



Diocese of Central PA Assembly Newsletter

Number 4

March 2014

*"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?"*

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MARK YOUR CALENDARS –

APRIL 25-26, 2014

"Benedictine Spirituality for the Frazzled"

SPRING 2014 ASSEMBLY IN STATE COLLEGE

The Central Pennsylvania Daughters of the King will hold a Spring Fall Assembly on April 25-26, 2014 entitled **"Benedictine Spirituality for the Frazzled"** hosted by the Dame Julian of Norwich Chapter of the Daughters of the King. The Assembly will be at St. Andrew's Episcopal Church, 208 West Foster Avenue, State College, PA 16801. Please contact Ann Hawthorne at annhawthorne07@gmail.com.

Benedictine Spirituality for the Frazzled

When time is short, the "to do" list long and the cell phone feels permanently attached to the hand, when life spins out of control or worries consume, we can yearn to fly away on the wings of a dove. In his sixth century monastic Rule St Benedict asks, Is there anyone here who yearns for life and desires to see good days? (Ps 34:13). If your answer is a hearty "I do!" this Saturday workshop will provide you with tools to reclaim the true center of your life in God.

Reconnect with what is truly important to you as you explore with your sisters and brothers in Christ how the Rule of St. Benedict and Benedictine Spirituality can give you tools to meet life's challenges with grace, joy and hope. Learn ways to center your heart in Christ through your day-to-day routines. Take a break from the normal fray of daily responsibilities to refresh and renew. To bring the

“Prayer without work is empty words. Service without prayer is labor lost.”

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St Andrews,
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learning alive you will receive practical tools that will help you to live in the present moment, create a healthier balance of activities in your daily life, let go of thoughts that frazzle, and connect with God through creative ways during the day.

Come and see how ideas from the ancient yet timeless Rule of Benedict can center your life more fully Christ and bring some “holy calm” every day.

What then, dear sisters and brothers, is more delightful than this voice of the Lord calling to us?

See how the Lord in his love shows us the way of life.

(Prologue to The Rule of St. Benedict 19-20]

Retreat Leader:

The Rev. Dr. Jane Tomaine will lead us in this exploration of the 6th century Rule of St. Benedict. An Episcopal priest from New Jersey and author of *St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living*, Jane is a nationally known retreat leader. She shares her love of Benedictine Spirituality at churches, retreat centers and monasteries.

All daughters are welcome as well as anyone looking to explore evangelism. The Assembly is open to all. The evening program on the 25th is especially for Daughters so plan on staying overnight!

There will be a no business meeting prior to the beginning to the program.

What's Going on in Central PA

Saturday, October 19, 2013 the Daughters of the King in the Diocese of Central Pennsylvania held their Fall Assembly in Harrisburg, PA, hosted by the Daughters of Glory Chapter of St. Andrews in the Valley Episcopal Church. The theme of the Assembly was **“Evangelism” – Loving, Serving and Caring for our Neighbors**. Approximately 40 people were in attendance. Our day began with a continental breakfast and registration/check-in. Darlene Nordoff led us in a really fun icebreaker exercise.

We shared a wonderful day hearing inspirational stories from four

**"If people did not love one another, I really don't see what use there would be in having any spring."
— Victor Hugo**

different speakers who have faced and are facing challenges in life but finding grace from God in coping each day. Fr. Alford spoke on Evangelism.

We completed a Prison Ministry Project with each chapter offering gifts to be included in 20 bags, which were given to Lighthouse Outreach of Harrisburg. These bags were distributed to newly released women who spent time in prison. The bags were received with many thanks. One of the notes read, "Your kindness will mean so much to the women who receive the bags. I pray the Lord blesses your fellowship with many spiritual blessings. What a joy to serve King Jesus!!" We also filled 250 scripture pillowcases with bibles and bookmarks for Pillows-of-Love, Inc. Some of the pillowcases were taken to Prince of Peace in Gettysburg to be given to those staying in a cold weather shelter.

We shared in fellowship over a wonderful lunch provided by the Daughters of Glory. Our day concluded with Holy Eucharist with the Daughters of Glory Chaplains Fr. William Alford, The Rev. Canon Katherine Harrigan and Deacon Brenda Taylor presiding. All of the Daughters in attendance processed with the prison ministry bags and the filled pillowcases to the altar for a special blessing.

-Submitted by Cathy Rippeon

President's Corner . . .



Dear Sisters in Christ,

Welcome to Lent.

I am writing this message on Ash Wednesday, so I am a bit more contemplative than usual. By now I have already settled on how I will observe a Holy Lent, and I am looking forward to the coming weeks when I will be more intentional in my study time, more determined to think slowly and react less quickly, and above all be less judgmental. I remember how our Lord was tempted, and I trust that I will face my own demons over the next six weeks, but I will face those demons with confidence that soon I will be celebrating the glory of Easter and our Lord's resurrection.

And speaking of celebrating - We will have our Diocesan Spring

“Humanity is never so beautiful as when praying for forgiveness, or else forgiving another.”
Jean PF Richter

Assembly the weekend after Easter, and we will have a very special speaker. The Reverend Jane Tomaine, author of St. Benedict's Toolbox, will present a program to our DOK ladies on Benedictine Spirituality on Friday evening, and then a day-long workshop on Saturday, April 26th, on Benedictine Spirituality for the Frazzled. I am really excited about this program and have been reading (for the third time) her book so that I can be better prepared to listen and attend. It is also really exciting, as I read the online Diocesan Digest, to find out that at last month's Diocesan clergy conference that they spent time on Benedictine spirituality. It seems to me like that phrase has come up over and over again in recent correspondence – so maybe we had a great idea for a topic to cover. God's providence at work again.

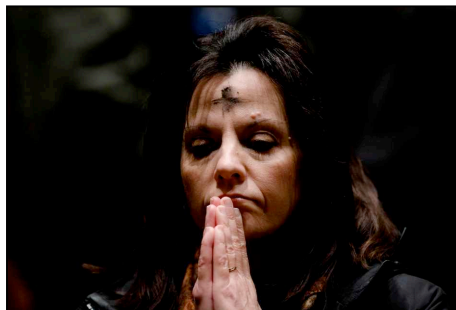
I will say that personally I am focusing on Benedictine stability, and the notion that I am exactly where I need to be – that God has placed me in this situation, at this time, for a reason. He hasn't revealed the reason, and I am not even confident that I would recognize it, if He chose to reveal it, but I am concentrating on being happy right here and right now. I hope that you will be able to join us in April for the Assembly. If you unable, I would still encourage you to read St. Benedict's Toolbox. As Daughters we should always be looking for ways to enhance our prayer life, and this book presents different tools, and different ideas, and you just might find one that speaks to you. Try it on!

I wish you a peaceful and Holy Lent,

For His Sake,

Michele Marini

President, DOK Diocese of Central Pennsylvania



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Chaplain's Message . . .



Dear Daughters:

Like many of you, I woke up this morning to see a strange smudge on my pillow. A sign, of course, both that Lent has begun, and that I failed to wash properly before bed.

Ash Wednesday is one of my favorite moments in our ecclesial year - all kinds of faces, familiar and unfamiliar, flocking through our doors, ready to begin a special spiritual journey.

Here at St Andrew's we begin at 7am with a beautifully simple liturgy. At 12:15pm we see all kinds of faculty and downtown workers fitting Ash Wednesday into their lunch hour. At 5:45pm our children follow an interactive program while their parents are in church. Finally, we celebrate with splendour and style at 7:30pm, pulling out all the stops - incense, bells, organ, choir - engaging our hearts and minds and senses. In just twelve hours we cover the breadth and depth of Episcopal worship, straddling the cadences of our Prayer Book, and yet always with the same result - a strange black mark on foreheads.

My Roman Catholic friends remind me that ash is not a sacrament, but a sacramental: an outward sign reflecting the inward disposition of our hearts; a reminder to us of what we need to be doing, thinking, and feeling. Presenting ourselves for the imposition of ashes is making a resolution or a promise - signing a spiritual contract - vowing that we will, as our Prayer Book beautifully describes, observe a holy Lent.

You may be forgiven for wincing at the words we hear when we receive ash - Remember that you are dust, and to dust you shall return. Yet pause and consider: knowing that we are ash can renew our minds and change our hearts. For there is beauty in this ash, hope in knowing that we are no mere accidents, but willed into being with love and purpose by our Heavenly Father, each of us with our own work to do, before we return back to our God and Creator.

This is the Good News of Ash Wednesday, and sets the scene

for a good Lent. We are invited to use these forty days to examine anew our relationship with God - our spiritual lives - the quality of our faith - and to consider what Jesus now whispers into our ears. Lent is not one more opportunity to conquer our New Year's Resolutions - but to face these tougher, more personal questions: to stare into our souls, firmly face our spiritual mirrors, and honestly describe what we see.

A spiritual director of mine once recommended writing our own obituary every Lent: evaluating our years to date, then deciding what we hope the rest of our lives look like. At first we focus on ambition, material desires, secular hopes and dreams. Yet after several drafts suddenly we focus on bigger questions - What do I want to do with my life? What's really important to me? And then the crucial question appears: are we leading our lives right now in ways that make the lives we hope to have possible?

Perhaps this applies to groups and communities just as much as individuals. So I propose that each Chapter undertake some discernment work this Lent and honest self-examination. For a moment, put to one side your outreach projects and parish ministries - as valuable as they are - and return to the vows you each took as Daughters. Ask yourself why and how God calls you to this unique ministry in His Church, contemplate the gift you are each given in your fellow Daughters, and your special place and purpose in your parish family. Ask yourself what you have accomplished to date - and describe your vision, with God's help, for the future.

As we go through these weeks in search of new Resurrection joy, please know of my prayers for each one of you. And I ask for your prayers for me. It remains my joy and honour to be your Chaplain and spiritual friend, and I look forward to seeing as many of you as possible at our Spring Assembly. In the meantime, please do not hesitate to be in touch with you if there is any way in which I can be of service to you or to your Chapter.

Peace

- Richard

Chaplain, DOK Diocese of Central Pennsylvania

Psalm 1

The Two Ways

1 Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers;
2 but their delight is in the law of the Lord, and on his law they meditate day and night.
3 They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.
4 The wicked are not so, but are like chaff that the wind drives away.
5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous;
6 for the Lord watches over the way of the righteous, but the way of the wicked will perish.



Point to Ponder: Colors of Lent

The church hangings and vestments change during the year, most notably during Lent when they change more frequently. The colors are symbolic and are a valuable teaching tool in that they teach the Gospel through the eyes.

- ❖ **Purple** – Symbolic of sorrow, repentance, supplication and humility. This color is used during the season of Lent. In Mark's Gospel, he says that a purple robe was placed upon Jesus before the soldiers led him out to be crucified.
- ❖ **Red** – This is the color of fire and blood. It reminds us of the blood that Jesus shed for us as well as symbolizing the Holy Spirit. This color is used during Holy Week, Palm Sunday, and Pentecost as well as at confirmations and martyred saint's days.

- ❖ **Pink or Light Purple** – symbolizes penitence mingled with joy and is used on the third Sunday of Advent and the fourth Sunday of Lent.
- ❖ **White** – Symbolizes purity, light, joy, and triumph. This is the color of Jesus' clothes as described by the apostles on the mount of Transfiguration as well as the color of the garment worn by the angel sitting in the empty tomb as seen by the women. It is used on Maundy Thursday when we celebrate the commemoration of the Last Supper, the seasons of Easter and Christmas, as well as at baptisms and weddings.

-Submitted By Sarah Terhune



*"SPRING: From you
have I been absent in
the spring, When proud
pied April, dressed in
all his trim, Hath put a
spirit of youth in every
thing." -
Shakespeare (Sonnet
98, 1-3)*

"I am but one"

Many Daughters At Large (DAL) have moments of feeling alone, even when they belong to an active parish, because there is no Chapter, no meetings, no study, and maybe no prayer. Many of these Daughters are not physically able to drive to where a Chapter would welcome them. Some let their membership slide by not paying dues or wearing their pins. If you have e-mail, you have a Sister. (I confess that I stole that line from a lawyer's TV commercial.)

So here are my meager suggestions. Use the internet to contact Sisters from former chapters. Ask about the prayer needs of the church and chapter. We can all pray for the calling of a new Bishop for our Diocese, and the needs and concerns of the place where we do worship. We can ask others who live around us (especially if we live in a retirement home or community) if they'd be interested in getting together once a month for Bible study and discussion, talk to the Chaplain of your facility for help with this. Most of all use your manual to pray the Prayer of the Order and read the Motto daily, then pray for the chapters in this Diocese and this Province and count on us to remember to pray for you.

For His Sake,

Susan Steffen (susancsteffen@gmail.com)



Daughters at Large

If you are a Daughter at Large or know of a Daughter at Large who would like to receive this newsletter and more information from the Assembly and Diocese, or if you are doing something of interest, let us know. Please send your name, location and email to Susan Steffen at susancsteffen@gmail.com or call her at 717-420-5052.

Book Ends

Hello Daughters, have you read a particularly good book lately? Did it move you spiritually, emotionally, or thoughtfully? Was it just a fun read? Please send in your recommendations for others to read and enjoy. **Current recommendations:**

The Red Tent, by Anita Diamant, **as reviewed by Michele Marini**

If you have spare time, and you haven't read *The Red Tent*, I would heartily recommend that you find a copy and start turning the pages. This is the second time I've read this novel in the last 12 years or so, and I enjoyed it just as much this time, as I did the first. I will be honest and put the one downside I found right at the start of this review: I had a hard time keeping the different names straight. To combat that problem I kept sticky notes in the pages that I felt I needed to reread when I got lost in the names. That was the only negative, and the wonders of the story far outweigh my issue with names. And maybe you won't even have that difficulty.

But on to the positives of this story. If you haven't read it here is a very brief description. It is a story told in the voice of Dinah, the only daughter of Leah, fathered by Jacob. It is the story of her life, but also the lives of her mothers. Leah was her birth mother, but she lived in community and as a daughter of Rachel, Bilhah and Zilpah. The last three, in turn, are sisters of Leah. So it is a story of family, and a story of great successes and profound sadness. But most of all, to me, it is a story of how we live day to day with our disappointments, our sad stories, and our great moments of joy, and overcome them all. Though the story is set in Biblical times, and the events and circumstances are wholly focused on life during that time, the story is universal. Do you like romance? You can find it in this book. How about deception? Murder mystery? Betrayal? All are storylines.

*Please send ideas
and articles and
other information
for publication to
Barbara House
bghhouse@aol.com
or call at 717-334-
8554*

"He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For whoever will save his life shall lose it; but whoever shall lose his life for my sake and the gospel's, the same shall save it.'"
(NRSV Mark 8:34-35)

Need to relate to the characters? Well, I could relate to many, because all of the people written about are just folks who are trying to follow God's path for them while never quite living up to expectations. It reminds me that Rachel, and Rebecca, and Jacob and Joseph, and Leah and Dinah were common, weak, but dedicated people, like you and me, who God chose for His purpose. They tried, sometimes they succeeded, sometimes they failed, but mostly they just kept putting one foot in front of the other. There is a wellspring of emotion in Dinah's story, and I found myself laughing at times, disgusted at others, and even reduced to tears.

The Invention of Wings, by Sue Monk Kidd ([Goodreads Review](#))

Hetty "Handful" Grimke, an urban slave in early nineteenth century Charleston, yearns for life beyond the suffocating walls that enclose her within the wealthy Grimke household. The Grimke's daughter, Sarah, has known from an early age she is meant to do something large in the world, but she is hemmed in by the limits imposed on women.

Kidd's sweeping novel is set in motion on Sarah's eleventh birthday, when she is given ownership of ten-year-old Handful, who is to be her handmaid. We follow their remarkable journeys over the next thirty-five years, as both strive for a life of their own, dramatically shaping each other's destinies and forming a complex relationship marked by guilt, defiance, estrangement and the uneasy ways of love. As the stories build to a riveting climax, Handful will endure loss and sorrow, finding courage and a sense of self in the process. Sarah will experience crushed hopes, betrayal, unrequited love, and ostracism before leaving Charleston to find her place alongside her fearless younger sister, Angelina, as one of the early pioneers in the abolition and women's rights movements.

Inspired by the historical figure of Sarah Grimke, Kidd goes beyond the record to flesh out the rich interior lives of all of her characters, both real and invented, including Handful's cunning mother, Charlotte, who courts danger in her search for something better.

This exquisitely written novel is a triumph of storytelling that looks with unswerving eyes at a devastating wound in American history, through women whose struggles for liberation, empowerment, and expression will leave no reader unmoved.

St. Benedict's Toolbox: The Nuts And Bolts Of Everyday

Benedictine Living – by Jane Tomaine (**Amazon**)

When St. Benedict formed his first small community of monks at Monte Cassino on the hilltop, Italy--and much of Europe--was ravaged by war. The Roman Empire was breaking apart, and politics, cultural life, and even the Church, were all in disarray. In the midst of these tumultuous times, Benedict offered his followers a "little rule," a guide about the size of a checkbook, that showed his monks the way to peace as they learned to prefer Christ above all things. Though it was written nearly 1500 years ago, the Rule of Benedict still offers the practical tools for living a Christ-centered today. Here in St. Benedict's Toolbox, readers will find a primer on how to use these tools in their own tumultuous lives. Each chapter examines one aspect of the Rule, from ways of praying to ways of embracing humility, and offers suggestions for prayer, reflection, journaling, and action. As they learn to use Benedict's tools, readers will discover the power--and the timeliness--of this ancient way of life.

If you haven't seen it, recommend Daughters of the King Daily Devotionals at:

<http://www.dot-k.com/tag/daughters-of-the-king-daily-devotional/>



***BE SURE TO READ PAST THE GOBLET....
MINUTES FROM THE LAST ASSEMBLY AND EXECUTIVE
BOARD MEETING ARE ATTACHED!!!***

The Prayer of the Chalice

Father, to thee I raise my whole being,
- a vessel emptied of self. Accept, Lord
this my emptiness, and so fill me with
Thyself - Thy light, Thy Love, Thy
Life - that these Thy precious Gifts
may radiate through me and over-
flow the chalice of my heart into
the hearts of all with whom I
come in contact this day
revealing unto them
the beauty of
Thy Joy
and
Whole-
ness
and
the
serenity
of Thy Peace
which nothing can destroy.

Francis Nuttall

DIOCESE OF CENTRAL PA.
FALL ASSEMBLY—DAUGHTERS OF GLORY CHAPTER
HARRISBURG, PA.
OCT. 19, 2013

Welcome—Pres. Michele Marine opened the meeting with all reciting the Prayer of the Order. Prayers were offered for Elizabeth Hart and Barbara House who are ill and for Janet Churchill who died Oct 14, 2013.

Minutes—The minutes from the Spring Assembly held in Hanover Pa. on April 27, 2013 and the Board Meeting held last night, Oct. 18, 2013, were read by Secretary Sarah Terhune. A motion to accept the minutes as read was made by Marge Libertini and 2nd by Levon Thompson was passed by a voice vote. Michele mentioned that the trip to Talze, France that the DOK Jr. Daughters were scheduled to take, had to be cancelled due to the leader becoming too ill to go.

Treasurer's Report—Cathy Rippeon gave out her written report to all in attendance. A motion to accept her report as written was made by Marge Libertini and 2nd by Ellen Karins and passed by voice vote.

Cathy also reported that the plastic sleeves for our name tags were donated by her church and will be saved and used at all of our assemblies which saves us money. The registration fees pay for the speakers and the Diocese helps pay for the Assembly programs. Carolyn Lynch, a speaker for today's Assembly, donated her \$100 honorarium to the "Pillows of Love" ministry.

Old Business—Darlene Nordoff spoke about the prison ministry.

New Business—Spring Assembly

This will be in State College, Pa. instead of Gettysburg in the spring of 2014. Since Gettysburg does not have a priest at the moment, Dame Julian of Norwich will host the event. This is a better time of the year for State College because of having to schedule around Penn State football. They plan to have Joan Tomaine, the author of the book "St. Benedict's Toolbox", as their main speaker and will invite members of their church to hear her as part of their Lenten program.

Province Retreat—This is scheduled for May 30-June 1, 2013 and will be held in either Williamsburg or Va. Beach. Michele suggested to the Provincial Bd. that it be moved earlier in May because of cost increases at this time of the year, but her suggestion was dismissed. The theme will be "Who do you say you are?"

Triennial—This will be held in Utah on June 19, 2015. 2 Delegates are allowed for each Diocese. A motion was made by Kitty Musset and 2nd by Carolyn Foust that the money collected at today's eucharist will be split between the Scholarship Fund, that will offset some of the expenses incurred by the trip to Utah by the delegates, and to establish a Sunshine Fund to cover the cost of flowers sent to Daughters in the hospital, undergoing treatments, funerals etc. Flowers were sent to the funeral of Janet Churchill, a Daughter in the Margaret of Scotland Chapter in Hanover, who died Oct. 14, 2013.

Chapter Updates—The Peacemakers-Gettysburg

They have 1 new member and one woman going through the Study. A DAL living in Chambersburg has attended their church and is connecting with their Daughters.

Margaret of Scotland- Hanover

They have 1 woman who will begin the Study in Jan. to become a member. Due to the death of Janet Churchill, Mary Lou Briggs has become their new Treasurer. The Chapter is making prayer rings to be given to those who need comfort and our prayers. In their chapter bible study, they are studying the women in the Bible.

St. Andrews in the Valley-Harrisburg

They will have 3 new members shortly and 2 members will be transferring in shortly. They are very busy with the Pillows of Love ministry. They will soon have an election of new officers because Cathy has to resign as Pres. because of her new ministry. She is studying to become a Vocational Deacon and will be interning at St. John the Baptist Church in York, Pa. This church is also planning to start a new chapter of Daughters under the direction of Carolyn Hinton, a Daughter who has transferred recently into this church. St. Andrews also recently had a program titled "Praying in Color" and will host Taize services during Lent.

Dame Julian of Norwich-State College

They will soon host a prayer breakfast and are studying the women in the Bible in their Chapter Bible Study. They will renew their vows on Nov. 1 and plan to become more active in the newcomers ministry in their church.

Adjournment of the Business Meeting

The meeting was adjourned with all present reciting the Motto of the Order and the Lord's Prayer.

Sarah Terhune Secretary

DOK DIOCESE OF CENTRAL PA.
EXECUTIVE BOARD MEETING
PHONE CONF.—FEB. 23, 2014

Members Present—Michele Marini, Ann Hawthorne, Barbara House, Susan Steffan and Sarah Terhune

Treasurer's Report—no changes

Bishop's Search Committee—They are holding "Listening Events" to hear the needs, concerns and wishes of congregations in this Diocese. Michele feels that the DOK needs to have a presence and a say in this process. Not all priests and Bishops have knowledge of the DOK and what it stands for. We are disenfranchised by being left out and not receiving any information or a chance to "speak". We all need to pray that we can come up with a way that the Committee will know that we are here and want a "voice" in the process of selecting our next Bishop.

There is a questionnaire on the Diocesan website that we can bring up and submit answers. This must be completed and sent to Barbara by March 3. Barbara will send our suggestions on to the Committee.

Spring Assembly—April 25 & 26

Friday —Jane Tomaine will speak just to the Daughters on Fri evening. She will talk about Benedict's rule and how to make it our own. We need to have our own Rule of Life which we should update periodically. 4:30—6:00 Board Meeting

6:00—7:00 Dinner

7:00—8:00 Jane Tomaine

Schedule for Sat. 8:00—9:00 AM Breakfast

9:00—12:00 Jane begins her workshop which is open to anyone along with the Daughters. Subject—"Spirituality for the Frazzled".

12:00—12:45 Noon Prayers and Lunch

12:45—3:45—Jane continues her workshop

3:45—Closing Eucharist

Province Retreat—This will be held May 30 – June 1 at the MacGruder's Inn in Williamsburg, Va. We have been given no information on the program at this point.

Fall Assembly—This will be held in Gettysburg. Date and program still to be decided.

Membership—We need to pray about who God wants to become DOK members and how to add new Chapters in our Diocese.

The Hanover Chapter will install 2 new members on Sun. May 11. Susan, as Membership Chairman, will be Michele's representative and conduct the installation ceremony.

Spring Newsletter—Barbara needs articles to go into the newsletter which will be out shortly. Sarah and Susan offered to send something to her.

Meeting Adjourned

Sarah Terhune, Secretary