

DOK Province IV Retreat 2025 Workshops

Camp McDowell

How to Create a Prayer Chapel

This workshop will be about viewing a prayer chapel that has already been created for the retreat. We will be discussing ideas how to create your own prayer chapel for your church or chapter and to share with other Daughters.

Listening for God Through Our Dreams

What if your dreams were sacred invitations rather than random thoughts? This contemplative workshop introduces dreamwork as a spiritual practice, helping you explore how dream images and symbols can offer deep insight, healing, and a sense of Divine presence.

Finding Peace in the Light

A time of comfort and peace as we craft a mini lighthouse wind chime and meditate on our light in God's world.

Cost of supplies: \$5.00

Improving Communication Between Generations to Grow The Order

We will explore the membership of The Order by generation; learn communication preferences by generation; understand perspectives of each generation; and explore options for flexibility to attract women to The Order.

Walking the Labyrinth

Whether you have walked a labyrinth many times or never walked one, you are invited to join us as we share how using the labyrinth as a sacred path can help us meditate and discover new ways to listen to God and to ourselves.

“Show Me the Money”

Finances of any kind can be challenging. Tips and insights will be shared on how to make math fun again and assist your chapter.

Come As a Child: A Holy Invitation to Mindfulness and Play

Jesus taught us that unless we become like little children, we cannot enter the kingdom of heaven. In this light-hearted yet spiritually enriched session, you will practice being fully alive to the joy and presence of God. With contemplative prayer as a portal, you will explore intention-setting, creativity, and openness as spiritual disciplines. This sacred play honors Mother Mary's nurturing spirit and invites us into God's delight. No performance—only presence. We will share wisdom, listen deeply, and walk forward, carrying a boost of joy into our daily lives.

Prayer is the Dynamite in Forgiveness

Prayer and forgiveness are deeply intertwined in the teachings of Jesus. Learn ways to use prayer on your way to forgiveness.

Morning Prayer Yoga

Morning prayer Yoga is a reverent yoga practice done seated, combining slow, mindful movements with meditation and prayer.

Praying with Anglican Rosary Beads

If you struggle to slow down for prayer or feel like you're always rushing through your prayer time, prayer beads are a great way to bring more focus to your prayers. With prayer beads, we pray longer, stay more focused, and are more grounded in prayer by touching tangible beads to scripture. They make great gifts also! We will learn how to make prayer beads and how to pray with them. Cost of supplies: \$5.00

Bylaws ~ Can't Live Without Them, Don't Know How to Write Them

Bylaws: they're like the vegetables of organizational life — nobody really wants them, but we all know we'd be a mess without them. Even we Daughters aren't off the hook! If your Diocesan Assembly or chapter is floating around without a set of these trusty rules, or maybe you have them, but they need a facelift, it's time to fix that. Join us for a dive into the wild and wonderful world of bylaws — where we'll help you turn "Wait, what's a bylaw?" into "Look at our beautiful bylaws!"

Let me introduce the Jesus I know

This workshop uses song, poetry and drama to encourage us all to enter into the conversation between Jesus and the 'woman at the well.' You will leave refreshed and ready for the road ahead!