

# Little Flowers Girls' Clubs®

## In a Nutshell

The Little Flowers Girls' Club, developed by Rachel Watkins, is a program that strives to provide young Catholic girls ages five and up with an opportunity to gather and learn about their Catholic heritage, faith, and traditions. The girls learn what it means to lead an authentic life of Catholic virtue, guided by Scripture and the examples of the saints. The lessons provide them with a strong foundation on which to build faith-filled lives as wives, mothers, consecrated women, religious, or single apostles!

Based on Fr. Francis Lasance's *Catholic Girls' Guide*, written in 1906, Little Flowers takes the best of "The Maiden's Wreath" and applies it to a girl of the twenty-first century. The program uses saints' biographies, the Catechism of the Catholic Church, and the Sacred Scriptures to teach the basics of a holy life within a fun, friendship-filled environment. It is a very flexible program, easily implemented across various age groups. Its structure and content make it an excellent opportunity for parishes, school, and homeschool group settings!

## Outline of the Program

The program contains four years of material consisting of three wreaths of virtue and a final crown of the Gifts of the Holy Spirit. Nine virtues are included in each wreath of the first three years of study. The fourth year is designed to help prepare girls for Confirmation. Each virtue, designed to cover a month of the school calendar, has an associated saint, color, flower, and Scriptural Memory Verse (e.g. Faith, St. Catherine of Siena, Yellow, Sunflower, and Hebrews 11:1). A Little Flowers group can choose to complete all four years of study or just one or two!

### ◆ Wreath I ◆

*Faith*  
*Hope*  
*Love of God*  
*Love of Neighbor*  
*Obedience*  
*Piety*  
*Humility*  
*Industry*  
*Truthfulness*

### ◆ Wreath II ◆

*Mercy*  
*Courage*  
*Joy*  
*Generosity*  
*Prudence*  
*Wisdom*  
*Justice*  
*Loyalty*  
*Perseverance*

### ◆ Wreath III ◆

*Empathy*  
*Friendliness*  
*Initiative*  
*Orderliness*  
*Self-Control*  
*Responsibility*  
*Patience*  
*Cheerfulness*  
*Fortitude*

### ◆ Wreath IV ◆

*Wisdom*  
*Understanding*  
*Knowledge*  
*Counsel*  
*Fortitude*  
*Piety*  
*Fear of the Lord*



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## Little Flower Badges

As each virtue is completed, the Little Flowers girls are awarded badges to show their progress in learning to live a holy life for the love of Our Lord. When sewn together onto the Blessed Mother Blue Sash, these patches make a beautiful, blossoming flower or jeweled crown! See our catalog for more information!



## Club Spirit



*“Little Flowers and Blue Knights teaches the kids about holiness, about how to be Saints, to have devotion to Mary, lead a vibrant prayer life, and a grow deeper in their love of God. They have already learned and grown so much in just a year and a half! I watch how they each relate to different saints for different reasons. Just yesterday, one of the girls said, ‘My name is spelled the same way as Saint Katherine Drexel and her feast day is the same day as my birthday!’”*

– Rachel P.

*“I co-lead the Little Flowers Girls Club of North Austin in Austin, Texas. This is our fourth year to meet. Every year we have had an end of the year pot-luck banquet and awards ceremony... After dinner, the girls sing, and then individually speak for a minute or two about a saint, virtue, or activity that they especially enjoyed learning about. After that, we call them up one at a time to receive the whole wreath of flowers earned throughout the year.”*

– Beth L.

*Open our catalog to see more exciting Little Flowers Girls' Club products and tools!*



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V.

❀❀❀❀❀ THE CARNATION — OBEDIENCE ❀❀❀❀❀

COLOR: White

SAINT: St. Joan of Arc

FEAST: May 30

MEMORY VERSE: Luke 2:51



"He went down with them then, and came to Nazareth, and was obedient to them. His mother meanwhile kept all these things in memory."

CCC #2216-2217, 2215, (Family - 2204), Subject Index, page 785.

- \_\_\_\_ 1. Memorize the Scripture verse.
- \_\_\_\_ 2. Read about the saint chosen for this virtue. Write a short description of this saint and why she was chosen. Younger children could share this with their parents verbally.
- \_\_\_\_ 3. Make a list of the Ten Commandments. Describe or write how you can be obedient to each one.
- \_\_\_\_ 4. We are asked to be especially obedient to our Holy Mother the Church. Talk with your parents about three ways your family practices this obedience.
- \_\_\_\_ 5. Religious men and women take a vow of obedience. Talk with one of them about what this means in their order.
- \_\_\_\_ 6. Obedience in a family is very important as it helps the family grow in love, joy and holiness. Make a list of ten ways you are obedient to your parents.
- \_\_\_\_ 7. Make a resolution to say one Rosary for the increase in obedience to the teachings of our Holy Father, the Pope.
- \_\_\_\_ 8. Place some carnations at an altar to Our Lady. Ask her intercession to help you increase your obedience at home and at school.
- \_\_\_\_ 9. Being disobedient always has negative consequences. Make a list of four places where disobedience can cause real problems (library, traffic laws, etc.). What are the consequences of disobedience in those situations?
- \_\_\_\_ 10. Read over an "Act of Contrition." Discuss with your parents how this prayer shows your sorrow for disobedience against God. At your next visit for the Sacrament of Reconciliation, pray your Act of Contrition with increased reverence. Take an extra moment to thank God for this sacrament that allows us to restore ourselves into the fullness of His love again.

\_\_\_\_\_  
Date of Completion

\_\_\_\_\_  
Signature of Parent/Adult Supervisor

Obedience  
St. Joan of Arc



## St. Joan of Arc (1412-1431) *Virgin, Soldier, Martyr*

Joan was born a peasant girl in Domremy in the south of France in 1412. When she was 13 years old, she began to hear the voices of St. Michael the archangel, St. Catherine and St. Margaret. When she was 17, her voices told her she would be the one to save France which was losing the Hundred Years' War with England.

Joan's task, her voices told her, was to have the prince of France, the Dauphin Charles, crowned king of France. When she was brought to Charles' court, he tried to trick her by disguising himself as a lord and had someone else stand in his place. She recognized him anyway. She asked to lead the army. Charles, impressed by her, but a weak man and leader, eventually gave her the army. For the next four months, she won victory after victory, simply by leading the French army with her standard that read, "Jesu et Maria" (Jesus and Mary). At the end of the four months, Charles was crowned King.

Joan now wished to return to her family, but the King wanted her to win more victories for him. She ended up being captured by the British and the new King, who owed his crown to her, did nothing to get her back. The British tried her as a heretic, and burned her alive at the stake. Her last words were, "Jesus, Jesus." Her burning was a political statement by one country against their enemies. Years later, Joan was found innocent of the charges brought against her by the people who burned her. She was canonized in 1920.

Together with St. Therese of Lisieux, Joan is the co-patroness of France.

***Medal Project:*** The Church asks us to make special sacrifices on Fridays to remember the day Christ died. For one month, make a list of your Friday Sacrifices. OR Obtain signatures of at least five religious who have taken vows of obedience. Pray a novena of one decade of the Rosary a day for their continued dedication to their vow of obedience.

Medal Project Completed: \_\_\_\_\_ Date: \_\_\_\_\_

Thus you perceive that you must show your love to God by your actions, your whole manner of life, in a word, by doing His holy will. Sermons, religious instructions, and pious books, will teach you what His will is.

#### D. THE ROSE -- LOVE OF OUR NEIGHBOR

From our love of God comes the love of our neighbor. Remember the words of Christ in the First Commandment from St. Mark's Gospel, chapter 12: we are to love God first and our neighbor second, loving them as we love ourselves.

This love for others seems at times so easy. We can rally around efforts to collect funds and materials to support victims of natural disaster or famine. We readily send our cast-off and unused clothes to the poor. However, we must readily admit that at times it is hard.

While we are never required to risk one's own life and can never offer one's own salvation for another's, we are called to be willing as Christ did, to lay down our life for another. This is a fine line; but it exists nonetheless. It is an oft-times necessary clarification to overly enthusiastic young people who feel inspired to go into the worst streets of the city to preach to the people. Their quest, while good and holy, is best left to others more capable. They could turn their zeal for souls into a food drive or walk-a-thon to raise money rather than the actual walking of dangerous streets. The challenge for most of us is not preaching in the streets but changing our attitudes towards those outside of our social circles and comfort zones.

Many young people today struggle with this virtue. Because they are quick to see far-off people as their neighbor but struggle to treat schoolmates, neighbors or even siblings with the same charity. Fully developing this virtue sometimes calls for heroic actions on a young girl's part as she may break from the pack and treat an outcast with kindness instead of ridicule. While she is not required to become 'best friends' with everyone, she is called to treat everyone with kindness and respect as everyone is made in the image and likeness of God. This likeness may not be clothed in the current fashion, may not know the right words or engage in the same activities but they are still worthy of a smile, a polite conversation and recognition of their worth before God.

Charity, under which this specific virtue rests, is a multilayered virtue having many facets and attributes. It encompasses supernatural virtue and human virtue. For example, being kind to a relative during a family visit is a common sign of charity that should be expected. However, the level to which it is displayed gives the virtue its depth. A more reticent child finds visiting relatives a struggle because the noise and fuss can overwhelm them. Encouraged and supported by their parents, they pray for the grace to display heroic love of neighbor and find the strength not only to sit and talk with Aunt Mildred but also offer her a song. This child has gone from normal charity into the love of neighbor. Reaching outside of themselves and relying on God to provide them the power to not only survive the family reunion but also to enjoy it.

Sins against love of neighbor are easy to recall. There is the jealousy whereby you resent others good fortune or gifts. Fighting jealousy can be a life long struggle as you move from wishing you received the latest electronic gadget as a child to being envious of a neighbor's new furniture. This jealousy remains a sin whether the recipient of the glory, gift or good fortune is worthy or not. The psalmist reminds us in Psalm 37, "Do not be provoked by evildoers; do not envy those who do wrong. Like grass, they wither quickly; like green plants, they wilt away." Envy remains a mortal sin as it opposed to the act of charity. Envy opposes mercy, which may grieve at the wickedness of others, but envy grieves at their good. While we can waver about being 'envious' about someone's good looks it is better to develop a heart and mind that avoids these feelings at all cost. John writes about those who hate of brothers and sisters as murderers in 1 John 12:11ff. Praying to God for the grace to rejoice at the good fortune of all those around us may require daily recitation but will help create a truly joyful heart.

You can feel sorry that you do not have the same level of holiness as others but only as means to spur you on. In 1 Corinthians 12:31, St. Paul writes, "...strive for the greater gifts". A love of neighbor that seeks to be like a worthy neighbor is always encouraged. Within clubs such as this, 'charity wars' are a fun way for the girls to spur each other one towards a deeper appreciation of this virtue. A campaign to see how many times they can serve each other, help out at school or at home can become a challenge as they push themselves to see the many times a day charity can be displayed. They can report their actions not to boast on their own efforts but rather on the grace they received from God to go above and beyond the call of duty to help those in need around them. Their displays can be as involved as organizing a clean-up campaign in the neighborhood to striving to keep a smile on their face throughout the day greeting friend and stranger alike with a 'have a great day' attitude.

From *The Catholic Girl's Guide*, edited by Fr. Francis X. Lasance:

1. Kindheartedness

You ought, therefore, to be kindhearted, and this signifies nothing else than that the fair rose of real love of your neighbor should find a place in the wreath of flowers which adorns your youthful brow. The second great commandment of the law: "Thou shalt love thy neighbor as thyself," refers more especially to your parents, your confessor, your friends, all the poor and the afflicted, and also your enemies. Kindness of heart will render you courteous and polite in your intercourse with others, yet necessary prudence and circumspection must not be lost sight of. The feminine heart is naturally tender and sympathetic, easily moved to take part in the sorrow and joys of others. In accordance with this natural disposition, and also as a disciple of Jesus Christ, a truly pious maiden is always gentle and loving.

If you, being filled with this kindness of heart, engage in works of mercy, how rich a harvest will you reap one day!...Therefore it is written in the pages of Holy Scripture: "It is more blessed to give than to receive."

The kindness you show to your neighbor will, moreover, encourage him to place more implicit confidence in God and to feel greater gratitude toward Him. Listen to the Saviour's words: "Blessed are merciful; for they shall obtain mercy." Strive to be like unto Jesus, who went about doing good to all."

## 2. Honor Thy Father and Thy Mother

Let your whole behaviour to your father and mother be respectful. Even if clouds obscure the sun-I mean even in real and grave faults detract from the dignity appertaining to their position-strive to see the sun shining behind the clouds, and in spite of your parents' failing, remember the respect which is due from you. For in the fourth commandment God does not say that you are to honor a good father and a good mother. He says: Honor thy father and they mother.

Love your father and mother, love them from the depth of your heart, with true, filial affection. Give further proof of your love by never occasioning them sorrow. Give a further proof of your love for your father and mother by tending and cherishing them with special and unselfish devotion in their weakness and old age.

Finally, see that you obey your father and your mother. You will find Jesus Christ, at the same age as you are now. The Evangelist St. Luke says: "He was subject to them (his parents). Thus we see that Jesus was submissive and obedient until He was thirty years old! Do you, dear child, remain always a docile, obedient daughter of your father and mother? It will be as a sweet odor before the Lord, and will make you one day a partaker in the bliss of heaven.

## 3. In Earnest of Future Blessings

What you eagerly hope and desire for yourself, what your parents and your confessor earnestly desire for you, is temporal and spiritual welfare, every blessing and happiness. Rest assured that this happiness may be yours to enjoy, for God has given you sure earnest of blessings to come, in the fourth commandment, which runs thus: "Honor thy father and thy mother that thou mayest live a long time, and it may be well with thee in the land, which the Lord thy God will give thee."

## 4. The Ambassadors of Christ

(Author's Note: This section, written in 1906, is just as valuable now. Please consider it in light of your own situation and the type of priest you have. In all charity, we are aware that not all priests have retained a love the Pope and his decisions.)

Therefore, be careful to observe the command of Holy Scripture: "Reverence his priest." Consider well and lay to heart all that (an honorable and trustworthy) priest does for you.

Gratitude is a charming virtue, one which it is indispensable that a young girl should possess. A grateful daughter will be also a good and dutiful daughter. And who has the chief claim on your gratitude? In the first place God and your parents in the next place, the priests, by whose means God has enriched your soul with so great and so many benefits. Show our gratitude to him by rejoicing his heart with the sight of your blameless truly pious life, by lightening for him the heavy burden of his office, by

obeying him implicitly, and by always seconding him in all his efforts for the good of souls.

Treat your confessor with confidence. He merits your confidence, since he has been appointed by God to be the guide and guardian of your soul, your spiritual father. Seek him therefore in the confessional; tell him what is troubling you; tell it in a simple, childlike spirit; confide in him and be not afraid.

A third way in which you can evince (show plainly) your gratitude to the ambassador of Christ, is by praying earnestly for him, therefore bestow upon him the alms of your prayers. (Author's Note: This is especially true if you find yourself struggling with a particular priest!)

#### 5. What Friendship Ought to Be

I lay stress upon the definition of what friendship ought to be, for it ought to be pure and true, like gold and precious stones.

Friendship is a voluntary and particular love; it is the special and spontaneous affection existing between two or more individuals. Friendship is like one soul in two bodies, says a wise man. If you have to stand alone in an evil world, in the midst of dangers, temptations and snares, a good and true friendship will be highly desirable for you.

Therefore, Christian maiden, love all mankind in truth and sincerity, as God has commanded you, but make friends only with girls who are likely to further, rather than hinder, your progress in piety and virtue. You must exercise self-control in friendship. Be patient, be kind, be thoughtful, unselfish and loyal under all circumstances. Be true to your friends. Let their joys be your joys, and their sorrows your sorrows.

#### 6. It is Difficult Yet Not Impossible

It is hoped that you, my daughter, are still a child in the best sense of the word—that your heart is pure, and that you as yet know nothing of hatred, enmities, and permanent feelings of aversion, but times change. You must therefore arm yourself to resist the attacks of the strongest and most destructive of passions, those of anger, hatred and revenge.

How difficult, how terribly difficult it is to love an enemy, to love one who has injured you most grievously, most shamefully! Yet, difficult as it is; it must be done. For God Himself has commanded you in these solemn words: "But I say to you, love your enemies." If you imagine that you must revenge yourself that your enemy may not repeat his offense, still you must forgive in obedience to the divine command.

It is, of course, by no means necessary that you should love him in the ordinary acceptance of the word; but you must feel charitable toward him, return his greetings, be ready to render him any assistance in your power.

# St. Therese



Use colored pencil to color in St. Therese. Use the side of the pencil to shade. The harder you press on the side of the pencil, the darker the shading. How many different shades can you make?

# Mixed Up Scripture

Can you sort out these mixed-up scripture verses?

HOPE MY LORD TRUST GOD YOUTH O MY FOR  
YOU MY FROM ARE O

Psalms 71:5

KIND FRIEND FRIENDLY MOUTH A LIPS PROMPT  
GRACIOUS GREETINGS AND MULTIPLIES

Sirach 6:5

WHAT ALL PURPOSE CAN I DO AND THINGS  
HINDERED NO THAT BE CAN YOU OF YOURS

Job 42:2

What side of the house do the flowers grow on?

*The outside.*