

#METOORECKONING WORKSHOP
"A LITANY FOR DAUGHTERS"



**You are not less than.
These feelings are real,
but they do not define you.**

**Daughter, you are welcomed.
You are a cherished member
of the beloved community.
You are whole and holy,
created by the maker of the universe.**



**You're not an outcast.
You are not a shamed or shameful person.
You are not ruined.
You are not worthless.
You are not a temptation.
You are not dangerous just because
you know your story and your needs.
You are not here solely
to satisfy the needs of others.**





**You are powerful.
And you are courageous.
You are the author of your story
in collaboration with the sacred impulse
at the heart of a divine creator.**

You are human and fallible.

**You are vulnerable
and you are more than
you have ever dreamed.**



**You, Daughter, you are believed and beloved.
Welcome to the sacred sisterhood.**

**Welcome to God
our Mother's holy household.**

**We will empower one another
to claim and to live into
our unique and shared lives
and purposes.**

