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**Question of the Messenger**  
In one sentence, how would you define 'faith'?  
Email your answers to [jrdaughterschr@dok-national.org](mailto:jrdaughterschr@dok-national.org).  
They will be in the next Junior Messenger.

## Triennial 2009

A gift is something that is given to someone to make them happy or to show gratitude. To give means to present or deliver something that someone has to another person to keep or use. To receive means to take or accept that something. At Triennial, 52 Junior Daughters, and many Directresses and helpers working with them, focused on giving and receiving gifts. The Triennial theme gave us the opportunity to focus on the gift of the Holy Spirit Himself given to us by our loving Father in heaven. His presence was always with us, even when we texted Him.

During our time at Triennial we learned about the gift of Wisdom, Understanding, Knowledge, Counsel, Fortitude, Piety and the Fear of the Lord, what they mean and how we can apply them in our lives (to see our meditations and prayers on these gifts please check out the DOK website). Each day the Juniors received a small gift to remind them of the Seven-Fold Gift of the Holy Spirit.

The Directresses and all the helpers gave their time to support the Juniors and all our many projects and activities. For example, Terry Krawitz, the Diocesan Directress of Dallas, led us in a workshop about Mandela T-shirts and we each made one and learned about their spiritual significance. She also shared her Prayer Bear Ministry. Small cloth bears made with love and prayers are given to the men and women of our military, firefighters and cancer victims to name few. The Junior Daughters decorated and prayed over 200 of these bears and gave them to the Orangewood Children's Home (for their beautiful acknowledgement letter please check out our website). Rev. Sue Beck came and talked with us about the children's home and took the bears to them.

Connie Becker, Diocesan Directress of Florida and a member of the Order of St. Luke's, shared with us scriptures on healing and led us in a discussion about healing ministry,  
*(continued on page 18)*

## Words to Live By *A Day Worthwhile*

*I count that day  
as wisely spent in which  
I did some good, for  
someone who is far  
away or shares my  
neighborhood.*

*A day devoted to  
the deed that lends  
a helping hand,  
and demonstrates a  
willingness to love and  
understand.*

*I long to be of  
usefulness in little ways  
and large,  
without a selfish  
motive and without the  
slightest charge.*

*Because in my  
philosophy there is never  
any doubt, that all of us  
here on earth must help  
each other out.*

*I feel that day is  
fruitful and the time is  
worth the while, when I  
promote the happiness of  
one enduring smile.*

*—Anonymous*



## New Junior Cross!

Have you seen the new Junior Cross? It is bigger and shinier than the original Junior Cross. So now if you are a new member or if you've lost your cross you have the option to buy the smaller one or the new bigger one. To see what they look like check them out on our website at

[www.dok-national.org/  
margaretjfranklincenter/  
crosses.html](http://www.dok-national.org/margaretjfranklincenter/crosses.html)

(continued from page 17)

then trained some of the young women who volunteered about laying on of hands and praying for that person. The Juniors then gave the gift of healing prayers to one another and to the adults. It was a most beautiful, spirit-filled time and incredibly emotional.

We were blessed by the gift of music shared by two talented ladies, Kathy James and Kate Pettit. Their voices and Kathy's guitar playing enhanced and deepened our prayer, praise and worship time and really helped bring us closer to God.

We were blessed by all the wonderful speakers and guests, by our activities, the music of Kathy and Kate, our healing service and worship time, our trip to Mission San Juan Capistrano and by being in fellowship with one another.

But perhaps the greatest gift was the gift of friendship. We made lots of new friends both young and old. We all bonded, we had fun, and we drew close to our Lord Jesus Christ and that's the gift that will stay with us the rest of our lives.

Of course the Junior Ministry was given a tremendous gift in the establishment of the Alpha Fund. It will be used to support the work of Junior Daughters and Directresses and help grow new chapters (for more information on the Alpha Fund as well as an application and information on and prayers by Mother Teresa please check out our website).

I was so impressed, overwhelmed really, by the spiritual depth and maturity of these young ladies, our Junior Daughters. Even our youngest at nine years old was wise beyond her years. I was moved by their willingness to share, by their honesty and sincerity. I am so glad to have met them and spend time together because it made me realize, or more appropriately, confirm, how important this ministry is and how significant the call is to be a Junior Directress. It is humbling and it comes with a lot of responsibility but Sisters, it is so rewarding. And the fruits of our labors were seen in those bright shining faces on fire for God serving Him in so many varied and wonderful ways. In fact, for a complete list of all the activities and service projects undertaken by our Junior Daughters please check out the minutes of our Junior Business Meeting found on our website.

After receiving a gift it is customary and polite to say thank you, yet that seems truly inadequate for all that we received. I pray that our thanksgivings are offered in living our lives worthy of our calling, whether young or old, to be a Daughter of the King; to pray and to serve and to make our good and gracious Lord known by everyone by our words and deeds.

Yours in Christ,  
*Jen Mariano*

## **New Junior Daughter Handbook!**

The new 2009 Junior Daughter Handbook is available from the National Office for \$5. Please get your new copy today as the old one is now, well, old. Also keep your eye open for the peach hiding in the Handbook. If you find it please let me know.



## **Triennial 2009—a Wonderful Learning and Sharing Opportunity**

The Triennial in Anaheim was my first experience of attending with Juniors from our chapter and it was a wonderful opportunity to learn and share with other chapters. Fifty-two girls aged ten to twenty came together with their dedicated directresses and our days were filled with times of learning, sharing, praying, and getting to know each other.

Mary MacGregor led a workshop on the Uniqueness of Each of Us encouraging girls to be themselves as God has made them and not letting the World's values determine who they should be.

We worked on Mendalla t-shirts and put faces on two hundred prayer bears that were to be distributed to the children at Orangewood Children's Home, a home for children in crisis situations.

On Friday, Esther Miller, an Anglican missionary, shared her story of how she had been chosen by God as a ten year old to become a missionary and how she, twenty-two years later, responded to that call. She told us of her experiences in Malawi going from village to village spreading God's love and teaching the native women to sew.

We spent a day at the Mission of San Juan Capistrano, a Roman Catholic mission that was founded by Father Junipero Serra in 1776 and is considered the jewel of the California missions. After our tour of this beautiful property we shared box lunches in their picnic area.

On Friday evening, after our dinner, the Juniors held their own Healing Service. Some of the girls felt comfortable and called to serve as healing prayer partners and, after a brief training in how to pray for others, four prayer stations were set up and while soft praise music played, many came forth for prayers of healing.

Triennial was a time to feel God working in the lives of our young women and to experience Junior Daughters of the King on a wider scale as different ages, races, and denominations of young women from eight different states came together.

FHS,

*Connie Becker*

Junior Directress for the Diocese of Florida and  
The Saint Mary and Martha Junior Chapter

# Meditation from the new Junior Daughters Chaplain

As I write this article as the new chaplain for our Junior Daughters and their directresses, I am in the middle of a major transition. I have just accepted a call to serve as a rector in a vibrant and loving parish and I am full of curiosity, wonder, excitement and—well, apprehension and nervousness. Will I meet their expectations? How will I fit in in this new diocese and part of the country? Can I serve them as well as I hope to, each day and in so many ways? I also wonder about this new call as chaplain. Will I be able to serve our Junior Daughters and their leaders as well as I want to—in prayer, support, and in showing appreciation for the commitment and service both JDOKs and Directresses demonstrate in their lives?

As I pondered expectations and new challenges, and especially new joys and excitement, it made me think of the girls in the Order and their lives. The ages of the young women in the Order are ages full of almost constant transition. Young girls become young ladies; they move from safe and small elementary schools to the challenges of junior high or middle school, and then on to high school. Their friends change, the expectations placed upon them change, and young women today face many challenges and temptations I never had to face at their age.

Throughout periods of transition, we all need our rocks and our strong footing. How wonderful for our young ladies that the Order of the Junior Daughters of the King is here to offer the support of the Savior and a loving, caring support group of peers and Senior Daughters. I believe so strongly in the Junior Daughters of the King, that I believe a church that does not offer this opportunity for participation and dedication is taking away a powerful tool and support system to help keep our young ladies safe and strong on their spiritual journey. Jennifer Mariano has done incredible work in strengthening our Order and moving us forward, and I give thanks for her leadership and tireless energy. I look forward to working with her and supporting her in any way that I can.

To the Directresses and Senior Daughters who help lead this treasured ministry: Please know that this priest, mom and long time youth minister values you and your call deeply. You are in my prayers and I am always available for you to offer support, to listen to your frustrations, and (drawing upon my background in youth ministry) to help with your ministry with ideas, retreats, and any other suggestions you might need. As soon as I settle in the first of September, you will have my phone number and e-mail.

To our Junior Daughters of the King: You have made a strong, mature and wonderful decision in joining the Order. I know that you will be blessed and encouraged by those around you as you pass through the many changes ahead of you in life. Please know that your Directress, parish priest and Senior Daughters are available to answer questions and guide you on your spiritual journey, and now I am, too. I will give you my e-mail in the next issue, or you will be able to find it on

our web page in early September. In August, we celebrate the Transfiguration of our Lord, the time on the mountain when Jesus was revealed in shining glory as the Son of Man. You, too, are transfigured as you reveal yourself as a child of God to the world around you. Be bold, and carry Jesus out into your world, because the love of Jesus has the power to brighten everyone's world, make life's hard times easier, and the good times better. Take time to "go on the mountain and be with God"—in other words, take your daily prayer time and study and be true to it, so that God can continue to transform you into the incredible Daughter He created you to be. Let YOUR light shine, just as Jesus' face shone so brightly to those on the mountain with Him.

I can't wait to see where we travel together in the Order, and I am proud and excited to be serving as Chaplain.

In His Service,

*Mother Susan*

The Rev. Susan Q. Claytor



# Seen and Heard



We provided \$225 scholarships for each junior. We have 52 Juniors here. . . . I know in my own case only two girls in my two Juniors groups were going to come and when we offered the meals scholarships and some other wonderful scholarships with my Episcopal group, I was able to bring eight girls, four Episcopal girls and four Roman Catholic girls, because I have two chapters. So as a directress, I thank you.

*Kathleen Wohnoutka*

I love ice cream. I had a priest tell me that the next time I got a letter or an e-mail that was less than complimentary that I should go and buy an ice cream cone. I want you to know this skirt's a little tight today!

*Kathleen Wohnoutka*



I'm asking you as Daughters of the King who took vows of prayer, service, and evangelism to make that your primary focus, and to make Jesus your primary focus.

*Chesley Vohden*

Ladies, I'm going to coach you a little. When you stand for a vote, make it snappy. We can get really good at this standing vote thing.

*Lena Nealley*

Madame Chair, would you explain something? What were we voting on, exactly?

*Anonymous*



There was one woman I befriended [in the Marine Corps] when others wouldn't because she was into witchcraft, but it's not the Christian thing to do to not talk to her, so I did, and we became friends. Before I was discharged (I had a medical discharge), we were going to church together, and she found Christ again.

*Vanessa Menz*

We chose September 5 as the ingathering day [for the Alpha Fund]; this the day Mother Teresa died in 1997. And it will become the day of her canonization. There are several aspects of this day that are significant: First, you know in September many Junior chapters start or reactivate or regroup at this time of year.

Second, it fits chronologically with the other ingathering dates: November 1, February 2, and June 1.

And most importantly the date introduces the work and spirituality of Mother Teresa to our Juniors. She is modern and known by everyone. Mother Teresa was 12 years old when she felt called to the religious



# at Triennial 2009

life, and at 18 joined the convent. She was a young 39 when she founded the missionaries of Charity, and was the epitome of prayer, service and evangelism. She dedicated herself to a life of poverty while serving the poorest of the poor, and coincidentally, her colors are blue and white.

*Jen Mariano*

Province 4 would like to announce an initial contribution of \$200 in honor of Jessica Palmer, a Jr. Daughter who lived an exemplary life and died tragically in an accident in December. We have also established an award in her diocese for a girl who lives up to those qualities and want to make this initial donation to the Alpha fund in her honor.

*Nancy Sheffield*

Sometimes neighbors those closest to us, those who live close to us or work with us are the hardest to love. Sometimes we have differences with those, and it tests our love and makes us grow . . . Our Episcopal tradition gives us the way . . . through repentance, forgiveness and reconciliation.

*Lana Valenta*

I would like to thank Lena Nealley and her committee for their hard hard work on the bylaws that were presented to us, their time negotiating and sharing and getting up to where we were. I'm just sorry we didn't get things passed, but Lena I want you to know that—and I hope I can speak on behalf of everyone—we really appreciate your hard work.

*Nancy Wyant*

After I became president, this is a serious prayer, I really did pray that the rapture would come before this business meeting! [laughter] I told Bishop Howe a couple of days ago, God didn't answer my prayer, here we are. So, all I could hear from the Lord for the past few weeks was, "I am in charge, trust me, I have a plan." And my prayer was that the work we do here this week would be in God's plan. I had never thought for one minute that we would have done a 350, that we would have spent all of those hours on credentialing, on a bylaw and a substitute bylaw and end up at the place where we started three years ago. You know, that tells me that we are not ready to make serious changes that are going to affect the future of our Order. And as we know, if we don't know what to do, the best thing to do is to do nothing, and go back to the table together and see how we can make it right.

*Joan Dalrymple*



## Jr Daughter Elected to Serve Diocese of Virginia



This past April, Marifer Cruz, Junior Daughter of the King member of St. Mark's (Alexandria, VA) Josephine Bakhita Junior Chapter, was elected by clergy and representatives of Region VI, a political entity of the Diocese of VA, to serve as the Region VI Representative to the Diocesan Council.

We thank God for Marifer's many gifts and her desire to use them in service to God and the greater church community.



## Jr. Daughters Made Fast Friends at Triennial



## Bible Study

As everyone is now back in school, it's appropriate to look at Jesus our teacher, the best teacher we could ever have. Jesus was a great teacher. Crowds of people followed him everywhere he went. Jesus even got into a boat and people listened to him from the shore. Another time he was on a mountain and people listened to him. While Jesus spoke with authority he always spoke so that people could understand him; he talked in words everyone could understand and used parables to show the special meaning of what he was trying to say. He would even ask questions of his disciples to cause them to think about what he was saying. His greatest lesson was to teach us how much God loves us and that he was the One all the prophets talked about; the One who was to fulfill God's great promise of the redemption of his people.

For your homework read the Gospel of Matthew and reflect on how Jesus is teaching his followers then and us today about the good news of God's love for us. Also enjoy the following quiz:

- In Matthew 7:24-27, what is Jesus trying to teach us about building a house?
  - That we should not build near a stream
  - That we should not build in the sand
  - That we should build our house on solid rock
  - All of the above
- In Matthew 8:23-27 what is Jesus teaching us about faith?
  - That we should not get on a boat without a GPS unit
  - That we should not wake up Jesus when he's sleeping
  - That we should not be afraid of the wind and storms that may come our way
- In Matthew 13:1-23 what is Jesus teaching us about the kingdom of heaven?
  - That it is good to feed the birds
  - That the disciples had a long way to go in their learning
  - That we must tend the soil of our heart and let the word of God grow strongly there to produce a great harvest

# Meditations from Junior Daughters

## CALIFORNIA

My week spent in California at the 2009 Triennial was the highlight of my summer. Meeting different girls from all around the nation was really cool.

On the first day we started with breakfast and then went into Morning Prayer with the Holy Spirit. Later we had Eucharist with the Senior Daughters, followed by games with Marge Rogers. Before going to lunch we did the Mendalla t-shirt project. The rest of the night we enjoyed Praise and Worship 1, making Prayer Bears for the Orangewood Children's Home, and our first guest speaker, Mary MacGregor. We then had free time, dinner and the Junior Mission night.

Friday morning began with breakfast, Morning Prayer, and Praise and Worship 2. Then we left for our San Juan Capistrano trip. The mission was founded by Fr. Junipero Serra on November 1, 1776, and it is the only mission in Orange County. Our well-spent hours touring the mission came to an end. We loaded back on the buses and headed back to the hotel. Dinner soon followed. After the Healing Service we went from prayerful and respectful to cheerful and wet at the awesome pool party!

Saturday was our last full day together. It started like every other day with breakfast, Morning Prayer, and Praise and Worship 3. Soon after we had our Juniors meeting, then lunch. Later we enjoyed activities, music and our guest speaker, Esther Miller. Shortly thereafter, we got all dressed up for the banquet.

As the week came it also went. On the last day before we checked out of the hotel we all had breakfast together for the last time and celebrated with Eucharist with the Seniors.

This was my first Triennial, and I enjoyed every minute of it. It was a memorable experience.

*Cameron, Grace Catholic Junior Chapter, TX*

Triennial was a very emotional week for me. I felt it brought me closer to God. It helped me understand what believing is really about. It was also very fun and I met a lot of wonderful people.

The healing service we did within the Juniors was also very emotional. It taught me that reaching out to others is a great thing to do and not be scared.

I want to thank Jen for preparing and leading us in this Triennial.

*Ashley, Grace Catholic Junior Chapter, TX*

This year was my first Triennial, I never really knew what to expect, except for things I heard from the other girls. On our way to the airport, our car broke down on the middle of the highway! Man was that an experience! Thanks to my friend's brother for getting us to the airport. When we were in California we participated in a Silent Prayer Service, we dimmed the lights and formed circles around people that we were praying for. I had no expectations of how emotional everyone became but to me that was the most powerful part. Prayer Bears with Terry also really warmed my heart, listening to her story was so inspiring and all of us became instant

friends with her. Of course you can't forget Disneyland! Lexie and I got offered princess jobs and we were so excited we couldn't stop smiling that day. Overall my Triennial experience was fabulous and I would definitely go again:)

*Eva, Genesis Junior Chapter, MD*

Getting off the plane into LAX, I knew that it was JDOK time. There was something in the air, between the connection of the girls from All Saints' and the girls that we were about to meet, that told me this would be a week to relax and form unbreakable bonds with both our sisters in Christ and the Holy Spirit, which was our topic for the week.

The first thing we saw when we got into our room was the large assortment of food left for us by our fabulous leader Jen, which was the most wonderful surprise after traveling cross country to Anaheim. After the pool time (and getting horribly sunburned), the Skip-Bo time, and the Tyra Banks Show time, it came to be time for the convention.

All the JDOKs (Jr. Daughters of the King) gathered in one of the hotel's ballrooms to do a quick meet-and-greet before dinner. The rest of the days were filled with guest speakers, Bible studies about the Holy Spirit, and Service projects such as Prayer Bears. We also went to the San Juan Capistrano mission where we learned about early Californian history and missionaries in the West.

We had just come back from the mission when our Directress informed me that I needed to go to the Senior Daughter business meeting because a bylaw was being discussed that directly affected me. I spent the majority of the rest of the convention watching as minute details were wrestled with so completely that everything was tabled until the next Triennial. Oh well.

Triennial was an uplifting time, a relaxing time, and a Spiritual time, meaning that it was the best possible time for me.

*Joanna, Genesis Junior Chapter, MD*

## TRIENNIAL 2009

Triennial was a fun and exciting place for this Junior's bright shining face.

I met many nice people from different places.

I even saw some old friends' faces.

Triennial was a place of business for the older ones to decide what would be their strong and worthy guide.

We sang and played. We laughed and prayed.

From flying on planes to driving in lanes, hauling all our bags, Boy what a drag!

Then going to the mission to see what in California we were missing.

Getting gifts from the Holy One and I wasn't the only one.

All my friends got gifts just like mine but it meant something different deep down inside.

Waving goodbye to all my friends but now our friendship will never end.

When the Triennial was over at last,

Boy did we have a blast!

*Stacey, Genesis Junior Chapter, MD*

# FIND THE WORD

## Parable of the Mustard Seed Matthew 13:31-32



Find these words:

Parable	Tree	Seed	Largest
Kingdom	Birds	Perch	Planted
Heaven	Air	Field	Smallest
Mustard	Grows	Branches	Garden

### Junior Daughters at Large

Or JDALs, are Junior Daughters who do not have a Junior Chapter in their church. They may have moved or their chapter disbanded, but they are still members of the Order. Please keep them in your prayers and if you are a JDAL, please contact either Jen Mariano or Chesley Vohden, our National Daughters at Large Chairperson, so we can stay in touch with you.

### Have you been to the DOK website?

[www.dok-national.org](http://www.dok-national.org)

Check out the Junior Daughters webpage, it has information from Triennial 2009 such as the Minutes from the Triennial Business Meeting and information about and prayers by Mother Teresa plus lots more. Give us your feedback on what you would like to see there.