

**Summer
2019**



**Diocese
of
Central
Pennsylvania**

**Daughters
of the
King**

**Assembly
Newsletter**



We light a candle,
and enjoy the flickering light,
the fragrance
and warmth it creates.
But without the spark that ignites,
there will be no flame.
Without the wax,
the source of power,
the wick will not burn.
Without the flame,
there will be no fragrance,
no warmth, no light.
And so with us, Lord.
You are the catalyst that ignites us,
and the fuel that sustains us.
You fill us with your fragrance
as you enter our lives.
You empower us
to carry your flame in our hearts,
to be the fragrance, warmth,
and light of your love,
in this dark world.



Read more at: http://www.faithandworship.com/prayers_Pentecost.htm#ixzz5r8HxKMKy

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Dear Sisters in Christ

Peace and love to you all.

During this time of Pentecost, we are reminded that we, the followers and apostles of Christ, have been gifted the power of the Holy Spirit from our Heavenly Father. **What a powerful gift** to receive!!

To keep us ever mindful of this gift, we celebrate Pentecost for 25 weeks - nearly half the calendar year. When I think about the other seasons in our Anglican year, which are markedly shorter, I begin to wonder why Pentecost so much longer. I have come to the conclusion it is to remind me, over a longer period of time, that I am to listen and act more on what the Holy Spirit says to me and tells me to do. I believe that is the intention of the longer season, and I promised to God in my prayers that this year, more than in previous years, I will work harder to entune my listening skills to messages from the Holy Spirit. I challenge you all to listen harder to the Holy Spirit speaking to you. Listening can only improve our relationship with each other and our Almighty Father.

FHS

Carolyn Hinton



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DOK Province III Annual Retreat

May 31—June 2, 2019

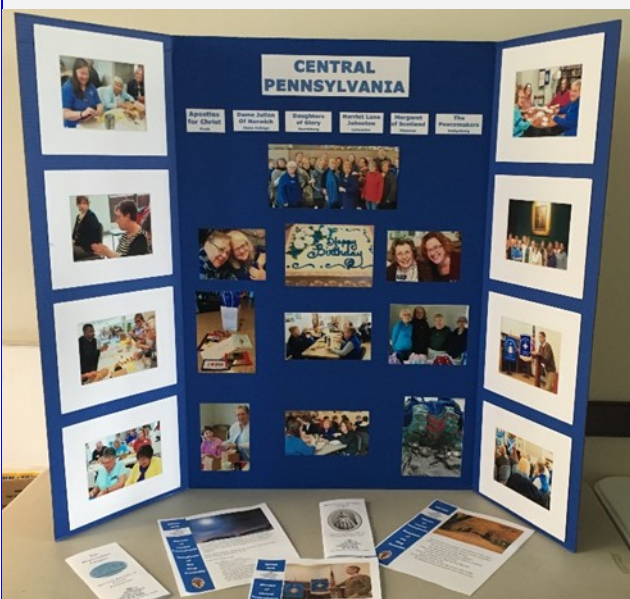
Bishop Claggett Retreat Center

God knew we were preparing our hearts and minds for the Retreat, and behold, He cleared the storms and tornados out of our path for the journey to the Bishop Claggett Center, the site of a working farm on 268 acres with inspiring views of Sugarloaf Mountain and the Monocacy River Valley.

Upon reaching our destination, one could feel the tension lifting from our shoulders, breathe the fresh country air and embrace Daughters we had not seen since the last Retreat.

Our hosts this year were the Daughters from the Diocese of Virginia who delivered registration packets and goodie bags upon check-in. Those who arrived early took advantage of the late spring weather to walk the beautiful labyrinth and begin their spiritual-centering process.

Everyone arrived on Friday in time for the 5:30 meal; before long the dining hall was filled with chatter, laughter and hugs typical of a Daughters' reunion. We all convened in the meeting hall at 6:45 for the business meeting which included an overview of the 2018-2024 Strategic Plan prepared by National DOK and presented by co-chair Jen Mariano. The meeting was followed by a wonderful Taize service coordinated by our own Michelle Marini.



Each diocese had its trifold on display. As we walked along viewing them, you couldn't help but feel the Love of God and bond among the Daughters across the states of Pennsylvania, Delaware, District of Columbia, Maryland, Virginia and West Virginia!

After the Friday evening meeting ended, some of the 157 participants went to their rooms, while the die-hards stayed up and enjoyed each other's companionship.

Saturday morning brought the arrival of June along with a cool but sunny start. Some "early birds" took a walk down by the river and met a giant snapping turtle who must've been looking for breakfast! But the humans found lots of edible options like sausage and eggs, fresh fruit, granola, homemade pastries and more in the dining hall.

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DOK Province III Annual Retreat

May 31—June 2, 2019

Bishop Claggett Retreat Center

Fueled with protein and caffeine (or sugar), we ventured into the large conference hall to begin the day. Our guest speaker was Rev. Dr. Patricia Brown, who is the Director of Spiritworks, a true non profit geared toward helping others find their own approach to spirituality.

Tricia is an ordained clergywoman in the United Methodist Church. She brings dynamic teachings and leads spiritual studies based upon her writings. She is the author of ten books that cover a variety of topics on spirituality, prayer and meditation, spiritual gifts and women's spirituality.

Tricia has lived and worked in NYC with a global mission board and in Harrisburg and Orlando as a resource person in spiritual formation for faith communities. In Seattle she was Associate Professor of Spiritual Formation and Direction. She presently works as the Bereavement Services Manager for VITAS Hospice, Pittsburgh. Tricia lives in Forest Hills, Pittsburgh, PA with her operating room nurse husband, Dale Bauman. She has two grown sons.

Throughout the day, Tricia led us in Your Pathways to Prayer, where we learned about forty different forms of prayer, such as contemplative prayer, icon prayer, centering prayer, fasting, prayer beads, daily office, pilgrimage, walking a labyrinth, anointing for healing, praying the scriptures, praying with mandalas and many others. She also had us practice the 1-2-2-1 listening-and-praying technique: we paired off in twos with individuals we didn't know very well. We started with one minute of silent prayer; then one person talked for two minutes about the "issue" she brought to the Retreat while the other person focused intently and silently on active listening; then we switched roles. Afterward, each person prayed out loud for one minute, recalling the other's need.

Tricia is a delightful speaker! She brought humor into her dialogs and gave us lots of time to try out different techniques. She even brought dozens of icons from which we could chose (and keep) as she discussed different ones and their derivation. Some of us were lucky enough to purchase the few remaining of her book "Paths to Prayer: Finding Your Own Way to the Presence of God" which goes in to detail about each of the 40 forms of prayer.

Group photos were taken late Saturday afternoon. Our photo reflects the spirit and commitment of our Central Pennsylvania Daughters!

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DOK Province III Annual Retreat

May 31—June 2, 2019

Bishop Claggett Retreat Center

After dinner we were led by Rev. Jocelyn Irving (Diocese of DC) in a very moving and emotional healing service. During this time, we sang hymns and prayed for those whose were suffering in some way.

Before we knew it, we were packing our bags in advance of the Sunday morning Eucharist. The make-shift apse was created with a large lace tablecloth hung from a prop and displayed underneath a large sign reading “LORD, what will you have me do?”

Leading up to the Holy Eucharist was a memorial service to pay tribute to Province III Daughters who died in the past year. Each Diocese’s president lit a candle and recited the names of those departed Daughters. Central Pennsylvania was blessed to still have all members with us on this earth; in Carolyn Hinton’s absence, Michelle Marini paid tribute to those we have lost in prior years.

Special thanks to Michelle Marini son’s Michael who provided the musical accompaniment for each of the services as well as the live walk-in music preceding each event. (You can see him at the piano in this photo.)



As you might expect, the Holy Eucharist service ended with the hymn Lift High the Cross. Many of us were brought to tears as the room swelled with the passionate sounds of 157 Daughters vocalizing their commitments to the Lord Our God. Rev. Irving is an engaging priest at the Church of the Atonement in Washington, DC. She is also our Province III Chaplain. Her beautiful singing voice was instrumental in creating an uplifting and fulfilling Retreat!



Apostles of Christ News

Dear Sisters in Christ,

Apostles for Christ Daughters are very excited to have added two new Daughters to our chapter. Ann Brooks and Beverly Altland took their vows on May 19, 2019. We also installed our Rector, Eric Hillegas, as the Diocesan Chaplain. Two of our Sisters from Lancaster joined us in our celebration and their presence was very special. We have much to be thankful for.

At our last business meeting, Susan Leake volunteered to become our 1st Vice President and Sylvia Salerno our Service Chair, and Ann Kordenbrock our Membership Chair. We are so thankful that these Daughters have taken on roles that are important for our chapter to grow.

Our new challenge is to prepare for the Fall Assembly. We have several themes in mind and are exploring how which of these different themes would serve the good of all our Sisters in the Diocese. Father Eric has promised us his total support, so we expect the program will be very interesting.

Peace and Love to you all.

Carolyn Hinton



The Rev. Eric Hillegas

Rector, St John The Baptist,
York, PA

Chaplain, DOK Diocese of
Central Pennsylvania

Harriet Lane Johnston News

Submitted by Susan Landin:

This past quarter we had two applicants, currently studying at the Lancaster Theological Seminary, who applied for tuition assistance through the DOK Masters Fund.

Throughout Lent, we stayed in touch through weekly emails from designated daughters, who sent us prayers and reflections. We oversaw the sign up for the Maundy Thursday Vigil in our Chapel, as well as watched and prayed in the final hour of that vigil. Those who were able stayed to walk the Stations of the Cross.

Kristi Evans led us in a Quiet Day at the Seminary, where we connected in spirit with the daughters in Honduras. Our day ended by walking the Stations of the Cross, using "Mary's Way of the Cross", a booklet given to us by Kristi.

We are in the early stages of taking an active roll in the International Justice Mission's 100 Postcard Challenge, which fights for freedom on behalf of children, women and men living in slavery around the world. For more information, you are welcome to click on the following link: <http://freedomcommons/ijm.org/action-alert/100-postcard-challenge>.

Although summer is in full swing, we have not slowed our pace as we continue to work toward bringing the film "Liberty to Captivity" to Lancaster. Our screening of the film will be on September 21st, followed by our 5 PM Mass. There are many details to work out, but with the grace of God and the diligent work of all our daughters, we expect this to be a wonderfully moving and impacting event.

As President of this Chapter, I give thanks every day for the faithfulness and steadfastness of each daughter in the Harriet Lane Johnston Chapter. Our continued growth, both in numbers and in ways of prayer and devotion are a daily inspiration.

Susan Landin