



HOST TIPS & BEST PRACTICES

A HANDBOOK FOR
REGISTERED ENDOW HOSTS

YOUR GUIDE FOR HOST TIPS & BEST PRACTICES

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A Beautiful Endow Tradition

A photograph of three women embracing warmly. The woman on the left has long, dark braids and is wearing a black and white striped top. The woman in the middle has dark, curly hair and is wearing a dark top. The woman on the right has blonde hair and is wearing a light blue top. They are all smiling and looking down at each other. The background is slightly blurred, showing other people and warm, bokeh lights.

HOSTS ARE THE HEART OF ENDOW

WELCOME

We're so glad you're here! This guide is full of our best tips and practices to help you host a successful Endow group. As a host, you're at the heart of everything we do, and we're so grateful for your role in bringing women together to grow in faith and fellowship. This guide will give you practical ideas and helpful advice to make your group experience fruitful.

We're excited to support you along the way—let's get started!

the Endow team

You are chosen

You are called

Being an Endow Host is a beautiful and sacred calling—to share your unique feminine gifts, foster spiritual growth, and build community among women.

As an Endow host you are not a teacher or a theologian but a guide, a facilitator, a heart that listens and encourages. You help create an environment where women encounter the voice of truth, share their stories, and grow closer to Christ together. Your role is not to impart knowledge in the traditional sense, but rather to be a channel for God’s love and grace to flow through you. You invite women into an experience of the Sacred, where hearts are opened and lives are transformed through the beauty of shared reflection, prayer, and sisterhood.

God has called you to this role, knowing your heart is uniquely equipped to welcome and uplift others. Your gifts of receptivity, sensitivity, generosity, and maternity make you a vessel of His grace, helping women deepen their faith and embrace their feminine identity in Christ.

You don’t need to have all the answers—just a willing heart that allows God to work through you to touch the lives of others. Through your “yes,” you become part of a movement of women growing together in faith. You are the heart of Endow—and through your service, you are bringing Christ’s light into the world, one woman at a time.



WISDOM

FROM EXPERIENCED HOSTS

Jenn's Tip: Root Everything in Prayer

“As an Endow host, I’ve learned that prayer isn’t just important—it’s essential. My best advice? Make time each day to be with God, whether it’s 15 minutes of quiet prayer, reading Scripture, or simply sitting with Him in Adoration. The more you deepen your own faith, the more grace you’ll have to pour into your group. Also, don’t rush through the opening and closing prayers in your meetings—those are powerful moments where the Holy Spirit moves. Trust that God is guiding you just as you are guiding others.”

Sarah's Tip: Create a Welcoming Space

“I’ve learned that true hospitality isn’t about perfection—it’s about making others feel at home. A warm smile, a cup of tea, or even the soft glow of a candle can transform your gathering space. It’s not about having the perfect setup but about opening your heart with generosity. Small touches, like a simple snack or fresh flowers, can make your group feel valued and at ease. Hospitality reflects God’s love—when we create an atmosphere of warmth and kindness, we open hearts to deeper connections and meaningful conversations.”

Ana's Tip: Honor Time, Build Community

“I’ve found that being mindful of time helps create a rhythm that my group appreciates. Starting and ending on time shows respect for everyone’s commitment. I like to set aside about 15 minutes before and after our study for socializing—it strengthens friendships without taking away from our reading and discussion. I share the 15 minute socializing expectation with my group so they can arrive early or stay late for extra conversation. Most importantly, I always leave at least 10 minutes for closing prayer intentions—it’s a beautiful practice that deepens our community and gives us the opportunity to support one another.”

Maria's Tip: Foster Open, Loving Discussion

“Before I start a new study, I remind myself that every woman in my group is on her own faith journey. That’s such a beautiful thing! I focus on keeping the conversation open and loving so everyone feels safe sharing. At the start of each session, I make sure to remind the group that what’s shared during our meeting is confidential. When disagreements have come up over the years (very rare!), I listened with kindness and respect. Then, I make sure to gently redirect the discussion back to the study.

Emily's Tip: Cultivate Real Friendships

“As you step into hosting, know that it’s not just about leading a study—it’s about building real connections. Some of my favorite Endow experiences have come from the friendships that formed in my group. Take time to really listen to the women who show up, check in on them during the week, and pray for them by name. A quick text or a simple 'How’s your week going?' can mean so much. You don’t have to have it all together—just be present. The more you invest in these relationships, the more your group will grow into a strong, faith-filled sisterhood.”

HOSTING WITH HEART

Guidance for the Journey

Dear Endow Host,

Over the years, I've been blessed to receive invaluable guidance that has helped shape my own hosting journey. I'm eager to share these insights with you as you step into your role as an Endow Host. By creating an atmosphere where everyone feels seen, heard, loved, and respected, you will foster an environment that invites deep faith, open discussion, and lasting friendships.

As you prepare to host, keep praying, lead with love, and trust that the Holy Spirit is guiding you every step of the way. You've got this, and you are not alone!

Blessings,

-Terri Sue

OPENING THE MEETING

Sharing these words creates a welcoming and enriching experience. Some of these points are best shared at the first gathering, while others can be repeated as needed throughout the study.

1. A Welcoming & Prayerful Start

“Welcome! I am so grateful that you are here. God has called each of us into this space, at this time, for a reason. As we begin, let’s take a deep breath and invite the Holy Spirit to guide our discussion, open our hearts, and deepen our faith together.”

Take your time with the opening prayer, allowing the group to quiet their hearts and minds.

2. Sacred Time & Space

“When we gather, we step out of the busyness of our lives and into a sacred space. This is a time set apart for us to encounter Christ, grow in wisdom, and support one another. Each of you brings something unique and irreplaceable to this group, and together, we will help one another explore the beautiful truths of the Catholic faith.”

3. The Role of the Host

“As the host, I am not a teacher, theologian, or expert—I’m simply a member of this group, journeying alongside you. This is not a lecture but a conversation, and I invite all of us to participate with open hearts and a spirit of discovery.”

The Endow study serves as your expert guide, providing everything you need to host and thoughtfully move you and your group through each session.

4. Confidentiality & Trust

“What we share here stays here—it is 100% confidential.

This is a space where we can be vulnerable, ask questions, and share our thoughts freely, knowing that we are surrounded by women of faith who will listen with love and respect.”

5. Respectful & Faithful Discussions

“Endow is a place for authentic conversation and growth in faith. All questions are welcome, and we encourage thoughtful discussion. At the same time, our purpose is to deepen our understanding of Church teachings, not to criticize or challenge them. The Church is a loving mother who has handed down the truth in fullness, so we approach this study with trust and openness.”

6. Embrace Differences

“We’re all at different points on our faith journey and we may not always agree. That’s a beautiful thing! Our unique perspectives and experiences help us learn from one another. Let’s listen with kindness and encourage each other as we seek truth together.”

7. Challenging Questions

“If we come across a question we can’t answer, that’s okay! I’ll consult a trusted Catholic resource— the Catechism, a deacon, a priest, or an Endow leader—and we’ll revisit it together in a future session.”

8. Engaging with the Material

“One of the special aspects of Endow is that we experience the material for the first time together. It’s important that we do not read the chapter before the meeting. This allows the Holy Spirit to move in our conversation and creates a space for genuine discovery. Let’s trust in this process and embrace the joy of learning as a group.”

9. The Power of Silence

“Silence is not emptiness—it is space for the Holy Spirit to speak. If there is a pause in the conversation, allow it. Take the time to reflect, re-read a passage, or simply sit with what has been said. God often whispers in the quiet moments.”

You’ll sense when to move forward, but try not to rush through silence—some participants may need extra time to gather their thoughts before sharing.)

10. Actively Read the Text

“There’s no ‘right’ way to engage with the text—underline, highlight, circle words or phrases that speak to you. Pay attention to what resonates and what challenges you. The Holy Spirit may be drawing your attention to something important!”

Bonus Tip: A Quick Recap (Optional)

“Before we begin today’s reading, let’s quickly recap what we discussed last time. What stood out to you? Did anything from last week’s session stay with you throughout the week?”

My Favorite Hosting Tips

**Welcome Each Woman by Name*

As women arrive, greet each one warmly, by name, and ask about her day. Use each woman's name as often as possible throughout each meeting.

**Meet Women Where They Are*

Give each participant your full attention and actively listen to help them feel heard and valued in every conversation

**Affirm Participation*

Genuinely affirm each woman's contribution, no matter how small. Encouragement goes a long way in building confidence and community.

**Handling Unrelated or Controversial Topics*

If an unrelated or heavy topic comes up, acknowledge it and gently say: "Let's put this aside for now and continue working through our study. We can revisit it later." This helps keep the focus on the study while respecting everyone's perspectives.



DURING READING

Making the Most of Reading and Discussion Together

1. Annotate Key Passages

“As you read, underline, highlight, or make notes in the margins of any passages that stand out.”

Annotating keeps everyone engaged and focused on the text, can deepen reflection, and helps guide your discussions. Annotating also makes it easier for participants to recall insights and confidently share their thoughts.

2. Reflect and Clarify

After reading a section, pause for a few moments to let everyone process. Before moving into the discussion questions, ask: “What did you think? What stood out to you? Was anything unclear?”

3. Take Turns Sharing

“Let’s take turns answering discussion questions; try not to share twice until everyone has had the chance to share once.”

Remind the group that not every question requires an answer from every person—sometimes listening is just as valuable.

4. Gently Refocus

If the discussion drifts off-topic, try: “Let’s connect this back to the text.” Redirect by referencing specific phrases, passages, or relevant discussion questions.

5. Encouraging Quiet Voices

Help hesitant members participate in simple ways, like: “What word or phrase resonated with you?” Small, open-ended prompts can make sharing feel less intimidating.



Showing Christ to others is the task and privilege of every Christian. However, before we can show Christ to others, we must first know Him, for we cannot witness... would be hopelessly inadequate if we ourselves had not first received systematic formation and a commitment to Christ's mission. The renewed explanations for the teachings of the Faith in our times receive an advanced degree in the sacred sciences, especially the doctrines of Christ's Church in its entirety. It is our duty to help us to know our Church in its entirety. It is our duty to offer us countless reasons to love Him. The "mission" is addressed either to non-believers with a view to bringing them to faith, or to the faithful with a view to strengthening and encouraging them as a more fervent life. The edge of the teachings of the Church is important in order to effectively witness in a deep, personal, and intimate relationship with Jesus Christ through the sacraments, especially the Eucharist, and a constant prayer of our relationship with the Lord will grow.

Those of us who are among the laity must also be aware of the various witnesses of the Faith. Many of these witnesses are different from those of the clergy and, therefore, the organization and work, etc. may be different. The Church's teaching and spiritual life must be seen in the light of these witnesses. TV shows, sports, popular forms of entertainment, etc. are all ways in which we can witness to Christ and in help others to understand the art of Christian life.

For example, a Catholic high school teacher often began her classes with a recap of the previous night's episode of a TV show that was a springboard for discussion on living a moral life. The teacher would then challenge her students to see where the sitcom adventures had departed from Christian truth as well as where some redeeming moments could be found. This is true. It is not effective nor in keeping with the missionary mandate of the Church to retreat from the world into a "Catholic bubble" that shields us from the culture. Instead, we are called to engage with the culture in an effort to communicate the Christian message on all fronts.

I see dawning a new missionary age, which will become a radiant day bearing an abundant harvest, if all Christians, missionaries, and young Churches in particular, respond with generosity and holiness to the calls and challenges of our times.

Pope John Paul II, *Redemptoris Missio*, 82

Hope has two beautiful daughters. Their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are.

St. Augustine

the nature of social discourse is elevated, the coarseness of speech is softened, and the quality of entertainment may be better.

The era where the laity can have great impact is in the area of communication. Pope John Paul II wrote, "The first Anagogos of the modern age is the world conditioned by the mass media... it is not enough to use the media simply to spread the Christian message and the Church's authentic teaching. It is also necessary to integrate that message into the new culture created by the media ourselves." Today, the laity have played an important role in creating communication, especially in an attractive manner. For example, the Eternal Word Television Network (EWTN) was started by Mother Angelica with the Gospel, rather, what is truly needed are qualified men and women corporations from within.

Another area of the lay apostolate concerns marriage and family life. Modernity has threatened these divine institutions and in the process has threatened to destroy the greater aspect of the lay apostolate when they embrace the Gospel's teaching. In an era where the average of divorce is prevalent and men wish to uphold the individuality and sacredness of the Sacrament of Marriage and to respond generously to the Lord's plan for their family life, living an authentic Christian marriage and family life is not an easy task. Pope Paul VI commented on this truth when he wrote:

Christian marriage and the Christian family. Around a moral common mission, the one which the mystery of the children of God and its called us to transmit. Rather, it is a long path now and here.

The path of sanctification enables married couples to bring Christ to others and is, in fact, an apostolate in itself. The Council Fathers in the *Dossier* on

Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses.

Pope Paul VI, *Evangelii Nuntiandi*, 41

Always be ready to give an explanation to anyone who asks you for a reason for your hope...

1 Pt 3:15

Gracefully Managing Common Challenges

As an Endow host, you may encounter a few challenges along the way, but take heart—these are common and can be navigated with a little preparation and a gracious approach. Here are some insights from my own experience, along with best practices that have helped many Endow women lead with confidence and joy.

Challenge 1 : Women Reading the Material Before the Meeting

One common challenge is when participants, including the host, read the material ahead of time. While it might seem like a good way to prepare, we highly recommend that no one reads in advance—something worth communicating to your group from the start.

Why?:

Reading aloud during the meeting and experiencing the text for the first time together is essential to the Endow method. This invites the Holy Spirit into the discussion, creating an incarnational experience that allows the material to uniquely come alive. We engage in a shared moment of discovery when we read the text together. The Endow method is not just about absorbing information, but about reflecting and interacting with the material as a group. This communal experience fosters connection and provides insights that might be missed if each person reads independently.



Challenge 2 : Socializing Too Long

Friendships naturally form in Endow groups, and fellowship is a beautiful part of our community. However, it's important to find a balance between social time and study time.



How to Keep It Balanced:

- At the first meeting, set expectations about socializing. A good rule of thumb is 10-15 minutes at the beginning and end of each session.
- If conversations continue to linger, kindly guide the group on track: “Let’s go ahead and start—I'm excited to dive into today’s discussion!”
- Consider planning a separate social gathering outside of study time to deepen friendships without feeling rushed during meetings.

A little social time is essential for connection, but don't let it steal time from the study, as the primary purpose of the group is to engage in formation.

Challenge 3 : The Oversharer

Occasionally, a participant may love sharing so much that they unintentionally dominate the conversation. While their enthusiasm is a gift, it's important to create space for all voices to be heard.

Gentle Ways to Redirect:

- Acknowledge their contribution, then invite others in: “That’s a great insight, Sarah! Let’s hear from Christina next.”
- Offer a gentle reminder if needed: “That’s such a great point! Let’s keep our responses brief so everyone has a chance to share.”

Challenge 4 : The Silent Participant

On the other hand, some participants may be hesitant to speak up during group discussions. While it's important for everyone to share, some women may need more time or encouragement to participate.

Ways to Engage Quieter Members:

- Ask open-ended but low-pressure questions like, “Is there a word or phrase from the reading that stood out to you?”
- Invite them to build on someone else’s thought: “That’s a great point. Anna, what do you think?”
- If someone remains very quiet, check in with them after a meeting to see how they’re feeling about the discussions and the group.

These suggestions offer lower-pressure ways to engage, and over time, they may feel comfortable contributing more.

Challenge 5 : The Discussion Goes Off Track

It’s natural for conversations to drift, but keeping the group focused on the study is essential.

How to Gently Refocus:

- Offer a patient and kind redirect: “That’s an interesting point! Let’s bring it back to the reading—how does this connect with what we just read?”
- If a tangent continues, guide the conversation with a question that ties back to the text.



Challenge 6 : Frequent Absences

Absences are inevitable—life happens! However, they can be minimized with consistent communication to keep the group connected and engaged which is key to building a strong group.

Ways to Keep Everyone Connected:

- **Be Proactive:** At the beginning of the study, emphasize the importance of committing to each meeting. Encourage members to let you know in advance if they'll be absent. Be sure to choose a meeting time that works well for everyone.
- **Group Communication:** Set up a group text to send reminders each week. You can also send brief inspirational messages (key quotes from the study, scripture verses, etc.) before meetings to keep everyone motivated and engaged.
- **Follow Up with Care:** If someone misses a meeting, reach out with a simple message: “We missed you today! Hope all is well—let me know if I can do anything to support you.” This can help them stay connected to you and the group.

Even with occasional absences, continue moving forward. The fruits of your efforts will grow with time, and your consistency will encourage others to stay engaged.

You are more than capable

Managing challenges in your Endow group is a natural part of the hosting journey, but remember—you are never alone! Stay prayerful, be patient with yourself and your group, and trust that the Holy Spirit is at work at every step. Your role as a host is a beautiful opportunity to cultivate a space where women can grow in faith, build meaningful relationships, and encounter truth together. Keep up the wonderful work—you are making a difference!

Tips for Virtual Hosts

While online gatherings differ from in-person meetings, they can still foster deep connections and meaningful discussions. These tips will help you create a welcoming, engaging, and spiritually enriching experience for your group.

Technical Tips

- **Start with a Short Introductory Meeting:** Schedule a shorter first meeting to get to know each other, test the technology, and set expectations. Ahead of time, let participants know you'll invite them to introduce themselves and share what they hope to gain from the group.
- **Choose a User-Friendly Platform:** Use Zoom, Google Meet, or another reliable platform and ensure there are no time limits.
- **Test in Advance:** Familiarize yourself with key features (mute, chat, reactions, screen share) and encourage participants to do the same.
- **Plan for Tech Glitches:** Assign a tech-savvy participant to assist others if needed.
- **Encourage Camera Use:** Seeing faces fosters connection, but always allow participants to opt out if they prefer.

Creating a Welcoming Atmosphere Online

- **Set a Relaxed Tone:** Invite participants to grab a cup of tea or coffee to make the setting feel warm and inviting.
- **Start with Introductions:** At the first meeting, have women share a little about themselves and why they joined the study.
- **Address Participants by Name:** As often as possible, use each woman's first name. This helps everyone feel seen and connected.



Facilitating Meaningful Discussion

- **Silence is Okay:** In a virtual meeting, silence can seem especially awkward to the women. Prepare them by sharing that we embrace and encourage moments of quiet reflection. These are moments when the Holy Spirit is at work so we want to avoid rushing to fill pauses.
- **Utilize the Mute Button:** Background noise can be disruptive. Remind participants to mute when not speaking and also mute during group prayers (sound delays can interfere with a peaceful atmosphere).
- **Facilitate, Don't Dominate:** Your role is to guide discussion, not lecture. Encourage participation and keep the study on track.
- **One Takeaway:** At the end of each session, ask each participant to share one insight from the session to reinforce key concepts.

Encouraging Engagement

- **Use Icebreakers:** Start with a simple prompt like a fun fact, a gratitude share, or “God Moments” from the past week. Participants can share orally or utilize the chat feature.
- **Engage with Platform Features:** Encourage reactions (thumbs up, hearts), chat participation, and the “raise hand” function, especially with large groups.
- **Prayer Intentions:** Invite women to share intentions aloud or via chat (and read them for the group).

Keeping the Community Connected

- **Stay Connected Between Sessions:** Use email or group texts to share reflections, prayer requests, or key takeaways.
- **Check-in Midway Through the Study:** Use chat to ask the group how the study is impacting their individual faith journeys.
- **Consider a Virtual Closing Celebration:** End your study with a social gathering where everyone brings a favorite snack or drink.



Hosting Resources and Next-Level Tips

Invitation & First Meeting Templates




Sample Email Invitation:

Subject: Join Us for an Endow Study!

Hi [Name],

I'm excited to invite you to join our upcoming Endow study, [Study Title]! This is a great opportunity to grow in faith, build friendships, and reflect on the beauty of our Catholic faith.

Here are the details:

-  When: [Day, Time]
-  Where: [Location/Virtual Link]
-  What: [Brief description of study]

Whether you're new to Endow or have participated before we'd love to have you join us! Let me know if you're interested or have any questions.




Looking forward to journeying together,
[Your Name]

First Meeting Reminder:

Subject: Excited to Begin – Endow Study Starts Soon!

Hi Ladies,

I'm so looking forward to seeing you at our first Endow gathering!

-  Date & Time: [Day, Time]
-  Location/Virtual Link: [Address or Meeting Link]
-  What to Bring: Just yourself, your study book, and an open heart!

Order studies at www.endowgroups.org. Allow 5-8 days for your study to arrive. Feel free to invite a friend. See you soon!

God Bless,
[Your Name]

More Next-Level Tips

Extending Hospitality

- **Bring Snacks & Keep It Simple:** As the host, consider providing a snacks for the first meeting, then invite group members to take turns bringing something for future sessions.
- **Comfortable Atmosphere:** Light a candle, play soft background music before starting, and set up a cozy space for discussion.

Deepening the Experience

- **Invite a Priest or Parish Leader:** Consider inviting your pastor, a deacon, or another church leader to attend one of your Endow sessions to offer spiritual insights or encouragement.
- **Attend Mass, Adoration, or Reconciliation as an Endow group:** Strengthen your faith and your bond by incorporating attending Mass together or scheduling time for Adoration and Confession.

Expanding Your Impact

- **Serve as an Endow Group:** Volunteer at a parish event, help with a local charity, or assist with a diocesan initiative to put your faith into action.
- **Co-Lead an Endow Middle or High School Study:** Partner with your parish youth group, Catholic school, or community to introduce young women to the beauty of their faith and their God-given dignity.
- **End-of-Study Celebration to Reflect and Plan Ahead:** Host a small gathering to reflect on the journey, share key takeaways, and celebrate the friendships formed. Use this time to encourage ongoing connection, and invite group members to consider co-leading or hosting future studies. You could also introduce the next study or topic, creating momentum and excitement for what's to come. This celebration will not only honor the community you've built, but it will also help lay the groundwork for the continued expansion of your group's impact.

Praying for Priests: A Beautiful Endow Tradition

Praying for priests is a powerful expression of the feminine genius and a beautiful way to support the Church. Each Endow study includes a priest prayer card to encourage this practice within your group.

Some groups incorporate this prayer at the beginning of their meetings, while others include it as part of their intentions and closing prayer—choose what works best for your group!

Beyond prayer, consider deepening your group's connection with your parish priest:

- Reach out with a simple call or note to let him know you're praying for him and to ask if he or the parish have any special intentions.
- Invite him (or a deacon!) to visit an Endow meeting.
- Ask him to offer a special Mass for your group.

We look to St. Mary Magdalene, the Apostle to the Apostles, as our model in serving and supporting the ministerial priesthood. Through our prayers, we uplift those who dedicate their lives to serving Christ and His Church.



WE'RE HERE FOR YOU

*Need to chat more about hosting
an Endow group?*

Our staff would love to meet with you and support you during your Endow journey.

Click or scan to schedule.
We look forward to talking with you!

SCHEDULE A MENTOR CALL

