

Art of Womanhood

Candlelight Course B

“Seek Truth”



St. Augustine said, “Fill yourselves first and then only will you be able to give to others.” The purpose of the Art of Womanhood Candlelight B Level is to “fill ourselves.” This is best done when we seek out and apply truth to our personal lives, enabling us to be happier and have greater influence within our homes. Only when our house is in order can we reach out and help others.

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

General outline:

- Monthly to bi-monthly phone contact with mentor
- E-mail contact with mentor as needed
- Three book colloquia

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. “Why to Read a Book” by Debi Watson
3. *Leadership and Self-Deception* by The Arbinger Group
4. *Magnificent Obsession* by Lloyd C. Douglas
5. *And There Was Light: Autobiography of Jacques Lusseyran, Blind Hero of the French Resistance* by Jacques Lusseyran
6. 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. Complete all course readings, including reading from your core book, daily.
2. Continue keeping a commonplace book (notebook) of your thoughts and ideas during your study.
3. Attend phone colloquia on readings and participate in discussion.
4. Listen to the lecture and attend Lecture Colloquium.
5. Write effectively in your books to get more out of them and to make them easier to use and re-use.

Additional:

1. Create files of the “examples” lists you have created so far. You could use file categories such as relationships, manhood, womanhood, motherhood, and so forth.
2. Choose from your files two or three areas you feel you need to improve upon; use your personal study, mentoring sessions, and colloquia to brainstorm possible applications for these ideas in your life.
3. Use the suggestions in the article “Why to Read a Book” by Debi Watson to keep better notes in your commonplace book during your study. Report to your mentor you have done this, and share with her how this has improved your understanding of the course readings.
4. Do a short write-up (no more than one page) of the examples you have observed from reading *Leadership and Self-Deception* and send it to your mentor.