



# The Messenger

The Daughters of the King • Winter/Spring 2008 • Province IV Newsletter

## Province IV Board

(Addresses and telephone numbers can be found on the website - [www.provinceiv-dok.org](http://www.provinceiv-dok.org))

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## THE RHYTHM OF PRAYER

Imagine 150 women in a room together staying quiet for 20 minutes! It is very hard to think that that could ever happen—but it did, when we were meditating on God's word.

The occasion was during a teaching by Jan Johnson our gifted, humorous and enlightening speaker at the Fall Assembly at Kanuga last October.

The theme for the Assembly was "The Rhythm of Prayer" and Jan spoke on having an interactive life with God, picture prayers, breath prayers, the *Lectio Divina*, and

hearing God in prayer and life. She taught us how to meditate with all five senses, and later we wandered the beautiful grounds of Kanuga to meditate and to bring back a word from God. It was amazing how many different words came back as God spoke to each of us just where we were, and as we were, and as we needed Him.

Jan's presentations were based on several of her books, details of which can be found on her website [www.janjohnson.org](http://www.janjohnson.org). There you can also find articles and meditations for downloading. If you were not able to be at Kanuga you can still enjoy her teachings by checking out the site.

One of Jan's illustrations to pray for someone with whom we are having a problem is to pray to God "show me this person's heart" and keep praying until God answers. This is a prayer we can all do, and we are grateful to Jan for sharing her wisdom with us.

**Lindy Kirk** - 2nd Vice President



Jan Johnson

## FALL ASSEMBLY 2007



Parade of Banners



Presiding Bishop Visits the Board



Your Provincial Board Hard at Work!