

I Live My Faith Leader Manual

February 2021



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Program Overview

The *I Live My Faith* program is the official religious recognition program of the United States Roman Catholic Church for Girl Scouts in fourth and fifth grade. The program is supervised by the diocesan youth office or authorized delegate, and is intended to complement the work of formal religious education. For this reason, *I Live My Faith* does not emphasize the content of religious education. It is action-oriented and accompanied by reflection and sharing. Leaders guiding young people in the program may need to receive catechetical training in order to implement the program.

In addition to this overall purpose, each chapter in the *I Live My Faith* program has a specific goal and set of objectives to promote growth in faith by teaching about the Nicene Creed, sacraments, service, and prayer. Each theme provides a variety of opportunities to explore the Catholic faith including art, technology, research, drama, and prayer.

The Chapters include:

- Belief
- Sacraments
- Catholic Christian Living
- Prayer
- Conclusion
- Leader's Guide

Steps to Complete the I Live My Faith Program

- Determine there is interest in the Troop
- Complete and submit [Declaration of Intention Form](#) to the Catholic Committee for Girl Scouting in the Archdiocese of Cincinnati
- Order one [I Live My Faith Book](#) for each participant
- Facilitate the completion of the activities in each chapter of the book (a sample agenda is included)
- Complete the medal application process including submitting the [Request Letter of Authorization Form](#)
- Receive Authorization from the Catholic Committee on Girl Scouting
- Order the awards
- Register for Fanning Faith's Eternal Flame Ceremony (if possible)
- Celebrate their accomplishment

Leader Tasks

Order Required Books

Each candidate is required to have her own copy of the *I Live My Faith* book. The books can be ordered online at: <https://nfcym.org/product/i-live-my-faith-book/> . They are also available at the Girl Scouts of Western Ohio offices/shops in Cincinnati and Dayton, Ohio.

Facilitate the Completion of the Activities in each Chapter

See page 5 or 7 for a sample agenda.

Complete Medal Application Process

Upon the Leader's determination that candidates have successfully completed all requirements for the *I Live My Faith Award*, she will need to obtain and complete the Authorization Form provided by the Archdiocese in order to purchase the medals and / or patches.

Religious medals and patches for youth are purchased directly from NFCYM (National Federation for Catholic Youth Ministry), however, the completed and signed original applications must be submitted to the Archdiocese of Cincinnati Catholic Committee for Girl Scouting in advance in order for the Leader to be authorized to make a purchase from NFCYM.

The step-by-step process is as follows:

1. Have each participant complete the Application for *I Live My Faith Evaluation form* found on page 39 of the book.
2. Complete one Application to Diocesan Youth Director for I Live My Faith Medal, found on page 40 of the book.
3. Complete a Request for Letter of Authorization. This document can be found on the Archdiocese of Cincinnati Catholic Committee on Girl Scouting website:
<https://www.archcincgirlscouts.org/forms>
4. Mail all documents from Step 1-3 to the name and address noted on the Request for Letter of Authorization Form.

Once the Catholic Committee determines all paperwork is in order, they will email an electronic authorization letter to NFCYM on your behalf, copying you in that same message.

Order the Awards and Celebrate the Accomplishment

Once the Authorization email is received, an order for medals and / or patches can be placed directly with NFCYM. Specific contact information and links to order the medals are included in the Authorization email that the Leader receives. Finally, participate in the Archdiocese of Cincinnati's awards ceremony Fanning Faith's Eternal Flame held each Spring.

Sample Agenda for Retreat Format Completion of Activities

Note: This sample agenda is in a retreat format with five sessions over 1 day, from 9 a.m. to 5 p.m., with a Mass to end the program.

SESSION 1 Chapter 1 - Belief	Page #	Instructions
Discover	Page 6	Activity - Think about what you believe about family, friends, school and God and write about them.
Learn	Page 7	Activity - Review and discuss the Nicene Creed.
Connect	Page 9	Activity 1 - interview someone from the parish or family, Choose 3 additional activities from: Art, Music/Movement, Writing, Drama, Technology and Multiple Techniques.
Prayer	Page 10	Share the activities you did from connect as a prayer service.
SESSION 2 Chapter 2 - Sacraments	Page #	Instructions
Discover	Page 12	Activity – Think about the sacraments you have already received. Write about what you remember about them.
Learn	Page 13	Activity - Review and discuss the seven Sacraments.
Connect	Page 15	Activity 1 –Create collage of the Sacraments you have already received. Choose 3 additional activities from: Art, Music/Movement, Writing, Drama, and Technology.
Prayer	Page 16	Share the activities you did from connect as a prayer service.
SESSION 3 Chapter 3 - Catholic Christian Living	Page #	Instructions
Discover	Page 18	Activity – Think about our family, friends, neighbors, and people you do not know personally. Write down who needs your help or the help of the church.
Learn	Page 20	Activity - Review and discuss the theme of Catholic Social teachings. Describe a service project that you have done or plan to do. Draw lines to the Two Fee of Love in Action, Catholic Social Teaching and/or Corporal Works of Mercy on page 23.
Connect	Page 24	Activity 1 – do a service project. Choose 3 additional activities from: Art Music/Movement, Writing, Drama, Technology and Other.
Prayer	Page 25	Share the activities you did from connect as a prayer service.

SESSION 4 Chapter 4 - Prayer	<i>Page #</i>	<i>Instructions</i>
Discover	Page 27	Activity – Think about God and when your heart and mind are focused on God. Write answers to the prayer questions on page 28.
Learn	Page 29	Activity – Study the different types of prayer and learn how to pray using a format for planning prayer.
Connect	Page 30	Activity 1 –Interview parents, grandparents, godparents or someone from the parish to talk to you about prayer. Choose 3 additional activities from: Art, Music/Movement, Writing, Drama, Technology and/or Other.
Prayer	Page 31	Share the activities you did from connect as a prayer service.
SESSION 5 Chapter 5 - Conclusion	<i>Page #</i>	<i>Instructions</i>
Review and Share	Page 32	Review what you have learned about the Nicene Creed, how to pray, Sacraments, and Catholic Social service project,
		Congratulations!

Sample Agenda for Meeting Format Completion of Activities

If you wish, you may to use this agenda in a meeting format over four days/meetings with some work by the individuals on the readings and activities between the meetings. Plan that each chapter will take approximately 40 minutes of meeting time to complete. To meet the program requirements, complete 4 activities from each chapter. Please note that each chapter also has a special “Family Sharing” section at the end that can be completed at home.

Chapter 1 Believe	Page #	Instructions
“Gather” Opening Prayer		(Start by making the sign of the cross) Pray “Dear Lord Jesus, Thank you for bringing us together as a group. Help us to learn more about you and to be more loving to one another. Amen.” (Patterned after Family Sharing – Gather on page 10)
Discover “Hear”	Page 6	Read Matthew 17:20-21, talk about what it means. Think about things you believe about God, family, friends and school: write about – “What do you believe?” “Write your own creed, a statement of what you believe about God and the church.
“Go Forth”	Page 7	(Start by making the sign of the cross) Pray “The Nicene Creed
Learn	Page 8	Activity - Review and discuss the Nicene Creed. See Appendix <u>Creed</u> – explain paragraph by paragraph what Father, Son, Holy Spirit, one, holy catholic and apostolic means.
Connect “Respond”	Page 9	Required Activity - interview someone from the parish or family invited to the meeting (see Appendix <u>Believe2</u> for interview questions) or have a guest speaker (nun/sister, youth minister or educator, faithful person from parish). Art/Technology – Pick a word from the creed and find pictures in a magazine or take a photograph that reminds you of the creed and make a collage. Music/Movement - “Were You There” Learn to sing/play or create hand or dance movements Multiple Techniques – Create a comic strip or book that explains the creed.
Pray “Go Forth”	Page 10	Share the activities you did from Connect as a prayer service. (Start by making the sign of the cross) Art work blessing – “Though this art and our faith we know you are God.” Respond with “We believe.”
Conclusion Share	Page 32	Things you now understand about what you believe about the creed. Believe – tell/write what you now believe and compare it to what you wrote when you started. Are your beliefs the same or different?

Chapter 2 Sacraments	Page #	Instructions (Bring 4 to 6 picture/s of sacraments you have made and what family and friends remember about the sacraments you received)
"Gather" Opening Prayer		(Start by making the sign of the cross) Dear God, Father, Son and Holy Spirit, thank you for the many ways we experience you. Bring our group close together. Help us to be unified in love as we grow in faith. Amen (Patterned after Family Sharing – Gather on page 16 or sing a song e.g. Were You There)
Discover "Hear"	Page 12	Read Matthew 3:13-17 story of Jesus's baptism and talk about what it means. Activity – Think about the sacraments you have already received. Write/draw about what you remember about them.
Learn	Page 13 and 14	Activity - Review and discuss the seven Sacraments.
Connect "Respond"	Page 15	Required Activity – Create collage of the Sacraments you have already received. Art - Draw or make with clay a symbol we already use – water, candle, stole, rings, dove, crock/cane, anointing oils, cross, praying hands, Bible, rings, bread, Music/Movement , - "Go Down, Moses" or other Drama – Pick a Scripture story of a sacrament and act it out, with a narrator reading in the background. Baptism - Eucharist- Confirmation – Healing/Anointing the Sick - Penance – Service/Marriage - Holy Order -
Prayer "Go Forth"	Page 16	Share the activities you did from Connect as a prayer service. (Start by making the sign of the cross) <i>Glory be to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen</i>
Conclusion	Page 32	Tell/Write a few sentences on why you think sacraments are important to Catholics. What are the seven sacraments?

Chapter 3 Catholic Christian Living	Page #	Instructions
"Gather" Opening Prayer		(Start by making the sign of the cross) <i>Dear Jesus, By your example we have learned that all people are our brothers and sisters. Help us to care for all those who are hungry, homeless, and sick. As a group, help us to be more generous with each other as well. Amen.</i> (Patterned after Family Sharing – Gather on page 25)
Discover "Hear"	19	Read Luke 4:14-20 Talk about what it means. Activity – Think about our family, friends, neighbors, and people you do not know personally. Write down <i>Who needs your help or the help of the church? What kind of help do they need? Why do you think they should be helped?</i>

Learn "Respond"	20	Review and discuss the theme of Catholic Social Justice and Charitable Works teachings.
Service Project	22	Discuss and describe in as much detail as possible a service project that you have done or are going to do: Who are you helping and how are you helping them? Reflect on your project and is/was your project part of Catholic Social Teaching, Two Feet of Love in Action, and/or the Corporal Works of Mercy
The Two Feet of Love in Action	23	Activity - Draw lines to the Two Feet of Love in Action, Catholic Social Teaching and/or Corporal Works of Mercy.
Connect	24	Required Activity – do a service project. – Have participants bring can of food to be donated to the Food Bank/Pantry. Other ideas for service projects are listed in Appendix C Art - Choose one of the seven themes of Catholic social teaching and draw a picture that represents it. Appendix C Music/Movement , Learn a song that reflects Social Justice or helping others and add movement. Other – Tour/visit a Food Bank/Pantry, Soup Kitchen, Homeless Shelter, Animal Shelter or other places that serve people or God's creation.
"Go Forth	25	Share the activities you did from Connect as a prayer service. (Start by making the sign of the cross) Conclude with the Prayer of St. Francis of Assisi; sing "Make me a Channel of your Peace".
Conclusions	32	Name the reasons and ways you have learned about how Catholics are called to care for the poor and less fortunate in their community.

Chapter 4 Prayer	Page #	Instructions
		Bring prayer interview to meeting see page 30
Prayer "Gather"		(Start by making the sign of the cross) Dear God, We praise and thank you for giving us the gift of your son, Jesus. Through him, we have learned to call you father. Continue to help our group become closer to you in prayer. (Patterned after Family Sharing – Gather on page 31)
Discover "Hear"	27 and 28	Read one or more: Psalm 150, Matthew 6:9-13 "Lord's Prayer", Luke 18:13 or Psalm 23 Activity – Think about God and when your heart and mind are focused on God. What is your Favorite Prayer or way to Pray? When do you pray alone? When do you pray with others? Write answers to the prayer questions on page 28.
Learn	Page 29	Activity – Study the different types of prayer and learn how to pray using a format for planning prayer. (<i>Other Prayers pages 30-31</i>) See Appendix C

Connect	Page 30	Required Activity – Interview parents, grandparents, godparents or someone from the parish to talk to you about prayer. Choose 3 additional activities from: Art, Music/Movement, Writing, Drama, Technology or Other.
Prayer “Go Forth”	Page 31	Share the activities you did from connect as a prayer service. (Start by making the sign of the cross) Pray Psalm 23 (on Page 27) Give each participant a prayer journal, prayer card or other item/s that will help keep prayer in their lives.
Conclusion	Page 32	Show/tell/list at least one new way or form of Prayer you have learned. (Prayer can be saying a traditional prayer, song, reading scripture or using/saying your own words.

Chapter 5 Conclusion	Page #	Instructions
Review	32	Review what you have learned about the Nicene Creed, Sacraments, Social Justice/ service project and how to pray
Share	32	Making a table display or hanging your art work up around church, school, or public library (with permission).
Create	32	A PowerPoint for younger group (like First Communion class, Scouts (to be used at the Fanning Faiths Eternal Flame; which is held at the Cathedral of Saint Peter in Chains (Cincinnati, Ohio) in late March or early April of each year).
Prepare	32	Puppet show or other child-friendly presentation for your parish preschool or child care.
Write	32	A short statement/article/prayer for your parish newsletter/bulletin. Include Photos or graphics to make it interesting.
Recap of previous sessions	32	Things you now understand about what you believe about the creed.
		Write a few sentences on why you think sacraments are important to Catholics.
		Name and ways you have learned about how Catholics are called to care for the poor and less fortunate in their community.
		At least one new what or form of prayer you have learned.
		Congratulations!

Appendix A – Supply List

- Each participant needs the *I Live My Faith* book
- Pencils
- Markers
- Crayons/colored pencils
- Paper with lines/Notebook
- Glue
- Scissors
- Poster Board or Construction Paper
- Laptop/cell phone/iPhone
- Copy/computer printer Paper
- Printer (for word art)
- Magazines – for pictures/words that reminds you of what you believe (use the creed as a reference)
- 4 - 6 Photographs of the sacraments received (participant supplied)
- Stickers of sacrament symbols
- Construction Paper Strips
- Stapler
- Paint

Appendix B – The Experiential Learning Cycle

(AKA: Learn-by-Doing, Reflection Model)

The Religious Recognition Program is an opportunity to support parents and Catholic Church in their daughters' Faith Development. (Discipleship and Evangelization)

The Archdiocese Committee on Catholic Girl Scouting believes the Girl Scout Program Model of Experiential Learning, provides a value-added framework to the Catholic Religious Awards program. The process is meant to be applied through informal settings, in a conversational atmosphere, based on the age level of the girls. When the Religious Awards Program is combined with the Girl Scout Reflection Model, girls' learning about their faith and themselves is deeper and more impactful, because of three key features of the Girl Scout program.

1. **Personal reflection allows girls to explore their values** and drawing meaning about their values—especially values of the Heart/Values of our Faith. These values are sometimes referred to as Eulogy Values, or Character Values: kindness, joy, patience, peace, generosity, faith, charity, hope, love., self-control, gentleness.
2. **Troop reflection** gives girls a supportive environment where they learn to share their personal beliefs and where they are encouraged to stand up for their personal beliefs.
3. **Girl Scouts teaches girls to reflect on personal values and ethics** found in the Girl Scout Promise and Law and girls' faith and family values to guide their actions, as a troop and as individuals. This teaches girls to practice those “values of the heart,” in the Religious recognition program, in Girl Scout activities, and to put them into practice in their daily life.

Appendix C Additional Reference Material

Preparation material other than what is in the book from the CCC (Catechism of the Catholic Church).

Belief

The Nicene Creed: Explained! The Nicene Creed: Explained!

[HTTPS://CATHOLIC-LINK.ORG/THE-NICENE-CREED-EXPLAINED/](https://catholic-link.org/the-nicene-creed-explained/)

Written By **Will Wright**

Catholic Christian Living

Other Service Ideas

–Food Pantry/Bank - Food Drive, Animal Shelter - Pet food drive, old blankets and towels,
Hospitals – surgery hair nets (sewing project), homeless shelter – hygiene products, tie blankets,
Veterans – cards of thanks for serving, Nursing Homes – cards, pictures colored or drawn to perk people up,
decorations for rooms, books to read, help play bingo or game playing,

Web Sites to help draw

[WordArt.com - Word Cloud Art Creator](https://wordart.com) <https://wordart.com>

How To Draw Catholic Images

<https://www.catholicicing.com/catholic-how-to-draw-videos-for-free/>

Prayer

Types of Prayer: Excerpt from (CCC 2558 – 2649)

Blessings and adoration - encounter between God and man, communicating with God, first part of the Hail Mary

Prayer of Petition - is a request, asking forgiveness or asking for help, asking for yourself

Prayer of Intercession - Asking for something on behalf of another, like the second part of Hail Mary

Prayer of Thanksgiving - appreciation for his gifts, what we have,

Prayer of Praise – give Glory to God. The Psalms are masterpieces of prayer in the Old Testament

Gives God glory for his own sake beyond for what he has done. Thanking him just for being him

The Bible – has examples of prayers from holy people and from Jesus.

Historical Introduction

We call the Niceno-Constantinopolitan Creed the Nicene Creed. The Nicene Creed is professed every Sunday at Mass in the Latin Rite of the Catholic Church. In the Eastern Rites of the Catholic Church and in our separated Orthodox brethren, this same Creed is professed in its original formulation.

The only difference between the Creed of the East and West is the later addition of the phrase “and the Son” to the paragraph on the procession of the Holy Spirit. Unfortunately, this disagreement has caused great difficulty and division between Eastern and Western Christianity.

The Nicene Creed arose from the first two ecumenical councils of the Church. The first ecumenical council is the First Council of Nicaea in 325 A.D. and the second is the Council of Constantinople in 381 A.D. This Creed is ancient and it has preserved the faithful from a variety of heresies for over 1,600 years. To understand it is to understand what we believe as Catholics.

Walking through the Creed

Let’s take a quick walk through the Creed and try to understand it a bit more in depth. Of course, each word in the phrase is packed with meaning and endless depth. Truly, the reality of our Faith is that we are diving into the mysteries of an infinite God. So, there is always more to learn.

Paragraph 1 – God the Father

*I believe in one God,
the **Father** almighty,
maker of heaven and earth,
of all things visible and invisible.*

We believe in one God in three Persons. We do not believe in three gods. Our one God is not only our king and Lord, He is our Heavenly **Father**. We are His children. He created everything that we can see, but He also created all the things that we cannot see. For example, we believe in the angels, in our own souls, and in the demons. God is Lord over all of it and has all might.

Even though He is tremendously powerful, our God and Father draws us into a relationship with Him and invites us to share eternal blessedness in another invisible reality: Heaven.

Paragraph 2 – The Lord Jesus

*I believe in one Lord Jesus Christ,
the Only Begotten **Son** of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,*

The Second Person of the Blessed Trinity is the Word of God, the **Son**. This Word of God, Jesus Christ, proceeds from the Father. He was “born” and “begotten” but not made. This is a mystery that is very difficult to understand. Much ink has been spilled in theology on how Jesus can be both God and man.

In other words, Jesus is fully God and He is eternal, just as the Father is eternal. This paragraph emphasizes that there is one God but the Father is nonetheless distinct as a Person from the Person of the Son.

The Council Fathers went to great length to combat the Arian heresy which claimed that Jesus was created and was not truly God. We believe that Jesus is fully God and fully man. As the Word of God, He existed forever and will always exist. He proceeds from the Father as God from God and Light from Light, true God from true God. I will go into more detail on this in the fifth paragraph on the Holy Spirit.

There is also the realization that it is through the Word of God that all things were made. God reveals to us in Genesis God speaks in order to create. He says, "Let there be light." And there was light. Jesus Christ, the Word of God, was sent on a mission by the Father to come down from heaven in order to redeem humanity and offer us salvation.

Paragraph 3 – The Incarnation and The Virgin Mary

*and by the **Holy Spirit** was incarnate of the Virgin Mary,
and became man.*

By the free choice of Mary, our Mother, and by the power of the **Holy Spirit**, the Word of God took on flesh. Jesus Christ, the uncreated Word through which all things were made, condescended to share in our humanity. The almighty God emptied Himself and took on the form of a slave, to use the language of St. Paul. In the Latin Rite, there is a tradition of bowing during this paragraph in honor of the Incarnation. The Incarnation is literally the "enfleshment" of Jesus; it is what we celebrate at Christmas. This paragraph marks one of the most important moments in human history. Our God became one of us.

Paragraph 4 – The Paschal Mystery

*For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.*

*He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.*

This paragraph is directly connected to the previous. Jesus became man in order to accomplish the work of our salvation. It was for us that Jesus was crucified. The Council Fathers include, "under Pontius Pilate" to show that this was a historical reality. It really happened. So too, Jesus truly rose from the dead on the third day after being buried.

Forty days after rising from the dead, He lifted Himself up into Heaven in a mysterious fashion and He now reigns in Heaven as King at the right hand of the Father. We believe that He will come again in glory. This is what we call the Second Coming. At the second coming of Christ, we will all be judged; everything we have done will be laid bare and true justice will be accomplished.

This second coming will result in the passing away of the old Heaven and the old Earth and the establishing of Jesus' everlasting kingdom.

Paragraph 5 – The Holy Spirit

*I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.*

We believe in one God in three Persons. The third Person of the Trinity is the Holy Spirit, who we also rightly call Lord and the giver of life. God breathed life into the first man, after all. This holy breath of God is the Spirit which gives life and sustains life. He is glorified and loved as God, along with the Father and the Son. We believe that the Holy Spirit, preceding the Incarnation as well as after, inspired the prophets.

The Trinity is the mystery of God, as He is. It is difficult to wrap our minds around this mystery in any meaningful way. Our metaphors are usually material, like a three-leaf clover or the states of water as ice, liquid, or vapor, and because they are material, they always fall short. God is spiritual, not material. The best explanation I have heard of the Blessed Trinity is from St. Augustine's Analogy of the Mind. I will try my best to offer a simplified version. Though, it is far from simple.

In our own minds, we have intellect and will. We know things and act freely. When we learn or know things, we have a procession of the intellect. When we act freely upon ourselves or the world, we have a procession of the will. If we analogously apply this understanding to the "mind of God," we see a procession of the intellect and a procession of the will. God is perfect and so these processions must be infinite and perfect. The procession of the intellect, within the mind of God, is God the Father's perfect knowledge of Himself. This perfect image of Himself is the Son. The Son, in return, perfectly loves the Father. God is love. Therefore, the procession of His will is perfect love which proceeds as the love shared between the Father and the Son. This is the Holy Spirit. However, we must understand that He does not proceed in time, as He is as eternal as the Father and the Son.

Paragraph 6 – The Church

*I believe in **one, holy, catholic and apostolic** Church.*

*I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.*

The Church of Jesus Christ is His Mystical Body. Therefore the Church is **holy**, even if the human beings who compromise it are not always holy. The Church is **one** because Christ is one. The Church is **catholic** because the Church is "universal." Catholic means universal. And the Church is **apostolic** because Christ founded it upon the Apostles.

We enter into this Church through the one Baptism of Christ, by which we are cleansed of original sin, are grafted onto Christ, and become adopted sons and daughters of God.

We believe that when Christ comes again, we will be reunited with our bodies in a glorified way; similar to Christ's resurrected Body. We do not know exactly what this will look like.

And we look forward to the life of the world to come which is eternal blessedness in the company of the angels and the saints in constant praise and love of God. We will want for nothing and all suffering will be no more.

Conclusion – Amen

Amen.

And finally... amen! Amen means "yes," "so be it," and "I believe." It is the only ending to the Creed that we can offer as human beings. God has revealed all He is and all that He has done for us, and our confident and faithful "Amen" is the response of our heart.