



*Your Faith and Girl Scouts  
Make the Connection*



Everything in Girl Scouting is based on the Promise and Law. Take a look! How do you think the world would be different if we really and truly lived by the Law?

### **The Girl Scout Promise**

On my honor, I will try:  
To serve God and my country,  
To help people at all times,  
And to live by the Girl Scout Law.

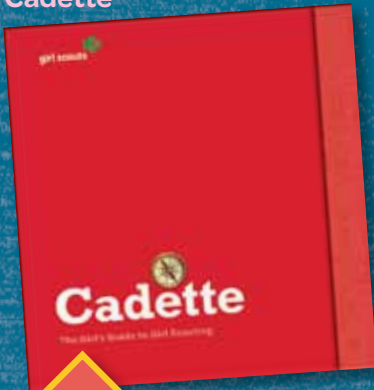
### **The Girl Scout Law**

I will do my best to be  
honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong,  
and responsible for what I say and do,  
and to  
respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place,  
and be a sister to every Girl Scout.

Your faith and the Girl Scout Law probably have a lot in common! (In fact, you can earn a special Girl Scout pin called “My Promise, My Faith” as you explore what your faith has to teach you about a line of the Law.)

The information about “My Promise, My Faith” is included in *The Girls Guide to Girl Scouting* and online at [www.girlscouts.org/program/gc\\_central/mpmf/](http://www.girlscouts.org/program/gc_central/mpmf/).

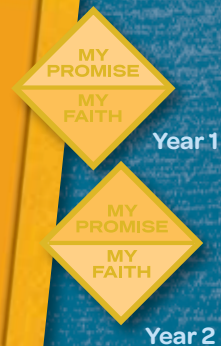
### Cadette



### Senior



### Ambassador



To start exploring the Girl Scout Law, turn the page!

# Honest and Fair

Here are some words that people use when talking about being honest and fair. Circle the three that mean the most to you.



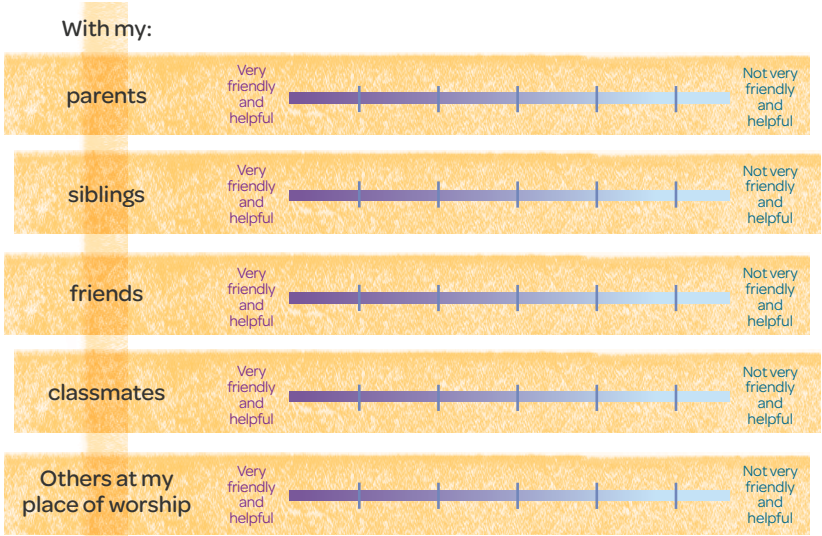
Now use the words you circled to write a personal motto that reminds you of how you'd like to act honestly and fairly in your life.

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Swap mottos with friends—what's the same? What's different?

# Friendly and Helpful

Where would you put yourself on the “friendly and helpful” meter below? Mark an X where you are now, and another X for where you’d like to be.



How could you be a role model for others who want to develop this value?

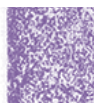
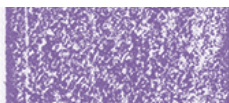
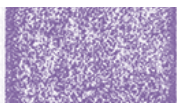
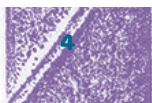
Who could be a role model for you?

# Considerate and Caring



Text someone who needs to hear a kind thought! Maybe a classmate is worried about an upcoming exam, a family member is stressed out by a deadline at work, or a friend is feeling bad about herself and could use a complement.

(No phone? No problem! Look around and tell somebody standing beside you something that will lift their spirits for the day!)



# *Courageous and Strong*

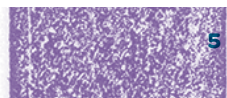
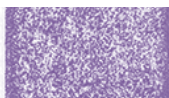
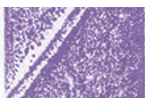
Talk to someone next to you about how she helped someone else or contributed to the greater good by demonstrating courage and strength. (Maybe she stood up for someone who was being bullied or spoke out about an issue she cared deeply about.)

In return, share something you did that was courageous and strong.

Keep your eyes open for people who act on this value (you may see this in your daily life or you may find stories in the news). Keep a running list of these examples to inspire you. What do these examples teach you about courage and strength in daily life?



A large rectangular area with a light green and blue background, overlaid with a grid of horizontal lines for writing.



# *Responsible for What I Say and Do*

Your words can lift someone else or cut them down. Your actions can help others (and yourself!) or can make life hard for everyone.

Come up with a catchy T-shirt slogan that sums up why this value is important to you and write it here:

**For more fun**

Compare your slogan with your friends' slogans. Decide on the best one and think about how you could use it (on a real shirt, on a sticker, in your locker....)

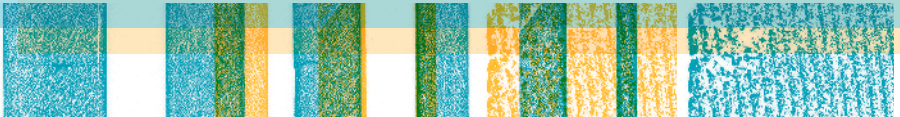


# *Respect Myself and Others*

Think about the people in your life whom you love and respect. What have these personal role models taught you about respecting yourself and others? What's the best example of this value that you can think of?

What are things you already do that give you respect for yourself?

What other things would you like to start doing?



# Respect Authority

Who are the authorities in your life? Jot down the names of people who:

- Are responsible for your well-being**
- Make and uphold the laws that keep you safe**
- Encourage you to practice your faith**
- Have experience or knowledge to share with you**

Are you an authority to anyone? Who sees you as an authority and why?

Now list three TV shows or books that show a character learning or growing in some way by showing respect to an authority.

1. \_\_\_\_\_

2. \_\_\_\_\_





3. \_\_\_\_\_

What do these stories tell you about respecting some of the authorities on your list or about acting as an authority to others?

# *Use Resources Wisely*

We all need to use resources wisely in order to be good stewards of the planet we've been given. What's the one new habit you would like to develop to be a good steward — or what's one action you could help a friend or family member do?

Here are some ideas to get you started:

-  **Take shorter showers**
-  **Use reusable bags**
-  **Recycle your trash**
-  **Create less trash to begin with**

List your ideas here:

# *Make the World a Better Place*

List three movies that dramatize this value—perhaps your list will include a story of someone who campaigned for social justice, demonstrated personal courage to help others, or overcame great odds to change the world for the better.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Ask other people for their ideas and make a list here for an inspirational movie night:



# *Be a Sister to Every Girl Scout*

Make a list of 3 – 5 songs that demonstrate this value.

**For more fun**

Swap ideas with others and create a “sisterhood” playlist below!



## *Which Line Speaks to You?*

Now that you've had fun exploring the lines of the Girl Scout Law, go back and think about which line spoke to you the most.

Maybe it talked about a value that you already practice in your daily life or maybe it's a value you'd like to strengthen.

Maybe it's a value that's particularly important to your family

Maybe it's a way of behaving that you'd like to see more of in the world.

Write down the line of the Girl Scout Law that resonated the most with you here:

Based on what you know about your faith, can you think of a song, reading, prayer or tradition that teaches about that line of the Girl Scout Law? Jot them down here:

You've now taken the first step to earning Girl Scouts' My Promise, My Faith pin! Go on and take the other steps!



## Take Your Faith on a Girl Scout Leadership Journey!

Here's a little something that's hard to remember as we rush around in our daily lives: each of us can help make the world a better place. We really can! And when we do, we are acting as leaders.

Girl Scouts go on Leadership Journeys to learn about being a leader in daily life and in the world. The following pages include excerpts from Leadership Journeys for teens. Take a look and think about what your faith teaches you about acting like a leader, too.

You may want to get involved in a National Leadership Journey with other girls and earn the awards as you take action and make the world a better place. Who knows, you might even be inspired to go on and earn Girl Scouting's prestigious Silver and Gold Awards as you use your leadership to make a big difference!



### Did you know?

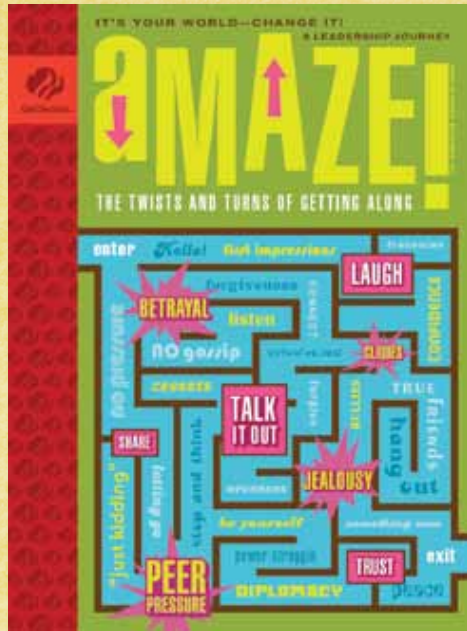
You can find out about religious recognitions offered by different faith communities by going to [www.praypub.org/partner\\_gsusa.htm](http://www.praypub.org/partner_gsusa.htm).

# Girl Scout Cadette Leadership Journeys

Girl Scout Cadettes are in 6th, 7th, and 8th grades. Here are the three Leadership Journeys for this grade level: *aMAZE*, *Breathe*, and *MEdia*.

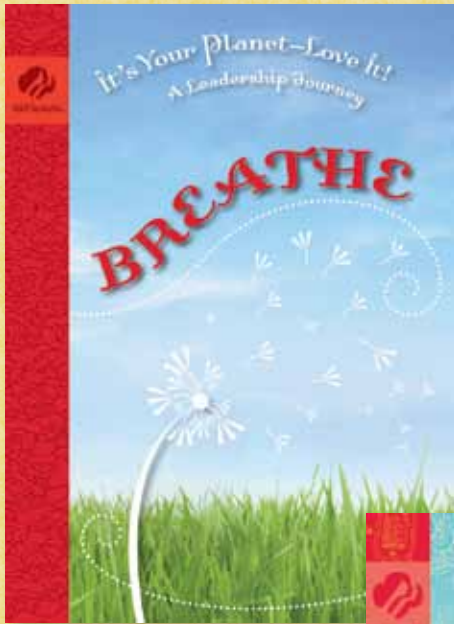
## **aMAZE: The Twists and Turns of Getting Along**

Life is a maze of relationships. On this Journey, you'll maneuver through all its twists and turns to find true friendships, plenty of confidence, and maybe even peace.



**Cadettes can earn Awards on each Journey!**





## Breathe

You'll engage all five senses as you clear the air—your own and the Earth's.

## MEdia

You'll look for the ME in media and learn how you can shape media—for yourself, your community, and the world.



Once you've finished a Journey, you might go on to earn a Girl Scout Silver Award by doing a project that makes a difference in the world! Check out information about the Silver Award at [www.girlscouts.org/program/gs\\_central/insignia/highest\\_awards/silver\\_award.html](http://www.girlscouts.org/program/gs_central/insignia/highest_awards/silver_award.html).

## Let Peace Begin With You

# Let Peace Begin With You

*Let there be peace on earth  
And let it begin with me;  
Let there be peace on earth,  
The peace that was meant to be.*  
— Jill Jackson and Sy Miller,  
“Let There Be Peace on Earth”

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This song, now known around the world, was written as a wish for world peace and what individuals could do to achieve it. It was first introduced at a summer retreat in the mountains of California, where 180 teens of varied religious, racial, cultural, and economic backgrounds met to create understanding and friendship through education, discussion groups, and living and working together in a camp situation.

You've been winding your way through a maze of first impressions and stereotypes, friendship joys and dilemmas, cliques, conflicts, and bullies. Perhaps you've tried an "I-statement" or two to express your real feelings in a powerful and positive way. Or maybe you've tried a week (or more) without gossiping. Maybe you've even stopped bullying someone—or stopped letting someone bully you.

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From the *aMAZE*  
Leadership Journey for  
Girl Scout Cadettes

Can you see how these actions impact more people than just yourself? Imagine your world if everyone were striving to do better with some of this relationship stuff at the same time. World peace? Well, the world would be a whole lot closer. (And you do have 2.6 million Girl Scout friends to start with.)

So here's your chance to be a leader. Grab some of the ideas and tips you've been gathering in aMAZE and bring them out into the world! Create a Take Action Project that engages others in your world in improving relationships. And while you're at it, try to get people to keep on "passing it forward."

First, take a moment to consider what being a leader means to you:

## Defining a Real Leader

What values have you discovered about yourself that are also important to you as a leader?

What are your greatest strengths in connecting with others?

What ideas do you have about using your values and relationship skills to take action to change the world around you—even in a small way?

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**What does your faith teach you about making peace? How do you do it in your daily life?**

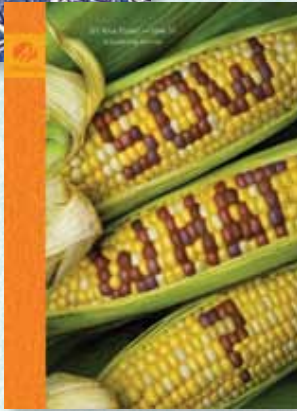
# Girl Scout Senior Leadership Journeys

Senior Girl Scouts are in 9th and 10th grades. Here are the three Leadership Journeys for this grade level: *GIRLtopia*, *Sow What?*, and *Mission: Sisterhood*.



## GIRLtopia

This Journey is your chance to imagine a perfect world—for girls. You're invited to create your vision as an art project—in any medium you choose—then take action to make your vision a reality.



## Sow What?

On this Journey, you'll learn all about food—how it's grown, how to savor local bounty and, of course, how to make tasty meals!

## Mission: Sisterhood

Explore the power of sisterhood in your own life and in the world—then make a plan to expand the power!



**Seniors can earn Awards on each Journey!**

## Many faiths have blessing or rituals to give thanks for the food we eat. What are some traditions from your faith?



### HONOR THY FOOD

Societies around the world honor food traditions and growing cycles with ceremonies for planting, harvesting, and sharing the crops. In many cultures, a strong spiritual connection to food is passed from generation to generation.

In India, for example, special days are chosen to start preparing the fields, sowing the seeds, and reaping the harvest. The women hold ceremonies to mark the arrival of the grain at the threshing yard. They pray for seeds going into winter storage and for a good crop at the next growing season, and before seeds are sown, they are worshipped.

In the Indian region of Ladakh, nestled beneath the Himalayas, community members have a special ritual before meals. They close their eyes to give thanks for their food and to honor each person involved in creating the meal before them.

In Bolivia, celebrants the Peruvian New Year, or the New or Spring Festival, by serving seven dishes. Each star is with the Peruvian letter "S," and each represents one of the "angels" heralds of life: "Sobres," or SPICES, stands for rebirth and fertility. Somanu, a pudding, symbolizes the sweetness of life. Siki is an apple, which represents beauty and health. Sargent, the dried fruit of a wild olive or hick.

Iron, symbolizes love. Sear, garlic, represents medicine and healing. Spinning, nutmeg, berries, represents the sunrise and the belief that good conquers evil. And sorbitol, vinegar, represents rage and patience.

In the United States, some families say grace before eating. But busy schedules have made family meals less common. One out of every five meals is now eaten in a car. Ask adults in your family about their experience as kids. What lively conversations, interesting debates, or laughable moments came out of the dinner table?

#### BRINGING HOME THE HARVEST

In the Peruvian village of Amana, which holds an annual potato celebration at harvesttime, women learn about potatoes from their parents and grandparents. Each year they sort through hundreds of potatoes to figure out which to eat, sell, trade, or use for seed.

Imagine living so close to food and being so involved in its growing that you, too, would be able to sense how it will taste and how its seeds will grow just by looking and studying it.

*"Food is such a common denominator; it bridges communities."*

—BARBARA EIDWERTH

From the *Sow What?* Leadership Journey

Once you've finished a Journey, you might go on to earn a Girl Scout Gold Award by doing a project that makes a difference in the world! Check out information about the Gold Award at [www.girlscouts.org/program/gs\\_central/insignia/highest\\_awards/gold\\_award.html](http://www.girlscouts.org/program/gs_central/insignia/highest_awards/gold_award.html)

Perhaps you'd like to think about what your faith teaches you about the importance of "harvest" and holding out a "vision" of a better world?

# Girl Scout Ambassador Leadership Journeys

Ambassador Girl Scouts are in the 11th and 12th grades. Here are the three Leadership Journeys for this grade level: *Your Voice, Your World*, *Justice*, and *Bliss*.

## Your Voice, Your World

How often have you seen something that really needed to be changed and wondered, “Why isn’t someone doing something about that?” This Journey gives you a way to be that someone!



## Justice

On this Journey, you’ll explore issues of environmental justice and take steps to help the Earth and all its inhabitants.



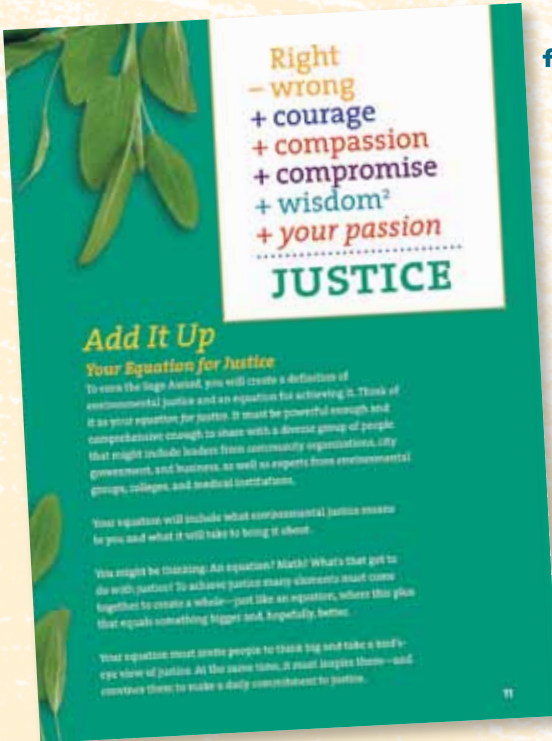
## Bliss

On this Journey, you’ll learn to dream big, now and for your future, and to help others achieve their dreams, too.



**Ambassadors can earn Awards on each Journey!**

## Your equation for justice



People of many faiths want to be good stewards—in ways big and small—of the Earth we've been given. How does your faith encourage you to care for the planet?

Once you've finished a Journey, you might go on to earn a Girl Scout Gold Award by doing a project that makes a difference in the world! Check out information about the Gold Award at [www.girlscouts.org/program/gs\\_central/insignia/highest\\_awards/gold\\_award.html](http://www.girlscouts.org/program/gs_central/insignia/highest_awards/gold_award.html)



*Girl Scouting  
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