



The Clarion

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We strengthen families worldwide by inspiring women to seek truth, harmony, and education and to develop their unique gifts as they claim the fullness of their inherent roles.

Art of Womanhood

REMEMBER

From an article by Stephanie Francom

Hugh Nibley translated one of the most ancient records that exists. In this record there is a story that is called "The Pearl." A prince was sent by his father, the king, to Egypt to retrieve a pearl. He took with him a pack of clothing and food. When the prince arrived in Egypt, the people didn't trust him because of his royal clothing. So he donned their clothing. They were still distrustful because of the way he ate, so instead of eating the food he had brought with him, he began eating their food. As he took on their ways, he began to forget who he was and his mission to retrieve the pearl. His parents, aware of his predicament, wrote him a letter and marked it with the kingly seal. When the prince received his parents' letter, he recognized the message as the same message that was written on his heart. He knew that he had forgotten who he was and that he had a mission to perform. He immediately sought after and procured the pearl, and then he was able to return to his parents with honor. Remembering who he was changed everything.

I believe that each one of us has a pearl that we have promised to retrieve, or a mission to perform. We too have a message written on our hearts. And I believe that there is a letter awaiting each one of us that will help us to remember who we are, if we will seek it out.

Just like the prince in the story of the pearl, I only have to remember who I am, the woman that I already am, and then (this is the key) be true to myself. 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.

Once I learned that I simply had to remember, I had a challenge ahead of me. How do I remember? I'd like to share with you the five key principles that helped me to remember who I am.

1. Reflect – What is the message written on your heart?

Reflecting involves a variety of ingredients. We have to seek understanding from our source of truth. We can do

this by connecting with our Creator. Connection takes place most often through prayer, fasting and meditation. As we approach God in sincere prayer, accompanied with fasting, we communicate our humility and recognition of His omnipotence. Once we have done this, we need to meditate upon the answer. This requires just being still. Listen for thoughts that come into your mind and your heart.

Another way to reflect is to go to a sacred place. This might be up in the mountains, out in nature, or it might be in a religious building that you consider holy. The point of visiting these sacred places is to create space and time to conduct a vision quest, or to seek a vision of who you really are. You simply need a quiet, uninterrupted space to reflect upon the woman you really are.



2. Research – This is the fun part!

The way to begin the research is simple. We take the information compiled from reflecting, and we research it.

The next step is to go to our core books. A core book is the book that defines our moral values. First of all, we can study our core book by simply reading it through with a subject of inquiry. Some possible questions would be "Who am I?" and "What is womanhood?" Then we list the characteristics we find that we would like to develop and research them. What do I mean by this? We can look up the words in the dictionary. Once defined, we can look up the new words to get a deeper understanding. Also, as we read the stories of women's lives, we can identify with their thoughts, words, actions, and relationships to understand more about ourselves.

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Another idea that was extremely powerful for me is one that should have the same effect on every woman. I studied everything in my core book that I could find on womanhood. There are specific characteristics and attributes that are female-specific, and this is a great jumping-off point to understand the women that we already are. We can go to the index of our core books and look up everything we can find on “woman,” “mother,” and “wife.”

The next way to research is to go to the classic books on womanhood. We will remember a lot about ourselves as we study the womanhood classics because much of who we are is because we are women. There are so many of them, but I will list just a few here: *Little Women*, *Laddie*, *Eve and the Choice Made in Eden*, *Beautiful Girlhood*, *Democracy in America*, and *Pericles*.

3. Reference

The first step of referencing is to compare what we learn from the classics of womanhood and our own reflections to the principles in our core book. The best way to explain this is a simple illustration. In *The Merchant of Venice* it says, “Neither a borrower nor a lender be.” However, in one of my core books, *The Holy Bible*, it says, “Give to him that asketh thee, and from him that would borrow, turn thee not away.” Thus, I can see that there is a principle in Shakespeare that I need to reject. It’s not in line with my core book. As we are seeking this remembrance of our true character, referencing our core books next to those books we are reading offers a powerful stabilizing force.

We also reference by cross-referencing. We can learn by comparing multiple books.

My daughter, Kendyl, recently read *The Lord of the Flies*. She began to wonder if the outcome of the story would have been different if a woman had been on the island. Having just completed *The Lonesome Gods*, she contemplated how things might have gone differently if one of its characters, Miss Nesselrode, had been on the island. She learned some amazing lessons from this cross-referencing.

In addition to referencing multiple books, it is valuable to reference ideas within your core book. As you learn a principle, find other occurrences of the topic within your core book and continue to look up words in the dictionary. It is important that we are open to tangents as we research, as we often discover some profound truths this way.

4. Record

Recording is the fourth step, but we should record every one of these steps. We reflect, then we record our “aha”s. We research and record. We reference and we record. So really, recording fits after each step of remembering.

Recording is extremely valuable to help us remember for a couple of reasons. Number one, it helps us to remember all the pieces we have gathered in the remembering process. It would seem pretty goofy to spend all this time trying to remember and take no thought to protect what we have received.

A commonplace book, or an education journal, is a great place to record these ponderings and thoughts. We record our list of characteristics, definitions we have looked up, our feelings about what we have learned, interpretations and applications to our lives, and a note of where we received the information. This way we can go back to it again and again.

Another reason that recording is so important is that we learn more when we write. Our feelings and words become a part of us. We internalize them. Often, we will be instructed on specific principles that we knew nothing of before we began writing. Somehow writing opens a channel to deeper communication.

5. Refine

The final key to remembering is to refine. This is the idea that we take all that we have done in the first four steps and refine what we have compiled. We do this by coming face to face with greatness on a daily basis. What do I mean by this? We look for and expose ourselves to greatness daily through books and associating ourselves with great people.

Before I explain, I first need to share with you the epiphany I received the other day. It was this. When we recognize the characteristics in other great women, we shouldn’t simply make a list of everything that would create a perfect woman. There will be specific traits, gifts, and talents that will resonate with us. When this happens, this is not just recognition; this is a remembering. These attributes resonate with us because we are remembering a part of who we already are! We can’t dismiss those feelings. They are a key component to our remembering.

The first way we can come face to face with greatness on a daily basis is through classic novels. For example, in *Emma and Company* by Ralph Moody, Mrs. Moody had become a widow and she had to raise her children alone.

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The Principle vs. the Application

by Melinda Heath

My core canon states: “There is a law, irrevocably decreed in heaven before the foundations of this world, upon which all blessings are predicated—And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated.”¹

“Principle” seems to be a catchword lately and is often used lightly. What is a principle? Principles are God’s “laws,” also called “natural laws.” These laws are unchangeable and universal. They apply to everyone, and when applied appropriately they bring blessings and joy. Whether an individual is aware of a specific principle or not is irrelevant—once she discovers and applies that principle, her life will improve for the better.

What does it mean that a principle must apply to everyone? Consider searching for principles of womanhood—the principles would have to apply to all women, the single college student as well as the married empty-nester, the single mother as well as the widowed grandmother.

How do we discover principles and how do we discern whether they are true or not? Deep, prayerful study of your core book is your best guide. Your core book is your central classic that states the foundational truths which you believe and therefore strive to live. For many it is a religious text. Does your core book support the principle in question? Does the principle ring true to your heart and mind? True principles are timeless and self-evident; they obey natural and God-given law, and follow common sense.² Following a principle is often not the easy course and requires much faith; however, it always brings blessings.

I’ve heard philanthropy taught as a financial principle; my core book admonishes me to “feed the hungry, clothe the naked,” and care for my fellow man.³ I feel my core book supports philanthropy as a financial principle, but how much and in what order in relation to other financial principles such as tithes and savings? Ah, now we’ve come to the application. The principle is universal; however, the application is individual.

While principles are constant and universal, their application is strictly individual and personal and should be decided through study and confirmation from God. Imagine that you feel a desire to improve your marriage. According to scripture, this blessing would depend on obeying laws relevant to the marriage relationship. So you would seek out principles of marriage, consider them against what your core book states, and you and your spouse would prayerfully discuss how to apply the principles in your marriage. For example, *Fascinating Womanhood*⁴ and other books beautifully illustrate the deep, abiding love and joy possible in marriage. They suggest sound marital principles; however, some of their suggested applications are dated and presumptuous. Our goal is to learn to see past others’ opinions and applications to the principle we seek, and then decide for ourselves our individual application.

Let me give you some examples. I cannot eat refined sugar. It is poison to my body. It literally causes complete devastation to my family as eating sugar causes severe depression and anxiety in me. When I strictly avoid sugar I do not struggle with these extreme emotions. Even though the effects of sugar on me are extreme, my avoidance of it is a personal application. Much research indicates the dangers of sugar and its relationship to depression, heart disease, diabetes, and more, but there is no principle that sugar is evil. I cannot find anything in my core book stating “do not eat sugar.” In my opinion it is not a principle. Rather, the universal principle is that we have a stewardship to care for and respect our bodies. My application is to strictly avoid refined sugars. Respecting and honoring our bodies applies to all of us; avoiding sugar is my personal application.

*A Little Princess*⁵ is a personal classic for what it taught me about controlling my thoughts. Is this a principle? I went to the index of my core book and searched “thoughts.” I found many examples of the blessings of controlling our thoughts as well as the dangers of not controlling them. I believe it is a principle, but how do we apply it?

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She was acting as both father and mother, and yet she taught her daughters to be women. She ran the household, created an income while working at home and involving the children, and she was still able to encourage her son to be the man of the house. Reading about her life was inspiring and it resonated with me. *Ivanhoe* offers another great example. One of the characters, Rebecca, would rather die than lose her virtue. There are so many lessons to be learned from the great characters in the classic novels.

Another way to come face to face with greatness is through biographies. When I read *The Hiding Place*, it changed me forever. This was the beginning of my remembering. Betsie Ten Boom was one of the most amazing women ever! She forgave so freely, and she loved everyone. She not only had empathy for the oppressed; she had empathy for the oppressor. Betsie's compassion resonated with me. This was a remembering that this empathy is part of who I am. Have I developed this yet? No. But I know it will come, and simply knowing clarifies my vision.

People who are living can also be great. We can look around us and discover who they are. We may find them in

our progenitors, our grandmothers, our mothers, our sisters, or our next-door neighbor. Just as with books, we must study their lives to discover which of their qualities resonates with us. To remember. We are identifying the great things they have endured and the challenges and heartaches they have overcome. We can learn so much about ourselves.

We remember by reflecting, researching, referencing, recording and refining the vision of who we are.

As I have gone through this process and remembered quite clearly who I am, I no longer feel that I have to pretend to be someone I am not. I don't have to be someone's idea of perfect. In fact, I don't have to be my idea of perfect. I simply have to develop the best that is already inside of me, and that's pretty straightforward. I just develop my strengths and let the weaknesses fall by the wayside. My message to you is to remember who you are, then be true to yourself by nurturing and developing the best that is already inside of you. Just remember.

The Principle...Continued from page 3

My core book gives some suggestions; Sara Crewe shows us some ways; you could sing a religious hymn when you feel your thoughts wandering; you could keep a gratitude journal and write down blessings when you feel negative thoughts coming on—there are many applications to this one principle. The key is discovering which applications will most help you succeed in controlling your thoughts.

Another point to consider is that there is a natural order to things. For example, there are financial laws and there are marital laws. Both are important, but we cannot succeed in one area at the expense of another. A personal experience illustrates my point. For many years my husband and I studied financial books of all sorts. We would read ideas and accept them as truth and apply them, often with devastating results. Why? Well, most were ideas and application, not principles; some were not even based on any principle. I had yet to understand this, and I had the great idea of creating a home party sales business. I jumped right in, disregarding my husband's feelings and lack of enthusiasm, and also frankly without any prayer or spiritual consideration on the subject. My goals and objectives were based on financial principles, but what I didn't understand was that I was seeking application of financial principles at the expense of marital principles. In this situation, I was breaking God-ordained roles and principles in marriage in my effort to seek financial security. I might have succeeded financially, but thankfully new epiphanies and understanding helped me see what was happening before my marriage was completely lost. As a side note, since I committed to live the marital principles, the financial ones have also fallen into place.

When looking at principles, the primary focus should be “what should I do?” Is this specific idea good for me and my family? What is the author, speaker, etc., really trying to say? I hear their idea (their application) but what is the point? Should I do it too, and how can I apply the idea? This brings us to epiphanies, which are really Divine inspiration of what you should do right now. Do what you need to do, what you are inspired to do.⁶

The blessings, peace and joy we seek come by “obedience to that law upon which [they are] predicated.” As we prayerfully follow our epiphanies and find the personal application best for us individually, the blessings of peace and joy follow.

Notes

1 *Doctrine and Covenants* 130:20-21. Salt Lake City: The Church of Jesus Christ of Latter-day Saints.

2 Taken from information given at the 5 R's seminar by Audrey Rindlisbacher. George Wythe College Extension Program, 2006. www.gwc.edu/seminars

3 Matthew 25:34-40; Mosiah 4:26. *Holy Bible* and *The Book of Mormon*. Salt Lake City: The Church of Jesus Christ of Latter-day Saints.

4 Andelin, Helen. *Fascinating Womanhood*. New York: Bantam Books, 1992.

5 Burnett, Frances Hodgson. *A Little Princess*. New York: HarperFestival, 1963.

6 DeMille, Oliver and Bolon, Brad. “How to Read a Book: The Cure for the Common Education.” Cedar City: George Wythe College Press, 2005.

The Beauty of Womanhood

by Stephanie B. Servoss

The beauty of the world is almost the only way by which we can allow God to penetrate us...Beauty captivates the senses in order to obtain permission to pass straight through to the soul...The soul's inclination to love beauty is the trap God most frequently uses in order to win it.

–Simon Weil



Just as unrelenting hardship turns coal into a magnificent treasure, so the truths unearthed through suffering bring out the beauty of womanhood. As coal is purged of impurities it is transformed from a dark, rough stone into a clean, clear diamond. Likewise, we as women become strong, pure, and beautiful as the love of God purifies our hearts and souls through truth and beauty. Our true beauty is revealed as the love of God is made manifest within us.

Eve suffered herself to be tempted and tried so that the children of the Lord could multiply and grow in the world. The beauty sustained both Adam and Eve to do. Esther suffered herself the people of the Lord to be herself to be wounded, captured, that her beauty might inspire of God. It is this heavenly work God gives us which reveals our



The Lord desires for each of rough creation to a flawless entices us with beauty, placing it seek, inviting us to look deeper, shape our lives by touching our

that grew through her trials and pain through the work they were given to be made queen in order for preserved. Joan of Arc suffered and burned at the stake in order others to accomplish the will of bearing up under the load hidden treasures of great worth.

us to be transformed from a masterpiece of great worth. God within and around the truth we to become more. He begins to hearts with beauty and truth.

As we seek for truth, our beauty is slowly unveiled. Every kernel of truth we discover assists God in the process of refining our many impurities. Each and every time we discover truth, we also discover more within ourselves. This awareness is God's invitation to know more, and it always requires faith and courage to continue unearthing truths.

As a lump of coal slowly transforms under the pressure of the earth, so we can bear up under the trials we are given, being transformed by God in the process. Just as every diamond has a different shape, shade, and quality, so each woman holds a treasure of beauty unique to her. God is the Master who knows the refined diamond each of us must become and He applies His hands to forming and shaping us, unlocking the unique beauty within those who trust in Him.

As God attempts to shape us and bring clarity to our souls, impurities hidden within us become visible. If we have the courage to submit to this refining process, our impurities and weaknesses are transformed into purity and strength and we emerge glorious and beautiful.

Seek for truth. God desires to speak truth and wisdom to your heart, mind, and soul, to begin the process of unveiling the beauty He has given to you and you alone. Because when you begin to discover truth and glimpse the beauty within you, you will start becoming the treasure God knows you are meant to be.

Art of Womanhood
presents the 2007 Annual Convention
Follow the Sun

... Reflect, Refine, Renew

November 1-3, 2007 in Salt Lake City
University of Utah Olympic Guest House

Guest Speakers: Dr. Oliver and Rachel DeMille

Only 15 Days Left to Register
Registration Closes October 15, 2007

Date: Thursday 1:00 p.m., November 1st through Saturday afternoon, November 3rd @ noon

Attendance will include a two night stay in the University of Utah's Olympic Guest House, all meals for the duration of the convention, an introduction to the Art of Womanhood Program, a book discussion, lectures, a vision walk, a mini-summit, mentoring, and of course, an incredible opportunity to develop new friendships with other women.

Registration: \$250 (Bring A Friend Price: \$200) - Convention capacity is limited to 150 participants.

To register go to artofwomanhood.org and click on Events.

Room Accommodations: 2 women in each room

There are 30 rooms with two Queen Beds allowing for each woman to have her own bed. The first 60 registrants will get these rooms. The rest of the rooms have 1 King bed for two women to share

Location: University of Utah's Olympic Guest House and Conference Center

We strengthen families worldwide by inspiring women to seek truth, harmony, and education and to develop their unique gifts as they claim the fullness of their inherent roles.

"Keep your face to the sunshine and you cannot see the shadow, it's what sunflowers do."~ Helen Keller



The Clarion invites you to share your insights with our readers. Articles, essays, and poetry related to the Art of Womanhood mission statement, program, and readings may be submitted by e-mail to theclarion@artofwomanhood.org. At the moment we are especially seeking submissions on the following topic:

* The Family Executive Council – How do you establish an FEC? How does the FEC delineate principles for the family? How does the FEC help you measure new ideas and principles? How do you receive truth within the FEC? What suggestions would you give to others who struggle with starting or maintaining an effective FEC?

We respectfully ask you to have your writing read and commented on by two people, at least one of whom is a member of Art of Womanhood, before sending it to us. All submissions will be read and considered for publication. At this time, there is no remuneration for your published article, just heartfelt appreciation. Please keep a copy of your writing in case a submission is lost in cyberspace. Thank you to all who have contributed thus far.

Looking for more information on Art of Womanhood?
www.artofwomanhood.org



Our final pilot session is well under way and once again we have a strong team of mentors. You can find out more information about each of these outstanding women on our website at

http://www.artofwomanhood.org/about/meet_aofw_mentors

Our mentors are as follows: (** = formed a group in her area that meets in person)

<p><u>Candlelight A:</u> Stefany Pike Debi Watson** Rachel Van Hauwaert Tia Fawson ** Janet Rock **</p> <p><u>Candlelight B:</u> Mindy Heath Jenny Hanson</p>	<p><u>Candlelight C:</u> Debi Watson Natanya Nielsen</p> <p><u>Lamplight A:</u> Jennilyn Rock** Erin Reynolds **</p>	<p><u>Lamplight B:</u> Kari Witbeck</p> <p><u>Changed Hearts:</u> Stacy Harmer Carol Fife** Stephanie Francom**</p>
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We are excited this session to be testing our new program for the group mentors. The program will focus on mentor support and development. The courses in this program will become the Lighthouse level and be offered to those currently mentoring for Art of Womanhood.

We would like to welcome *Angel DeGuzman* from San Diego, California, to the leadership team. We will be combining the offices of Director of Admissions and Director of Registration. She will take the reins from Christine Isom and Debi Watson and become our new Director of Admissions. She is the mother of two children, a boy and a girl, with one child on the way. She and her husband have also been responsible for raising her four younger siblings since the passing of their mother.

Christine Isom has consented to be our Director of Marketing. The time to take our program to a larger audience is fast approaching, and she has accepted the challenge to guide it there. She is the wife of DJ and the mother of four beautiful girls. She has done a fabulous job for the organization as Director of Registration. She has worked with her husband to create a system in ACT! which enables us to keep all of the information we need about our members at our fingertips. We are so grateful for her efforts and the efficiency she has created for our organization.

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We are excited about the **Art of Womanhood Youth Program** that is in the process of development. We are looking forward to the fall of 2008 to begin piloting the program. It will be a 2-year program for mothers and daughters ages 14 and older to connect with one another and a way to encourage the development of beautiful womanhood through a deep and unwavering relationship with each other as well as with God.

They will learn to focus with their heart, might, mind, and strength and come to understand their unlimited potential, inner and outer beauty, and innate gifts. Their reach will extend to bringing that love and beauty to their family, friends, community, and world. They will gain a deep sense of their life's vision and mission while learning skills and abilities to help accomplish this.

For the younger girls, we are pleased that there are several options available to support womanhood. We support organizations that are in alignment to the principles in Art of Womanhood.

Donna Goff is creating Princess Academy for mothers and daughters: <http://theprincessacademy.blogspot.com/>

Kelli Poll has created the Princess Club: kellibp@mstar.net

Diann Jeppson has created the Young American Stateswoman Association: <http://www.americanyouthleadership.org/YASA.html>

If you feel a call to be involved with the 2-year Youth Program, please e-mail Stacy Harmer: stacyharmer@gmail.com or Ginger Carpenter: gingercarpenter@gmail.com.