

Art of Womanhood

Candlelight Course A

“Remember”

“I don't have to create some vision of the "perfect" woman and then spend the rest of my life failing to measure up to it. I only have to remember who I am; the woman that I *already* am, and then (this is the key) to be true to myself. I have simply forgotten who I am. Thus, I don't have to create a new person. I only need to remember that I am already enough, and my work is to cultivate my innate characteristics and strengths that have always been there.”



Each course will be held over a 10-week period and must be completed in order.

General outline:

- Mentor Calls
 - One initial call with mentor
 - Further calls with mentor as needed, usually at least one per month
 - Not to exceed 1 per week
- Two book colloquia and one article colloquium
- One lecture Colloquium

Principles to be emphasized:

- Each woman's reliance on God or her Higher Source
- Each woman's need for connection with God or her Higher Source through her core book study, prayer, and meditation
- Each woman's need to put her personal life and relationships in line with her Higher Source

Curriculum:

1. Core book
2. “The Uncommon Commonplace Book” by Debi Watson
3. Lecture: “Getting Out of the Trenches While Flying by the Seat of Your Pants” by JoAnne Roberson
4. *The Power of Femininity* by Michelle McKinney Hammond
http://www.amazon.com/Power-Femininity-Rediscovering-Being-Woman/dp/0736901426/ref=pd_bbs_sr_1/102-1563498-3110568?ie=UTF8&s=books&qid=1190649460&sr=8-1
5. *Mother: A Story* by Kathleen Norris http://www.amazon.com/Mother-Kathleen-Norris/dp/1929241178/ref=sr_1_8/102-1563498-3110568?ie=UTF8&s=books&qid=1190649969&sr=1-8
6. Outline of the Art of Womanhood Sunflower model

Cultivating Growth:

Several challenges are listed below that we consider vital in order to fully reap the benefits of this course. There are also additional projects listed that can help you go deeper into areas you may feel called to explore. You will need to decide which ones you will complete for this course. If you feel the need for additional input, brainstorming or affirmation, please contact your Art of Womanhood Mentor.

1. Read your core book for at least 30 minutes and pray or meditate, daily. As you study your core book, write down any questions that come to you. Your questions and answers will be very specific to you. The following is a sampling of possible questions you might feel to answer. Who/what is God or my Higher Source for truth? Who am I? How does God or my Higher Source see me/feel about me? What does God or my Higher Source expect of me? What does God or my higher source of truth want to give me?
2. Complete all course readings.
3. Attend phone colloquia on readings and participate in discussions.
4. Pay attention to any epiphanies or ideas you have during your study, write them down, and follow up on them.
5. Keep a notebook (commonplace book) of your thoughts and ideas during study. Write down questions you have during your study.
6. Listen to the lecture and attend Lecture Colloquium.

Additional:

1. Send your mentor a sampling of the questions and answers that you wrote during your core book study.
2. As you complete your course readings, look for and make a list of examples from them that relate to God, family, and/or self.
3. Make another list of examples, comparing these ideas to your core book. Send both lists to your mentor.
4. Report to your mentor specific examples of epiphanies you have had and acted upon during this course.

“Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.” ~Carl Jung