

Art of Womanhood

Candlelight Course C

“FEC = Family Executive Council”



"The wife, if she is what God means for her to be, is a helpmeet, a strength and constant blessing to her husband. He can be a better man with a fuller and more useful life because of her influence.

Without her, his life is incomplete in many ways. To be this to one person all through a lifetime is quite a calling to any woman. And by making her husband's life fuller, her own life is enlarged, and others are blessed by them as a couple. It is a wonderful and a noble thing to be a good wife and homemaker." (Karen Andreola)

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

General outline:

- Bi-monthly phone calls with mentor, e-mail contact with mentor as needed
- Four phone colloquia

Principles to be emphasized:

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

Curriculum:

1. Core Book
2. *Finding the Hero in Your Husband* by Julianna Slattery
3. *Anatomy of Peace* by Arbinger Institute
4. *Proper Care and Feeding of Marriage* by Dr. Laura Schlessinger
5. *The Taming of the Shrew* by Shakespeare

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, brain-storming 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. Write effectively in your books to get more out of them and to make them easier to use and re-use.
5. Watch or Listen *Taming of the Shrew* while reading it. This greatly increases our understanding of his words. Shakespeare was written to be listened to and participated in.
6. Research each of the books in this course before you read it:
 - a. Keep notes on your findings in the book
 - b. Determine your “why” for reading the book
7. Oral Exam

Additional:

1. Create a final list, outlining the principles of:
 - a. Fatherhood
 - b. Motherhood
 - a. Marriage
 - b. You may want to turn the lists into your mentor for feedback.
2. Write a one-page paper and compare the principles in the books that you have read so far. Are the principles similar? Different? How do these principles compare to your core book?
3. Complete a personal mission statement based on the kind of person you want to become.
4. **For married women:**
 - a. With your FEC, go over the principles lists you have created, compare them to your core book and correct them with your FEC, as needed.
 - b. Choose responsibilities and make plans to align with the principles you have found.
5. **For single women:**
 - a. Use your principles lists to create a list of characteristics you want in a husband.
 - b. Look at the lists of principles that apply to you and create a plan to develop characteristics in yourself that will make you worthy of the type of man you would like to marry.