

**2023 Summer Book
Reading Assignment**

Book: Humility Rules: Saint Benedict's 12-Step Guide to Genuine Self Esteem

Date	Facilitator	Reading Assignment – Sections of the Book
June 28, 2023	Gerry	Introduction, Saint Benedict's Ladder of Humility, Step 1 through Step 4
July 19, 2023	Sandy	Step 5 through Step 8
August 23, 2023	Cathy	Step 9 through Step 12, Conclusion