any business

Caterpillar Lesson (30-35 minutes) Use the notebook

- Memory game to introduce Bible Verse
- Read the story
- Discuss the verse

Activity (30-35 minutes)

- Activity or craft that supports lesson

Caterpillar Closing (5 minutes)

- See teaching tips for each lesson

Group Closing (Caterpillar, Chrysalis and Butterfly girls together) (10 minutes)

- JDOK Litany and Hymn

YEARLY SCHEDULE:

1. The Feast of the Presentation, on or near February 2 – a unique activity is suggested and scheduled for each Caterpillar year.
2. The Feast of the Holy Innocents, on or near December 28 – a unique activity is suggested and scheduled for each Caterpillar year.
3. End of Year Celebration, at end of each school year-A Mother-Daughter tea is a fun way to allow the girls to present what they learned and receive awards and recognition. Be creative when considering award possibilities: badges, stamps, certificates, and charms are all possibilities. Although not every girl will achieve an award, each girl should be recognized in some fashion for how she has grown and contributed to Christ's kingdom.

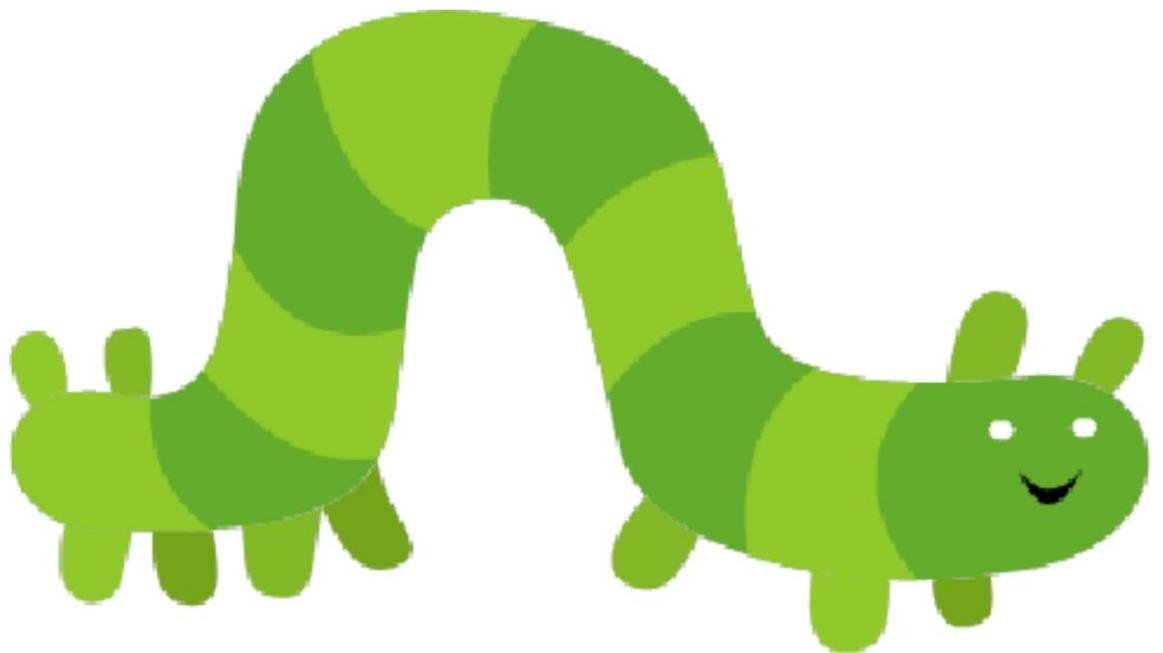
Charm Bracelet Option

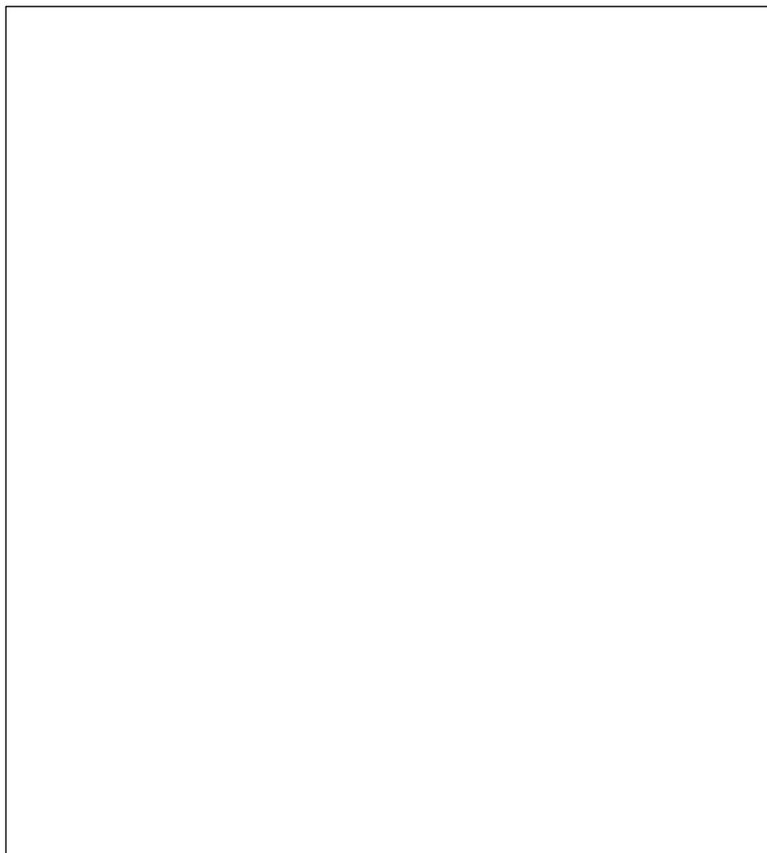
Some chapters enjoy giving the girls a charm for each award they complete. The girls receive a matching charm to the theme of their award. New girls receive both a charm bracelet as well as charms for each award they achieved. Returning girls receive just the award charm.

Many girls enjoy watching their bracelets grow over the year as new charms are added. The charms remind them of how their faith has grown. Encourage the girls to wear their JDOK crosses and bracelets to each monthly meeting.

CATERPILLAR

YEAR A: HONORING OUR BAPTISMAL PROMISES





This book belongs to:

Signature of JDOK Caterpillar

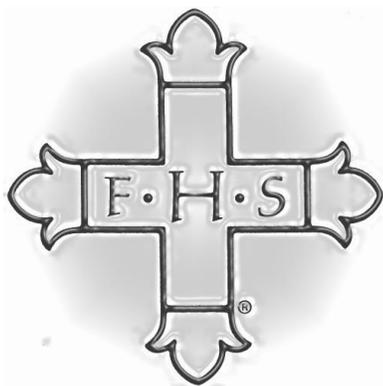
WELCOME TO JDOK CATERPILLAR YEAR A

We are going to have so much fun as we grow together with God! This year, we will focus on learning about the basics of our faith: prayer, service, and baptismal promises. We will learn the Lord's Prayer, some scriptures and 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 you 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 service or prayer project at home with your parents. Write or draw about what you did in the box at the bottom of the lesson. At the very end of the book, you will find check sheets for keeping track of your accomplishments as well as a Bible reading award. Celebrate your accomplishments and enjoy the journey!

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





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 DOK 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?

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.

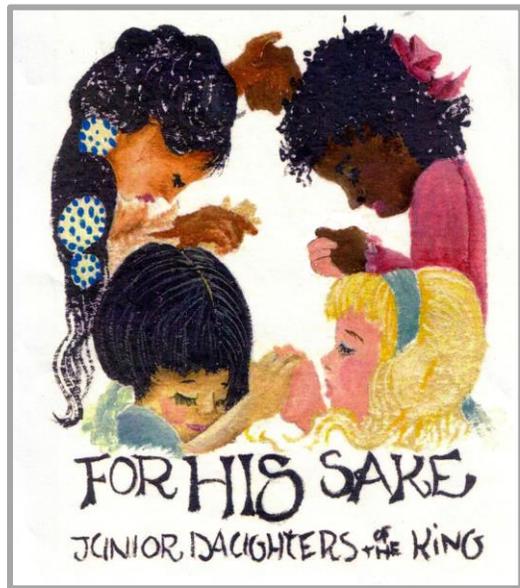
O Jesus, Thou hast promised to all who follow Thee, that where Thou art in glory there shall Thy servant be. And Jesus, I have promised to serve Thee to the end; O give me grace to follow, my Master and my Friend.

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LESSON 1: TALKING TO GOD

CREATING A RULE OF PRAYER



Psst... I bet if you pray this prayer every morning when you get out of bed, you will have it memorized before 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

MEMORIZE: Jeremiah 29:12

In those days when YOU PRAY,
 I WILL LISTEN.

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. God wants to hear all about our days – things that make us happy and things that worry us. He wants us to praise him. Make a PRAY-celet (prayer +bracelet) with your JDOK friends. Draw a picture of someone or something that you prayed for.

TEACHING TIPS FOR LESSON ONE

ADVANCED PREPARATION

1. Read p. 35-37 of the JDOK Handbook.
2. Purchase pool noodle
3. Prepare dominos for scripture scramble.
4. Purchase supplies for Pray-celets (a combination of prayer and bracelet).

OPENING GAME: NAME GAME

MATERIALS

Pool noodle

INSTRUCTIONS

One person stands in the middle with everyone else forming a circle around her. The person in the middle (IT) holds a pool noodle "sword." IT walks up to someone in the circle and that person tells her the name of another person in the circle. IT tries to hit the named person with a pool noodle before the named person can say the name of another girl in the circle. If IT succeeds she trades places with the person she hit, if not she continues.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

BIBLE VERSE/MEMORY GAME: SCRIPTURE SCRAMBLE

Write the words of the JDOK PRAYER in masking tape on dominos. Put the dominoes in a bag and have the girls unscramble them.

DISCUSSION: WHAT IS PRAYER AND WHY DO WE DO IT?

1. See pages 35-37 of JDOK Handbook
2. Ask the following questions:
 - What is prayer?
 - When do you pray?
 - How does prayer make you feel?
 - How do you think prayer makes God feel?
 - Where do you like to pray?
 - Is there a place where it is easier for you to hear God?
 - Why do/should you pray?
3. Remind the girls that prayer is a DISCIPLINE that they must work on. The important part is that they make talking to God a regular part of their life.

PRAYER ACTIVITY: A.C.T.S. PRAYcelets

A.C.T.S. is an acronym to help you remember to not just ask God for things, but to have a full conversation with Him. A.C.T.S. stands for *adoration*, *confession*, *thanksgiving*, *supplication* for others and self.



MATERIALS

Leather cord (Synthetic works great.)	Pony beads (red, black, blue, green, white)	Scissors
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INSTRUCTIONS

1. Cut 13 inches of cord per child.
2. Make a knot about 5 inches from edge.
3. String beads in the following order: RED; BLACK; BLUE; GREEN; WHITE
4. Tie a second knot to secure the bead.
5. Tie the PRAY-celet on the child's wrist.

PRAY

Begin praying by touching the red bead, then move up the bracelet clockwise; pray the prayer that corresponds to the bead that you are touching. End by blessing God.

1. **Adoration (red):** Name something wonderful about God.
2. **Confession (black):** Tell God something that you wish you hadn't done, or something that you didn't do, but wish you had.
3. **Thanks (blue):** Tell God something you are thankful for.
4. **Supplication for others (green):** Pray for someone else's needs.
5. **Supplication for self (white)** Ask God for help with your needs.
6. **Let us bless the Lord. Thanks be to God.**

CLOSE

1. Sign off any completed achievements. Option: Allow the girls who memorize their verse or complete their activity to outline the scripture or activity box with glitter glue.
2. Use PRAYcelets or fingers to pray together. (See lesson 2 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 2: DAILY DEVOS

CREATING A RULE OF LIFE



MEMORIZE: FROM PSALM 51

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.
BCP 137

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

Lead Morning Prayer, Junior Daughters Handbook p 32, five times with your family. Be sure to use your PRAYcelet to help you pray to God. You might enjoy singing "Morning Has Broken" together. Draw a picture of your family worshipping together.

DAY ONE

JDOK Daily
Devotions
In the morning

DAY TWO

JDOK Daily
Devotions
In the morning

DAY THREE

JDOK Daily
Devotions
In the morning

DAY FOUR

JDOK Daily
Devotions
In the morning

DAY FIVE

JDOK Daily
Devotions
In the morning

TEACHING TIPS FOR LESSON TWO

ADVANCED PREPARATION

1. Copy Bible verse onto a large poster for clap-a-word.
2. Read pages 30-32 of The Junior Daughters Handbook.
3. Purchase/gather supplies for scripture activity.

OPENING ACTIVITY: MIX AND MEET

MATERIALS

M&Ms or other type of differently colored candy

INSTRUCTIONS

1. Allow each child to take three M&M's (or any type of differently flavored candies). Tell them not to eat them.
2. Assign a different meaning to each color,
 - blue= family
 - green=school
 - yellow=friends
 - red=neighborhood
3. Share facts about family, school, friends based on the M&M color chosen. Example, if they have 3 blue, they would have to say three facts about their family.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

BIBLE VERSE/MEMORY GAME: CLAP-A-WORD

Display the verse on a piece of paper. First, as a group say the verse three times. Ask one girl to leave the room (or turn her back). Have another girl point to one word from the verse so the others can see it. Then the first girl returns to the room, but is not allowed to see the verse displayed. The group says the verse, but claps on the selected word without saying it. The first girl says which word was skipped. If she gets stumped, let her look at the verse display. Take turns clapping on various words.

DISCUSSION

1. Read p. 30-32 of the Junior Daughters Handbook. Ask the girls about things that they do every day-i.e. brush their teeth, eat, go to school....
2. Direct the conversation to healthy habits – prayer is a healthy habit that keeps us in touch with God and reminds us to serve His people.



SCRIPTURE ACTIVITY

MATERIALS

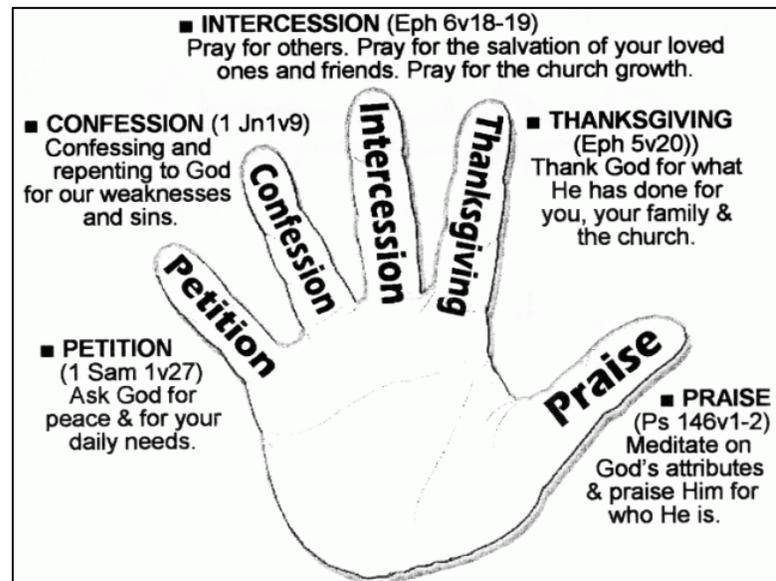
Binder clips	Washi tape	3x5 notecards
Black sharpies	Markers	Optional: glitter glue

INSTRUCTIONS

1. Cover each binder clip with washi tape.
2. Write the Bible verse reference in Sharpie over the washi tape.
3. Write the Bible verse on a 3x5 notecard. Decorate.

PRAYER ACTIVITY

1. Ask them if they have been praying with their PRAYcelets every day. Remind them that habits take time to form.
2. If they forgot or lost their PRAYcelet, show them how they can use their fingers to talk to God. See illustration on the right.
3. Pray as a group using PRAYcelets or fingers.



CLOSE

1. Sign off any completed achievements.
2. Use PRAYcelets or fingers to pray together. (See lesson 2 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 3: FORGIVENESS

THE LORD FORGIVES ALL OUR SINS



MEMORIZE: EPHESIANS 4:32

Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

MEMORIZE: COLOSSIANS 3:13

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

GOD ROCKS

Everyone makes mistakes and hurts other people. Hanging onto anger and hurt is easy, but it is NOT what God wants us from us. God wants us to FORGIVE-ourselves and others. Before we take Communion, before we are baptized, we ask for and give FORGIVENESS. It can be hard, especially if you are hurt or angry.

Think about someone or something that hurt you or made you mad - 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 mad and angry times, God is with us and wants to help us forgive! Draw a picture of your FORGIVENESS ROCK here.

TEACHING TIPS FOR LESSON THREE

ADVANCED PREPARATION

1. Gather/purchase supplies for WHAT I LIKE ABOUT YOU, WORD TOSS and GOD ROCKS.
2. Familiarize yourself with the baptismal service p. 299-307.

OPENING ACTIVITY: What I like about YOU!

Give each person a stack of paper and a pencil. Call out one of the girls' names and ask everyone to write that name on the top of the paper. Now write down something you love (or like) about that person. Fold in half, and throw the papers into a hat. Continue until you have written something about everyone. Now pass the hat around and take turns pulling out a paper and reading what is on it out aloud.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

MEMORY GAME: WORD TOSS

After reciting one of the Bible verses out loud three times, have all the girls stand in a circle. One girl has a ball. The girl with the ball says the first few words of the verse then throws the ball to a different girl who continues with the verse.

DISCUSSION

1. Show them the special BAPTISM SERVICE in the BCP p. 299. Read the two blessings from 299 out loud with them. Ask them why they think we begin this service by blessing God's kingdom and blessing the Lord who forgives our sins. Why do we need God to forgive our sins? What role model does this offer for our relationship with others?
2. Read Colossians 3:13 and Ephesians 4:32 with the girls.
3. Discuss forgiveness.
 - Did anyone have something upsetting happen this week? Did they see anyone being mean? What did they do?
 - Read the Bible verses again. What does God say we are to do when someone is mean or thoughtless? (Remind the girls that these verses do NOT condone abuse! They should remember that adults are always here to help.)
 - Why do you think that we thank God for being a LORD OF FORGIVENESS at the very beginning of the baptismal service?

GOD ROCKS: FORGIVENESS ACTIVITY**MATERIALS**

Rocks	Sharpies	Chalk	Water & bucket
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INSTRUCTIONS

1. Allow the girls to decorate their rock with multicolored Sharpies.
2. Talk with the girls about forgiveness (See God Rocks box at the bottom of lesson page).
 1. Everyone makes mistakes and hurts other people. Hanging onto anger and hurt is easy, but it is NOT what God wants us from us. God wants us to FORGIVE-ourselves and others. Before we take Communion, before we are baptized, we ask for and give FORGIVENESS. It can be hard, especially if you are hurt or angry.
 2. Think about someone or something that hurt you or made you mad - 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 mad and angry times, God is with us and wants to help us forgive! Draw a picture of your FORGIVENESS ROCK in your God Rocks box.

CLOSE

1. Sign off any completed achievements.
2. Use PRAYcelets or fingers to pray together. (See lesson 2 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 4: FAITHFUL FRIENDS

CONTINUE IN FELLOWSHIP AND PRAYERS

After reading page 22 in the Junior Daughter Handbook, try writing or saying the motto in your own words.

MEMORIZE: THE DOK 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?

Read the story of Ruth in a children's Bible.

- What is special about Ruth and Naomi?
- How were they related?
- What attitude did Ruth have towards helping Naomi?
- What sticks with you about their friendship?

MEMORIZE: PROVERBS 17:17

A friend is always loyal,
 and a brother is born to help in
 time of need.

Sometimes our friends need a little extra love and help. Keep your eyes out for someone who seems a little sad or lonely. Give them one of your duct tape bookmarks and pray for them every day for a week. Write their name in the box and color it in as you are praying for him or her.

God bless





TEACHING TIPS FOR LESSON FOUR

ADVANCED PREPARATION

1. Read the book of Ruth. (It is only four chapters.)
2. Select a version from a Bible to bring to the meeting- a children's study Bible is often helpful.
3. Purchase/gather supplies for duct tape bookmarks.

OPENING ACTIVITY: FILL IN THE BLANK PRAYER

Take turns going back and forth or from person to person, saying, "God is great, God is good, thank you God for _____." See how long you can keep it going. It is fun (and sometimes inspiring) to hear what your children say. Discussing what is inside our hearts and minds with each other is a crucial way to build relationships. Consequently, this practice builds both relationships with God and with each other. (Idea from - <https://www.illustratedchildrensministry.com/2017/ways-to-pray-with-kids/>)

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

BIBLE VERSE/MEMORY GAME: GOTCHA

Quote a verse incorrectly by omitting or changing a key word. Ask them to shout, "Gotcha!" when they catch the mistake. Then quote the verse accurately together.

DISCUSSION

1. Show them the special BAPTISM COVENANT in the BCP (p 305-306). Read them the first Baptismal promise: *Will you continue in the apostles teaching and fellowship, in the breaking of the bread, and in the prayer? I will with God's help.*
2. Ask if any of them are surprised that we talked about faithful friendship (fellowship...prayer) during Holy Baptism.
3. Read Proverbs 7:17.
 - What does loyalty mean?
 - Can you think of a time that a friend was loyal to you or when you were loyal to a friend?
4. Read the story of Ruth and Naomi to the girls from a children's Bible.
 - What is special about them? How were they related?
 - What attitude did Ruth have towards helping Naomi?
 - What sticks with you about their relationship?
5. Direct the girls' attention to the Bible verse. How are loving and serving related?

NOTE: The name Ru is found in the Old Testament only in the book which is so entitled. It is a contraction for re'uth perhaps signifying "comrade," "companion" – from Bible Study tools.com

ACTIVITY: DUCT TAPE BOOKMARKS

Faithful friends STICK TOGETHER. Do you know what else STICKS TOGETHER? DUCT TAPE! Make duct tape bookmarks to help remember how we are supposed to treat our friends.

MATERIALS

COLORFUL DUCT TAPE	SCISSORS	SHARPIES
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INSTRUCTIONS

1. Cut 6" and 1" strips of colorful duct tape.
2. Adhere two 6" strips together to form the body of the bookmark.
3. Wrap the 1" strips over the top and bottom of the bookmark.
4. Write words such as loyal, faithful friends, love, or prayer on the bookmark in sharpie.
5. Make more than one. Give some away to friends.

**CLOSE**

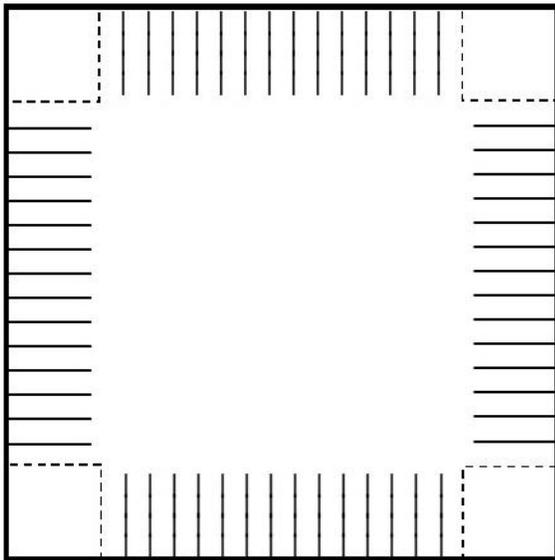
1. Sign off any completed achievements.
2. Use PRAYcelets or fingers to pray together. (See lesson 2 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

FEAST OF THE HOLY INNOCENTS

DECEMBER 28 ✕ MATTHEW 2:1-18

The Feast of the Holy Innocents is one of the two feast days that JDOK are especially invited to honor. Celebrated on December 28, The Feast of the Holy Innocents is a time for honoring and serving children, especially children in physical or spiritual need. While Junior Daughters cannot fix all the problems facing children, they CAN DO SOMETHING... and what they can do, they ought to do, and what they ought to do, they will do!

The Metamorphosis program is designed to honor the feast days as an entire chapter. Creating No-Sew Prayer Blankets and cards are suggested as the activity for the Feast of the Holy Innocents activity for Metamorphosis Year A.



NO-SEW PRAYER BLANKET

A handmade blanket not only provides warmth, but also a sense of love and security. Children's hospitals, nursing homes, and homeless shelters are great places to donate blankets.

MATERIALS

Fleece –two yards each of two coordinating prints, or a print and a solid	Scissors
(Optional) masking tape	Ruler

INSTRUCTIONS

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.
6. Pray for the recipients, and then donate.



Local chapters of Project Linus can help with the distribution of blankets: www.projectlinus.org.

CARD FOR NO-SEW PRAYER BLANKET

MATERIALS

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

INSTRUCTIONS

1. 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 who are hurting in this world, the HOLY INNOCENTS, especially those who will receive the prayer blankets.

A PRAYER FOR THE HOLY INNOCENTS

Loving God,
 we pray today for all children
 everywhere-
 especially those who are afraid,
 those who are sad,
 those who are in danger of any kind.
 You know each of them by name.
 May they feel
 your love and your peace.
 Show us how to share your love.
 AMEN

1

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



3

With
BLESSINGS
 With
LOVE
 With
PRAYERS

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

LESSON 5: RESIST EVIL

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

Read the story of Jesus' temptation in Matthew 4:1-11.

- How do you feel knowing that Jesus was tempted? Why?
- Why do you think people are tempted?
- What example does Jesus give us about turning from evil?
- What sticks with you about this story?

MEMORIZE: 2 TIMOTHY 2:22

Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.

Saying mean things, taking something that isn't yours, talking back to your parents... there are so many things that tempt us to get off God's path. 2 Timothy 2:22 tells us to turn TOWARDS God which also turns us AWAY from temptation. Turn TOWARDS spreading God's love by making some cards for people unable to attend church. Draw a picture of how they responded when you gave them the card.

TEACHING TIPS FOR LESSON FIVE

ADVANCED PREPARATION

1. Ask priest for names of elderly in parish who could use a little cheer.
2. Purchase/gather supplies for OBJECT LESSON and CARDS.
3. Choose a children's Bible – read the story of the Temptation of Christ (Matthew 4:1-11)

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING OBJECT LESSON: TEMPTATIONS KNOCK DOWN

1. Write "GOD'S WORD" on the outside of a Mason jar. Fill the jar with water.
2. Give each girl a handful of popcorn from a bowl that has the label "TEMPTATION" on it. Be sure that the girls see the label before giving them the popcorn.
3. Tell each girl that they get 10 tries to knock over the jar by throwing popcorn at it.
4. Ask them why the jar wasn't knocked over. Ask them what happened to the "temptations." Allow time for discussion and ideas then move into the Bible story.

BIBLE STORY

1. Ask the girls if they remember some of the previous Baptismal promises that we talked about. Show them where we promise to resist evil and return to the Lord on p. 304 BCP.
2. Read about the Temptation of Jesus from a Children's Bible or see the lesson from sermons4kids.com/temptation_of_jesus.htm
 - Who tempted Jesus?
 - What did Jesus do?
 - Why do you think people are tempted?
 - What does Jesus teach us about turning from evil?
 - What sticks with you about this story?
3. Read the Bible verses together. What do they teach us to do when we are tempted? What can you work on?
4. How to turn from evil:
 - **PRAY**- Ask God for help avoiding people and situations that tempt you to sin. (Psalm 55:22)
 - **REMEMBER**-Remember the words and stories that God shares with us in the Bible. (Psalm 1:1-3)
 - **TALK!** Tell a safe friend or adult what is tempting you. Ask them to encourage you. (Proverbs 13:20)

BIBLE VERSE/MEMORY GAME: GOD'S WORDS SKITS/CHARADES

Create skits that show how the God's word might be applied to a real life situation, or play a good 'ole game of Charades with your memory verses.

SERVICE ACTIVITY: CARDS FOR GOD'S PEOPLE

Cards & envelopes	Markers	Names from priest	Stamps
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1. Decorate cards with encouraging notes insides. Ask priest for the names of individuals from the parish who are in need of a little cheer or are physically unable to attend church.
2. Plan a time with girls to deliver or mail cards.

CLOSE

1. Sign off any completed achievements.
2. Use PRAYcelets or fingers to pray together. (See lesson 2 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 6: GODLY GIRL

HOW MARY DAVENPORT PROCLAIMED BY WORK AND EXAMPLE



MEMORIZE: LUKE 11: 28

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

Some kids like to sing, others to play and others to teach. Page 24 of the Junior Daughter Handbook has the music and information about the Junior Daughters hymn. Learn to sing or to play the JDOK Hymn. Tell your parents or a friend about who wrote it and what it means.

SING/PLAY/TEACH: THE JDOK HYMN v. 1

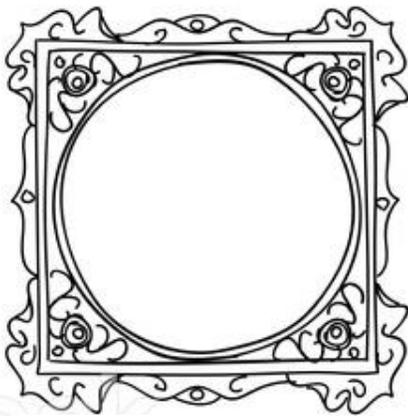
O Jesus, I have promised to serve Thee to the end; be Thou forever near me, my Master and my Friend; I shall not fear the battle if Thou art by my side, nor wander from the pathway if Thou wilt be my Guide.

The Episcopal Church Hymnal 1982
 No. 655 'O Jesus I Have Promised' Sung To
 No. 525 'The Church's One Foundation'

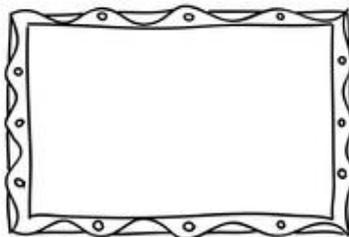
Luke 11: 28 reminds us that saying we are Christians and going to church and JDOK isn't enough. We must live out what we learn in the Bible. Draw a picture of how you showed God's love to someone this week.

JDOK BINGO		
What are the colors of JDOK?	What letters are on the JDOK cross?	Describe the 1979 cover of the JDOK Handbook.
What is the mission of The Order?	FREE	What is the name of the JDOK hymn?
Who formed the first chapter of Junior Daughters?	What is your chapter's name?	What happened in JDOK history in 1899?

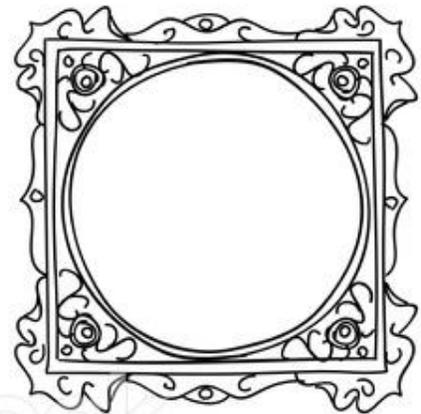
PRAY : Take a moment to think through the gallery of your mind. Write the name of the person who comes to mind under each picture frame. As you draw a picture or sketch of them, lift them up to God in prayer.



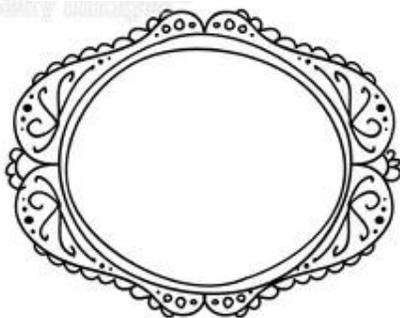
ENCOURAGED ME



LOVES ME



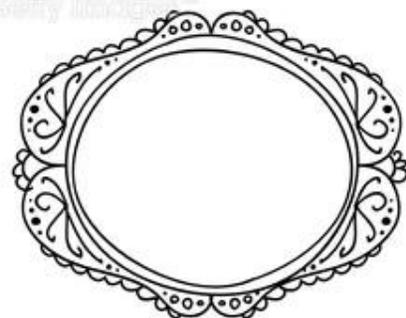
TAUGHT ME ABOUT GOD



PRAYED FOR ME



SHARED THEIR FAITH
WITH ME



FORGAVE ME

TEACHING TIPS FOR LESSON SIX

ADVANCED PREPARATION

1. Purchase flip-flops for each girl.
2. Invite someone to come to your meeting dressed as Mary Davenport.
3. Cut strips of cloth for flip-flops.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY: JDOK BINGO

1. Give each girl (or pairs of girls) a JDOK Handbook and direct their attention to the bingo card on the second page of the lesson.
2. Set a timer for 7 minutes.
3. Award each girl/pair who completes the bingo with a small treat.

MARY DAVENPORT ACTIVITY

1. Have someone come to the JDOK meeting dressed as Mary Davenport and share her story or read Mary's story from the JDOK Handbook (p10-11).
2. Invite questions.
 - How did Mary react to problems that she saw in her community?
 - Where do you see the DOK motto in Mary's life story?
 - What do you think Mary's neighbors thought about her?
 - What sticks with you about Mary's story?

FABULOUS FLIP-FLOPS

Mary took God's love where it was need. Let's make a pair of fabulous flip flops to remind us to take God's love where it is needed.

MATERIALS

Inexpensive flip-flops	1" strips of cloth cut to 8" long (20 per flip-flop)	Sharpies
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INSTRUCTIONS

1. Tie the strips of cloth onto the flip flop straps in double knots. Use about 20 strips per flip-flop
2. With a sharpie, write "TAKE ME WHERE GOD'S LOVE IS NEEDED" along the side of each flip-flop.

BIBLE VERSE/MEMORY GAME: CLAP-A-WORD

Display the verse on a piece of paper. First, as a group say the verse three times. Ask one girl to leave the room (or turn her back). Have another girl point to one word from the verse so the others can see it. Then the first girl returns to the room, but is not allowed to see the verse displayed. The group says the verse, but claps on the selected word without saying it. The first girl says which word was skipped. If she gets stumped, let her look at the verse display. Take turns clapping on various words.

CLOSE

1. Sign off any completed achievements.
2. Use PRAYcelets or fingers to pray together. (See lesson 2 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

FEAST OF THE PRESENTATION

FEBRUARY 2 ✕ LUKE 2:22-40

The Feast of the Presentation is one of the two feasts that Junior Daughters are especially invited to observe. As many parents present their children for baptism, the Feast of the Presentation commemorates the day when Jesus was presented by His parents as an offering to God. Jesus and His family were met by Simeon, a righteous man who, upon the inspiration of the Holy Spirit, recognized Jesus as the Messiah.

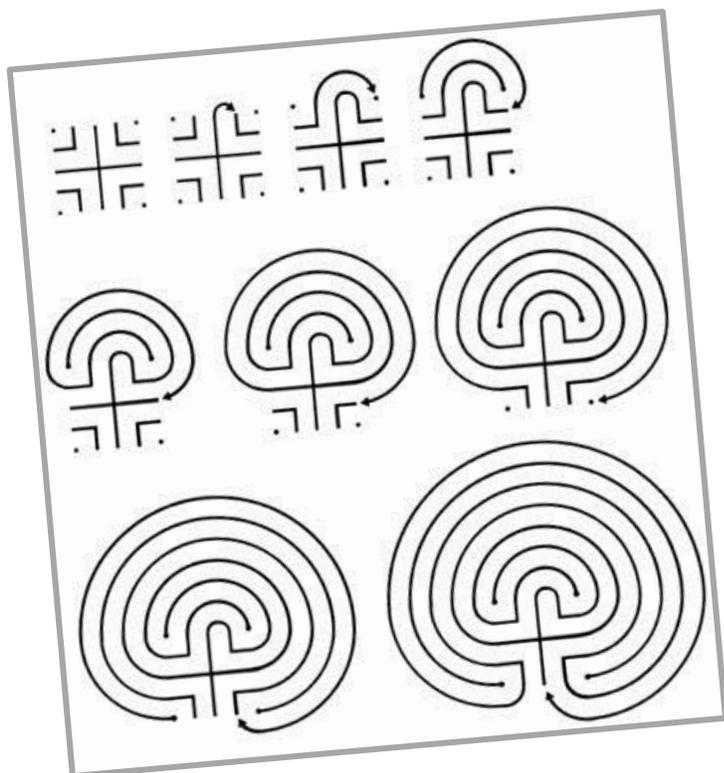
The Metamorphosis program is designed to honor the feast days as an entire chapter. Creating a Prayer Labyrinth is suggested for the activity for the Feast of the Presentation activity for Metamorphosis Year A.

A PRAYER FOR THE FEAST OF THE PRESENTATION

Good morning, God.
This is your day.
I am your child.
Please show me your way.
Amen

PRAYER LABYRINTH: A PATHWAY TO GOD

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 (you) is invited to offer God a prayer, a question, thanksgiving, or to seek guidance. Think of the labyrinth as a short prayer walk.



SUPPLIES

Your imagination	Acrylic paints
1 rock per girl	Sharpies
Painters tape or pine needles, sand or rope	

INSTRUCTIONS

Making a labyrinth can be lots of fun. Using the diagram above, make a labyrinth out of simple objects such as painter's tape taped to the ground or 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.

LESSON 7: SEEK AND SERVE

CHRIST IN ALL PERSONS



Read the story of Tabitha, also called Dorcas, in Acts 9:36–42.

- How did people react to Tabitha's death? Why?
- How do you see Tabitha's faith in her life and words?
- What sticks with you from her story?

MEMORIZE: Matthew 25:40

I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!

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

One of the baptismal promises that we make is to “seek and serve Christ in ALL PERSONS.” By sharing a treat with someone who does not have a home, we can honor this promise. With a parent's help, make or purchase Chex Mix or another savory treat. Decorate an empty Pringles can with paper, put the mix in and with your parents hand it to someone without a home. How did they respond? Draw a picture of how you served Christ in all persons:

TEACHING TIPS FOR LESSON SEVEN

ADVANCED PREPARATION

1. Collect Pringles cans or other suitable container.
2. Print mailing labels with Jeremiah 29:11 typed on them.
3. Read about Tabitha in a Children's Bible.
4. Purchase/gather supplies for service project.
5. Prepare domino scripture scramble.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING GAME: SHOE AND TELL

1. Split the group into 2 halves.
2. Get each half of the group to line up against opposite sides of the room or hall.
3. Get each person to take of 1 shoe and make a pile of their team's shoes.
4. Get each person from one team to select a random shoe from the other team's pile and then find the person that shoe belongs to.
5. Once they have found their match, have a question ready so each person in the pair can ask each other a get to know each other a little bit better. Make sure you don't leave this time too long, but don't make it too short either, give both people a chance to answer.
6. Get the other team to do the same process with the first team's pile of shoes.

BIBLE VERSE/MEMORY GAME: SCRIPTURE SCRAMBLE

Write the words of the verse in masking tape on dominos. Put the dominoes in a bag and have the girls unscramble them.

DISCUSSION

- Ask if anyone brought a picture of their baptism.
- Show them the special BAPTISM SERVICE in the BCP (p 304-305). Have them listen for who makes promises during the service.
- After reading it together, invite them to draw a picture of one of the promises that is made at baptism.
- Re-direct the conversation to service and how service to others is part of our baptismal promises.

SERVICE: PRINGLE CAN TREATS

Prepare a treat for a church member in need of some love and care.

MATERIALS

Ingredients for Chex mix or store bought savory treat	Pringles can	Paper
Scissors	Tape	Disposable plastic gloves

INSTRUCTIONS

1. Prepare Chex mix or leader's choice treat. Have girls wear gloves when working with the food.
2. Decorate cleaned out Pringles cans with wrapping paper, stickers, markers...
3. Add Jeremiah 29:11 mailing label to the outside of the can.
4. While wearing gloves, fill can with treat and if possible deliver to a parishioner in need.
5. After finished, encourage them to draw a picture of their experience serving.

CLOSE

1. Sign off any completed achievements.
2. Use PRAYcelets or fingers to pray together. (See lesson 2 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 8: THE FRUIT OF THE SPIRIT

PEACE AMONG ALL PEOPLE



MEMORIZE:
GALATIANS 5:22-23
The Fruit 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!

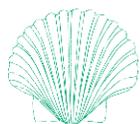
Simple acts of service can show God's love (a fruit of the Spirit!). Washing dishes is an important task to keep the home running. Ask mom or dad to teach you how to properly wash dishes or unload the dishwasher and commit to helping at one meal each day for a week. How did you feel as you served your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



THE SIGNS AND SYMBOLS OF BAPTISM



WATER: The word "baptize" comes from the Greek language and means to dip into or pour over, or to use water as an act of cleaning. In Baptism, water is a sign of being washed free from sin and beginning a new life with God as His beloved children. When we are baptized, we are raised to new life with Jesus. The water is blessed and poured on the head of the person being baptized in the name of the Father, the Son and the Holy Spirit.



SHELL: The scallop shell is sometimes used to pour water on someone who is being baptized. Baptismal fonts often have shells on them. Additionally the shell is associated with pilgrimage. During medieval times scallop shells were often carried home from pilgrimages to St. James tombs since they are found near his tomb, they offered proof that the pilgrim had completed their journey. Baptism is the start of the Christian journey. When priests use scallop shells to pour water on a child, they are initiating that child on a pilgrimage towards heaven.



OIL: The oil at Baptism is also known as the Oil of Chrism. It is a mixture of oil and balsam that has been blessed by the bishop. The oil is used to symbolize the gifts of the Holy Spirit.



SIGN OF THE CROSS: A little cross, generally made with the thumb, is traced by the clergy upon the forehead of the newly baptized, while the clergy says, "You are sealed by the Holy Spirit in Baptism and marked as Christ's own forever."



CANDLES: Candles symbolize Jesus as the Light of the World. In Baptism a candle is lit from the Paschal or Easter Candle which stands near the altar as a sign of the Risen Christ. A candle is given to the newly baptized as a reminder that the Light of Jesus has entered them.



DOVE: After Jesus was baptized, Heaven opened and God's Spirit came down like a dove. A dove is used in Baptism to symbolize the gift of God's Holy Spirit

TEACHING TIPS FOR LESSON EIGHT

ADVANCED PREPARATION

1. Read about church/JDOK symbols.
2. Gather/purchase supplies for OBJECT LESSON, GAME, CRAFT

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY

1. Symbols can be fun. They give us clues without using words.
 - Can you think of symbols around your community? (Traffic signs, colors on the road)
 - How about in the church or in JDOK? (See Signs and Symbols page.)
2. The Bible uses several symbols to represent the Holy Spirit: Dove at Jesus's baptism in Matthew 3:16; Tongues of fire during Pentecost in Acts 2:1-4; Wind during one of Jesus's talks in John 3:5-8. Which description do you like best? Why?

OBJECT LESSON

MATERIALS

Bucket	Paper towel
Cup	Water

INSTRUCTIONS

Show the girls the cup and ask them if there is anything in it. Accept any answer. Place a paper towel at the bottom of the cup. Ask them if there is anything besides the paper towel in the cup.

1. Push the inverted cup to the bottom of the bucket filled with water. Carefully bring the cup to back up.
2. Notice that the paper towel stayed dry. Ask why.
3. Air is a bit like the Holy Spirit –while we can't see it, we can see its effects in our life.

BIBLE VERSE/MEMORY GAME: WORD TOSS

After reciting Galatians 5:22-23 out loud three times, have all the girls stand in a circle. One girl has a ball. The girl with the ball says the first few words of the verse then throws the ball to a different girl who continues with the verse. Sign off for any girls who memorize their verse or song or have completed an activity.

BIBLE VERSE COLORING SHEET

Use marker and crayons to color in coloring sheet. Focus discussion on where they see these fruits of the spirit in their lives.



HOLY SPIRIT CRAFT

MATERIALS NEEDED

White paper plates	Black and orange sharpies	Tape
Red, orange, and yellow curling ribbon	Red, orange, and yellow construction paper	Scissors
		Hole punch



INSTRUCTIONS

1. Draw outline of dove on paper plates. Add eyes, beak and feet. Write HOLY SPIRIT on each wing.
2. Cut out flames. Write one fruit of the spirit on each flame: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
3. Attach flames to dove's wing and tail. Add curling ribbon to both wings to hang dove.

CLOSE

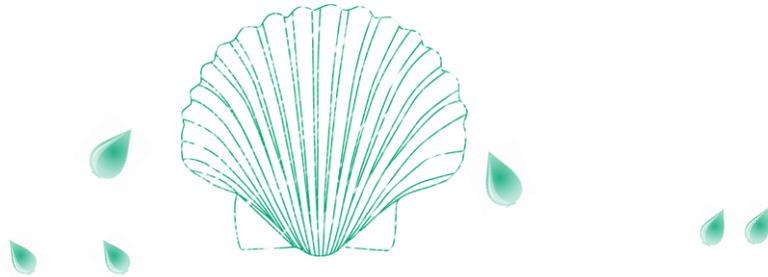
1. Sign off any completed achievements.
2. Use PRAYcelets or fingers to pray together. (See lesson 2 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 9 – THE GIFT OF WATER

ONE LORD, ONE FAITH, ONE BAPTISM

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.



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

When you are baptized, you are marked as Christ's own forever. Draw a picture from your baptism. How old were you? Who was with you?

TEACHING TIPS FOR LESSON NINE

ADVANCED PREPARATION

1. Practice Sun Salutation with the Lord's Prayer until comfortable – this may take several days of practice.
2. Read p. 306-307 BCP.
3. Ask parents to send girls with a picture from their baptism.
4. Purchase items for Holy Water Necklace.
5. Measure the amount of water needed to fill bottle necklaces. Ask priest for the correct amount of Holy Water. *Note: any extra water should be poured directly into the soil or returned to the priest.*

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY: THE LORD'S PRAYER | FAITH WITH A TWIST

1. Follow instruction in the JDOK Handbook p. 43. For help with the yoga, look for a video on how to do the Sun Salutation.

BIBLE VERSE GAME: WORD WIPE OUT

Write the verse in dry erase or chalk. After the girls have said the verse out loud three times, have all but one of the girls leave the room. The remaining girl gets to erase one word. Invite girls back in room and have them read the verse and shout out the missing word. Continue as above, but erase more words each round.

DISCUSSION

1. Ask the children about their baptism. Who was there? Do they remember being baptized? Encourage them to write or draw about their baptism in the Secret Service box. Talk about how baptism is a service.
2. Invite them to bring a picture from their baptism to the next meeting. Send a reminder e-mail to parents a few days before the next meeting.
3. Ask the girls if they know what "baptism" means. The word "baptize" comes from the Greek language and means to dip into or pour over, or to use water as an act of cleaning. In Baptism, water is a sign of being washed free from sin and beginning a new life with God as His beloved children. When we are baptized, we are raised to new life with Jesus. The water is blessed and poured on the head of the person being baptized in the name of the Father, the Son and the Holy Spirit.
4. Talk with the girls about Holy Water. See p. 306-307 BCP. What makes it special? When is it used?

ACTIVITY: HOLY WATER NECKLACES**MATERIALS**

Sand art BOTTLES NECKLACE (Available at craft stores, Oriental Trading Company, Amazon...)		Religious stickers (crosses/shells...)
Sharpies	Small funnel	HOLY WATER

INSTRUCTIONS

1. Allow the girls to decorate the necklace bottles with Sharpies and religious sticker. Encourage them to write Holy Water on the outside of the bottle.
2. Pour Holy Water into necklaces and close. Allow girls time to show each other their necklaces and encourage them to share their baptism story with others.

CLOSE

1. Sign off any completed achievements.
2. Use PRAYcelets or fingers to pray together. (See lesson 2 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

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!

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 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	DOK Motto (Lesson #4)		
[] PRAY	JDOK Prayer (Lesson #1)		
[] SING	JDOK Hymn v. 1 (Lesson #6)		
[] HONOR	Feast of the Holy Innocents or Feast of the Presentation or comparable home activity		
[] HONOR	Retreat or quiet day (see JDOK Handbook p.59-60)		
[] SERVE	Giving back to home _____ (Lesson #2, #8)		
[] SERVE	Giving back to church _____ (Lesson #5)		
[] SERVE	Giving back to community _____ (Lesson #4, #7)		

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.

	LESSON	MEMORY VERSE	DATE	INITIALS
[1]	Talking to God	Jeremiah 29:12		
[2]	Daily Devos	Psalm 51 from p. 137 BCP		
[3]	Forgiveness	Colossians 3:13		
[3]	Forgiveness	Ephesians 4:32		
[4]	Faithful Friends	Proverbs 17:17		
[5]	Resist Evil	2 Timothy 2:22		
[6]	Godly Girl	Luke 11:28		
[7]	Seek and Serve	Matthew 25:40		
[8]	The Fruit of the Spirit	Galatians 5:22-23		
[9]	The Gift of Water	Prayer before Baptism		
[9]	The Gift of Water	The Lord's Prayer		

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	<p style="text-align: center;">Morning Has Broken The Episcopal Church Hymnal No. 8 <i>(Lesson #2)</i></p>
<hr/>	
[] RECITE/SING	<p style="text-align: center;">Holy, Holy, Holy Lord The Episcopal Church Hymnal No. 5130 <i>(Lesson #5)</i></p>
<hr/>	
[] RECITE/SING	<p style="text-align: center;">Simple Gifts The Episcopal Church Hymnal No. 554 <i>(Lesson #7)</i></p>
<hr/>	

BIBLE AWARD:

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	√	Esther
	Matthew 1		Esther 1
	Matthew 2		Esther 2
	Matthew 3		Esther 3
	Matthew 4		Esther 4
	Matthew 5		Esther 5
	Matthew 6		Esther 6
	Matthew 7		Esther 7
	Matthew 8		Esther 8
	Matthew 9		Esther 9
	Matthew 10		Esther 10
	Matthew 11		
	Matthew 12		Psalm
	Matthew 13		Psalm 1
	Matthew 14		Psalm 5
	Matthew 15		Psalm 19
	Matthew 16		Psalm 24
	Matthew 17		Psalm 42
	Matthew 18		Psalm 51
	Matthew 19		Psalm 95
	Matthew 20		Psalm 100
	Matthew 21		Psalm 105
	Matthew 22		
	Matthew 23		James
	Matthew 24		James 1
	Matthew 25		James 2
	Matthew 26		James 3
	Matthew 27		James 4
	Matthew 28		James 5

ACKNOWLEDGEMENTS

The Order of the Daughters of the King® encourages members to use their spiritual gifts for the glory of God, for the spread of His kingdom and for the growth of The Order. During the creation of the Metamorphosis Journey, authors wrote words; designers chose colors and layouts; photographers took pictures; editors searched for consistency and accuracy – all FOR HIS SAKE.

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DOK Archives-page 33

Junior Daughters of the King

Caterpillar

Award for Year A

I have completed the requirements necessary to receive

THE JUNIOR DAUGHTERS OF THE KING 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

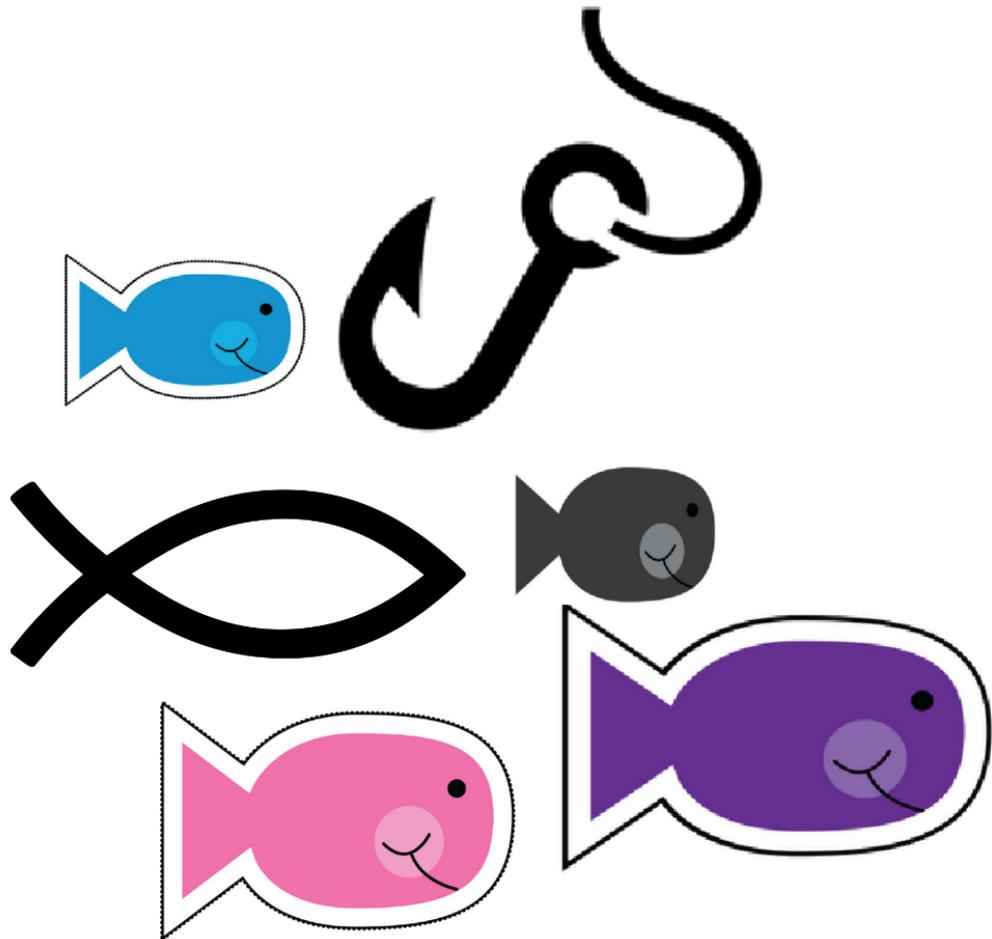
Date

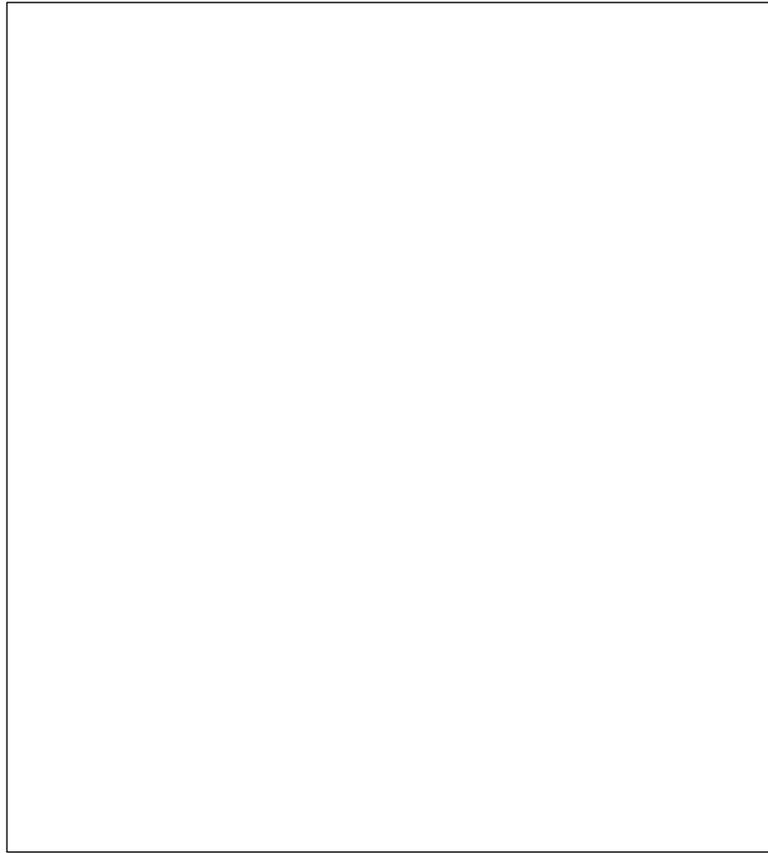
PRAYER+SERVICE+EVANGELISM
FOR HIS SAKE



CATERPILLAR

YEAR B: FISHING FOR PEOPLE





This book belongs to:

Signature of JDOK Caterpillar

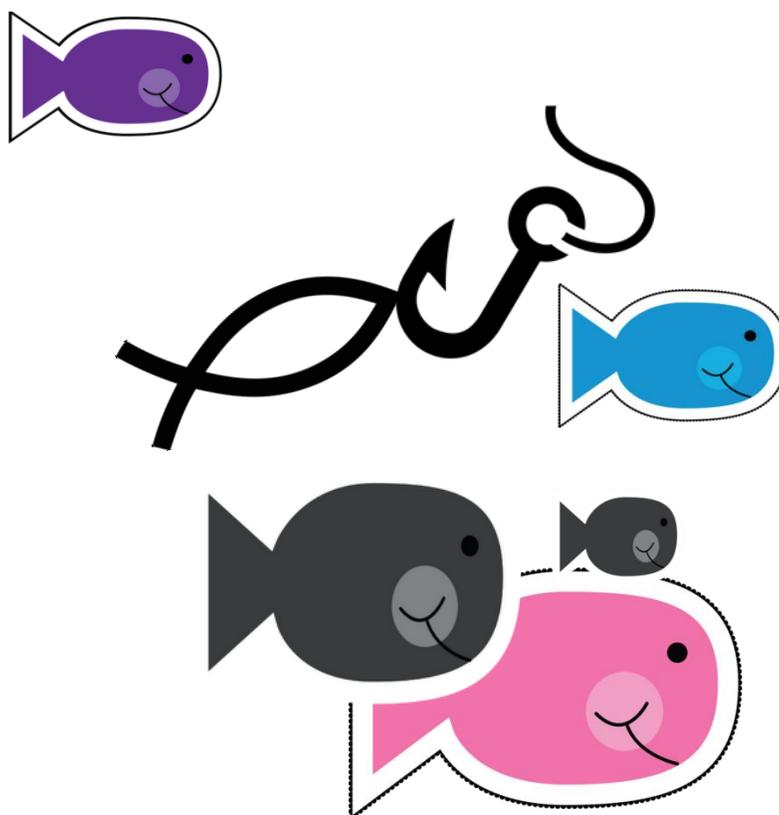
CATERPILLAR. (noun) A small fuzzy creature with many legs that changes to become a butterfly.



WELCOME TO JDOK CATERPILLAR YEAR B

We are going to have so much fun as we grow together with God and share our faith! Together we will discover how to become fishers of people, do activities that will help us practice putting God's word in our heart, and serve others.

We hope that you are able to attend EVERY JDOK meeting, but don't worry if you miss a month. Everything you need to do is in this book. If you miss a meeting, work on your memory verse or song, read your Bible story and complete the service or prayer project at home with your parents. At the very end of the book, you will find check sheets for keeping track of your accomplishments. Celebrate your accomplishments and enjoy the journey!





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 DOK 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?

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.

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LESSON 1: PRAYERS CAUSE US TO CARE

Tape the JDOK Prayer to your bathroom mirror. As you wash your hands, say the prayer out loud.

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.



Shared courtesy of Katherine Bogner of looktohimandberadiant.com

MEMORIZE: 1 THESSALONIANS 5:16-18a

Always be joyful.
 Never stop praying.
 Be thankful in all circumstances.

There are lots of ways to talk to God and lots of things to talk about with God. Sometimes, it is easier to ask God for things than thank him for life's blessings. Take a prayer walk with your JDOK friends. Look for things to give praise to God. Draw a picture of one thing that you are grateful for:

JDOK PRAYER CROSSWORD PUZZLE

S D K H P X R T T D Y D H P O
 R O R R O E I V H S P I R I T
 E N A A S Q N T M O D G N I K
 H Y H P W H G P R A C T I C E
 T F O R G N I T E R H T I A F
 O N F R E U S S E K M M A G T
 D Q Y R E I I A E T A L S E N
 I P T J R Y C D I R L S V V V
 D S B H K H A G E A V N R O B
 A I C F H W N R T O F I E L U
 I E E B O W S F P T O F C L T
 L D C S P E M O C J I Y E E R
 Y P I A E T V V D L Y J I X D
 N G O L E W H H O D P B V G L
 L H O L Y P R K G I A L E U M

ALL
CHRIST
COME
DAILY
DRAW
FAITH
FOR
GOD
GUIDE

HIS
HOLY
HOPE
KINGDOM
LIFE
LOVE
OTHERS
PEACE
PRACTICE

PRAY
PRAYER
REACH
RECEIVE
RESPOND
SAKE
SERVICE
SPIRIT
STRENGTH

TEACHING TIPS FOR LESSON ONE

ADVANCED PREPARATION

1. Read Junior Daughter Handbook section on prayer-p. 35-36.
2. Write verse on a large piece of paper for verse game.
3. Choose a place for the prayer walk.
4. Purchase supplies for gratitude beads.
5. Ask for beading assistance from DOK, JDOK parents, church members.

OPENING ACTIVITY: TWO TRUTHS AND A TALE

Each person must make three statements about themselves, one of which isn't true. (I have two brothers, I was born in Australia, I have a motorcycle). The group must guess, or vote on, which statement is the tale.

BIBLE VERSE GAME: CLAP-A-WORD

Display the verse on a piece of paper. First, as a group say the verse three times. Ask one girl to leave the room (or turn her back). Have another girl point to one word from the verse so the others can see it. When the first girl returns to the room, she is not allowed to see the verse displayed. The group says the verse, but claps on the selected word without saying it. The first girl says which word was skipped. If she gets stumped, let her look at the verse display. Take turns clapping on various words.

DISCUSSION

1. See JDOK Handbook pages 35-36.
2. Ask them about talking to their best friends. What sorts of things do they talk about? When do they talk? How do they talk? What happens if they don't see their friend and don't talk to them either? *Lead them towards thinking about spending time with God, just like they spend time with their friends.*
3. After practicing the Bible verse, ask the girls what they think prayer is. How would they describe prayer to someone who wasn't a Christian? Lead them towards PRAYER IS TALKING TO GOD.

ACTIVITY: PRAYER WALK

Tell the girls that you are going on a prayer walk. God is ALWAYS with us, but we need to take time to notice him.

1. Take the girls outside and look for God. Notice things to give thanks for: beautiful sky and trees, people, bird songs...
2. Notice things to intercede for: blessing on houses and people that you pass, pray for the animals....
3. When you return from your prayer walk, write in the secret service box then create a string of Gratitude beads which will be used all year.

PRAYER CRAFT: GRATITUDE BEADS-A JOYFUL WAY TO PRAY

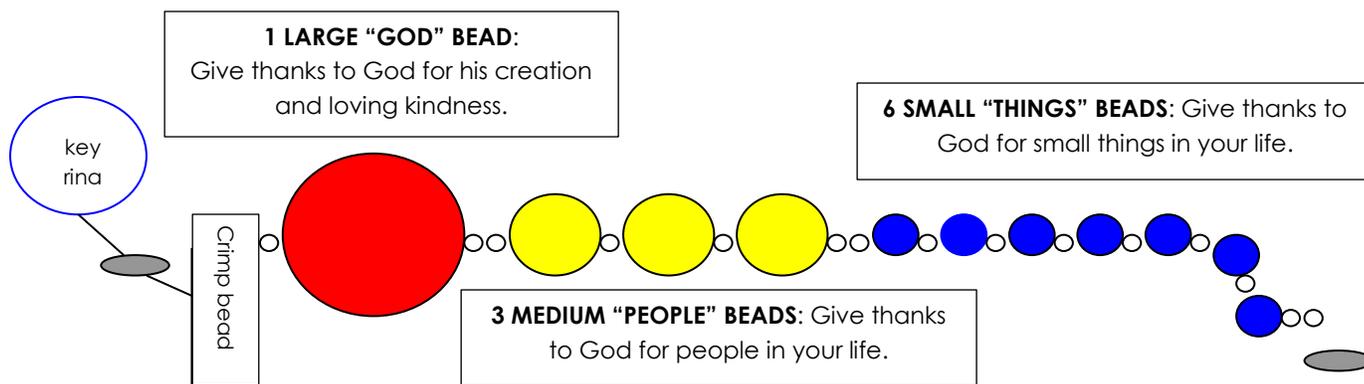
Gratitude Beads are simple and subtle reminders to find things to be grateful for throughout your day. Use these as prayer or meditation beads; hang them on a keyring, in a window or clipped onto a belt or purse. Remember to give thanks to God for 10 GOOD THINGS in your life every day and remember that you are loved!

MATERIALS

1 large bead	3 medium beads	6 small beads	Crimping beads	Key ring
Beading thread	Beading tool kit	Scissors	Seed beads/filler beads	

INSTRUCTIONS

1. **SELECT BEADS:** 1 large bead, 3 medium beads, 6 small beads. Place beads in order on beading mat or washcloth.
2. **STRING BEADS:** String the beads in the same pattern as in the picture below. Add filler beads. Start at right and move to left.
3. **COMPLETE:** Thread crimp bead and key ring 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.
4. **PRAY DAILY:** As you touch a different sized bead, you are reminded to be thankful the following: **GOD THE CREATOR:** (1 large bead) **PEOPLE IN YOUR LIFE:** (3 medium beads) **LITTLE THINGS OR EVENTS :** (6 small beads)



CLOSE

1. Sign off any completed achievements.
2. Use Gratitude Beads to pray together. (Since Gratitude Beads are used at every meeting of Year B, a classroom set may be helpful.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

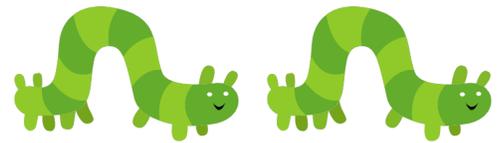
LESSON 2: CARING IS SHARING GOD'S LOVE



After reading page 22 in the Junior Daughter Handbook, try writing or saying the motto in your own words.

MEMORIZE: THE DOK 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?



MEMORIZE: ACTS 20:35b

You should remember
 the words of the Lord Jesus:
 'It is more blessed to give than to receive.'

Some people are unable to attend church because they are sick. This can make them feel lonely or forgotten. God loves EVERYONE and wants each and everyone of us to feel His love. Let's make some flowers to remind someone special that they are loved. As we work, let's say a prayer for them. Write the name of the person who will receive your plant here:
 _____.

Prayer for your special "flower" person by name for five days.

I prayed for

I prayed for

I prayed for



I prayed for

I prayed for

TEACHING TIPS FOR LESSON TWO

ADVANCED PREPARATION

1. Purchase M&Ms or skittles
2. Purchase supplies for terra cotta plant service project.
3. Check with priest for a few names of homebound individuals who will be visited by either the priest or a Eucharistic minister.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY: MIX AND MEET

MATERIALS

M&Ms or other type of differently colored candy

INSTRUCTIONS:

1. Get each person to grab three M&M's (or any type of differently flavored candies).
2. Tell them not to eat them. Assign a different meaning to each color
 - o blue= family
 - o green=school
 - o yellow=friends...
3. For each M&M they must share a fact. For example, if they have 3 blue, they would have to say three facts about their family.

BIBLE VERSE/MEMORY GAME: GOTCHA

1. Say the verse together three times.
2. Quote the verse incorrectly by omitting or changing a key word.
3. Ask them to shout, "Gotcha!" when they catch the mistake. Then quote the verse accurately together.

SERVICE/PRAYER PROJECT**MATERIALS**

Terra cotta pots	Potting soil	Acrylic paints	Paint brushes
Sharpies	Table coverings	Succulents/easy care plants	Ephesians 3:17 Rooted in Love

INSTRUCTIONS

1. Protect work surfaces.
2. Allow each girl to decorate a pot. Have her write Ephesians 3:17 "Rooted in Love" on the pot.
3. Add soil and plant.
4. As a group, discuss sharing God's love as an act of service and prayer.
5. Pray for the people who will receive the plants.
6. Ask the person who delivers the flowers to take a picture of the recipient with their flower
7. (Optional): Either priest/Eucharistic ministry delivers flowers, or each girl's family delivers the flowers.

PRAYER ACTIVITY: BUBBLE PRAYERS**MATERIALS**

1. bubble wands.

INSTRUCTIONS

1. Take the girls and the bubble wands outside.
2. Discuss with the girls how God promises to always listen to us, but we must promise to always pray joyfully. Remind them of last month's Bible verse.
3. Instruct the girls to think of someone who they are thankful for that God has put in their lives.
4. Have the girls blow a bubble and say "Jesus, be with (name)"
5. Watch the bubble, like our prayers, rise and vanish.

CLOSE

1. Sign off any completed achievements.
2. Use Gratitude Beads to pray together. (Since Gratitude Beads are used at every meeting of Year B, a classroom set may be helpful.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 3: GOD'S GOOD NEWS



MEMORIZE: MARK 16:15

He [Jesus] said to them,
"Go everywhere in the world.
Tell the Good News to everyone."

Read the story of *The Woman at the Well* (John 4:5-42).

- What example does the woman give us about sharing God's story?
- What happened in her community after she told people about her time with Jesus?
- Who do you tell about Jesus?
- What sticks with you about this story?

In Mark 16:15, Jesus tells us to go EVERYWHERE to share the GOOD NEWS, that we are so loved that we can have eternal life through Him. One way to share this Good News is to love God's people. Look for an example of someone showing God's love or sharing the Good News in the community. Draw or write about what you observed. How can you show God's love in your community?

Mark 16:15

This is a SUPER TRICKY puzzle. Some words are backwards. Have fun!

S A I D M J N B S D J P Z P S
 A T T E A J M E L W U Q T M H
 T O H V R O W R E V E E F K F
 H M S E K D O E H T V N L K Q
 K N G R M W C H A E F W V W S
 C I Y Y Z D D T R C C I H G B
 M U G W A Z G Y S F M S F R D
 G Z P H O P O J U L H X I E N
 J W D E D N Z K S H L Z D O T
 A G K R E Q I X E W C L A O L
 P N E E T X I S J K C T E M U
 E D O O G N S N F A Q T U I E
 F H P H A I C F G X E Y H K S
 B Q Q Q X R D H N L Z X C A E
 R D Z E C U L V L F G V R E M

EVERYONE

GOOD

NEWS

TELL

WORLD

EVERYWHERE

JESUS

SAID

THE

FIFTEEN

MARK

SIXTEEN

THEM

TEACHING TIPS FOR LESSON THREE

ADVANCED PREPARATION:

1. Read John 4:5-42.
2. NOTE: Samaritans were despised by the Jews. Furthermore, in that culture, women had a lower status than men. A Samaritan woman becoming one of the first Christian evangelists is a beautiful example of how God sees our true worth – rather than the society's vision of our worth. For the purpose of this lesson, we will be focusing on the woman SHARING HER STORY ABOUT CHRIST (evangelism).
3. Read section on evangelism from Junior Daughter Handbook (p52).
4. Before the meeting hang suckers or other wrapped candy from the ceiling. See opening game.
5. Purchase, chalk, blindfolds, and suckers.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING GAME: LOOK UP! (Adapted from Sermons4kids.com.)

1. Before the meeting hang suckers or other wrapped candy from the ceiling.
2. As the girls come to the meeting room, blindfold them and tell them that they have two minutes to find a treasure.
3. After the two minutes are up, remove blindfolds and give them one minute to search for treasure. Then tell them to LOOK UP! Remember that we should always look for God's treasures.

CONVERSATION:

1. Ask the girls if they know what EVANGELISM means. Direct them toward the idea that evangelism is sharing your faith. Do they think that sharing their faith is easy or hard? Why.
2. Read the story of The Woman at the Well from a children's Bible. Draw their attention to the woman sharing her story with her community.
3. After reading the story one time to the girls, allow them to act the story out and ask the following questions:
 - What example does the woman give us about sharing God's story?
 - What happened in her community after she told people about her time with Jesus?
 - Who do you tell about Jesus?
 - What sticks with you about this story?
2. Read Mark 16:15 together. How did the Woman at the Well follow Jesus' words from Mark?

BIBLE VERSE/MEMORY GAME: HOPSCOTCH

1. Create a hopscotch board on the sidewalk in chalk.
2. Write a word from the Bible verse inside each square.
3. Each girl will toss a rock onto the hopscotch board.
4. Girls alternate one footed and two footed hops, saying the verse as they travel down the hopscotch board.
5. On their return path, they attempt to say the verse again, without the word prompts facing them, making sure to pick up the rock on their way back to the starting line.

CLOSE:

1. Sign off any completed achievements.
2. Use Gratitude Beads to pray together. (Since Gratitude Beads are used at every meeting of Year B, a classroom set may be helpful.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 4: FISHING FOR PEOPLE

MEMORIZE: MATTHEW 4:19

"Come, follow me,"
Jesus said,
"and I will send you out to
FISH for PEOPLE."



I CH TH Y S

fish

I – Jesus
CH – Christ
TH – God
Y – Son
S – Savior

Read the story of Jesus calling the first disciples (Matthew 4:18-22).

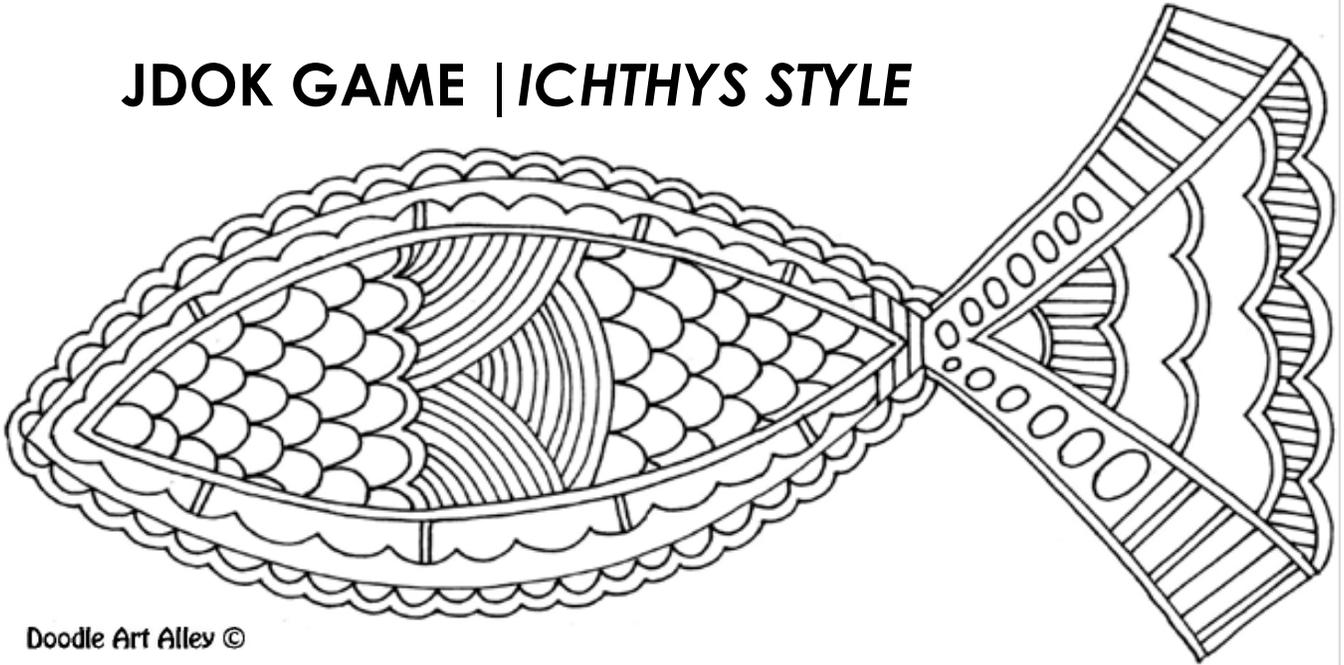
- What kind of people did Jesus call?
- What does it mean to be a fisher of people?
- How do you share your faith?
- How are you a fisher for people when you come to JDOK?

After Christ's crucifixion, the Romans persecuted Christians. Because of this, Christians often met in secret, and they used a simple drawing of a fish as their secret code to let other Christians know about secret worship service. Additionally, the Greek word for fish, ICHTHYS, makes an acrostic message meaning "Jesus Christ, Son of God, Savior".

To create your own acrostic, follow these four easy steps:

1. Write your name vertically.
2. Brainstorm words or phrases that describe YOU.
3. Place your brainstormed words or phrases on the lines that begin with the same letters.
4. Share your poem with your JDOK friends.

JDOK GAME | ICHTHYS STYLE



Doodle Art Alley ©

Shared courtesy of Samantha Tustison Snyder of Doodle Art Alley Inc- www.doodle-art-alley.com/

Can sing/read the JDOK HYMN underwater style	Can say what FHS means while hopping on one foot and spinning in a circle	Is joining JDOK this year
Is wearing blue and white (JDOK colors)	Can name JDOK's two special days in a SHARK voice .	Can say the DOK motto while doing jumping jacks
Can say the JDOK prayer while acting like a fish	Is wearing a JDOK cross	Can say the mission of JDOK while pretending to reel in a fish .

TEACHING TIPS FOR LESSON FOUR

ADVANCED PREPARATION

1. Remind the girls to bring their JDOK Handbooks. If possible bring an extra copy or two.
2. Purchase/gather supplies for memory game and fishers of people game.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY: JDOK ICEBREAKER GAME

1. Give each girl a JDOK Handbook and direct their attention to the bingo card on the second page of the lesson. Tell them that they will have seven minutes to fill in as many squares with signatures as they can find girls who can do the tasks.
2. Set a timer for 7 minutes.
3. Each girl rotates around the room, asking other girls to complete a task in a box and then sign their name.
4. To encourage mingling among the girls set a limit for how many times a girl can sign a particular to book based on the number of girls attending.
5. Upon completion, award each girl with a small treat such as a Dixie cup full of goldfish.

MEMORY GAME: WORD TOSS

After reciting the Bible verse out loud three times, have all the girls stand in a circle. One girl has a ball. The girl with the ball says the first few words of the verse then throws the ball to a different girl who continues with the verse.

READ

Read the story of Jesus calling the first disciples (Matthew 4:18-22) from a children's Bible. Girls can color the ichthys while they listen to the story.

DISCUSS

The first disciples were ORDINARY people just like you and me. They were brothers, tax collectors, even a traitor. (There are no girls mentioned, but during that time in history, girls were not typically mentioned - even if they were there!) Jesus called ordinary people to become disciples or "fishers of people."

- What does it mean to be a fisher of people?
- How can you be a fisher of people?
- How are you a fisher of people when you come to JDOK?

GAME: FISHERS OF PEOPLE (VARIATION OF TAG/HIDE AND SEEK)

One child will be the fisher.

Remainder of children will be the fish.

1. Place a blanket in the middle of the play area. This is the "NET" where the fish must go when they are caught.
2. The fisher must close their eyes and count to 10 while everyone hides.
3. After counting to ten, the fisher yells "Ready or not, I am fishing."
4. The fisher looks for her hidden JDOK friends who are trying to be quiet and not seen.
5. When the fisher finds a "fish" she takes her over to the net.
6. When all the fish have been found celebrate by eating either GOLDFISH or SWEDISH FISH.
7. Play again with a new fisher.

CLOSE

1. Sign off any completed achievements.
2. Use Gratitude Beads to pray together. (Since Gratitude Beads are used at every meeting of Year B, a classroom set may be helpful.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 5: CHOICES!

MEMORIZE: ISAIAH 52:7

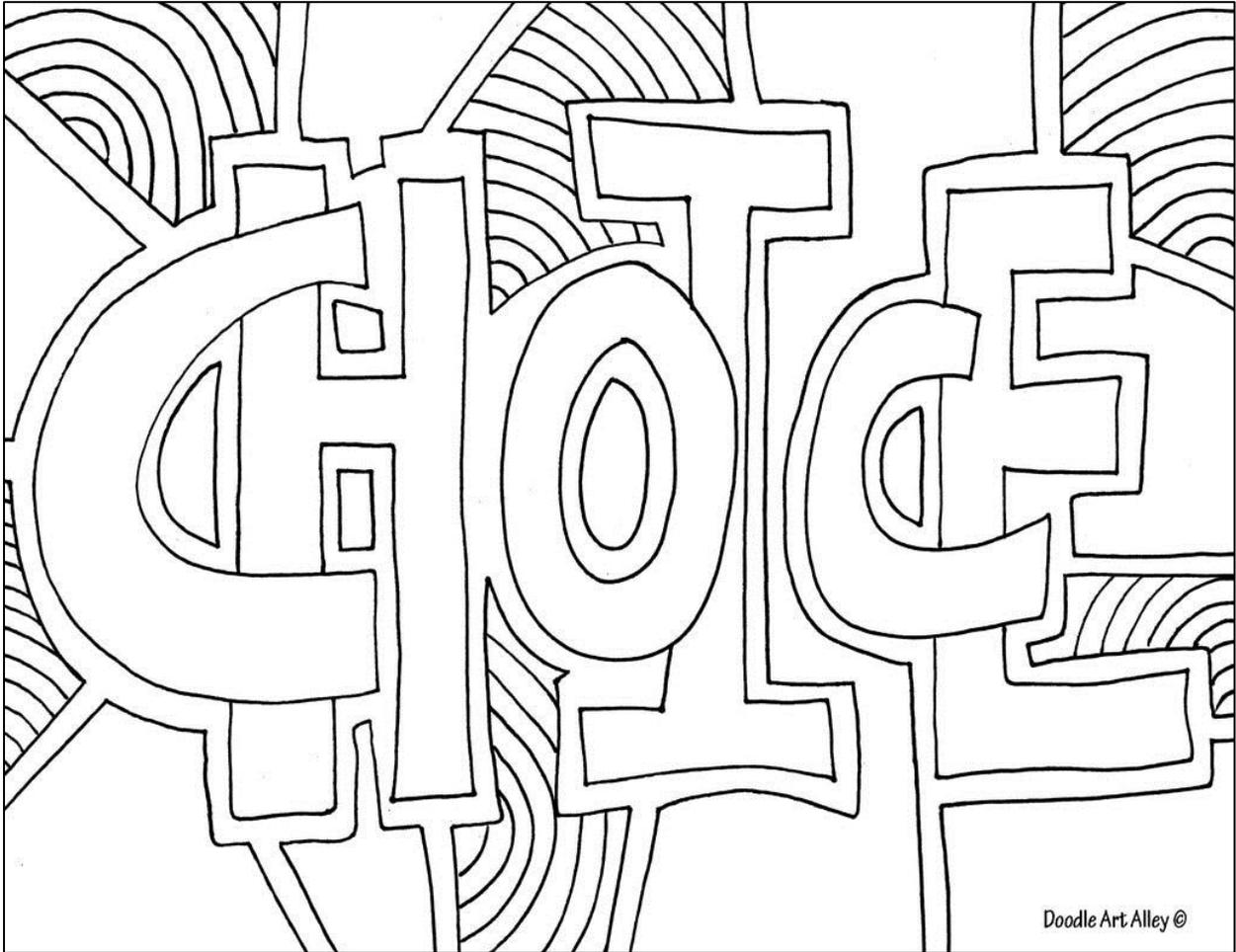
How beautiful on the mountains are
the feet of the messenger
who brings good news,
the good news
of peace and salvation,
the news that
the God of Israel reigns!

Read Matthew 28:1-15

- What did the women do?
- What did the religious leaders do?
- What surprised you about this story?
- What will stick with you?
- How will you choose to tell others about Jesus?

Alleluia!
Christ is Risen!
He is Risen Indeed!





Doodle Art Alley ©

Shared courtesy of Samantha Tustison Snyder of Doodle Art Alley Inc- www.doodle-art-alley.com/

Jesus wants us to SHARE his GOOD NEWS. What will you CHOOSE? Will you choose to be like Mary Magdalene or will you choose to be like the religious leaders?

Draw a picture of one way that you CHOOSE to share your faith or share God's love this week.

TEACHING TIPS FOR LESSON FIVE

ADVANCED PREPARATION:

1. Purchase/gather supplies for the PAPER FIGHTS, GOD'S LIGHTS, and TOWER STACK GAME.
2. Read Matthew 28:1-15. Choose a Children's Bible to use.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY: PAPER FIGHT

1. Girls write several facts about themselves on three different pieces of paper without writing their name.
2. They crumple their paper and have a "controlled" paper ball fight for a few minutes.
3. When the time is up, they grab the three closest pieces of paper and guess who wrote them.

CRAFT: GOD'S LIGHTS

MATERIALS

Jam-sized glass jars Cleaned with labels removed	Bowls filled with white school glue mixed with water
Tea light candle	Tissue paper squares
Option: Tray covered with foil to set candles on.	

INSTRUCTIONS

1. Give each girl a glass jar and a stack of tissues paper squares.
2. Dip the tissue paper in the glue and use to cover the entire jar.
3. Allow to dry.



MEMORY GAME: TOWER STACK BIBLE VERSE GAME

(www.123homeschool4me.com)

MATERIALS

Solo cups	Sharpies
Preprinted labels with 1 line of memory verse per label	

INSTRUCTIONS

1. Print 1-2 words from the verse on each label OR cup.
2. Give groups of 2-3 girls a set of cups. Have them create a tower has the words in the correct order.
3. Note: If you choose to print the labels, the cups can be reused by putting a new label on the cup.

READ MATTHEW 28:1-15

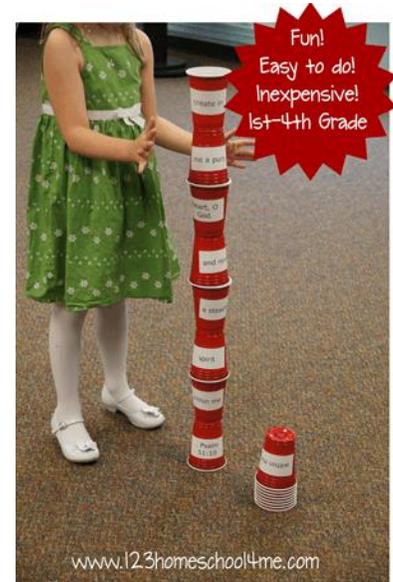
- What did the women do?
- What did the religious leaders do?
- What surprised you about this story?
- What will stick with you?
- How will you choose to tell others about Jesus?

DISCUSSION

1. The Good News of Jesus (that God loves us and we are saved by the grace of Jesus Christ) is meant to be shared. It is the most important news that you can every tell anyone.
2. Give each girl a tea candle to put into her holder, then turn out the lights.
3. Direct the girls to notice the darkness. What can break darkness?
4. Light one girls candle. Notice the difference. Continue lighting and noticing until everyone's candle is lit.
5. Direct their conversation to thinking about how much brighter the room got with more candles. How is this similar to what happens when we share the Good News by ourselves? How is this similar to what happens when we share the Good News with our JDOK friends?

CLOSE

1. Sign off any completed achievements.
2. Use Gratitude Beads to pray together. (Since Gratitude Beads are used at every meeting of Year B, a classroom set may be helpful.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.



FEAST OF THE HOLY INNOCENTS

DECEMBER 28 ✕ MATTHEW 2:1-18

The Feast of the Holy Innocents is one of two feast days that JDOK are especially invited to honor.

Celebrated on December 28, The Feast of the Holy Innocents is a time for honoring and serving children, especially children in physical or spiritual need. While Junior Daughters cannot fix all the problems facing children, they CAN DO SOMETHING... and what they can do, they ought to do, and what they ought to do, they will do!

BAGS OF GRACE

Bags of Grace offer the opportunity to extend Christ's love to an often forgotten and overlooked group: those experiencing homelessness. By handing out a Bag of Grace, you become the face of Christ's love to those who live on the streets.



MATERIALS

1 – Gallon size zipper bag or brown paper craft bag (consider drawing or writing on the outside of the bags)	2 – 6 count cheddar cheese crackers with cheddar cheese/or peanut butter
1 – Handwritten card from girls (no last names) with a Bible verse	2 - .5 oz individually wrapped, meat snack stick (Jerky)
1 - 16.9 oz bottle of drinking water	1 – Pocket size packet of tissues
1 – 5 oz can of Vienna Sausages *	1 – Breath mint
1 – 4 oz can of fruit *	1 – Restaurant pack of eating utensils with a napkin

** Use pop-top cans since most people experiencing homelessness do not have access to can openers.*

A PRAYER FOR THE HOLY INNOCENTS

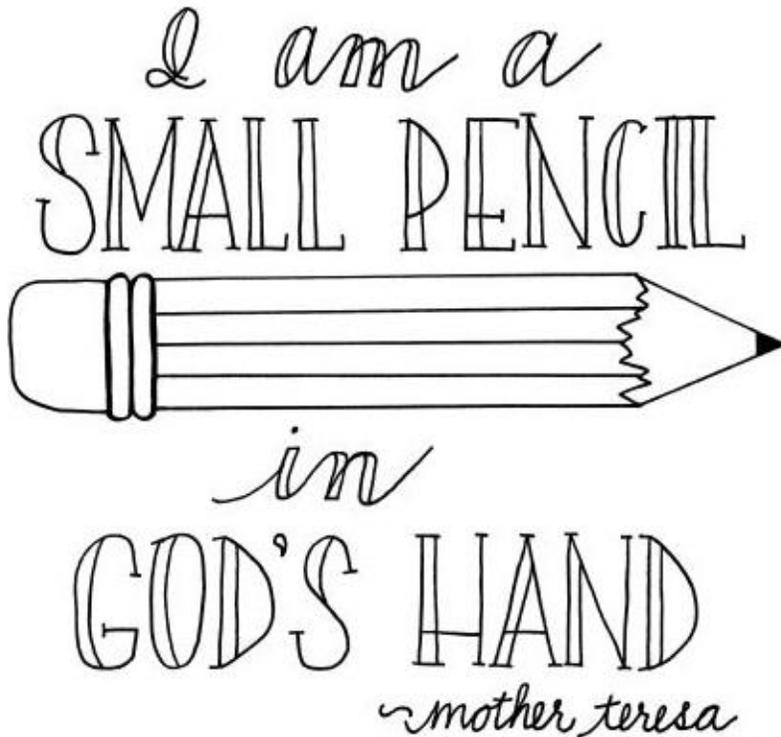
Loving God, we pray today for all children everywhere—especially those who are afraid, those who are sad, those who are in danger of any kind.

You know each of them by name.
May they feel your love and your peace.
Show us how to share your love.

AMEN

LESSON 6: GODLY GIRL

MOTHER TERESA



Shared courtesy of Katherine Bogner of looktohimandberadiant.com

SING: Dona Nobis Pacem

The round, or "canon", Dona Nobis Pacem, is based on the Latin text that means, "Grant us peace." The origin of the melody is unknown.

Dona nobis pacem, pacem.

Dona nobis pacem.

The Episcopal Church Hymnal No. 712

MEMORIZE: GALATIANS 5:13B

Serve one another in love.

How am I a small pencil in God's hand? How can I help color God's world?



Mother Teresa receiving Nobel Peace Prize in 1979 by Manfredo Ferrari - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org>

St. Teresa's way of peace begins with prayer, a smile, and seeing Jesus in each and every person.

In 1920 in Macedonia, a baby girl was given the name Anjezë Gonxhe Bojaxhiu. The English way to say Anjezë is Agnes. When she was 18 years old, Anjezë joined the Sisters of Loretto where she took a new name, Teresa. Typically when joining a religious order such as the Sisters of Loretto, a woman chooses a new name, often times after a Saint that she particularly admires. Agnes chose the name Teresa after St. Thérèse of Lisieux who spent her life finding little ways to show kindness. While Agnes/Teresa lived, most called her MOTHER TERESA.

As Teresa continued to learn and grow, she became a teacher at a convent school where she taught history and geography to children with wealthy parents. She loved teaching these children, but after more than a decade of teaching them, God gave her a special mission: "I heard the call to give up all and follow Christ into the slums to serve him among the poorest of the poor."

When she was 28, Sister Teresa left the convent school and moved into a nearby slum, and began teaching the children there by writing the alphabet in the dirt. She didn't even have paper or books to help them learn!

Over time, her mission grew: Many of her students joined her, and eventually, they formed the *Missionaries of Charity*. Her work for God's kingdom was only beginning.

One day as she and a sister were walking along, they encountered a man lying in the gutter, dirty, covered with sores, and dying. Most people who saw this man just kept walking. Mother Teresa and her sister carefully picked him up and took him to their home, where they washed him, cleaned his wounds, and cared for him just as if he had been a beloved brother or father. This was the beginning of the *Home for the Dying*, just one of hundreds of centers that Mother Teresa would found around the world.

Mother Teresa received the Nobel Peace Prize in 1977.

TEACHING TIPS FOR LESSON SIX

ADVANCED PREPARATION

1. If not familiar with making a human knot, watch a YouTube video.
2. Ask someone to come to the JDOK meeting and pretend to be Mother Teresa.
3. Ask priest for permission to collect items for a local assistance ministry.
4. Optional field trip: Arrange a time with assistance ministry to drop off collections. Prepare a save the date note to give to the JDOK girls as they leave the meeting.
5. Optional: If a field trip is not a possibility, show girls the ministries website. They will often have pictures and/or videos of their work.
6. Gather supplies for service activity. Ask local assistance ministry for current greatest need.

OPENING ACTIVITY: HUMAN KNOT

NOTE: FOUR participants are necessary to play.

1. Have the girls form a circle.
2. Instruct them to put their right hand in the air and to grab the hand of someone across the circle from them.
3. Repeat with the left hand.
4. Make sure that they are holding hands with TWO DIFFERENT PEOPLE and NOT holding hands with the person standing next to them.
5. Tell them to untangle themselves WITHOUT breaking the chain of hands. Be ready to give them some assistance as needed.
6. Remind the girls not to tug or pull on each other.
7. If the chain of hands is broken at any point, they must then start over again.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

MOTHER TERESA ACTIVITY

1. Have someone come to the JDOK meeting dressed as Mother Teresa and share her story or read Teresa's story.
2. Invite questions.
 - How did Mother Teresa react to problems that she saw in the world?
 - Where do you see the DOK motto in Mother Teresa's life story?
 - What do you think Mother Teresa's family and fellow teachers thought about her when she moved to India?
 - What sticks with you about Mother Teresa's story?
3. Direct the girl's attention to the coloring quotes in lesson #1, in this lesson, and on the back cover. Give some time to color their favorite quote.

PRAYER ACTIVITY

Teach the girls The Five Finger Prayer taught by Pope Frances. Allow the girls time to color their page and help them pray using their fingers – see Illustrated Children's Ministries prayers to the right.

SERVICE ACTIVITY:

COLLECTION BOX FOR THE NARTHEX

Mother Teresa was known to pray first and take action second. Now that we have prayed, let's take action by making a collection box.

MATERIALS

Large cardboard box-moving box size	
Poster board	Markers or sharpies.
Wrapping paper	Tape

INSTRUCTIONS

1. Decorate a large cardboard box.
2. Make a sign for what is most needed by the assistance ministry.
3. With the priest's permission, leave in the church for people to drop off supplies.
4. Tell others what you are doing.
5. Leave box in church entry until the next meeting.
6. After several weeks, deliver the collection to a local assistance program or ask a Caterpillar family to deliver.

BIBLE VERSE/MEMORY GAME: CLAP-A-WORD

Display the verse on a piece of paper. First, as a group say the verse three times. Ask one girl to leave the room (or turn her back). Have another girl point to one word from the verse so the others can see it. Then the first girl returns to the room, but is not allowed to see the verse displayed. The group says the verse, but claps on the selected word without saying it. The first girl says which word was skipped. If she gets stumped, let her look at the verse display. Take turns clapping on various words.

CLOSE:

1. Sign off any completed achievements.
2. Use Gratitude Beads to pray together.
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

MY 5-FINGER PRAYER

THUMB: God, thank you for my friends and family. Protect them and give them joy. Heal those who are sick or having a hard time.

POINTER FINGER: God, thank you for my leaders and teachers who point the way for me to go. Give them rest and clear minds.

MIDDLE FINGER: God, thank you for the people with power. Give the police, government and military wisdom, strength and open hearts.

RING FINGER: God, strengthen those who feel weak, those who are struggling or in need. Help me to see them and offer help when I am able.

PINKY: God, help me learn your ways, surround me with good friends and strengthen me in mind, body and spirit.



FEAST OF THE PRESENTATION

FEBRUARY 2 ✕ LUKE 2:22-40

The Feast of the Presentation commemorates the day when Jesus was presented by His parents as an offering to God. Each year the entire chapter is encouraged to honor this day together. In Year B the suggested activity is prayer canvases which Junior Daughters can use as a daily or weekly part of their Rule of Prayer.

PRAYERFUL ART CANVAS

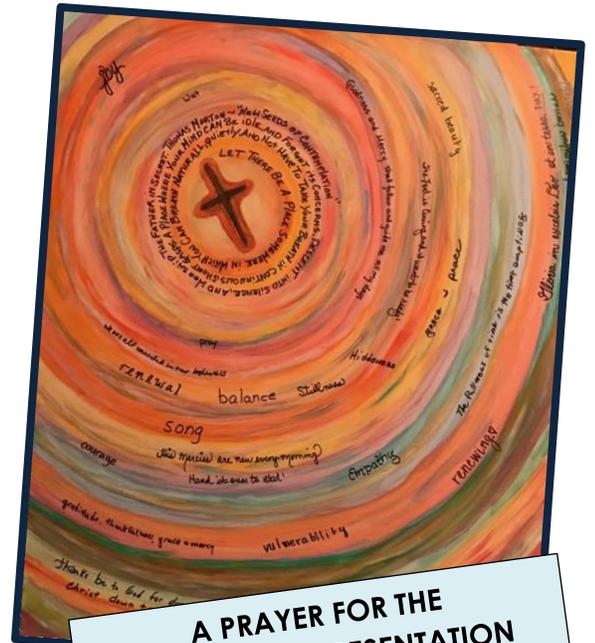
There are so many ways to pray and to talk to God. Creating a prayer canvas and hanging it in a visible place forms a tangible reminder to spend time talking with God each day. You are encouraged to begin each day by praying to God. Pray the Prayer for the Feast of the Presentation each day when you get out of bed, then use the rings on the canvas to write the names of people who need God's presence in their lives. Write your thanksgivings or your confession as you pray. Remember, just as there is a center to our paintings, there is a center to our lives: CHRIST. Use the canvas to help you remember to keep Christ central to all your actions and words.

SUPPLIES:

11X17 Canvas	Acrylic paints	Sharpies	
Easels	Paintbrushes	PAINT CLOTHES!	Worship music

INSTRUCTIONS:

1. Begin by asking for God's presence during the painting time.
2. Next create a center which could be a circle or a heart.
3. Continue by painting rings of varying color. Fill the entire canvas with rings of color.
4. Choose and paint a symbol for God in the center of the painting as a reminder that Christ should be central in our life.
5. After completing the canvas, allow the paint to dry.
6. When the paint has dried, pray the prayer for the Feast of the Presentation. As you pray, write your prayers for others, your prayers of thanksgiving, or your prayers of confession in Sharpie on the rings of the canvas.
7. Give these prayers to God.



**A PRAYER FOR THE
FEAST OF THE PRESENTATION**
 Good morning, God.
 This is your day.
 I am your child.
 Please show me your way.
 Amen

LESSON 7: NEVER TOO YOUNG TO BE AN EXAMPLE

SING: SEEK YE FIRST

The music Seek Ye First was composed in 1971 by Karen Lafferty after a Bible study on Matthew 6:33. She was having a hard time and these words gave her the answer she needed - to rely on God.

Seek ye first the kingdom of God and His righteousness; and all these things shall be added unto you. Hallelu, Hallelujah!

Ask, and it shall be given unto you; seek, and you shall find. Knock, and it shall be opened unto you. Hallelu, Hallelujah!

Man shall not live by bread alone, but by every word that proceeds out from the mouth of God. Hallelu, Hallelujah!

The Episcopal Church Hymnal No. 711

READ ACTS 16:1-2,4; 2 TIMOTHY 1:3-7

- What did you notice about the characters... about Eunice, Lois, or Timothy?
- Why are moms and grandmas important?
- How did Paul react to Timothy?
- How old do you need to be to share God's word?
- What sticks with you about this story?

MEMORIZE: 1 TIMOTHY 4:12

Don't let anyone think less of you because you are young.
Be an example to all believers in what you say,
in the way you live,
in your love, your faith,
and your purity.

Even though Timothy was very young, he set an example to people older than him. How can you set an example? Think about a chore that you have to do, one that you don't like very much. What would happen if you PRAYED every time you did the chore and when you were done, you THANKED your parents for the opportunity to serve? CRAZY? Let's see what happens. For the next 5 days, PRAY while you do your in the space to the right.

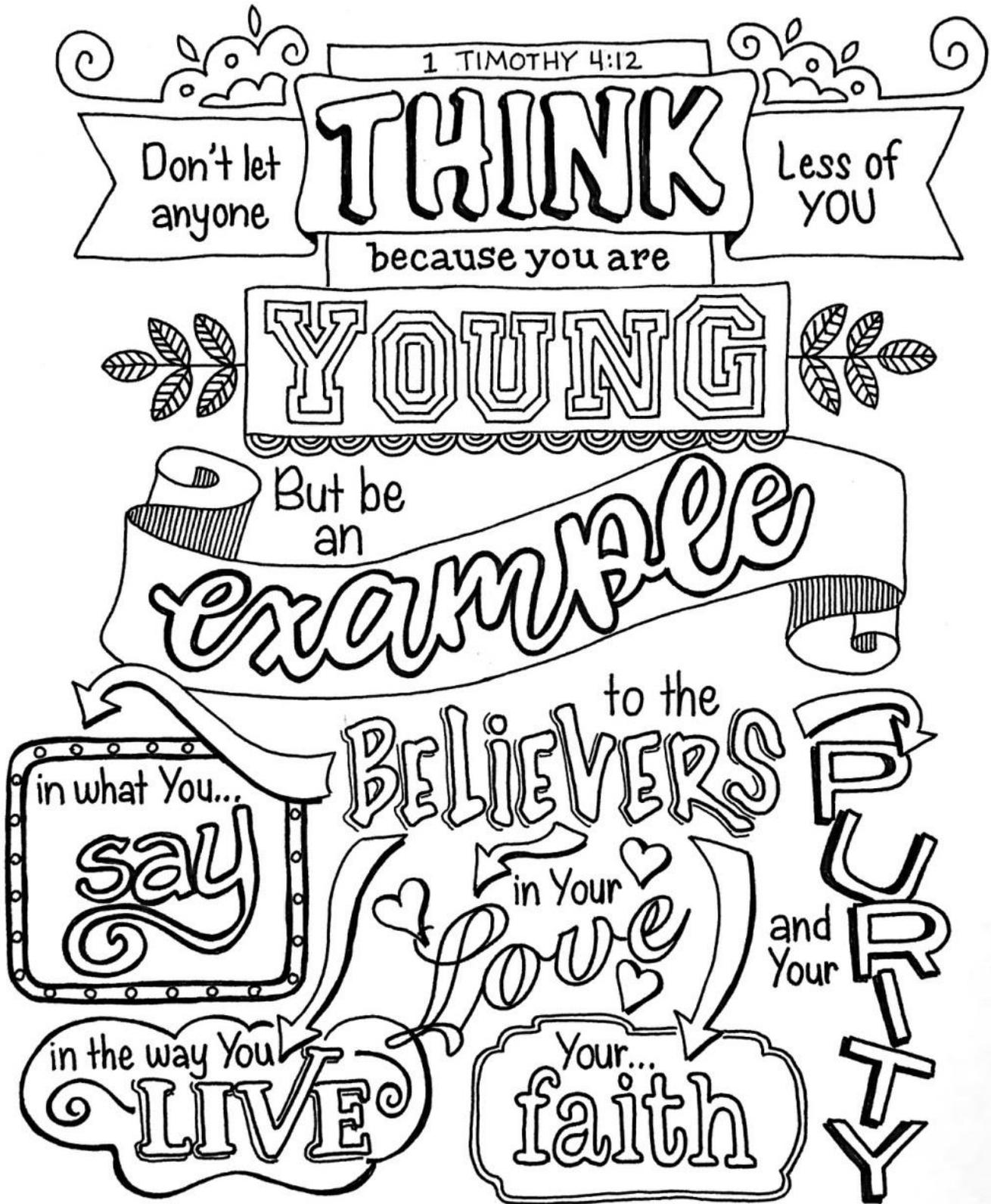
Prayerful
Chore #1

Prayerful
Chore #2

Prayerful
Chore #3

Prayerful
Chore #4

Prayerful
Chore #5



Shared curtsey of Kelly Echols.

ADVANCED PREPARATION

1. Read about Eunice, Lois, and Timothy.
2. Gather/purchase supplies for FOOT SPA.
3. Prepare SCRIPTURE SCRAMBLE.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING GAME: SHOE AND TELL

1. Have sample questions prepared on 3x5 cards.
2. Split the group into 2 halves.
3. Get each half of the group to line up against opposite sides of the room or hall.
4. Get each person to take of 1 shoe and make a pile of their team's shoes.
5. Get each person from one team to come a select a random shoe from the other team's pile and then find the person that shoe belongs to.
6. Once they have found their match, have a question ready so each person in the pair can ask each other a get to know each other a little bit better. Make sure you don't leave this time too long, but don't make it too short either, give both people a chance to answer.
7. Get the other team to do the same process with the first team's pile of shoes.

DISCUSSION

Sometimes the Bible can read like a story with a beginning, a middle and an end. Sometime the stories in the Bible jump around a little bit and we have to put on our detective hats. Today we are going to read a bit of a detective story: We will be reading in two different places in the Bible and listening very carefully to hear the story of Eunice, her mother Lois, and her son Timothy. As we listen, lets thinking about clues about each of these people.

READ

1. READ ACTS 16:1-2,4; 2 TIMOTHY 1:3-7.
2. Ask 3-4 of the following questions:
 - What did you notice about the characters... about Eunice, Lois, or Timothy?
 - Who taught Timothy about God?
 - Why are moms and grandmas important?
 - How did Paul react to Timothy?
 - How old do you need to be to share God's word?
 - What sticks with you about this story?

CRAFT ACTIVITY: FOOT SPA

Before beginning the craft, lead the girls to thinking about the role of parents, grandparents, mentors... in their faith walk.

- Who first told you about Jesus?
- Who brings you to JDOK?
- What is one of the first things you learned about God?
- Why are parents important?

Encourage the girls to take their foot spa home, wash at least one of their parents' feet and thank them for the love, care, and guidance they give.

MATERIALS

Plastic or wooden spoons	Mixing bowls	Epsom salts
Baking soda	Lavender essential oil	Pint size jar with lid
Card making supplies	Sharpies	

INSTRUCTIONS

1. Assign girls a partner. Give each pair a mixing bowl and spoon.
2. Mix:
 - a. 1 part Epsom salt
 - b. 1 part baking soda
 - c. A few drops of essential oi
3. Fill jars with mixture and close with lid.
4. (Optional: Decorate the outside of the jar with sharpies or stickers.)

BIBLE VERSE GAME: SCRIPTURE SCRAMBLE

Write the words of the verse in masking tape on dominos. Put the dominoes in a bag and have the girls unscramble them.

CLOSE

1. Sign off any completed achievements.
2. Use Gratitude Beads to pray together. (Since Gratitude Beads are used at every meeting of Year B, a classroom set may be helpful.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON EIGHT: SCATTERING SEEDS

MEMORIZE: GALATIANS 6:9

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

MEMORIZE JDOK HYMN v.2

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.

READ: MATTHEW 13:1-23

- What is Jesus telling us?
- How can we create rich soil in our lives?
- Which word jumps out at you? Write it in your words, in the box below.
- What can you learn about God and His kingdom?

The WORD that I remember from the parable:

Create your own comic strip about SCATTERING SEEDS.

TEACHING TIPS FOR LESSON EIGHT

ADVANCED PREPARATION

1. Gather/purchase materials for craft.
2. Gather colored pencils and a ball.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY: BIBLE VERSE WORD TOSS

After reciting the verse out loud three times, have all the girls stand in a circle. One girl has a ball. The girl with the ball says the first few words of the verse then throws the ball to a different girl who continues with the verse.

DISCUSSION

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

When Jesus originally told this parable, it might have been a long, long story. I imagine that Jesus, while sitting in his boat, saw all sorts of plants growing and began to wonder.....

- READ MATTHEW 13:1-13 slowly one time aloud. Sit and think about it for one minute. What word "jumps" out at you? What one word do you remember? Write it in the box.
- Read the parable slowly aloud one more time. Sit and think about it for one minute. Why is your word special for you?

Notice together that the farmer's job was to scatter the seed. Only some of the seeds took root.

- Have you ever wondered if your FAITHFUL WORDS matter?

Don't be discouraged-our job is to plant seeds. It is the Holy Spirit's job to help the seeds take root.

Every parable has a twist or a surprise. The challenge with parables is that we've heard them so many times that we might 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?

CRAFT: SEEDY BIRD FEEDERS

Ask girls about how they can “scatter seeds.” Direct them towards the idea that their actions demonstrate God’s love to others: people, animals, plants, creation. Tell them that they will show their love for God’s creation by making seedy bird feeders.

MATERIALS

Pine cones	Bird seed	Peanut butter
Oatmeal	String	Pie tin
Plastic knives	String	Table covering

INSTRUCTIONS

1. Instruct the girls to tie a string around her pinecone.
2. Mix ½ cup peanut butter with ½ cup oats.
3. Use a spoon (or fingers!) to spread the mixture onto the pinecone. Make sure to get the mixture into the open areas of the pinecone. It’s easier if the mixture is warm.
4. Place birdseed in pie tin. Roll and press birdseed onto pinecone until well covered.
5. Hang your pinecone feeder in a tree. Try to place it away from the tree trunk so it’s more difficult for squirrels to get to it.

CLOSE

1. Sign off any completed achievements.
2. Use Gratitude Beads to pray together. (Since Gratitude Beads are used at every meeting of Year B, a classroom set may be helpful.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 9 – POWERED BY PRAYER

SING: THE DOXOLOGY

The word Doxology comes from two Greek words and means "word of glory". The form used here was written by Thomas Ken, and the music "Old 100th" is very old, from 1551 by a Frenchman Loys Bourgeois.

Praise God, from whom all blessings flow;
praise him, all creatures here below;
praise him above, ye heavenly host:
praise Father, Son, and Holy Ghost.

The Episcopal Church Hymnal No.380

READ: LUKE 5:18-20

- What surprises you about the story?
- What was unexpected?
- What does Jesus want me to learn from this story?

MEMORIZE: PHILIPPIANS 4:13

For I can do everything
through Christ,
who gives me strength.



Doodle Art Alley ©

TEACHING TIPS FOR LESSON NINE

ADVANCED PREPARATION

1. Gather supplies for OPENING ACTIVITY.
2. Optional: gather costumes/props for Bible story. Be creative-the girls can do a lot with random household items.
3. Have different versions of the Bible available.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY

MATERIALS

Play dough	String	Toothpicks	Popsicle sticks
Aluminum foil	Pony beads	Miscellaneous available craft items	

INSTRUCTIONS

1. Break the girls into teams.
2. Tell the girls that they will have 7 minutes to create their favorite verse/Bible story from this year using the supplies on the table.
3. Set a 7 minute timer and let the girls work.
4. After the time is up, allow them to show their creation and have the other teams guess what they created.

DISCUSSION:

This year we have learned about several AMAZING women (and a young man) of God: Woman at the Well, Mary Magdalene, Mother Teresa, Eunice, Lois, and Timothy. They were AMAZING! – They were girls, mothers, grandmothers, evangelists, friends, and peacemakers. They were BOLD. They were BRAVE. **They were the HANDS and FEET of CHRIST.** Yet, they had troubles. They made mistakes. They were human, just like you.

Although each of these people lived lives at different times and under different circumstances, there are a few things that remain constant between them: THEY PRAYED; THEY RESPONDED TO THE HOLY SPIRIT.

So the question is this: How did they have the strength and courage to do things that others thought were crazy? What allowed them to do great things for God?

Let's take a look at a few scriptures that talk about two of the unifying factors in the lives of these people– PRAYER and ACTION.

READ LUKE 5:18-20 OUT LOUD AS A GROUP. Allow two or three girls to read out loud. Different versions of the Bible allow us to hear different things. Listen to the words; ponder the story.

ASK YOURSELF...

- What surprises me about this story?
- What was unexpected?
- What does Jesus want to me learn from this story?

ACT OUT YOUR OWN TRANSLATION: Imagine how you would feel if you were inside this story-if you were the sick person, if you were the friend, if you were Jesus. With one or two friends, act out this story.

WATCH AND LISTEN: Watch and listen to your JDOK skits and hear their thoughts on the questions. Be respectful and listen when others share.

PONDER: Desperate friends rushing to bring their hurting friend to Jesus only to find him completely surrounded by a crowd that didn't let them through. Faithful friends so determined to put their friend at the feet of Jesus that they literally TORE OFF A ROOF!

Could this story be a metaphor for us about how we should be responding to the world – the desire to put others at the feet of Jesus (PRAYER) combined with tearing off a roof (ACTION). I wonder if this story is demonstrating to us that our ACTIONS SHOULD BE POWERED BY PRAYER. These two things, prayer and action, go together.

So how do you begin? What can you do to make a change?

BIBLE VERSE GAME: WORD WIPE OUT

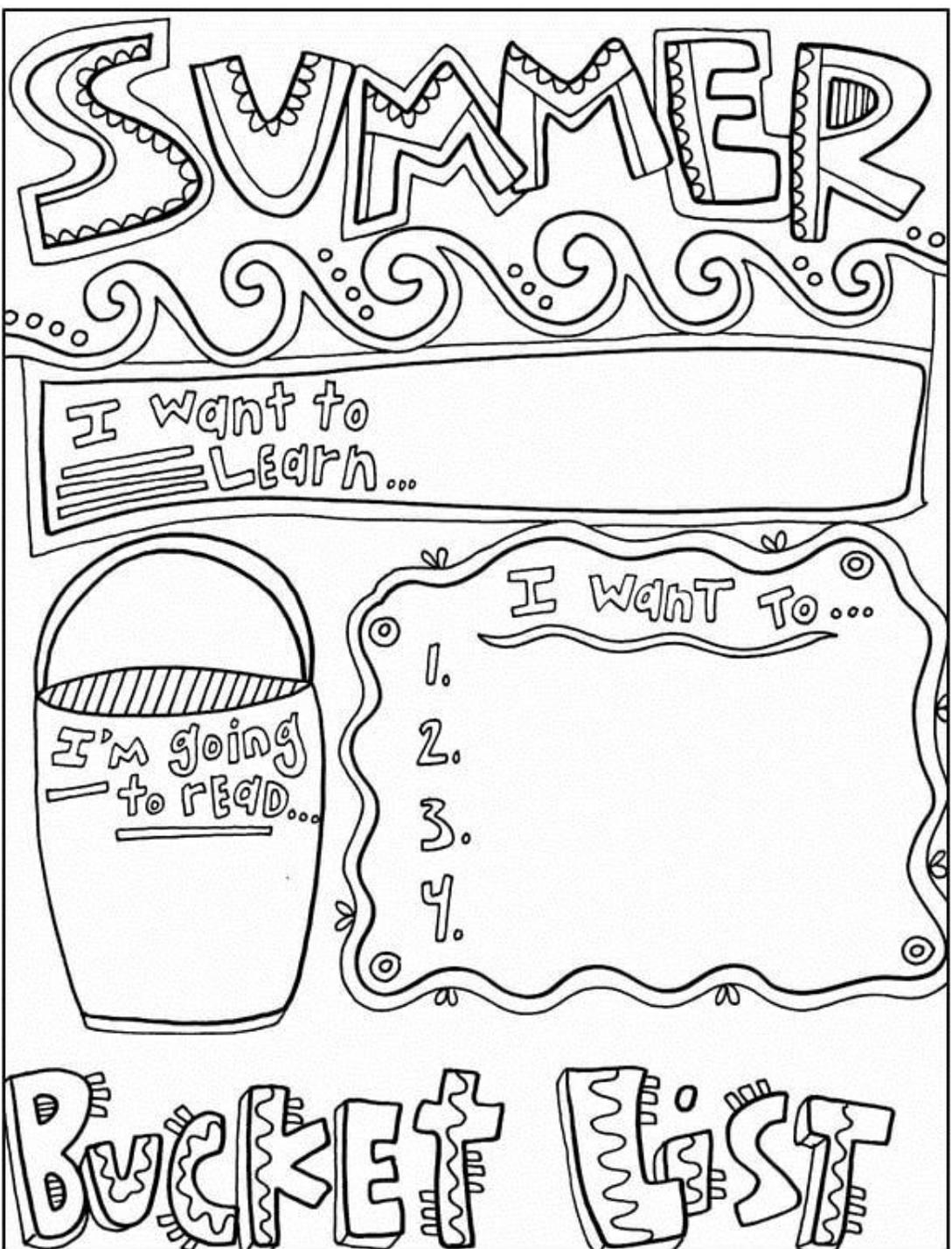
Write the verse in dry erase or chalk. After the girls have said the verse out loud three times, have all but one of the girls leave the room. The remaining girl gets to erase one word. Invite girls back in room and have them read the verse and shout out the missing word. Continue as above, but erase more words each round.

CLOSE:

1. Sign off any completed achievements.
2. *If time allows, talk with the girls about their summer plans, pray that God will bless them, and allow them time to fill in their "summer bucket list."*
3. Use Gratitude Beads to pray together.
4. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

SUMMER

Before summer begins pray about your summer. What is God directing you to learn, to read, to do? Share your bucket list with your JDOK friends.



Doodle Art Alley ©

Shared courtesy of Samantha Tustison Snyder of Doodle Art Alley Inc- www.doodle-art-alley.com/

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 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
<input type="checkbox"/>	SAY	DOK Motto (Lesson #2)	
<input type="checkbox"/>	PRAY	JDOK Prayer (Lesson #1)	
<input type="checkbox"/>	SING	JDOK Hymn v. 2 (Lesson #8)	
<input type="checkbox"/>	HONOR	Feast of the Holy Innocents or Feast of the Presentation	
<input type="checkbox"/>	HONOR	Retreat or day of reflection (see JDOK Handbook p.59-60)	
<input type="checkbox"/>	SERVE	Giving back to home _____ (Lesson #7)	
<input type="checkbox"/>	SERVE	Giving back to church _____ (Lesson #2)	
<input type="checkbox"/>	SERVE	Giving back to community _____ (Lesson #3/#5/#6)	

ICHTHYS AWARD

Ichthys means fish in Greek and was symbol used by ancient Christians to show their faith. The focus of the Ichthys Award is EVANGELISM, a fancy way of saying sharing your faith. By the end of the year, you will have learned about becoming a fisher of people, turning your prayers into actions, and sharing God's Good News!!

	LESSON	MEMORY VERSE	DATE	INITIALS
[1]	Prayers Cause Us to Care	1 Thessalonians 5:16-18a		
[2]	Caring Is Sharing God's Love	Acts 20:35b		
[3]	God's Good News	Mark 16:15		
[4]	Fishing for People	Matthew 4:19		
[5]	Choices!	Isaiah 52:7		
[6]	Godly Girl: <i>Mother Teresa</i>	Galatians 5:13b		
[7]	Never too Young to Be an Example	1 Timothy 4:12		
[8]	Scattering Seeds	Galatians 6:9		
[9]	Powered by Prayer	Philippians 4:13		

MUSIC AWARD

Psalm 96 instructs us to SING TO God! The Episcopal Church Hymnal is full of wonderful songs of praise. Although all the verses are listed, for the Music Award, learn to sing, recite, or play the one verse of the three hymns listed below.

DATE INITIALS

	Dona Nobis Pacem
<input type="checkbox"/> RECITE/SING	The Episcopal Church Hymnal No. 712 <i>(Lesson #6)</i>

	Seek Ye First
<input type="checkbox"/> RECITE/SING	The Episcopal Church Hymnal No. 711 <i>(Lesson #7)</i>

	Doxology
<input type="checkbox"/> RECITE/SING	The Episcopal Church Hymnal No. 380 <i>(Lesson #9)</i>

Sing a new song to the Lord!

Let the whole earth sing to the Lord!

Sing to the Lord; praise his name.

Each day proclaim the good news that he saves.

-Psalm 96



BIBLE AWARD:

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.

√	Mark
	Mark 1
	Mark 2
	Mark 3
	Mark 4
	Mark 5
	Mark 6
	Mark 7
	Mark 8
	Mark 9
	Mark 10
	Mark 11
	Mark 12
	Mark 13
	Mark 14
	Mark 15
	Mark 16

√	John
	John 1
	John 2
	John 3
	John 4
	John 5
	John 6
	John 7
	John 8
	John 9
	John 10
	John 11
	John 12
	John 13
	John 14
	John 15
	John 16
	John 17
	John 18
	John 19
	John 20
	John 21

√	Ruth
	Ruth 1
	Ruth 2
	Ruth 3
	Ruth 4

√	Psalms
	Psalms 9
	Psalms 23
	Psalms 27
	Psalms 84
	Psalms 103
	Psalms 113
	Psalms 119: 105-112
	Psalms 121
	Psalms 126

ACKNOWLEDGEMENTS

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Spiritual Advising: Rev. Beth Fain

Editors: Lissette Smead, Pandora Hernandez, and Paige Akard

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Sources and Inspiration:

Junior Daughters Handbook, 2019 edition, 2019.

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www.looktohimandberadiant.com

Lacy of www.catholicicing.com

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123homeschool.com- top of page 80

Beth Keene-page 81

Manfred Ferrair- page 83

The creators of the Metamorphosis Journey utilized their God-given talents to help The Order reach girls for God.

Do you love to write? To draw? To edit?

Are you being called to develop gifts to help spread God's kingdom?

How will you use your gifts for God?

JUNIOR DAUGHTER OF THE KING

CATERPILLAR

Award for Year B

I have completed the requirements necessary to receive

THE JUNIOR DAUGHTERS OF THE KING CATERPILLAR B AWARD.

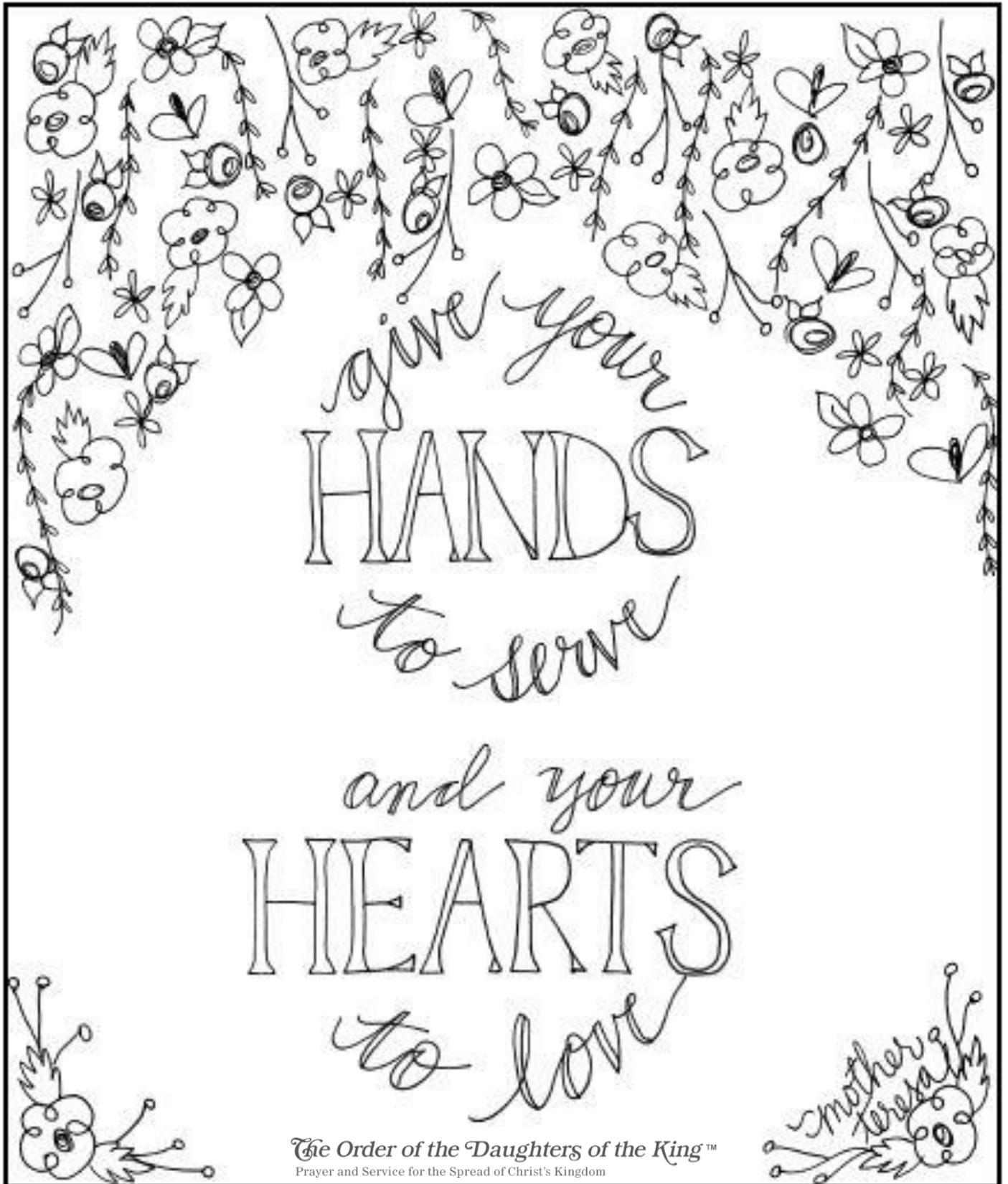
As I continue to grow, I will seek opportunities to pray, to serve, and to tell others about Christ. I will remember that I am but one, but I am one. I cannot do everything, but I can do something. What I can do, I ought to do. What I ought to do, by the grace of God, I will do.

Signature of JDOK Girl

Signature of JDOK Directress

Date

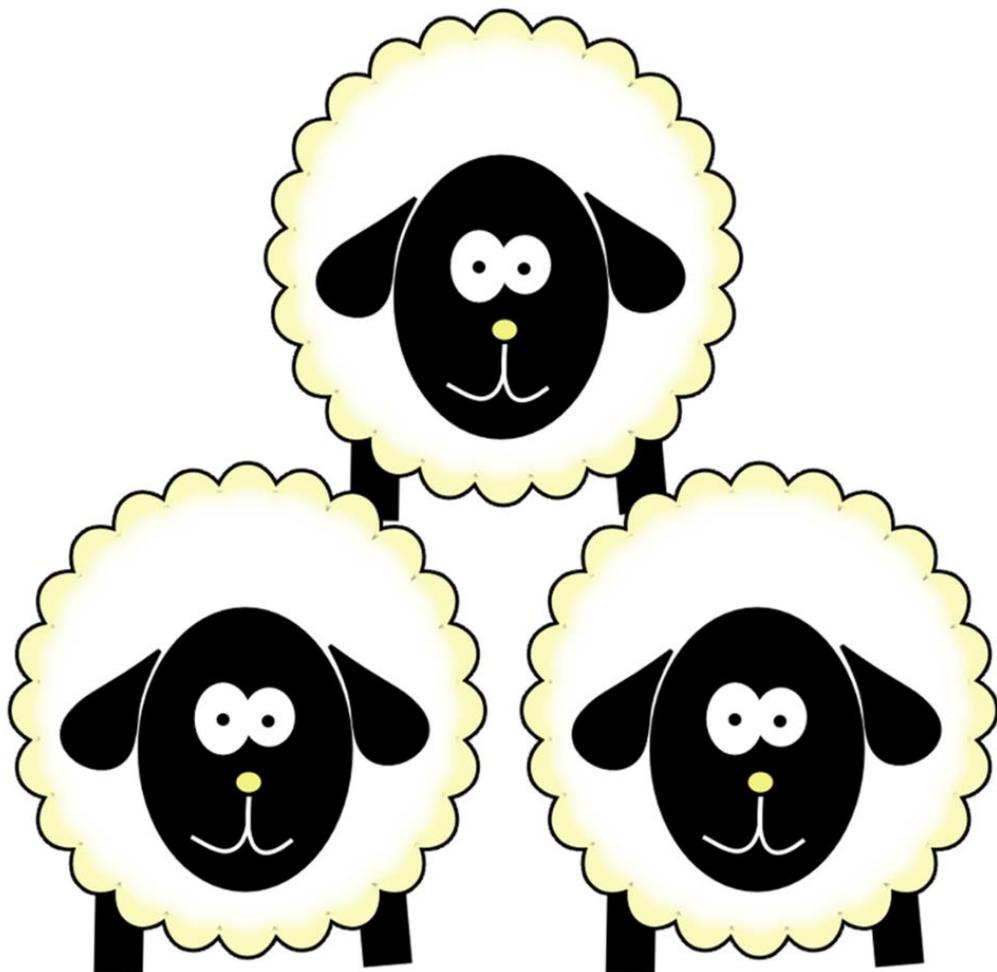
PRAYER+SERVICE+EVANGELISM
FOR HIS SAKE

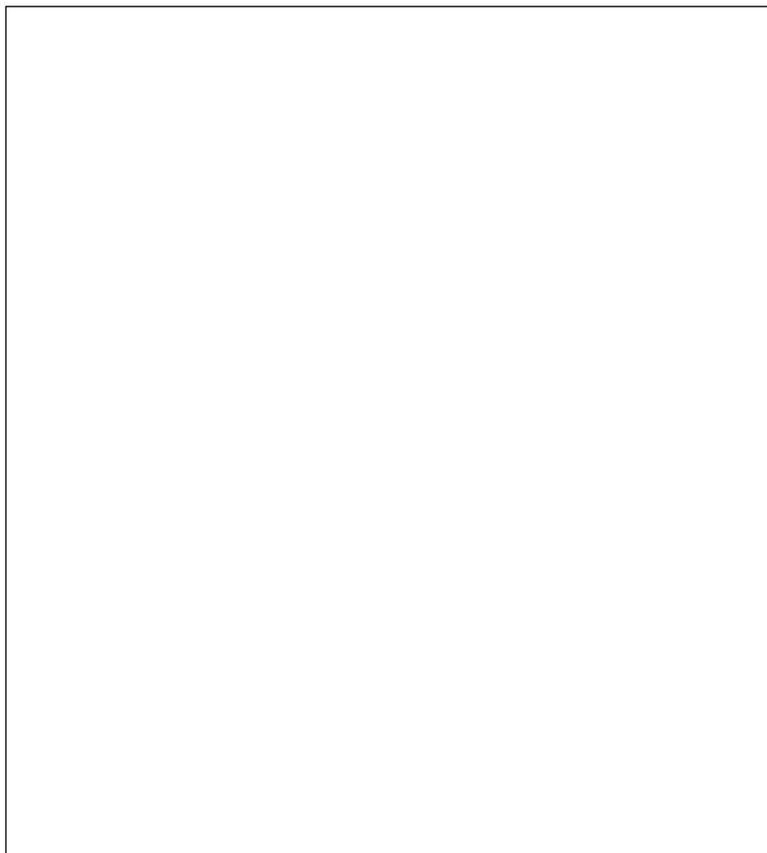


The Order of the Daughters of the King™
Prayer and Service for the Spread of Christ's Kingdom

CATERPILLAR

YEAR C: FOLLOWING THE GOOD SHEPHERD





This book belongs to:

Signature of JDOK Caterpillar

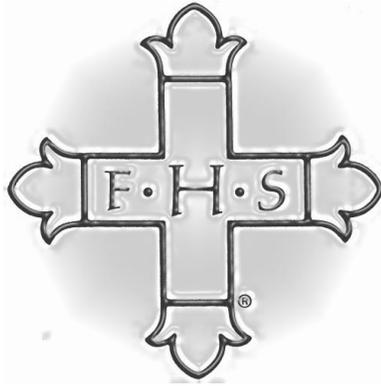
WELCOME TO JDOK CATERPILLAR YEAR C

We are going to have so much fun as we grow together with God! This year, we are going to focus on following the Good Shepherd-JESUS! We will learn short Bible verses that help us know what to do with our mouth, eyes and feet. We will also lead our families in prayers said at the close of day. 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 you can attend every monthly meeting, 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 service or prayer project at home with your parents. Write or draw about your service or prayers in the box at the bottom of each lesson. At the very end of the book, you will find check sheets for keeping track of your accomplishments as well as a Bible reading challenge. Celebrate your accomplishments and enjoy the journey!

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





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 DOK 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?

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.

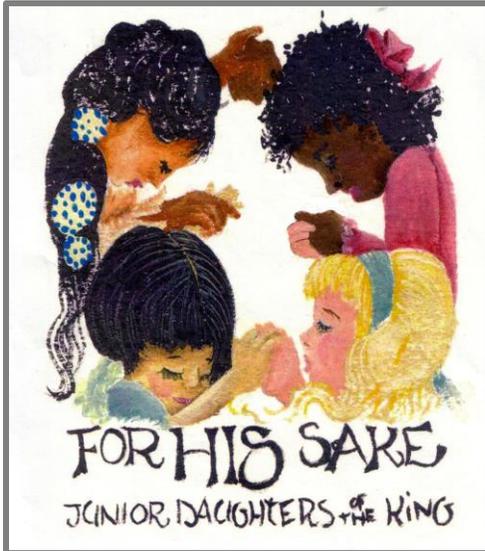
O let me hear Thee speaking in accents clear and still; above the storms of passion, the murmurs of self will. O speak to reassure me, to hasten or control; O speak, and make me listen, Thou Guardian of my soul.

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.

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LESSON 1: WE ARE GOD'S PEOPLE



MEMORIZE: PSALM 100: 3

Know that the Lord is God.
It is he who made us,
and we are his;
we are his people,
the sheep of his pasture.

Try saying the motto every day BEFORE you go to school. How will your day change?

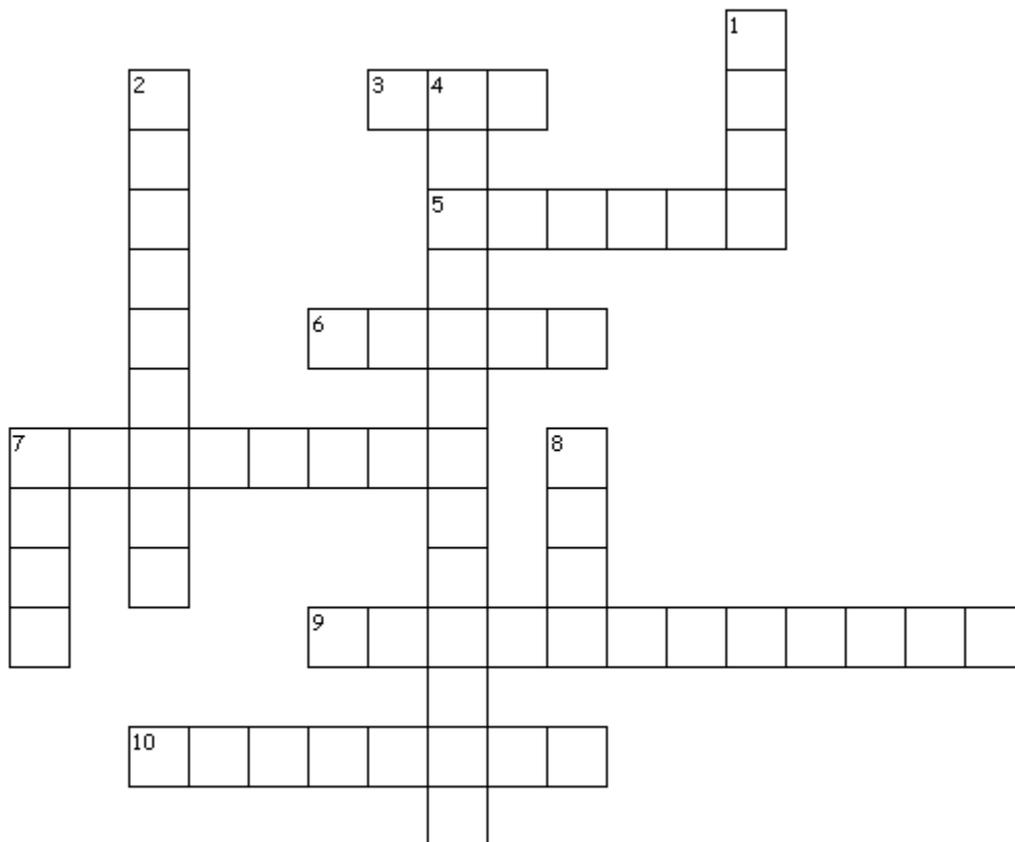
MEMORIZE: THE DOK MOTTO

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?

After reading about the design of the JDOK cross on p. 25 of your handbook, design your own symbol for JDOK. What shape will you use? How many colors and why? Will you put any letters, numbers or symbols on it? Draw your symbol here and show your JDOK leader and friends.

ALL THINGS JDOK

Use your JDOK Handbook to find the answers. Sometimes two words are needed to answer a question-just smooch them together. For example: JDOK Hymn would be JDOKhymn. Good luck and have fun!



ACROSS

3. For His Sake
5. The Greek word that means to pray for help
6. One of the colors of JDOK
7. Oh, Jesus I Have Promised
9. The feast that is honored by JDOK in February
10. Where can you find the line: "I am one, but I am one?"

DOWN

1. The first name of the founder of JDOK
2. The last name of the founder of JDOK
4. The feast that is honored by JDOK in December
7. Junior Daughters of the King
8. One of the colors of JDOK

PRAY THE JUNIOR LITANY

WITH OTHER JUNIOR DAUGHTERS

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 word **litany** comes from the Greek word meaning to pray for help. Christians have been using litanies to pray in community for hundreds of years. In fact, this type of responsive public worship was used by Jesus when he worshiped in the Jewish tabernacle.

When you pray the Junior Litany, you are **PRAYING IN COMMUNITY**—both with the Junior Daughters standing next to you and with Junior Daughters around the world!

TEACHING TIPS FOR LESSON ONE

ADVANCED PREPARATION

1. Read p10-12 and 20-27 of The JDOK Handbook to become familiar with JDOK trivia.
2. If possible, locate a JDOK cross to bring to show the girls if they are not yet members.
3. Practice leading a BREATH PRAYER, the prayer tool which will be used at each meeting for Caterpillar Year C.

OPENING GAME: NAME GAME

MATERIALS

Pool noodle

INSTRUCTION

One person stands in the middle with everyone else forming a circle around her. The person in the middle (IT) holds a pool noodle "sword." IT walks up to someone in the circle and that person tells her the name of another person in the circle. IT tries to hit the named person with a pool noodle before the named person can say the name of another girl in the circle. If IT succeeds she trades places with the person she hit, if not she continues.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

DISCUSSION

1. Who knows what JDOK means? Any guesses what DOK means?
2. Show the girls' your DOK cross and if possible a JDOK cross. Tell the girls in a simplified fashion about how The Order began, how Mary Davenport began the Junior Daughters, talk about the symbols that can be found in the cross (JDOK Handbook, p25)
3. Show them the JDOK Litany on p. 23 of The JDOK Handbook, as well as litanies in the BCP. Talk to them about what a litany is and when/why it is used.
4. Ask them how Psalm 100:3 relates to being a JDOK. No wrong answers.
5. Give them time to work in pairs to solve the crossword puzzle on the second page of the lesson in their handbook.

BIBLE VERSE/MEMORY GAME: WORD WIPE OUT

Write the verse in dry erase or chalk. After the girls have said the verse out loud three times, have all but one of the girls leave the room. The remaining girl gets to erase one word. Invite girls back in room and have them read the verse and shout out the missing word. Continue as above, but erase more words each round.

CLOSING

1. Sign completed achievements –OPTION- Have the girls outline the boxes of scripture that they memorized or service they completed in glitter glue.
2. Teach the children how to do a CENTERING or BREATH PRAYER.

God lives everywhere, and especially within our hearts. When we pray, we open our heart to God.

We can do this by talking to God, and we can do this by being silent and listening to God.

We can also pray by simply being still with God. For this being still with God prayer, you will use a special, holy word. This word will help you open your heart to God. It can be any word that feels holy to you; a word like God, Jesus, hope, peace, love. Some people like to use two or three words to help them be still with God.

Words like **BE WITH ME, GOD** or **HELP ME, GOD**.

What word or words will be your special prayer word today?

STEP ONE: Choose your special prayer word or words.

STEP TWO: Sit comfortably. Open your hands. Close your eyes. Be very still and quiet.

STEP THREE: Silently say your word. Feel God open your heart everytime you think that word.

STEP FOUR: When you find your mind thinking about something else, say your word again, silently, slowly in your heart. Let those other thoughts float out of your head.

STEP FIVE: Be silent for a few minutes. Let God rest in your heart.

STEP SIX: After a few minutes, we will pray:

Good morning God.
This is your day.
I am your child.
Please show me your way. AMEN

Adapted from Journey to the Heart: Centering Prayer for Children by Frank X. Jelenek

3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 2: ASKING, SEEKING, KNOCKING

MEMORIZE: MATTHEW 7:7

Keep on asking,
and you will receive what you ask for.
Keep on seeking,
and you will find.
Keep on knocking,
and the door will be opened to you.

MY SPECIAL WORD

Psst... I bet if you pray the JDOK prayer every night before bed, you will have it memorized BEFORE the next meeting.

MEMORIZE: THE JDOK PRAYER

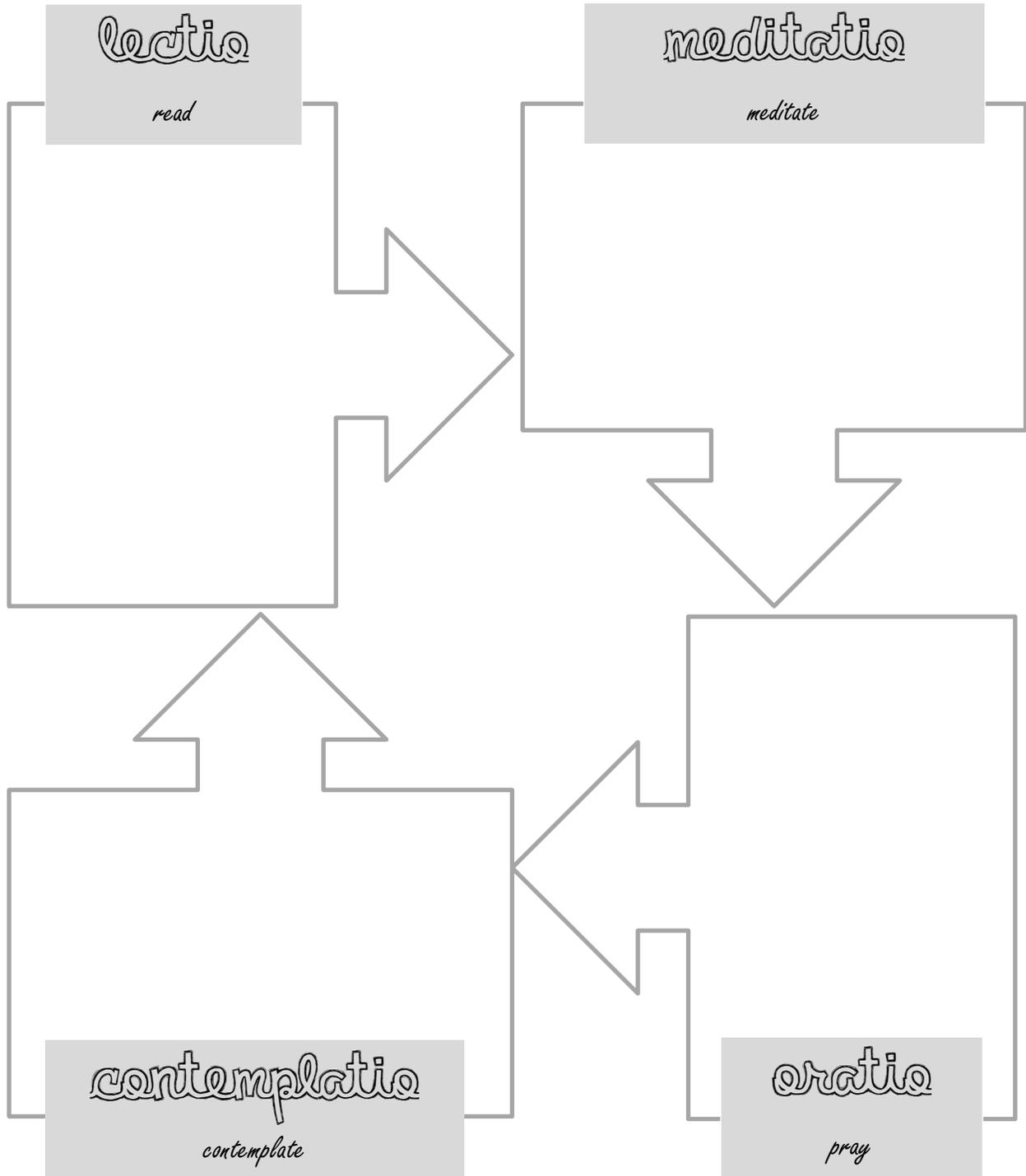
God of love,
God of life,
God of holy strength,
guide us that by our daily practice
of prayer and service,
we may draw others to Christ.
Help us to reach up in hope,
receive in spirit,
respond in faith, and
reach out in love for all.
We pray that Your Kingdom will
come for all creation, all people
living together in love and peace,
For His Sake. Amen

As JDOK we promise to pray daily. It is important to pray for our families. Each night before bed, pray for each of your family members by name. Write a prayer for them here; you may use words or pictures.

lectio divina

For Matthew 7:7-11

Inside each box write or draw your response.



TEACHING TIPS FOR LESSON TWO

ADVANCED PREPARATION

1. Purchase M&Ms, pillowcases, fabric markers or sharpies, table covering/protection. If preferred, send an e-mail asking parents to send girls with a light-colored pillowcase that fits their pillow and that they are allowed to decorate.
2. Familiarize yourself with Lectio Divina – p.54 of the JDOK Handbook.
3. Read Matthew 7:7-11 and print it on a large piece of paper.

OPENING ACTIVITY: MIX AND MEET

MATERIALS

M&Ms or other type of differently colored candy

INSTRUCTIONS

1. Get each person to take three M&M's (or any type of differently flavored candies).
2. Tell them not to eat them. Assign a different meaning to each color
 - o blue= family
 - o green=school
 - o yellow=friends...
3. For each M&M they must share a fact. For example, if they have 3 blue, they would have to say three facts about their family.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

BIBLE VERSE/MEMORY GAME: CLAP-A-WORD

Display the verse on a large piece of paper. First, as a group say the verse three times. Ask one girl to leave the room (or turn her back). Have another girl point to one word from the verse so the others can see it. Then the first girl returns to the room, but is not allowed to see the verse displayed. The group says the verse, but claps on the selected word without saying it. The first girl says which word was skipped. If she gets stumped, let her look at the verse display. Take turns clapping on various words.

SCRIPTURE TIME: MATTHEW 7:7-11

Read p. 54 of the JDOK Handbook with the girls, and then read the scripture utilizing the Lectio Divina graphic organizer found on the second page of their lesson. This may be the girls first time using this method. Walk them through each step. Remind them that there is no correct answer. Provide them with pencils, pens, colored pencils to respond.

1. **Reading** (lectio) Choose a reading and read it several times. Take time to listen for the Holy Spirit to call your attention to a word or phrase that God wants you to hear. Draw or write that word in the lectio arrow.
2. **Meditation** (meditatio) As you read the scripture a second time, think about the word or words that the Holy Spirit has called to your attention, holding them in your mind and considering them from different angles. Draw or write what you heard in the meditation box.
3. **Prayer** (oratio) Respond to the sacred words in prayer, either silently or out loud, or in writing.
4. **Contemplation** (contemplatio) Rest in God's presence by quietly listening for God's response to your prayer.

DISCUSSION

- How can we ask God for what we need?
- What do you ask God for?
- Do you think that God should give you everything that you ask for? Why?
- What should we do if we don't think that God is answering our prayers?
- How can we seek for what God wants in our lives?

ACTIVITY: PRAYERFUL PILLOWCASES**MATERIALS**

Light-colored pillowcase	Fabric markers or sharpies
--------------------------	----------------------------

INSTRUCTIONS

1. Cover tables.
2. Talk to the girls about establishing prayer habits and how little reminders can help them.
3. Allow the girls to use fabric markers to write the JDOK Prayer on their pillow.

CLOSE

1. Sign completed achievements.
2. Pray a BREATH PRAYER with girls. (See Lesson 1 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 3: DAILY DOSES OF DEVOS

MEMORIZE: COLLECT FROM COMPLINE

Guide us waking,
O Lord,
and guard us sleeping;
that awake
we may watch with Christ,
and asleep we may rest in
peace.

BCP 135

SING: PHOS HILARON

O gracious Light, Lord Jesus Christ, in you the Father's glory shone. Immortal, holy blest is he, and blest are you, his holy Son.

Now sunset comes, but light shines forth, the lamps are lit to pierce the night. Praise Father, Son, and Spirit: God who dwells in the eternal light.

Worthy are you of endless praise, O Son of God, Life-giving Lord; wherefore you are through all the earth and in the highest heaven adored.

The Episcopal Church Hymnal No. 25

DAILY EXAMEN DAY 1	DAILY EXAMEN DAY 2	DAILY EXAMEN DAY 3	DAILY EXAMEN DAY 4	DAILY EXAMEN DAY 5
DAILY EXAMEN DAY 6	DAILY EXAMEN DAY 7	DAILY EXAMEN DAY 8	DAILY EXAMEN DAY 9	DAILY EXAMEN DAY 10

Lead the Daily Examen with your family TEN TIMES. Sing the Phos Hilaron when you begin and pray the collect from Compline when you end. Draw a picture of your family worshiping together here.

TEACHING TIPS FOR LESSON THREE

ADVANCED PREPARATION

1. Familiarize yourself with the creating a Rule of Life with special attention on the Daily Examen by reading p. 29-34 in The JDOK Handbook and other on-line sources as needed.
2. Purchase materials for the FRAMED DAILY EXAMEN.
3. Print the Daily Examen questions on cardstock that will fit inside picture frames.

OPENING ACTIVITY: PAINT PICTURE FRAMES

1. See instruction 1 and 2 for Framed Daily Examen.
2. Allow paint to dry as you move onto other activities.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

MEMORY GAME: WORD TOSS

After reciting the Collect from Compline out loud three times, have all the girls stand in a circle. One girl has a ball. The girl with the ball says the first few words of the verse then throws the ball to a different girl who continues with the collect.

DISCUSSION

- After the girls have had a chance to play their game, ask the girls if they do anything EVERY DAY. (If they struggle, ask them about teeth brushing, eating breakfast, lunch, dinner....) Direct the conversation to rules: they have a rule for brushing their teeth, they have a rule for eating, maybe they have a rule about wearing shoes when they attend church or school.
- Ask if any of them have ever heard that prayer-the prayer before compline. Explain to them that DOK and JDOK have Rules of Life where they work on making prayer a REGULAR part of their day – so that they don't even have to think about it, almost like they don't have to think about brushing their teeth. Does having a rule mean that they will never forget? Of course not. Even with tooth brushing we occasionally forget, but we don't worry when we forget, we just try to remember the next day.
- Share p34 of the Junior Daughter Handbook with the girls. Talk to them a bit about St. Ignatius of Loyola and the Daily Examen. Invite the girls to try to make the Daily Examen part of their Rule of Life.
- To help make the Daily Examen part of their daily routine, they are going to make framed daily examens to set in their rooms to remind them to pray.

ACTIVITY: FRAMED DAILY EXAMEN**MATERIALS**

Thick picture frame	Acrylic paint	Paint brushes	Stickers
Daily Examen questions printed to fit in frame		Sharpies	

INSTRUCTIONS

1. Cover tables. Freezer or wax paper under each frame will help it not to stick to the table.
2. Allow girls to paint their frames as desired at the beginning of the meeting so that the paint has time to dry.
3. After paint has dried, have the girls write DAILY EXAMEN on the frame with sharpies or stickers.
4. Insert the Daily Examen questions into the frame.
5. Practice doing the daily exam with girls. Show them the secret service task of praying the Daily Examen TEN TIMES with their family.

Read p. 29-34 in The JDOK Handbook to familiarize yourself with creating a Rule of Life and the Daily Examen.

THE DAILY EXAMEN

- + For what did I feel most grateful today?
- + When did I feel least grateful today?
- + How did I show love today?
- + When did I miss an opportunity to show love today?
- + Thank you God for the gift of today.

CLOSE:

1. Sign completed achievements.
2. Pray a BREATH PRAYER with girls. (See Lesson 1 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 4: LOST, YET LOVED

ISAIAH 53:6

All of us, like sheep,
have strayed away.
We have left God's paths
to follow our own.
Yet the Lord laid on him
the sins of us all.

MY SPECIAL WORD



Read the parable of THE LOST SHEEP in Luke 15:3-7.

- What does this story tell us about God and what God wants for us?
- Which word jumps out at you? Write it that word or words in the box to the left.
- What can you learn about God and His kingdom?
- What surprises you in this parable?
- What does Jesus want you to do in response to hearing this parable?

God, our shepherd, loves and takes care of us. He asks that we help take care of His creation. With your JDOK friends, a trash bag and a pair of gloves, look for trash on the ground at your church and then CLEAN IT UP! This small act of service pleases God. Draw a picture of the silliest piece of trash you threw away.



TEACHING TIPS FOR LESSON FOUR

ADVANCED PREPARATION

1. Choose a location where the girls can clean up trash.
2. Purchase/gather materials for trash clean-up and cinnamon roll sheep. Privilege

OPENING ACTIVITY: CLEANING UP GOD'S CREATION

MATERIALS

Disposable gloves	Trash bag
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INSTRUCTIONS

1. Before beginning the meeting begins, give each girl a pair of gloves and go outside and clean up trash.
2. Steer the discussion to how God loves us and created the world for us. We need to help keep His creation clean.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

BIBLE VERSE GAME: GOTCHA

Quote Isaiah 53:6 incorrectly by omitting or changing a key word. Ask them to shout, "Gotcha!" when they catch the mistake. Then quote the verse accurately together.

DISCUSSION

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

When Jesus originally told this parable, it might have been a long, long story. I imagine that Jesus was talking to his disciples when he saw a shepherd walking by carrying a sheep...

- READ Luke 15:3-7 slowly one time aloud. Sit and think about it for one minute. What word "jumps" out at you? What one word do you remember? Write it in the box.
- Read the parable slowly aloud one more time. Sit and think about it for one minute. Why is your word special for you?

Notice how the shepherd treats his sheep.

- Have you ever wondered how God feels about you? What does this story tell us about God and what God wants for us?

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?

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

INGREDIENTS

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

DIRECTIONS

1. Preheat oven to 400F. Grease cookie sheet. Open the cinnamon roll and set icing aside.
2. Demonstrate making one sheep:
 - 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."
3. Bake for 8-10 minutes until lightly brown. Remove and let cool for a few minutes.
4. Spread icing. Sprinkle with coconut flakes or mini-marshmallows for wool; add raisins for eyes. Use icing to make eyes stick.
5. Put on a plate and head back to the table for story time!

STORYTIME

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.

CLOSE

1. Sign completed achievements.
2. Pray a BREATH PRAYER with girls. (See Lesson 1 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

FEAST OF THE HOLY INNOCENTS

DECEMBER 28 ✕ MATTHEW 2:1-18

Celebrated on December 28, The Feast of the Holy Innocents is a time for honoring and serving children, especially children in physical or spiritual need. While Junior Daughters cannot fix all the problems facing children, they CAN DO SOMETHING... and what they can do, they ought to do, and what they ought to do, they will do!

The Metamorphosis program is designed to honor the feast days as an entire chapter. Food collection or making cards for hospitalized children are the suggested activities for the Feast of the Holy Innocents activity for Metamorphosis Year C.

CHILDREN'S PANTRY DRIVE

MATERIALS:

1. Door hangers/notices (see box to right)
2. Local Assistance ministry

INSTRUCTIONS:

1. Print door hangers such as box to right.
2. In groups with at least 2 adults, walk around the neighborhood asking for donations or leaving notices and collecting the following week.
3. Choose a delivery time to the local assistance ministry. Ahead of time, schedule a tour.
4. Deliver food with group and take a tour of the ministry.



JUNIOR DAUGHTERS OF THE KING CHILDREN'S PANTRY DRIVE For local assistance ministries

ADD COLLECTION DATE

PANTRY NEEDS

All basic food items are needed, but especially:

- Spaghetti sauce
- Boxed cereal
- Ramen noodles
- Spaghetti noodles
- Macaroni and cheese
- Dry beans & dry rice
- Soup (noodle, rice, broth, and cream)
- Canned meat – chili, tuna, chicken, Vienna sausage, etc.
- Toiletry items – toothpaste, deodorant, bar soap, shampoo, toothbrushes, toilet paper, and paper towels
- Ensure, Boost
- Diapers (sizes 2-6)

Please place items in a recycled bag or box, attach this note and place in it outside in view of the street by 9 AM on **ADD COLLECTION DATE**.

Please, no glass containers or fresh food.

CARDS FOR HOSPITALIZED KIDS

MATERIALS

1. Paper
2. Writing supplies (crayons, markers, paint...
3. NO GLITTER OR THINGS THAT MIGHT FALL OFF CARD-this is due to health concerns for the children receiving the cards.

OPTIONAL MATERIALS

1. Special Markers
2. Stickers or glue-on craft decals
3. Stamps

INSTRUCTIONS

1. Address the card in a general way such as the following:
 - "Hey There", "Hey You!", "To a Very Special Person.
2. Decide what to write on the card:
 - Do not to write "Get well", "Feel Better" or other illness related comments; instead consider the following uplifting messages:

- Stay strong	- I believe in YOU
- You are awesome	- I hope you have a great day today
- You rock	- You shine brighter than the sun
- You inspire me	- Never forget how amazing YOU are
- Be Brave	
 - Make sure that you do not write any religious comments such as "God Bless" or "I'm praying for you". Hospitals will not distribute cards with these comments.
 - Sign your name with your state, such as Izzie from Texas. Please do not include any personal information, such as: phone number, address, email address etc.
3. Decorate the card with cheerful designs.
4. Pray for the children who will receive the cards. Consider having the cards blessed at the altar.
5. Mail the cards:

Cards for Hospitalized Kids
7290 W. Devon
Chicago, IL 60631

Cards for Hospitalized Kids(CFHK) spreads hope and joy to hospitalized kids across America through uplifting, handmade cards that are distributed to hospitals and Ronald McDonald Houses across the nation.

A PRAYER FOR THE HOLY INNOCENTS

Loving God,
we pray today for all children
everywhere-
especially those who are afraid,
those who are sad,
those who are in danger of any kind.
You know each of them by name.
May they feel
your love and your peace.
Show us how to share your love.
AMEN



To find out more: www.cardsforhospitalizedkids.com

LESSON 5: FEED MY SHEEP



MEMORIZE: PSALM 23:1-3

The Lord is my shepherd,
I shall not want.
He makes me lie down
in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for his name's sake.

Read the story of the feeding of the 5,000 found in John 6:1-14.

- What did the people need?
- How did the disciples feel about the job that Jesus gave them?
- Who volunteered to share? Did he have enough?
- What happened when he gave what he had to Jesus?
- What sticks with you about this miracle?

God is our shepherd who wants ALL of his sheep to feel his love. As a Junior Daughter, you can show God's love by looking for a new friend-someone you don't know. By being friendly and offering to help, you are helping to take care of God's sheep. Look for someone new at school or church. Help them find things and play with them at recess. Draw a picture of your new friend.

TEACHING TIPS FOR LESSON FIVE

ADVANCED PREPARATION

1. Prepare ACTS OF PRAYER scavenger hunt.
2. Prepare Scripture Scramble.
3. Read, John 6:1-14-gather balloons and sharpies.
4. Purchase socks and snacks for service activity.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING GAME: A.C.T.S. PRAYER SCAVENGER HUNT

1. BEFORE THE MEETING- choose a place around the church's property to hide clues. At St. Mary's I did the following:
 - o Clue One: I sit very small, near a short wall. I have two wings. I like to sing. (This leads them to an angel statue.)
 - o Clue Two: **ADORATION** -PRAISE GOD was written on the outside of the clue. Once they found the clue they took turns praising God then they opened the clue which gave them direction to the next spot – in this case a large cross.
 - o Clue Three: **CONFESSION**- GOD, I AM SORRY FOR... was written on the outside of the clue. Each girls took turns saying sorry for something. Talk about how when we confess, we think about what we did wrong and we try to do better. We will never be perfect, but we keep trying. After confessing, they open the clue which give them directions to the next spot- at St. Mary's they were given a clue to find the outdoor bell.
 - o Clue Four: **THANKGIVING**- THANK YOU GOD FOR... was written on the outside of the clue and the girls took turns thanking God. After thanking God they read clue which directed them to the last spot-at St. Mary's this was the baptismal font.
 - o Clue Five: **SUPPLICATION**- God please help my friends and family' God please help me. Talk with the girls about what supplication means, encourage them to pray for others first, then pray for themselves.
 - o End with the **JDOK PRAYER**.

DISCUSSION-NEED BALLOONS AND SHARPIES

1. Read John 6:1-14 to the girls from a children's Bible.
2. After they listened for the first time, give each girl a balloon to decorate as one of the character in the story. Tell the story again with them participating with their balloon figure.
3. Direct the conversation to what it means to be a shepherd and how is God our shepherd, but we are also called to care.
 - What did the people need?
 - How did the disciples feel about the job that Jesus gave them?
 - Who volunteered to share? Did he have enough?
 - What happened when he gave what he had to Jesus?
 - What sticks with you about this miracle?
4. In their lives:
 - Do you ever feel like you don't have enough to offer? Not old enough, not good enough... Who did Jesus use in this story? What do you think that Jesus thinks about you?
 - The little boy only had 5 loaves of bread and 2 fish which became enough when he offered it to Jesus. What can you offer to Jesus?

MEMORY GAME: SCRIPTURE SCRAMBLE

Write the words of the verse in masking tape on dominos. Put the dominoes in a bag and have the girls unscramble them.

SERVICE: WARM SOCKS

MATERIALS

Warm socks	Individual sized snacks: mixed nuts, fruit snacks...	
Blank 3x5 notecards	Markers	Fruit

INSTRUCTIONS

1. Decorate a notecard with an encouraging saying such as "God love you" or "Have a great day."
2. Stuff a pair of warm socks with individual sized snacks or fruit and a notecard.
3. Encourage the girls to keep the socks in their car to hand out to those experiencing homelessness.

CLOSE

1. Sign any completed achievements.
2. Pray a BREATH PRAYER with girls. (See Lesson 1 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 6: GOD IS WITH US ALWAYS



Read about St. Josephine Bakhita.

- How did Josephine show her trust in God?
- How did she show courage?
- What sticks with you about St. Josephine?
- How can her story encourage you to trust in the Lord?

MEMORIZE: PSALM 23: 4-6

Even though I walk through the darkest valley,
I fear no evil; for you are with me;
Your rod and your staff—they comfort me.
You prepare a table before me in the
presence of my enemies;
You anoint my head with oil; my cup overflows.
Surely goodness and mercy
shall follow me all the days of my life,
and I shall dwell in the house of the Lord
my whole life long.

MEMORIZE: ISAIAH 40:10

Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.

Draw a picture of a scary time when you felt alone. What did you do? What could have happened if you asked God for help?



Visit the world
SUPER
COLORING

St. Bakhita endured suffering and lived courageously. Even while enslaved, her spirit was free. It was that freedom of spirit that allowed her to follow her heart and find God.

In 1869 in western Sudan, Bakhita was born to a family who loved her. We don't know what her original name was because Bakhita was kidnapped by slave traders at the age of seven. They renamed her Bakhita, which means "lucky." (Bakhita was a common name for slaves, as it was thought that slaves with this name would bring their owners luck.)

Many weeks after being kidnapped, Bakhita found herself at a slave market, chained to another girl her age. The girls passed long hours telling one another about their families and how they had been kidnapped. Before long, they were planning an escape.

Their chance came one day when the overseer carelessly left them unchained and alone. Seeing no one around, they linked hands and ran into the countryside as fast as their legs could go. They ran through the wilderness all night, terrified of being caught and even more terrified of the roars of wild beasts; whenever the animals came too close, the girls took shelter in a tree. Once, they hid behind a thorn hedge for two hours while a long caravan passed nearby.

But the girls had no idea where they were going. It wasn't long before Bakhita realized they were lost. Bakhita was not a Christian—she had never heard about Jesus. Yet she always looked to the night sky and wanted to know the One who had created the moon and stars. Now she looked to the sky for guidance once more—but this time, to her surprise, she saw a beautiful figure, bathed in light and smiling at her. The figure pointed the way to go, and Bakhita led her companion in that direction.

Although the figure led Bakhita and her friend safely out of the wilderness, the girls were caught by another slaver late the next day and sold. It seemed that Bakhita had failed in her quest for freedom. Indeed, she spent twelve years in cruel slavery. But that was not the end of her story. With the help of the Canossian Sisters, she won her freedom, became a Christian, and joined their order. She even received a new name at her baptism: Josephine Margaret Bakhita.

And the shining figure in the night? Bakhita came to believe it was her guardian angel, who stayed with her all along, guiding her to God. As she said: "If I were to meet those who kidnapped me, or even those who tortured me, I would kneel down and kiss their hands. Because, if those things had not happened, I would not have become a Christian and would not be a Sister today."

TEACHING TIPS FOR LESSON SIX

ADVANCED PREPARATION

1. If not familiar with making a human knot, watch a YouTube video.
2. Ask someone to come to the JDOK meeting and pretend to be St. Josephine Bakhita.

OPENING ACTIVITY: HUMAN KNOT

NOTE: FOUR participants are necessary to play.

1. Have the girls form a circle.
2. Instruct them to put their right hand in the air and to grab the hand of someone across the circle from them.
3. Repeat with the left hand.
4. Make sure that they are holding hands with TWO DIFFERENT PEOPLE and NOT holding hands with the person standing next to them.
5. Tell them to untangle themselves WITHOUT breaking the change of hands. Be ready to give them some assistance as needed.
6. Remind the girls not to tug or pull on each other
7. If the chain of hands is broken at any point, they must then start over again.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

ST. BAKHITA ACTIVITY

1. Have someone come to the JDOK meeting dressed as St. Josephine Bakhita and share her story or read St. Bakhita's story.
2. Invite questions.
 - How did Josephine show her trust in God?
 - How did she show courage?
 - Have you ever had a scary time when you felt alone? Draw a picture of what happened in the box (first page of lesson).
 - What do you think God wants us to do when we are scared like St. Bakhita was scared?
3. Let's see what the Bible tells us. READ Psalm 23:4-6. Direct the conversation to how God is always with us. There is no promise that bad things will never happen. Rather the promise is that God will be with us and comfort us.
 - What sticks with you about St. Josephine?
 - How can her story encourage you to trust in the Lord?
4. I like to think that St. Bakhita would have particularly like Isaiah 40:10-especially when she was trying to escape to freedom. Let's work on getting these words from God into our hearts by playing word wipe out.

BIBLE VERSE/MEMORY GAME: WORD WIPE OUT

Write the verse in dry erase or chalk. After the girls have said the verse out loud three times, have all but one of the girls leave the room. The remaining girl gets to erase one word. Invite girls back in room and have them read the verse and shout out the missing word. Continue as above, but erase more words each round.

SERVICE ACTIVITY | COLLECTION BOX FOR THE NARTHEX OR CARDS FOR HOSPITALIZED KIDS

St. Bakhita ties in beautifully with the Feast of the Holy Innocents: She was a holy innocent hurt by the cruelty of adults in her world. Participate in the Holy Innocents activity that you did not do as a chapter-either food collection or cards for hospitalized kids.

CLOSE

1. Sign any completed achievements.
2. Pray a BREATH PRAYER with girls. (See Lesson 1 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

FEAST OF THE PRESENTATION

FEBRUARY 2 ✕ LUKE 2:22-40

The Feast of the Presentation commemorates the day when Jesus was presented by His parents as an offering to God. Each year the entire chapter is encouraged to honor this day together. In Year B the suggested activity is praying in color which Junior Daughters can use as a daily or weekly part of their Rule of Prayer.

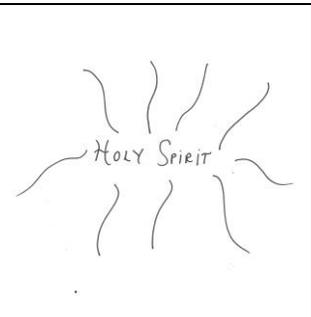
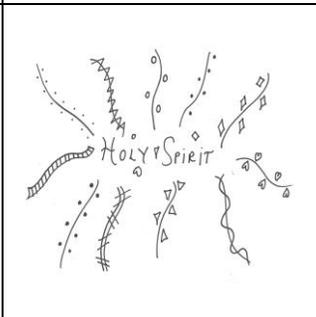
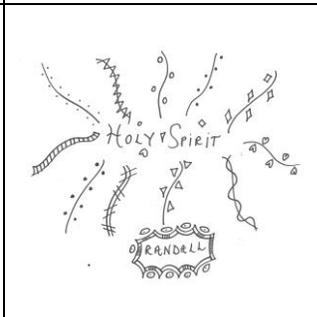
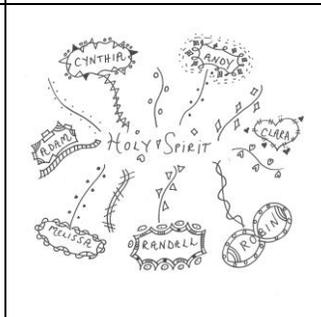
PRAYING IN COLOR

1) You want to pray, but you don't know what to say. 2) You have trouble sitting still. 3) Your body wants to be part of your prayer. 4) You want to just hang out with God, but you don't know how. 5) You want a NEW way to pray. **IF ANY OF THESE ARE TRUE,**

PRAYING IN COLOR MAY BE FOR YOU!

Grab a paper, markers (make sure one is black) and get started!

PRAYER ACTIVITY: Using a blank piece of paper and colored pencils, put your prayers before God. For more information, please see <https://prayingincolor.com/handouts-> (Ideas for Teaching Praying in Color to Children)

<p>1) Write your name for God on a piece of paper. Draw a shape around it or just start to doodle. The drawing becomes a prayer space.</p>	<p>2) Continue to add marks and shapes. Focus on the name you chose. If words come, pray them; if not, enjoy the silence.</p>	<p>3) To pray for a person, write their name on the page. Draw around it. Add color, if you want. Keep drawing as you release the person into God's care.</p>	<p>4) Add other people to your drawing. Think of each stroke of your pen as a prayer for them. Take a breath or say "Amen" between each person.</p>
			

Shared courtesy of Sybil MacBeth from www.prayingincolor.com



To find out more: visit www.prayingincolor.com/handouts-

by drawing around the name for God. The asking can include words, but words are not necessary. The drawing is a way to get still on the inside and prepare for a time of intercessory prayer and listening to God. They can add to their shape using the doodle ideas above and also add color. People can pray with words in their heads or just be silent as they concentrate on the drawing and on the name of God. Sybil, a teacher of praying in color, suggest—"If you want to talk to God in your head, go ahead. Ask God to be with us now; but when your words run out, keep praying—do this by drawing and focusing on a name for God. Your marks, color on the page and your attention are the prayer. If words come, pray them. If not, enjoy your quiet time with God."

When the three minutes are up, ring a chime or a bell. Have everyone take a deep breath. At this point you can also say a one-line prayer or one line of a psalm or a short Scripture passage together. "Thank you for loving us." "You are our shepherd." "You are awesome, God." If your one-liner is long, write it on an easel or project it onto a screen so everyone can see it and say it together out loud.

Next pray for about three or four people; each person named individually by the group as a whole. Ask one person in the group (maybe by a raised hand) to share the name of someone they would like us to pray for and ONE sentence about why. Use just one sentence, because too much information leads to both worry and over-curiosity. After someone in the group offers a name and a one-sentence reason for the prayer, ask the whole group to pray for the named person by drawing a shape on their paper and putting the name of the person in it (ask for spelling from the person who suggested the name.) For three minutes everyone will pray for the person by drawing, doodling, and coloring a shape with the name in it.

As they draw/pray, they can use words in their heads if they want (or write them down), but the words aren't necessary. Or they can start using words, but when the words run out we continue to sit with God by drawing. We are offering the person into God's care without necessarily knowing what to say or what the person needs. We are spending time with them and God by drawing. The movement of our hands allows our bodies to participate in the prayer and to be less distracted.

Ring the chime or bell at three minutes. Have everyone take a deep breath and say the line of Scripture you chose. Then ask for another name. Pray for the new person for three minutes in the same way. Repeat the process as many times as you want. I encourage people to do the entire prayer drawing on one sheet. But if they draw big they can use more than one sheet. There are not a lot of rules!

Praying for three or four people takes about fifteen minutes. It is enough time to establish the idea of the prayer practice and to help people to settle into the stillness and quiet.

For the last name you might suggest that everyone draw a doodle for someone they personally want to pray for without saying the name out loud. It's a nice way to end the session. When the time is up and we have taken a breath and said the line of scripture, I might say, "And at the end of the prayer, the people said," and everyone responds, "Amen."

At the end of the prayer time, ask people "What did you notice during this prayer exercise?" Noticing opens the door for many kinds of responses. I also suggest they take their prayer drawing home and put it someplace where they'll see it. Every time they walk past it, it is a reminder to pray for the people again.

This process takes about a half hour or forty-five minutes.

Notes about leading a Praying in Color session with children:

- Children will often name their pets or dead pets or deceased relatives. When one child mentions a pet, the others will continue on that path. I usually say ahead of time: "Let's pray for people who are alive." At the end when I give them the chance to pray for whomever they want, I tell them they can pray for pets or anyone or anything—living or dead.
- Children can really be still and quiet for 15 or 20 minutes given the parameters. Three minutes sound like a lot of time, but children can do it. A large egg timer is a nice added visual so children see the time passing.
- Try some unusual paper sizes and products: 4" round stickers, paper napkins, large plain paper, a white board....
- Teach the five traditional ways to pray using praying in color:
 - Prayers for others (Intercession)
 - Prayers for yourself (Petition),
 - "Thank you, God" prayers (Thanksgiving or gratitude)
 - "I love you, God; you are awesome" prayers (Adoration)
 - "I'm sorry, God." (Confession)

All *Praying in Color* resources used with permission from Sybil MacBeth.



LESSON 7: GODLY GIRL

HOW MOTHER MARY SAID "YES!"



Read Luke 1:26-56.

- How did Mary respond to the angel's visit?
- Where do you see the DOK motto and JDOK Hymn in Mary's life story?
- What sticks with you about Mary?
- Why do you think that JDOK particularly honors Mary?

*Blessed are you
among women,
and blessed is
the child you will bear!*
- Luke 1:42 b

SING/PLAY/TEACH: THE JDOK HYMN v. 3

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 TRIVIA GAME

What are the colors of JDOK?	What letters are on the JDOK cross?	Describe the 1979 cover of the JDOK Handbook.
What is the mission of The Order?	What are the two feast days celebrated by Junior Daughters?	What is the name of the JDOK hymn?
Who formed the first chapter of Junior Daughters?	What is your chapter's name?	What happened in JDOK history in the year 1899?

TEACHING TIPS FOR LESSON SEVEN

ADVANCED PREPARATION

1. Invite someone to come to your meeting dressed as Mother Mary to tell her story or acquire the book *Mary, the Mother of Jesus* by Tomie DePaola.
2. Gather purchase supplies for PB&J jars. For detailed instructions and printable praise starters visit: www.looktohimandberadiant.com/2013/07/pbis-for-kids-praised-be-jesus.html
3. Review p. 10-12; 20-27 of The JDOK Handbook to become familiar with JDOK trivia.
4. Print the Bible verse on a large piece of poster board.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY: JDOK TRIVIA GAME

1. Give each girl a JDOK Handbook and direct their attention to the bingo at the bottom of the lesson page. Spend a few minutes showing talking about the handbook and what the requirements are to become a JDOK. Have them notice things that make JDOK special: their own prayer, hymn, motto, feast days, colors...
2. Show them the JDOK trivia game and remind them of the crossword puzzle that they completed in lesson one.
3. Tell them that they will have seven minutes to fill in as many squares with signatures as they can find girls who can do the tasks.
4. Set a timer for 7 minutes.
5. Each girl rotates around the room, asking other girls to complete a task in a box and sign their name.
6. To encourage mingling among the girls set a limit for how many times a girl can sign a particular to book based on the number of girls attending.
7. Upon completion, award each girl with a small treat such as a dixie cup full of goldfish or other small treat.

MOTHER MARY ACTIVITY

1. Have someone come to the JDOK meeting dressed as Mother Mary and share her story or read her story from a Children's Bible or from *Mary, the Mother of Jesus* by Tomie DePaola.
2. Invite questions.
 - How did Mary respond to the angel's visit?
 - Where do you see the DOK motto in Mary's life story?
 - What do you think Mary's neighbors thought about her?
 - What sticks with you about Mary's story?

PRAYER ACTIVITY: PB&J JARS FROM WWW.LOOKTOHIMANDBERADIANT.COM

Mary was given a tough job-mothering Jesus-yet the first thing that she did was praise God. Praise is an often neglected area of our prayer lives. Making PB&J jars can help encourage prayers of praise. This idea is courtesy of Katherine Bogner who has detailed instructions as well as downloadable praise starters:

www.looktohimandberadiant.com/2013/07/pbjs-for-kids-praised-be-jesus.html

MATERIALS

Plastic jar	Praise starters on card stock	
Washi tape	Paint pens	Decorative paper

INSTRUCTIONS

1. Using paint pens/sharpeners, washi tape, colorful cardstocks, stickers..., decorate the outside of the jars with the words: **Praise Be Jesus (PB&J)**
2. Cut pre-printed praise starters. Place them in jar.
3. Encourage the girls to set this on their eating table at home and pray praise with their family every night at dinner.
4. Invite them to take a picture of their family praising together and bring it to the next meeting.

SING/PLAY/SAY

Some kids like to sing, others to play and others to teach. Page 24 of The Junior Daughter Handbook has the music and information about the Junior Daughters hymn. Learn to sing or to play the JDOK Hymn. Tell your parents or a friend about who wrote it and what it means.

BIBLE VERSE GAME: CLAP-A-WORD

Display the verse on a piece of paper. First, as a group say the verse three times. Ask one girl to leave the room (or turn her back). Have another girl point to one word from the verse so the others can see it. Then the first girl returns to the room, but is not allowed to see the verse displayed. The group says the verse, but claps on the selected word without saying it. The first girl says which word was skipped. If she gets stumped, let her look at the verse display. Take turns clapping on various words.

CLOSE:

1. Sign any completed achievements.
2. Pray a BREATH PRAYER with girls. (See Lesson 1 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 8: YOU HAVE SPIRITUAL GIFTS!

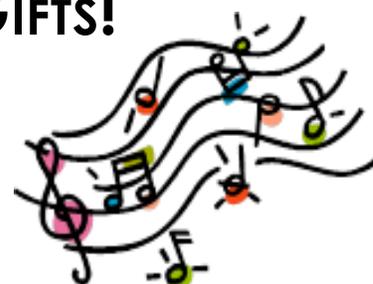
SING: I SING A SONG OF THE SAINTS OF GOD

I sing a song of the saints of God, patient and brave and true, who toiled and fought and lived and died for the Lord they loved and knew. And one was a doctor, and one was a queen, and one was a shepherdess on the green: they were all of them saints of God--and I mean, God helping, to be one too.

They loved their Lord so dear, so dear, and his love made them strong; and they followed the right, for Jesus' sake, the whole of their good lives long. And one was a soldier, and one was a priest, and one was slain by a fierce wild beast: and there's not any reason, no, not the least why I shouldn't be one too.

They lived not only in ages past, there are hundreds of thousands still; the world is bright with the joyous saints who love to do Jesus' will. You can meet them in school, or in lanes, or at sea, in church, or in trains, or in shops, or at tea; for the saints of God are just folk like me, and I mean to be one too.

The Episcopal Church Hymnal No. 293



Read the story of Jesus' visit with Mary and Martha.

- Use one word to describe Mary; one word to describe Martha.
- What would Jesus say the most important thing for us to do is?
- How does 1 Cor. 12:7 help us understand Mary and Martha's problem?
- What sticks with you from this story?

MEMORIZE: 1 CORINTHIANS 12:7

A spiritual gift is given to each of us so we can help each other.

The Holy Spirit fills us with many gifts. Which of the following characteristics do others see in you? Which are gifts given to you from God? Choose at least 5.

Compassion
Courage
Faithfulness
Forgiveness
Friendship
Generosity

Gentleness
Gratitude
Honesty
Hope
Humility
Integrity

Imagination
Joy
Kindness
Learning
Love
Patience

Peace
Perseverance
Respect
Responsibility
Service
Wisdom

TEACHING TIPS FOR LESSON EIGHT

ADVANCED PREPARATION

1. Gather/purchase sidewalk chalk and supplies for “Women of God Review.”

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY: BIBLE VERSE SIDEWALK ART

Take the girls outside. Allow them to create Bible verse sidewalk art with 1 Cor. 12:7.

DISCUSSION

1. Read the story of Mary and Martha with the girls. If time allows, provide simple props and let them act it out.
2. Discuss questions in Mary and Martha box.

WOMEN OF GOD REVIEW

MATERIALS

Play dough	String	Toothpicks	Popsicle sticks
Aluminum foil	Pony beads	Miscellaneous available craft items	

INSTRUCTIONS

1. Break the girls into 4 groups (adjust as necessary for the size of your group)-one group for each woman studied this year: St. Bakhita, Mother Mary, Mary, and Martha.
2. Tell the girls that they will have 7 minutes to create a scene from the life of their woman of God by using the supplies on the table.
3. Set a 7 minute timer and let the girls work.
4. After the time is up, allow them to show their creation and have the other teams guess what they created.
5. Help them notice although each woman was a woman of God, they each had unique spiritual gifts. Direct their attention to the list as the bottom of the lesson and consider what gifts they saw in each women.

VERSE DISCUSSION

Read 1 Corinthians 12:7 aloud as a group. Listen to the words; ponder them.

- What is this verse saying?
- How does this verse relate to the stories that we heard about St. Bakhita, Mother Mary, as well as Mary and Martha.

This is not the only verse and these are not the only stories in the Bible that tell us that EACH ONE OF US is given unique spiritual gifts and we are called to work together.

- What are my unique spiritual gifts?
- How am I uniquely made to serve God?
- What are the spiritual strengths of my JDOK group?
- How are we uniquely called to serve?

YOU have been given gifts by the Holy Spirit. The Holy Spirit is ready and waiting for you to call on him. It is your responsibility to develop the gifts that you have been given to honor God and serve people.

Feelings of doubt and insecurity are not unusual. We can feel that our gifts or talents are just not enough or don't compare to others. Sometimes we might even question our own worth: "I don't feel like I am good at anything. Can God really use me for anything significant?" When these thoughts happen, take a look at the list of gifts you have been given and listen to wise words of St. Catherine: Be who you were meant to be and you will set the world on fire.

CLOSE

1. Sign any completed achievements.
2. Pray a BREATH PRAYER with girls. (See Lesson 1 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

LESSON 9 – HAPPY BIRTHDAY, DEAR CHURCH!



The wind blows
wherever it wants.
Just as you can
hear the wind
but can't tell
where it comes from or
where it is going,
so you can't explain
how people are
born of the Spirit.

-John 3:8

MEMORIZE: ROMANS 15:13

May the God of hope fill you with all joy
and peace in believing, so that you
may abound in hope by the power of
the Holy Spirit.

Read the story of the BIRTHDAY of the church-also called PENTECOST- in Acts 2:1-11.

- What AMAZING thing happened?
- Did anything surprise you?
- What do we call this day?
- What was AMAZING?
- Why do you think that Pentecost is called the church's birthday?
- What does this story teach us about the Holy Spirit?

TEACHING TIPS FOR LESSON NINE

ADVANCED PREPARATION

1. Gather/purchase materials for the PAPER TOSS GAME and the BIRTHDAY PARTY FOR THE CHURCH including angel food cake, whipped cream and strawberries.
2. Read Acts 2 and choose one of the listed videos.

OPENING PRAYER: JDOK PRAYER AND DOK MOTTO

OPENING ACTIVITY: PAPER TOSS GAME

MATERIALS

Paper	Fan	Box/recycle can
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INSTRUCTIONS

1. The goal is to toss the paper ball into the box; the challenge is WIND from a fan.
2. Give the girls each 3 paper balls which they can try to toss into the box; vary the fan speed.
3. Have a small prize (snack size candy) for girls that get their paper ball into the box.

DISCUSSION

1. Introduce the story of Pentecost and the Holy Spirit by talking about the game.
 - a. Why was it difficult to get the paper ball in?
 - b. Can you see wind? How do you know that it is there?
 - c. Look at the coloring page with John 3:8 – wonder about things unseen together.
2. Read Acts 2:1-11 from a children's Bible or watch this Lego version: <https://www.youtube.com/watch?v=Ww-0sCm0ge4> or this What's In the Bible version (by the creators of Veggie Tales) <https://whatsinthebible.com/video-archive/what-is-pentecost/>
 - a. Imagine being a disciple that day. How would you feel?
 - b. What would have been like to be able to suddenly speak another language?
 - c. What would you think if something like this happened at church today?
 - d. What does this story teach us about the Holy Spirit? About us

ACTIVITY: BIRTHDAY PARTY FOR THE CHURCH

On the day of Pentecost, Paul went out and began to preach the Gospel to ALL PEOPLE, in ALL LANGUAGES. We think of this day as the birthday of the church. It is a day when we celebrate our call to EVANGELISM-sharing our faith.

1. Decorate a cake and have a little birthday celebration for the church. OPTIONAL:
Bring an angel food cake and decorate with strawberry "flames of Pentecost."
2. Sing happy birthday to the church.
3. Ask the girls how they will share their faith this summer.

CLOSE

1. Sign any completed achievements.
2. Pray a BREATH PRAYER with girls. (See Lesson 1 Teaching Tips.)
3. Pray the JDOK Litany and sing the JDOK Hymn: Many chapters like to close in a large group prayer- Caterpillars, Chrysalis, and Butterflies together.

SUMMER

With your mom or dad, help VBS by making cookies or brownies for the volunteers. Draw a picture of what you made. Not around for VBS? Draw a picture of how you served God this summer.



MY SUMMER PRAYER LIST:

For whom shall I pray?

MY SUMMER SECRET SERVICE:

How did you serve?

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 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
<input type="checkbox"/>	SAY	DOK Motto <i>(Lesson #1)</i>	
<input type="checkbox"/>	PRAY	JDOK Prayer <i>(Lesson #2)</i>	
<input type="checkbox"/>	SING	JDOK Hymn v. 3 <i>(Lesson #7)</i>	
<input type="checkbox"/>	HONOR	Feast of the Holy Innocents or Feast of the Presentation or comparable home activity	
<input type="checkbox"/>	HONOR	Retreat or quiet day (see JDOK Handbook p.59-60)	
<input type="checkbox"/>	SERVE	Giving back to home <i>(Lesson #3)</i>	
<input type="checkbox"/>	SERVE	Giving back to church <i>(Lesson #4)</i>	
<input type="checkbox"/>	SERVE	Giving back to community <i>(Lesson #6)</i>	

LITTLE LAMB AWARD

Do you know who the Good Shepherd is? In Caterpillar Year C, you will learn about being a little lamb that follows Christ, the Good Shepherd and His Godly path. While working on your Little Lamb Award, you will learn pieces of the Bible that help you know what to do with your mouth, eyes, and feet. You will also learn a short prayer from Compline which will help you worship God.

	LESSON	MEMORY VERSE	DATE	INITIALS
[1]	We Are God's People	Psalm 100:3		
[2]	Asking, Seeking, Knocking	Matthew 7:7		
[3]	Daily Doses of Devos	Collect from Compline p135 BCP		
[4]	Lost, Yet Loved	Isaiah 53:6		
[5]	Feed My Sheep	Psalm 23:1-3		
[6]	God Is Always With Us	Psalm 23:4-6 or Isaiah 40:10		
[7]	Godly Girl	Luke 1:42b		
[8]	You Have Spiritual Gifts	1 Corinthians 12:7		
[9]	Happy Birthday, Dear Church	Romans 15:13		

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
	Phos Hilaron		
[] RECITE/SING	The Episcopal Church Hymnal No. 25 (Lesson #3)		
	I Sing a Song of the Saints of God		
[] RECITE/SING	The Episcopal Church Hymnal No. 293 (Lesson #8)		

Shout with joy to the Lord, all the earth!
 Worship the Lord with gladness.
 Come before him, singing with joy.
 Acknowledge that the Lord is God!
 He made us, and we are his.
 We are his people, the sheep of his pasture.

- Psalm 100:1-3

BIBLE AWARD:

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.

√	Luke
	Luke 1
	Luke 2
	Luke 3
	Luke 4
	Luke 5
	Luke 6
	Luke 7
	Luke 8
	Luke 9
	Luke 10
	Luke 11
	Luke 12
	Luke 13
	Luke 14
	Luke 15
	Luke 16
	Luke 17
	Luke 18
	Luke 19
	Luke 20
	Luke 21
	Luke 22
	Luke 23
	Luke 24

√	Daniel
	Daniel 1
	Daniel 2
	Daniel 3
	Daniel 4
	Daniel 5
	Daniel 6
	Daniel 7
	Daniel 8
	Daniel 9
	Daniel 10
	Daniel 11
	Daniel 12

√	Phillippians
	Phillippians 1
	Phillippians 2
	Phillippians 3
	Phillippians 4

√	Psalms
	Psalms 2
	Psalms 4
	Psalms 8
	Psalms 16
	Psalms 31
	Psalms 74
	Psalms 91
	Psalms 96
	Psalms 134
	Psalms 139



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Sources and Inspiration:

Junior Daughters Handbook, 2019 edition, 2019.

Junior Directress Manual. 2018 edition, 2018.

Katherine Bogner of
www.looktohimandberadiant.com

Lacy of www.catholicicing.com

Leader's Guide for the Primary Grade and Youth Junior Daughter Study Guide, 2011 edition, 2011.

National Study Guide, 2016 edition, 2016.

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The creators of the Metamorphosis Journey utilized their God-given talents to help The Order reach girls for God.

Do you love to write? To draw? To edit?

Are you being called to develop gifts to help spread God's kingdom?

How will you use your gifts for God?

Junior Daughters of the King

caterpillar

Award for Year C

I have completed the requirements necessary to receive

THE JUNIOR DAUGHTERS OF THE KING CATERPILLAR C 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

PRAYER+SERVICE+EVANGELISM
FOR HIS SAKE

