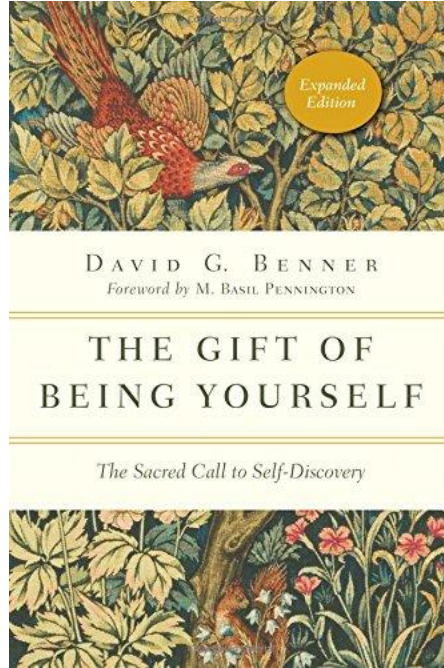


*Women at the Well Resumes*  
*Thursday, September 7<sup>th</sup> @ 6:30 pm*

This fall we will be reading the book *The Gift of Being Yourself* by Dr. David G. Benner



This is a book about the spirituality of originality and authenticity – how our calling from God starts with who we are in our uniqueness. It is, therefore, the book in which I work quite extensively with the concepts of the true and false self – or, as I prefer to put it – living our truth versus being caught up in the cul-de-sacs of our various false, even if adaptive, ways of being. It is a call to discover and actualize our true-self-in-Christ. Nothing is more important. For, as Thomas Merton reminds us, “There is only one problem on which all my existence, my peace, and my happiness depend: to discover myself in discovering God. If I find Him I will find myself and if I find my true self I will find Him.” – Dr. David G. Benner

### **Reading Schedule**

1. September: Chapters 1 (Transformational Knowing of Self and God)
2. October: Chapter 2 (Knowing God)
3. November: Chapter 3 (First Steps Toward Knowing Yourself)
4. December: Chapter 4 (Knowing Yourself as You Really Are)
5. January: Chapter 5 (Unmasking your False Self)
6. February: Chapter 6 / Epilogue (Becoming your True Self)