

FOR GIRLS LIKE YOU

SEPTEMBER/OCTOBER 2022

CELEBRATING GRANDPARENTS

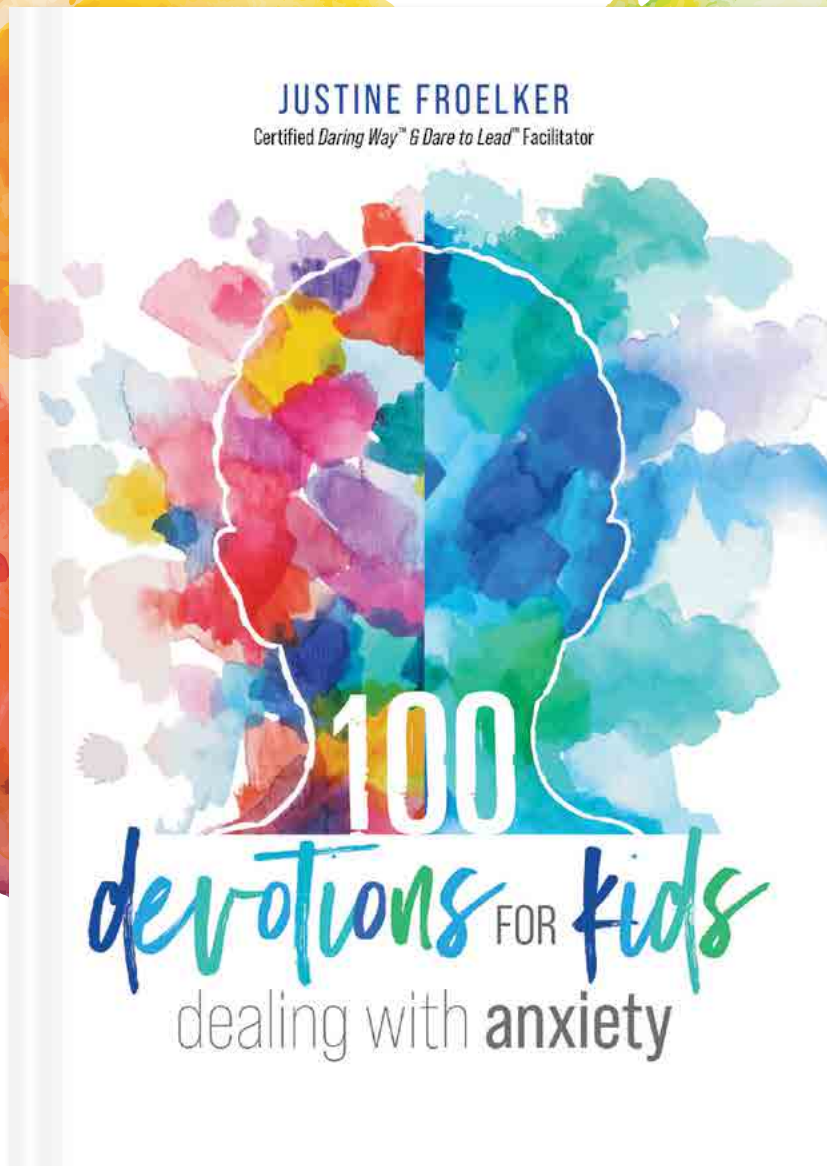
THE POWER
of a **PRAYING**
GIRL
like you!

PLUS

HOW TO
MAKE YOUR
GRANDPARENT'S
DAY!

meet
STORMIE OMARTIAN'S
granddaughters
SCARLETT & JULIETTE

You are not alone.



Even though your anxiety might be telling you that no one understands what you're going through, you're not alone.

When you have anxiety, life can feel like a roller coaster, and you're just along for the ride. Some days are easier than others – and the hard days can almost feel impossible to get through. That's where **100 Devotions for Kids with Anxiety**, by Justine Froelker, comes in... with devotions, Bible passages, and journaling prompts, you can learn to manage your anxiety, and make this practice a part of your healing journey. You don't have to do this alone.

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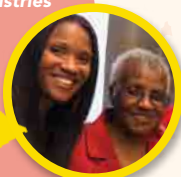
(a group of incredible people who
have lent their hearts and unique
talents to keep Wynter's dream
growing and thriving)

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Wynter's grandmother **VIOLA** was called *Mama* by all her girls, and she was a big part of her entire family coming to know Jesus! She passed in 2019, two years after Wynter's homegoing.



My grandmother **MARIA** left her home in Russia forever to join my grandfather in Canada. She was the bravest woman I could imagine. I called her *Baba*, and she taught me many Russian words!



My grandmother **MILDRED** was one of seven children. She passed down her dimples to me!



My grandmother **MARY** was a survivor. She survived three different kinds of cancer, and still took time to collect plastic grocery bags that she would weave into blankets for the homeless.



My grandmother **VIOLA** is the same as Wynter's grandmother since she and I were cousins! My favorite memory is baking with *Mama*, and we would make a separate batch of cookies because I hated chocolate chips!

ISN'T IT GRAND?

Grandchildren are the pride and joy of their grandparents. Proverbs 17:6

EVERYBODY has grandparents. How cool is that?

Now, some girls are fortunate to know all their grandmas and grandpas and get to make wonderful memories together with them. But for those who never may have met or known some or all their grandparents, the gifts of their legacy still influence every part of our lives.

Here's what Alena, Kaitlyn, Camryn and Olivia's grandmother Miriam wants all girls like you to know!

When our first grandchild, Alena, was born 18 years ago, her mommy, Wynter Pitts, decided that Alena needed to have a special name for me. She suggested that I should be *Mima* (and Grandpa Pitts should be *Poppi*). Fourteen grandchildren now call us *Poppi* and *Mima*, names that we love to hear! What affectionate names do you have for each of your grandparents? Those names are special to them too.

As grandparents we love to share the good things we know and have learned. For example, one thing that I have passed along to our grandchildren is a sweet song that my mommy used to sing to me. I want to share it with you too.

I am Jesus' little lamb, Ever glad at heart I am;

**For my Shepherd gently guides me, Knows my need and well provides me,
Loves me ev'ry day the same, Even calls me by my name.**

Is there a special song that your grandpa or grandma sing to you? Do you sing or play music for them? Have you asked them what it was like when they were little, or what their own grandparents were like? They will have some good stories to tell you. Not only do they like to share their lives with you, they also want to hear what you think and feel and enjoy too.

We love our grandchildren's hugs! We also enjoy their texts, video messages and video calls; it's a delight to receive a drawing, a postcard or letter, a school picture, and candid photos too. When we are together, I like to do crafts or play games with them. We like to watch them play sports, practice music, and perform. Their jokes and riddles make us laugh. We pray for them every day, and we love to pray for them when we're together. It's especially sweet when our grandchildren pray for us. Praying together is an extra special blessing. Think about what you can share with your grandparents. It's so easy to bring them joy!

LOVE.

**Mima, aka Miriam K Pitts and
YOUR FRIENDS AT FOR GIRLS LIKE YOU**



Poppi and Mima Pitts with all 14 grandchildren



Viola Carter, Wynter's mom, loves on her four Pitts granddaughters whenever they get together!

Celebrating GRANDPARENTS

FOR GIRLS Like YOU

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SCARLETT & JULIETTE AND THEIR PRAYING GRANDMA

Stormie Omartian has written many books on the power of prayer, and now she has a new book just for girls like you! Meet Stormie—and the granddaughters who inspired her book, and continue to inspire her life!.....12

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Make your GRANDPARENT'S DAY!

What are some special things you can do to help your grandparents celebrate their special day? We've got some great ideas. Plus, our readers celebrate their grandparents by sharing stories and pictures ... and love! 20

GET TO KNOW YOUR GRANDPARENTS...BETTER!

Your grandparents have known you all your life, but you've only been a part of theirs for a few years. Here's how you can find out everything about them from before you were born! 28

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SPrinkles

SPRINKLE JOY. SPRINKLE FUN. SPRINKLE BEAUTY.



♡ART WITH GRANDMA♡

I am in 4th grade, I homeschool, and I am also an American Heritage Girl! My grandma does art with me once a week at my home. This is one of the oil pastel drawings of an owl I did this school year. It's called "The Night Owl." —Ella, 10



HELLO KITTIES♡

I liked drawing this drawing because I like to think about kittens. I love to draw and play with my Barbies. When I grow up, I want to be an animator, an author and a marine biologist. My rabbit's name is Ash and he's 5. He loves to eat celery and apples and go outside. —Lulu, 10



GOOD NEWS♡

I like swimming, reading, sketching, and playing softball. Sketching is especially my favorite because it gives me a view into my imagination. My drawing shows girls spreading the news of Jesus throughout the world. Even though we all may be different, we are all loved by God.

—Emma, 9



♡PUNCH YOUR PILLOW!

Here is a punch-needle pillow that I made this month! It was fun! —Janita, 12

SPRINKLES

SPRINKLE JOY. SPRINKLE FUN. SPRINKLE BEAUTY.



YOU OTTER SEE THIS!

I am one of five siblings. I am homeschooled and love attending community day through my co-op "Classical Conversations." I am also an Explorer in American Heritage Girls. I enjoy attending church, riding my bike, creating art, baking, and making new friends. My painting is called "Two Are Better Than One." I want people to know they are never alone. Everyone is special to someone. Never give up! —Aria, 9



DESIRES OF YOUR HEART

I like to ride our horse Dolly, and knit beanies like the one I'm wearing in the picture. I give them as gifts or sell them. I also like to draw. I mostly draw girl faces but occasionally I draw other things too. Everybody has a talent. Some of you may not know what your talent is. Ask God and He will give you the desires of your heart. (Psalm 37:4) —Roslene, 14



THE DEEP BLUE

The jellyfish are floating, up and down they go.
The schools of fish are swimming,
some fast and some very slow.
The sharks stealthily drift through water,
their fins cutting back and forth,
And as they glance around,
their prey heads straight up north.
The ocean is a curious thing,
with wonders never before seen.
For when you dive down into the deep blue,
a menagerie of sea creatures will greet you.

UNDERWATER WONDERS

I love your magazine, and I wanted to send you a poem I wrote. I hope you like it! And my photo is with my brother Blake making a "wizardsly" face at Universal Studios theme park.

—Reagan, 11

WE'D LOVE TO HEAR FROM YOU! We'd love to showcase your paintings, poems, songs, stories, drawings, photographs, anything! And we'd like to see you! Email your entries and photo to sprinkles@forgirlslikeyou.com!

MEET

SOPHIA B.



My family loves beaches! This is with G-mama and G-daddy, my siblings and my cousin.



For my 8th birthday we went for manicures and pedicures!

A GIRL LIKE YOU

Do you know how your name was chosen? I was going to be named Jane but then I was named Sophia. Sophia means "wisdom."

Tell us about your family. I have three siblings and my mom and my dad. I share a room with my sister and my brothers share a room. My older brother Asher is 12 and my younger sister Elizabeth is 8. And then I have a little brother named Augustus, but we never call him that. We call him Gus or August. He is 6.

What is your favorite animal? A llama is my favorite animal. They are really cute. And I like sea turtles.

Describe yourself in three words. Smart. Kind. Beautiful.

What are your favorite hobbies? I like reading, drawing, acting and tennis.

What is something you want all girls like you to know? I want them to know that they are beautiful, and they don't need makeup or a hairstylist. They also don't need a talent to make them be seen by people.

What makes you sad? Seeing another person sick

What is one of your favorite memories? Going to Dollywood with my family and friends

Do you have an unusual talent or ability? I have a superpower where I can feel what other people are feeling.

Where is your happy place? In my house with my family or with my friends

What are some things on your bucket list? Get married. Go to Italy and more.

What has God been showing or teaching you lately? Well, I just got my prayer language about a month ago and He's been teaching me about it!

What is one of the coolest things you have ever seen? Or done? We went on a sailboat and saw dolphins!

MEET MY GRANDPARENTS

My grandparents are very interesting! My G-mama only has one eye and my G-daddy is colorblind. My grandparents travel and minister everywhere. They have written many books. And once a year we have this thing called "messenger cup" where we raise a lot of money to help Christians in other countries. I am thankful to know that they are helping all over the world and teaching about God. Once I was at church and my G-daddy was speaking and his words were like nothing I've heard any other pastor speak before. The same thing happened with my G-mama when I went to a conference with her. It felt powerful. I am so grateful they are my grandparents. And I hope that they have passed down to me the gift of helping people in need.



My G-mama is Lisa Bevere and she is an author and speaker who shares Jesus' love all around the world!

MY FAVORITE THINGS

Color: Green
Song: "Fancy Like"
Singer/Band: Pentatonix

Book: Penny from Heaven
Food: Asian!
Class in School: History
Bible: Book of Ruth

GOD'S girl

WYNTER'S
WORDS

DEVOTIONALS & MORE TO GROW YOUR FAITH



CREATED IN HIS IMAGE

"GOD CREATED MAN IN HIS OWN IMAGE, IN THE IMAGE OF GOD HE CREATED HIM;
MALE AND FEMALE HE CREATED THEM."

GENESIS 1:27

YOU ARE AWESOME. SERIOUSLY. YOU ARE!

I don't even know you and I already know how awesome you are.

So how do I know you are awesome? Well, because the Bible tells me so! God's Word tells us that God created all of us in His image, and God is awesome!

In case you are wondering, here are some other words for "awesome": breathtaking, magnificent, wonderful, amazing, stunning, impressive, extremely good, and excellent. God is all those things—and so are you because you are created in His image!

When the Bible says God created you and me in His image, it doesn't mean He created our faces to look like His (although that would be pretty cool too!). To be created in the image of God has to do with more than the shape of your nose or the color of your eyes. To be created in the image of God means you were

created with the same character as God. It means He created your heart to mirror His heart. He created you to care and love the same way He does. He created you to be like Him in the most important ways!

**TO BE CREATED IN THE
IMAGE OF GOD MEANS
YOU WERE CREATED
WITH THE SAME
CHARACTER AS GOD.**

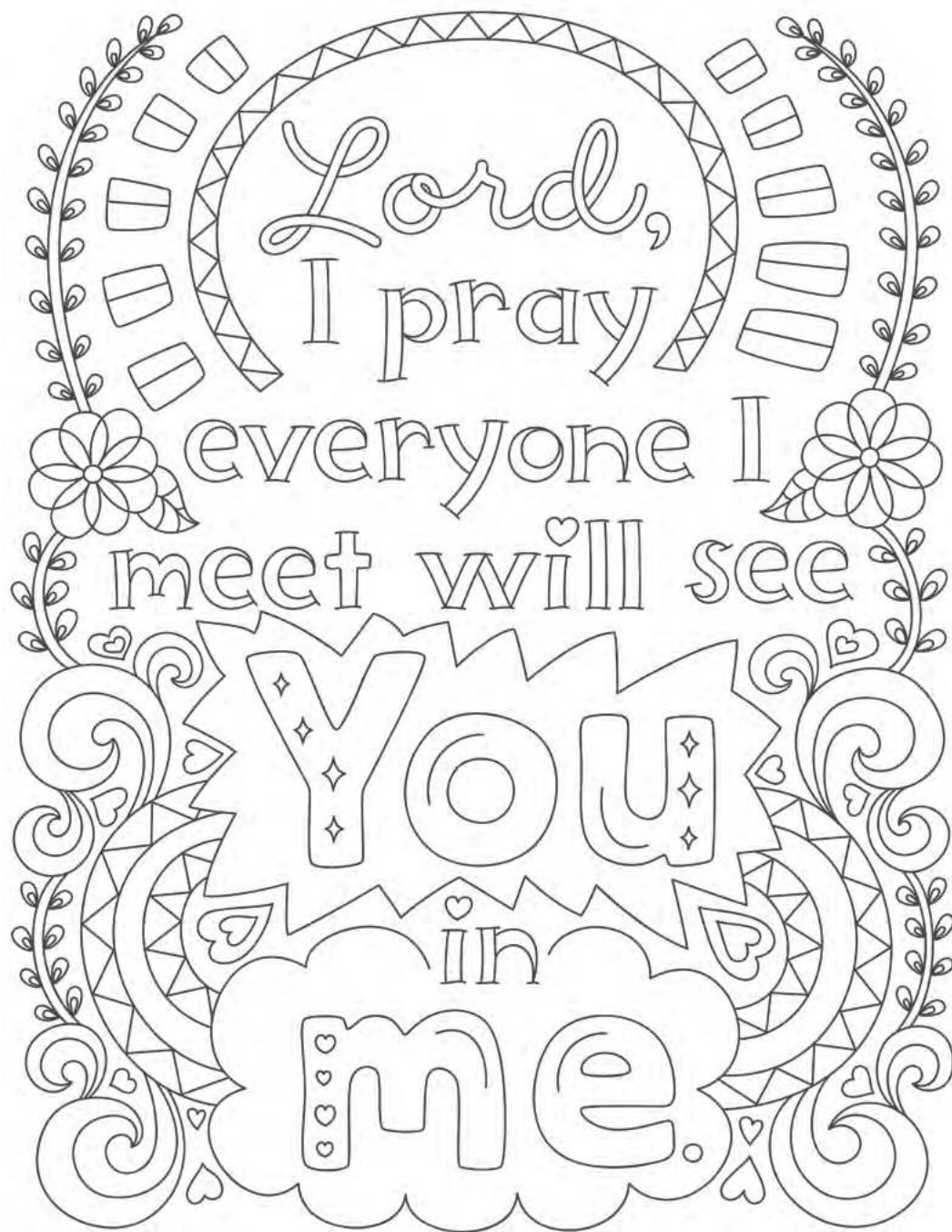
If you believe God is awesome, then you can be confident you are too! No matter who you are or what you do, you are awesome because you are created in God's image, and as His follower, you get to reflect His goodness to the world around you.

Adapted from *I Am Yours* by Wynter Pitts.
Courtesy of Harvest House Publishers.

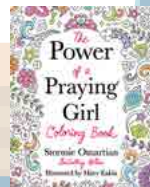
DEAR God.

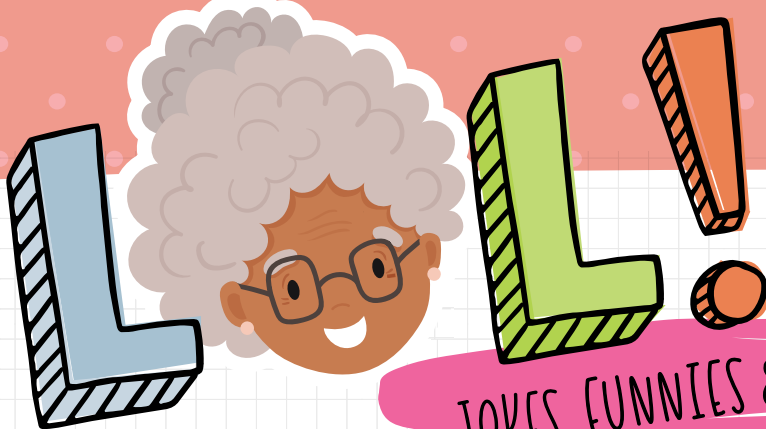
Thank You for creating me in Your image. I know that I am awesome because I'm like You. No one can do anything to change that! But I don't always feel awesome, and people around me don't always treat me that way either. I know that being created in Your image doesn't mean You and I have the same face, but because I am Your daughter, my heart is becoming more and more like Yours. I pray You will help me to know and understand what it means to look like You. Help me to be obedient to You in whatever You ask me to do in order to reflect more of Your image.

In Jesus' name—AMEN.



YOU CAN FIND MORE COLORING
PAGES IN STORMIE OMARTIAN'S
The Power of a Praying Girl Coloring Book.





JOKES. FUNNIES & MORE!

WHAT DID THE GRANDMA SAY WHEN
THE **CLOWN** SANG
"HAPPY BIRTHDAY" TO HER?
"What a sweet jester!"

We dressed up as cashews
for the costume party!
Grandma thought we were nuts.

GRANDMA: "I used to have
an origami business."
GRANDDAUGHTER: "What
happened to it?"
GRANDMA: "It folded!"

What do you
call having your
GRANDMA on
speed dial?
Instagram!

My **GRANDPA** tried to warn
everyone that the Titanic was
going to sink. When everyone just
ignored him, he yelled at them
three more times.
Eventually they got irritated and kicked
him out of the theater.

Who was the
SMARTEST person
in the Bible?
Abraham. He knew a Lot.

My 90-year-old
grandfather doesn't
need **GLASSES**.
He drinks right from
the jug!

How is your
grandmother
like a **WEBSITE**?
You can't deny the
cookies!

My grandpa says
he was built
UPSIDE DOWN.
His nose runs and his feet smell!

SEND US YOUR FAVORITE LOLS! What jokes make you laugh? Have a great riddle to stump us? Have you drawn a cartoon you'd like to share? Anything funny at all—we want to hear from you! Email LOL@forgirlslikeyou.com!

GO Girl!

WITH JACKIE MARUSHKA



GO Girl!

GRANDPA AND ME

There are some people in your life who will say and do things that shape how you view the world. Think of them like human glasses. When you see the world through their lenses, it changes how you view things. One of these “human glasses” was my sweet Grandpa Mike (and Grandma Sylvia) who taught me what love, faith, grace, kindness and integrity looked like—sometimes through words, but always through his actions.

My Grandpa Mike Martinez was my hero.

As a little boy he attended the local elementary school and every day after school he tended to the chicken coop and rabbits, and he learned carpentry from his father and three older brothers. When the harvest season (beets, canteloupes and onions) was over, he worked at Los Alamos National Laboratories as a carpenter. Every dime he made he saved inside a brick he’d hollowed out and hid in the chicken coop.

When Grandpa Mike married Grandma Sylvia in 1942, they used his savings and built Mike’s Cash Store and Texaco Station. It was the first filling station and store in our area.

Grandpa Mike had olive skin, bright green eyes, and teeth that sparkled like a movie star when he smiled. He was up every morning at 4:30 to get ready for his day.

After tying his polished black work boots, he’d walk to the kitchen where Grandma Sylvia was already cooking breakfast. When he was done eating, he’d take his dishes to the sink and kiss Grandma Sylvia on the cheek. He would cross that country road to check his orchard, his pigs and fences, and then cross back over that country road again at about 6:00 a.m. to start his workday at the TEXACO station—changing oil, pumping gas and fixing engines and tires.

When I was 9 years old, I started working for Grandpa Mike after school and during the summers. He taught me a LOT while I helped at his store. As a full-service station it was customary to wash our customers’ windshields and check their tire pressure. If the pressure was low, I’d offer to fill

their tires according to the amount of pressure required. At the end of the day, I’d gather the hose and lock it in the air compressor cabinet.

One day, after we closed the store, Grandpa Mike walked me to the air compressor cabinet and said, “Jackie, what’s wrong with the hose?” I said I didn’t know. He asked me to take the hose out of the compressor cabinet—I had a LOT of trouble removing it because it was ALL TANGLED UP. He asked: “Was that difficult or was that easy?” I just stood there. I knew I’d disappointed him.

“OK, little Jackie— this is how you roll up a hose.” With patience and kindness, Grandpa Mike showed me how to properly roll up the hose and place back it in the cabinet. He said, “Even if you didn’t find it rolled up right, take the time to fix it. Always leave things better than you found them.”

There were many other life lessons Grandpa Mike shared by example including being kind and respectful to people, that family is priority, to always be patient and thankful, that God is always watching over us, and what it was to have integrity. My Grandpa Mike passed away in 1996. He was my hero and I thank God every day for his godly example and for teaching me one of one of his favorite Bible verses:



“For the word of the Lord holds true, and we can trust everything He does. He loves whatever is just and good; the unfailing love of the Lord fills the earth.” Psalms 33:4-5

the POWER *of a* praying GIRL



SCARLETT & JULIETTE
AND THEIR GRANDMOTHER

STORMIE OMARTIAN

CELEBRATE
EACH OTHER ON
GRANDPARENT'S
DAY
(AND EVERY DAY)
WHILE THEY
LEARN AND GROW
IN JESUS



A PICTURE
OF LOVE
Grandma and her
granddaughters

A Note from **STORMIE**

As we honor grandmas and grandpas in this special issue, I know that you don't have to wait for Grandparent's Day to tell yours how much you love and appreciate them. They will be so happy to hear it. I am sure of that. I know that when I hear my granddaughters say "I love you" to me, it is the best thing ever. It always makes me smile really big!

I wrote a book for girls like you called **THE POWER OF A PRAYING GIRL**. I wanted to help you understand how important you are to God and how much He wants you to communicate with Him every day. It is a book that will help you know how to pray. God loves you so much and you are so special to Him. Girls like you are smart and funny and interested in so many things, and you have dreams and ideas and enthusiasm, and courage, and a big heart. God loves that about you. And so do I.

Two of my favorite people in the world are the girls on the cover of this fantastic magazine. They are my granddaughters, Scarlett and Juliette. I love being their grandma more than anything. Nothing makes me happier. I love playing games with them and watching them sing and dance. I love reading books with them and watching them create their artwork. They are so much fun to be with. Being a grandma is one of the best gifts I have ever had in my life.

Stormie Omartian is an award-winning and bestselling author and speaker whose books have sold more than 41 million copies worldwide. Your mom may have read **The Power of a Praying Wife**, and now, girls like you can read her newest book, **The Power of a Praying Girl!**



meet

SCARLETT



SCARLETT GRACE, 8

About my name: My parents loved the name Scarlett and later decided my middle name should be Grace. They told me that when you say my full name, *Scarlett Grace*, it represents the story of our Savior's redemption.

In three words, I think I am CREATIVE, HELPFUL, LOVING.

I have a dog named Peppers who is so cute, cuddly, and energetic! He is a mini Australian Shepherd mix, and I love helping my mom take him on walks.

My favorite hobbies are singing, writing songs, writing stories, doing musical theater, building with Legos, doing gymnastics, ice skating, volleyball and swimming.

When I grow up I want to be a singer who sings about Yeshua (Jesus) and brings His love to people.

I've been learning about God's Hebrew names and holidays, and it's something I hope other girls will learn about too. It's been special to me to learn about them and to begin to celebrate these seven biblical holidays with my family.

There are four in the Spring (Passover, Feast of Unleavened Bread, Firstfruits and Pentecost) and three in the fall (the Feast of Trumpets, Day of Atonement and the Feast of Tabernacles). My favorite is Passover.

It makes me laugh when my sister Juliette makes forts for Peppers because she puts a mountain of blankets and pillows on him, and he loves it! I also love playing tricks on my dad!

MY GRANDMA STORMIE!

Grandma Stormie had a very hard childhood and was very poor. Her mom was mean to her and would lock her in a closet. She grew up and wanted to get away from that hard life and learned singing, acting and dancing. She became famous in those things, but she still felt empty. Her friend saw that she was sad and told her to talk to her pastor. Grandma Stormie had lunch with him, and he told her to read the book of John in the Bible. When she read that, her heart opened to the truth of the gospel. She received salvation and became a new person. Since then, she has wanted everyone to know about the power of prayer and has written over 50 books about it!

I am thankful that Grandma Stormie has shared her life story with me. I think it's amazing that she has been through so many hard things, but that God has turned them around for good in her life.

I have realized that I love singing, acting, and writing books and I hope her talent is passed to me!

I was very sad when I heard that my baby sister Joy died—she was 29 weeks in my mom's tummy. I really wish we could have had her, but I am thankful to know we will have her forever in Heaven. I want girls to know that if this has happened to them and they have lost their sibling, I'm so sorry and I know how it feels.

You might not guess that my family and I lived in Iceland when I was younger.

One of my favorite memories was when I went to the Destin, Florida beach for my 8th birthday with my family and Grandma and Grandpa Omartian. It was really fun getting to spend time with them and look for seashells!

My unusual talent is that I can write songs with great rhymes in an instant, but the problem is, I also forget them in an instant after I've sung them!

My happy place is anywhere that I can be creative and make something new.

On my bucket list: I would love to go scuba diving in the deep ocean, learn how to ride a horse, go to Hawaii, act in a movie, and record my own music.

God has been showing me that joy does not come from our own heart, but from Him. If you obey Him, He will bless you!

One of the coolest things I've done was this summer—I got to be in a musical for the first time and it was such a fun experience! I can't wait to do something like that again.

SCARLETT'S favorites!

- **Color:** Red
- **Song:** "Für Elise" by Beethoven
- **Singer/Band:** Steffany Gretzinger
- **Book:** Nancy Drew (I am enjoying the first book so far!) and The Rhyme and Reason Series
- **Food:** Grandma Stormie's chicken soup
- **Thing To Wear:** My cheetah print dress with gold sparkles
- **Vacation:** My grandparent's house
- **Class in School:** Art
- **Bible Verse:** Psalm 119:133

"Direct my footsteps according to Your word; let no sin rule over me."



This is me with Grandma Stormie at a restaurant on vacation, and I'm wearing my favorite cheetah dress!



I found a beautiful shell at the Destin beach on my birthday!



I was a Who from Whoville in a recent production of the musical Seussical Jr!



This is my chick, Gertie!

JULIETTE ELIZABETH, 6.5

About my name: My parents like to call me "Jewels" as a nickname and say that I am like a jewel in my Heavenly King's crown. They said "Juliette" has been the name of many leading ladies in history, and Elizabeth means God's promises.

In three words I think I am FUNNY, SMART, CARING.

Peppers is our dog and he is brown and black with a little bit of gray spots. He is 10 years old. I love when he cuddles up in my bed with me. I also have fun building him forts with blankets and stuffed animals all around him! I love my dog!

My favorite hobbies?

I love fishing with my dad, going to the pet store to pet the kitties with my mom, making forts with my sister and going to farm school to learn about how to take care of farm animals. I also like dancing, singing, acting, gymnastics, soccer, swimming, and spending time with my family.

meet

When I grow up I want to make a pet shelter to rescue animals who need help. I also would love to live on a farm so I can have lots of animals and have so much fun taking care of them.

I would like all girls like me to know that God sent His Son to save them and they can receive His salvation!

I laugh when my sister Scarlett makes funny jokes, when I get tickled, and when I dress up Peppers in silly clothes.

It makes me sad when I hear that someone dies or is sick or in pain. I always pray for them right away when I hear that there's something wrong.

You'd never guess that I'm really good at blowing the shofar trumpet!

One of my favorite memories is when we incubated chicks and they hatched, and I got to take care of two of them. I named mine Fuzzy and Fuzzy Wuzzy. Fuzzy was always getting into trouble and I had to keep him safe.

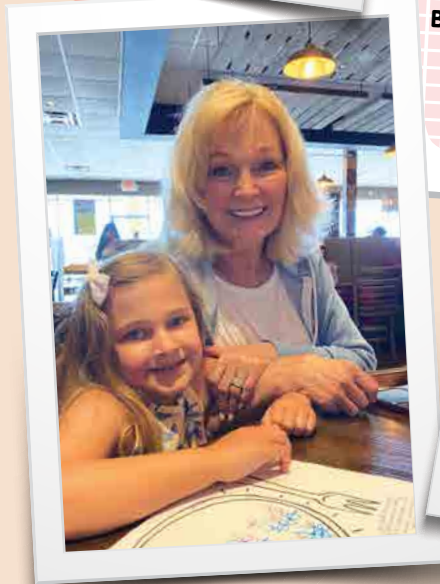
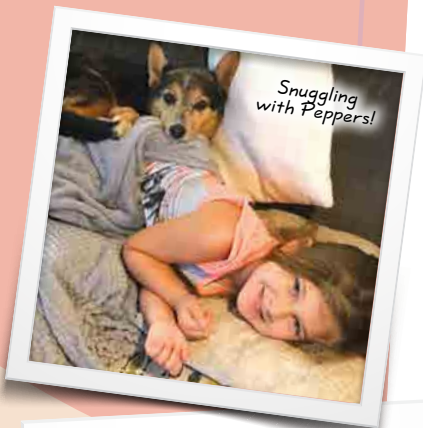
My family says that my talent is that I am like a non-stop show—always full of entertainment!

My happy place is snuggled up with my family on the couch.

On my bucket list: Go to a Cat Café in Austria, volunteer at an animal shelter, dance on a stage, go to a beach and learn to surf and swim with dolphins.

God has been teaching me how to hear His voice and know what He is saying to me.

One of the coolest things I've ever seen was when I caught a blue-tailed skink lizard, and it was very tiny and colorful! I held it as long as I could before I had to let it go.



Playing tic-tac-toe with Grandma at breakfast.

JULIETTE'S favorites!

Color: Yellow, gold and purple

Song: "Blackout" by Steffany Gretzinger

Singer/Band: My dad is a music producer and I love all of the music he makes!

Book: *Princess Grace and the Little Lost Kitten* (from the Princess Parables Series)

Food: Mac-n-cheese, tomatoes, candy-corn pumpkins

Thing To Wear: Dresses that my grandparents gave me

Vacation: Destin, Florida

Class in School: Handwriting

Bible Verse: Psalm 16:11

"You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore."



I love to blow the shofar trumpet!

MY GRANDMA STORMIE

Grandma Stormie's house is soooo fun to visit. I love that my grandma writes great books, and my grandpa makes such good music. Grandma always makes me feel good about myself and I am thankful for her love. I know my Grandma Stormie loves to pray for people, and I also think it's important to pray for others. She has passed her love for praying down to me!

Juliette

This is

Our mom is named **PAIGE**, and she homeschools us. Our dad is named **CHRIS**, and he teaches us math and produces music. We also have a furry brother—our dog named **PEPPERS**! Our family is loving and fun and we enjoy being together.



US



Hot chocolate tea parties at **GRANDMA'S HOUSE** are the best!



We love when our **GRANDMOM** comes to visit! We had fun taking her to our favorite zoo, making some crafts, and decorating a cake with her!



Our family celebrating Dad's birthday.



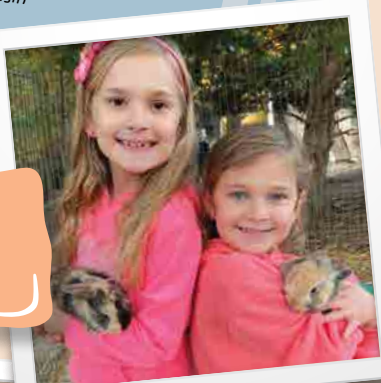
We had so much **fun on vacation** at a lake house with our Grandma and Sadie even came too! We loved playing cards and board games with them, going fishing, and exploring a discovery museum too.



Juliette washing Scarlett's feet during our **PASSOVER CELEBRATION** at home



We love **going to the beach** with our Grandma and Grandpa Omartian!



Both of us at farm school holding the **BABY BUNNIES!**



We love **OUR DOG!**

HOW TO Make YOUR

Grandparents Day!



GRANDPARENT'S DAY IS SEPTEMBER 11TH THIS YEAR—

♡♡♡ let's share the love! ♡♡♡

Grandparents are crazy about one thing—their grandkids! Anytime you can send a little love their way, it is so appreciated. Just imagine if you did one or two small things this month for each of your grandparents. There are so many “gifts” that don’t require money or much time. Here are a few ideas to try any day of the year.

- 1. WRITE** Spend a few minutes writing your grandparent a note with all the ways you are grateful for them.
- 2. TEXT** Send a quick text checking in on them and include a recent photo, favorite joke or meme.
- 3. CALL** Surprise them with a call or FaceTime. They will love hearing your voice and hearing what is fun in your life. Don’t forget to ask questions about their life. Or, ask them for advice on any subject. Grandparents are full of experience and insight.
- 4. CREATE** Get those creative juices flowing—send a poem, painting or drawing. You could mail it to them or even take it over as a surprise. These gifts are priceless to grandparents.
- 5. PRAY** Spend some time in prayer thanking God for their lives. You can ask them, “How can I pray for you this week?”
- 6. INTERVIEW** Set up a time to interview them just for fun and record it! Ask about what they loved at your age, a favorite childhood memory or how life has changed over their years.
- 7. TREAT** Take them out for ice cream or dinner—just the two of you!
- 8. INVITE** Look through your upcoming sports or school calendar and invite them to join you at an event.
- 9. PHOTOGRAPH** Take a photo with each grandparent and then mail it to them.
- 10. LOVE** The best gift ever is a hug and quality time. Next time they are around, linger a little longer and make sure they feel the gift of time together with you!

—Courtney DeFeo

MEET THE GRANDPARENTS

FOR GIRLS LIKE YOU
READERS ARE HONORING
THE GRAND PEOPLE IN
THEIR LIVES BY SHARING
THEIR STORIES WITH US!

Flora, 9

The trait that I'd like from my **NANA** is to just be really giving, and kind, and talkative and to have a big heart.



Sofia, 9



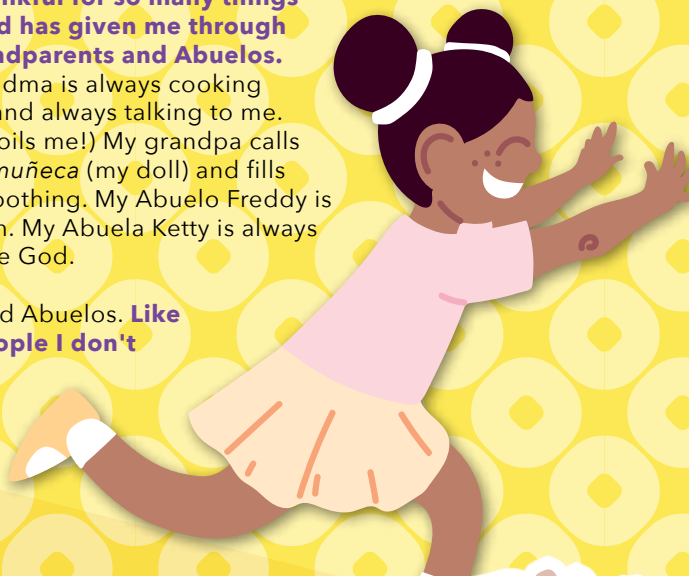
My grandparents from my mom's side are very unique. I call them Grandma and Grandpa. One fascinating fact about them is that **GRANDMA is from Paraguay (in South America) and GRANDPA is from the Dominican Republic (in the Caribbean).** They just moved to a brand-new house! My grandparents from my dad's side are unique too! **I call them Abuelo and Abuela.** They are both from the Dominican Republic and Abuelo speaks more English than Abuela. They have lived in the United States for 28 years.

I am thankful for so many things that God has given me through my grandparents and Abuelos.

My grandma is always cooking for me and always talking to me. (She spoils me!) My grandpa calls me *mi muñeca* (my doll) and fills

the house with music that is soothing. My Abuelo Freddy is the pastor of our church and is teaching me better Spanish. My Abuela Ketty is always giving me presents and gifts that I don't really deserve, like God.

There is so much I hope to learn from my grandparents and Abuelos. **Like Grandpa, I hope to always be kind and generous to people I don't know. Like Grandma, I hope to always keep my family together because I love my family. Like Abuelo, I hope to talk and sing in front of people for God. Like Abuela, I hope to give gifts to people even when they don't deserve it.**





Zoe, 6

My **KOKO** is a great cook, and my **GIGI** buys me toys. Gigi tells me stories, and Koko teaches me about healthy foods. I know that when I grow up, I'm going to drive like grandmothers!



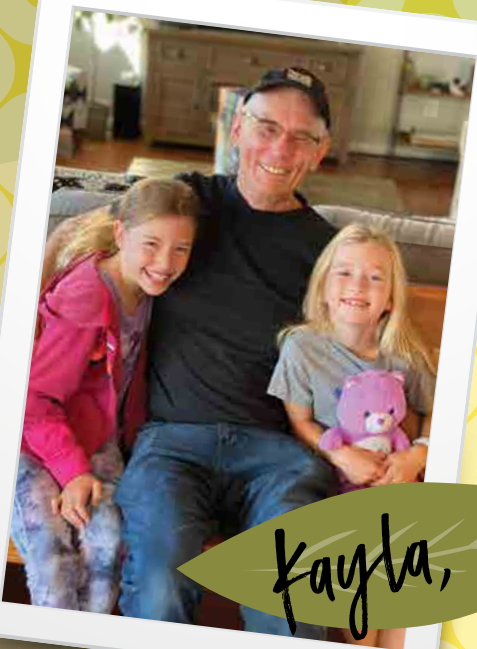
Zuri, 11

A **FASCINATING FACT ABOUT MY GRANDMOTHERS** is that my Koko is from the Democratic Republic of Congo, and my Gigi is from New Orleans, Louisiana. **I am thankful to have learned from my grandmothers that love, hope and cooking are important.** A trait that Koko passed down to me is that I speak two languages, French and English. And a trait that Gigi passed to me is that I enjoy shopping for clothes.



Zurah, 8

My **KOKO** was a refugee, and my **GIGI** works very hard. I'm thankful to have learned from my Gigi and Koko that you should always be kind. I hope that the trait that my grandmothers pass to me is to love my future grandchildren.



Kayla, 10

A fascinating fact about my **GRANDPA** is that he is a great scuba diver and lives in another country. I am thankful that I learned from him to never let what others tell you stop you from doing what you love. **A trait Grandpa passed down to me is to strive to do my best.** I love my grandpa.



Kaia, 13

A **FASCINATING FACT ABOUT MY GRANDFATHER** is that he is an amazing gospel singer with a rich baritone voice, and a self-taught barber since he was a kid. He also served in the US Army. The traits that I believe my grandfather passed down to me are bravery, an upbeat personality and comedic sensibility!



Alora, 11



I love all my grandparents. I know that **PAPA** is why I am so funny. And I love that **ALMA** and **GRANGRAN** give me gifts and take care of me. And I'm thankful that **GRAMPS** gave me a turtle. My grandparents are the best.



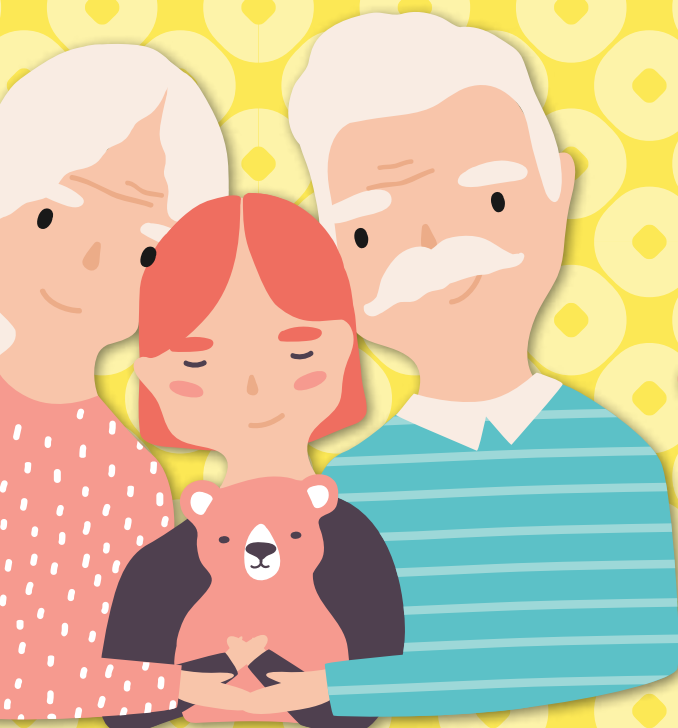
Jessa, 11

This is my **GAGA AND PAPA!** I'm thankful for living so close to them. I'm thankful for Papa's dog Blue. I'm also thankful that they are kind to me. I am grateful for them. One trait I have from my Papa is my height. I'm super thankful for my grandparents!



Hannah, 10

MY GRANDPARENTS ARE ALL VERY SPECIAL to me! My grandparents like to bake and cook; my grandmothers also like shopping a lot. I'm thankful that I learned how to bake because I love sweets and when I want something sweet, I can just bake something. They've passed down to me a love for baking and a **love of sweets!**





Gracie, 11

An interesting thing about my grandma, **MIMI**, is that she was born in Germany because her dad was a dentist in the U.S. Army. **From Mimi, I have learned to be kind to others and treat them the way I would want to be treated.** I hope that I care about people the way Mimi cares about people.



Brooklyn, 11

Something that is awesome about my grandpa, **PAPA T**, is that he was in the Navy and wanted to be in Top Gun. He found out he couldn't hear well in one ear, so he couldn't do it, but he still served. A cool fact about my grandma, **GG**, is that she was a baton twirler at the University of Miami and performed in lots of football games! Something I have learned from my grandparents is: **When things are hard, keep pushing through.** I think I have a sense of humor just like Papa T, and I'm like GG because we both like dance and sewing.





Keller, 10

Kaylie, 13

Lily, 7

One interesting fact about my **DEEDEE** is that she is an identical twin and is 10 minutes younger than her sister. She and her twin are the oldest of five girls! DeeDee and her sisters are very close, and she has taught me the **value of family**. She reminds me how important it is to stay connected to the ones you love. One trait I've gotten from DeeDee is my love for reading, especially historical fiction!

An interesting story about my DeeDee is that she and her twin used to switch places in school every April Fool's Day, but one year they got caught and had to go to the principal's office. They were told they were going to be suspended and walked out of his office in tears until the office staff called after them, "April Fools!" They love to tell this story at family gatherings! **DEEDEE has taught me to be kind, generous, and most of all forgiving.** I hope to be compassionate, thoughtful, and beautiful inside and out just like my DeeDee.

My **DEEDEE** was an elementary school teacher for 34 years. One thing I've learned from DeeDee is **how to play pickleball!** And a trait I've gotten from DeeDee is my bright blue eyes!



GET to KNOW *your* GRANDPARENTS

by Linsey Driskill

Do you know your GRANDPARENT'S story...

What their first job was? Their story of faith? What their favorite food or toy was as a child or their favorite thing to do?

Here's a fun activity that will help you get to know your grandparent better! Not only will they feel loved because you want to know them more, but you will benefit from knowing a piece of the puzzle of their legacy and of your own family—and that is a gift!

BALLOON MANIA!

MATERIALS:

5 balloons, 5 small slips of paper, a pen or pencil

1. Write down five questions you have for your grandparent on slips of paper—one on each slip. Think of anything you would love to know about your grandparent! Then write down a verse you love on the other side of each slip of paper.

QUESTION IDEAS! When you were a kid, where did you live? What did you think when you first met me? What was your greatest adventure? What makes you sad? What makes you laugh? What is something you'd like to still do? What did you get in trouble for when you were little? What is one thing you wish everybody knew?

2. Roll up one slip and squeeze it into a balloon. You might want a parent to help you! Do this with each slip of paper.
3. Blow up the balloons. If you'd like to have some extra fun, you can play "volleyball" with your grandparent with a balloon before popping it. Or time yourselves and see how long you can keep all the balloons up in the air at the same time without one dropping!
4. Afterward, you can pop one balloon at a time, read the verse together and then ask the question to your grandparent. You can pop all the balloons at one time, throughout the day (maybe at meals), or one a day—whatever works for you!

* Activity adapted from *Beautiful Hearted Women of the Bible: A Creative Mother-Daughter Devotional* by Linsey Driskill. Courtesy of Focus on the Family Publishing.

Did you know that there are many GRANDPARENTS and GRANDKIDS mentioned throughout the Bible?

For example, David was Obed's grandson and Ruth was David's great-grandmother!

Lois was a woman of faith whose grandson was Timothy.

Timothy was pastor of the church in Ephesus—Paul called him his "son in the faith" and wrote letters to him that became books of the New Testament! One of my favorite things about Lois is that she took time to teach her grandson about the Lord, just like his mother Eunice did, **one moment at a time**. And he later became a great leader for Jesus.

You can also grow in the Lord with your grandparent by reading the verses in the balloons together and talking about the questions. Even though you are a young girl, God has great things ahead for you. As you pray to Him, read the Bible, and take time to know God **ONE moment at a time**, you will grow in your faith too and make a great difference for Jesus.

Remember that any "small" thing is a "big" thing to Jesus.

That time you include someone who's been left out is doing something big for Jesus. That time you do what your parents have asked you to do is honoring the Lord. When you share a Bible verse with a friend who is down, that is a big thing you're doing for God. When you share about Jesus with someone or choose to love your sibling well by being kind when it would be easier to be impatient and rude, that is loving the Lord well and doing big things for Him. When you take time to pray and read the Bible because you want to know God more, that is loving God well and loving others!

Notice big and small ways your grandparent loves well too. Are there ways you want to be like them? Have you let them know what you love about them?

Enjoy getting to know your grandparent more and learning more of their story—and remember that YOU are a big part of their story as well. How wonderful that God chose to give you each other!

YOU CAN READ MORE IN LINSEY'S MOTHER-DAUGHTER DEVOTIONAL
Beautiful Hearted Women of the Bible.





TRUE girl

WITH DANAH GRESH

WISDOM WALKS WITH PAPA

"TEACH ME YOUR WAY, O LORD; I WILL WALK IN YOUR TRUTH"

PSALM 86:11

Do you want to know one of my favorite memories from when I was a kid? Walking to the grocery store with my grandfather! Exciting, right? OK, maybe not as adventurous as you were hoping, but for me those walks were everything.

We would take our grocery store trips once a month. And you know what I loved most about those walks? My grandfather—or Papa as we called him—would always deposit some godly wisdom into me. Sometimes, it would be what he spoke, but mostly I'd learn from just watching what he did and how he treated people.

See, walking allowed Papa to take in all the sights and people around him. Instead of getting to his destination quickly, as driving might have, Papa enjoyed taking his time. There was not one person we'd walk by who he wouldn't say hi to. Many times, those "hellos" would turn into opportunities for my grandfather to share the gospel with someone.

In this issue, Danah invites True Girl's **SHANI MCKENZIE** to share memories and lessons from her grandfather.



Shani McKenzie is a lead teacher for True Girl! She loves to share Jesus and make people laugh. She lives in Pennsylvania with her husband and three splendid children.

Proverbs 13:20 tells us to "walk with the wise and become wise...." Papa's wisdom clearly came from his "walk" with Jesus.

PROVERBS 13:20 tells us to "walk with the wise and become wise...." Papa's wisdom clearly came from his "walk" with Jesus.



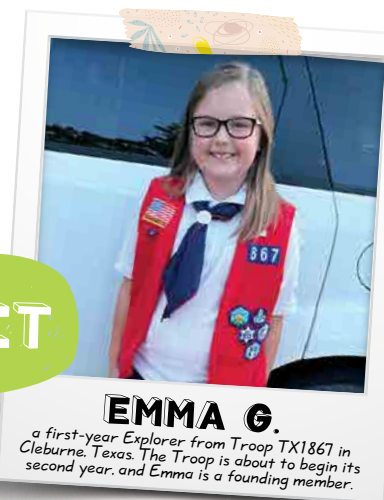
To this day, I say hi to almost everyone I pass by. Those walks with Papa taught me that a simple hello can make someone feel seen—and that life isn't about getting to the destination quickly, but about the stops we make along the way.

Next time you get to hang out with your grandparents, ask them to take a walk with you. I'm sure what you learn will be unforgettable!

faith SERVICE. FUN.

WITH AMERICAN HERITAGE GIRLS

MEET



EMMA G.

a first-year Explorer from Troop TX1867 in Cleburne, Texas. The Troop is about to begin its second year, and Emma is a founding member.



As a Tenderheart, I earned All God's Children, Cake Decorating, Puppetry, and Medical badges. My Nonny is Troop Shepherd so she was with me and our Troop to assist us with our badgework.



ANCESTOR DETECTOR BADGE

This AHG Badge encourages us to learn about our family heritage and connect to those in older generations.

AMERICAN HERITAGE NONNY!

My Nonny is special because she takes care of others. She takes care of my family, the girls in my American Heritage Girls Troop, and she took good care of my grandfather.

A few years ago, my dad was having a hard time finding a teaching job. Nonny offered to move in with us to help with the bills. I was so happy that I got to see her every day! My parents were happy to have some help with money, and with me and my two brothers. She lived with us for a year and a half until my dad got a new job. When she moved out, I was a little bit sad, but I knew I would still be able to see her often. I get to see Nonny every Sunday at church. When I see her at church, I always run up and hug her. Sometimes I get to stay the night at her house, or I just get to spend time with her. She even takes care of me when I am sick if my mom or dad must go to work. I love that I get to see her a couple of times a week.

Not only does my Nonny take care of my family when we need it, she also took very good care of my grandfather, G-Dad. G-Dad was very sick for a long time. Nonny took him to his doctor appointments, she changed his bandages, and she loved him very much. Nonny is a good role model because she took such good care of G-Dad, even when it was hard. She trusted in God and never gave up. G-Dad passed away when I was almost 3 years old. I know G-Dad is in Heaven and God is taking good care of him now!

Nonny also takes care of my friends at American Heritage Girls. Nonny is the Troop Shepherd. She prays for everyone at the meetings and even when we aren't at the meetings. My favorite thing that Nonny does at our meetings is when she reads the Bible to us because I learn more about God. She also reads devotions to us which helps us grow closer to God. I love seeing her at AHG because I am the only girl in my Troop who has her grandmother at all our activities.

Emma's Favorite
BIBLE VERSE:
Philippians 1:6
"I am sure of this, that
he who began a good
work in you will bring
it to completion at
the day of Jesus
Christ."

PHOTO HANGER

DISPLAY YOUR FAVORITE MEMORIES AND TREASURES

Make your own photo hanger to hold your favorite memories, pictures, drawings, and verses. Make a special one for your grandmother with her favorite things—that includes you!—for a great Grandparent's Day gift.



SUPPLIES: Dowel rod (or a unique branch from your yard!), yarn, wooden beads, acrylic paint, mini clips, scissors, your favorite photos, and anything you'd like to display on your hanger.



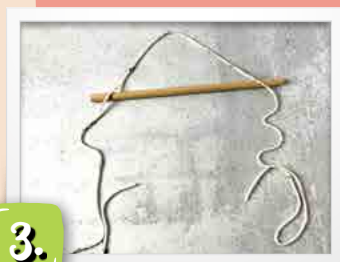
1.

Paint your wooden beads and set aside to dry.



2.

Cut a piece of yarn about double the length of your arm. Then fold your piece of yarn in half and lay the yarn over the dowel rod, leaving several inches of the folded side at the top.



3.

Take the center of the folded yarn, move the yarn on the right to the right end of the dowel rod, leaving at least one inch from the end and do the same for the left side.



4.

Tie the yarn in a double knot on each side of the dowel rod.



5.

Make sure you have enough yarn at the top to hang from the center.



6.

Tie a few more strings of yarn onto the dowel rod.



7.

Secure the beads onto the strings with a double knot. (Hint: Use a toothpick to poke the yarn through the hole.)



8.

The finished hanger



9.

Use mini clips to attach your favorite small photo memories, magazine clippings, your own art, and anything else special that will fit.

WITH A PARENT'S HELP, HANG YOUR MEMORY HANGER IN A SPECIAL SPOT TO ENJOY!



Our Grandma Linda—we think we have her eyes and her smile!

STEMgirls

SCIENCE FUN WITH THE DENTON DUO

Sisters Lydia and Bethany



BERRY INTERESTING!
You can try our DNA-extracting experiment tool

DISCOVERING DNA

IT'S WHAT MAKES YOU WONDERFULLY YOU!

Can you imagine using just four types of LEGO blocks to build everything in the world? God not only imagined it—it is what He did! Every living thing on Earth is made up of DNA.

DNA (deoxyribonucleic acid) is made up of four bases: adenine, cytosine, guanine and thymine. God was able to combine these four bases into millions of combinations to come up with the recipe for every living thing!

Your DNA is like the recipe book for you! You have a complete set of DNA in every single one of your cells! You have a special recipe (called a gene) for your eye color, hair color and even whether you can roll your tongue! You get your DNA from your biological parents. Half of your DNA comes from each of your biological parents. This is why siblings often look similar and people might say things like “You have your mother’s eyes.”

DNA is so tiny it is hard to see unless you have a very powerful microscope. In science class we learned that ALL living things have DNA—including fruit like strawberries!

Here’s our experiment for getting DNA out of a strawberry. When it clumps together, there is enough DNA that you can see it and touch it!



Put two **strawberries** into a **Ziploc bag**. Add one tablespoon of **blue dish soap** and one teaspoon of **salt**. Seal the bag start squishing the strawberries with your hands for about three minutes.



WHY? DNA is protected inside our cells. We need to squish the strawberries to help get the cells to break apart. The dish soap helps dissolve the protective layer of the cell membrane.



Open the bag and add $\frac{1}{4}$ cup water. Shake it up a little to help get everything off the sides of the bag. Place a **paper towel** over a **glass or clear cup** and pour the strawberry mixture through. Let the contents drip through the paper towel into the cup. It should look pink. Be patient!

WHY? We want to filter out all the cell walls and strawberry bits and just keep the DNA. DNA is so tiny it can slip right through the holes in the paper towel.



Holding the cup at an angle, very slowly pour $\frac{1}{2}$ cup of **cold rubbing alcohol** down the side into the strawberry mixture. You want to pour it slowly enough that a layer of the clear alcohol forms on top of the pink layer underneath. If you pour too quickly you won’t see this layer form!

WHY? DNA is soluble in water (this means that it can dissolve in water) but not in alcohol. DNA will clump in the alcohol.



Set your cup down. You should see a wispy white layer starting to form between the bottom pink layer and the clear alcohol on top. After a minute it will start to look like a small ball of cotton. This is the strawberry’s DNA! Using a **toothpick**, you can now fish out the DNA. It will be rather “stringy” since DNA molecules form long chains.

Why look at DNA?

It is really cool to be able to see something so tiny without using a microscope. Scientists use DNA to learn about people. You can send your DNA (usually as a saliva sample) to companies to find out about your family origins. Doctors can also do DNA tests to see if you might be likely to get a disease and begin treating you before you become sick! Since DNA is unique to each person, police can use it as evidence to help them catch criminals.

**BEFORE YOU
GO**

A
grandparent is
a little bit parent,
a little bit teacher,
and a little bit
best friend.

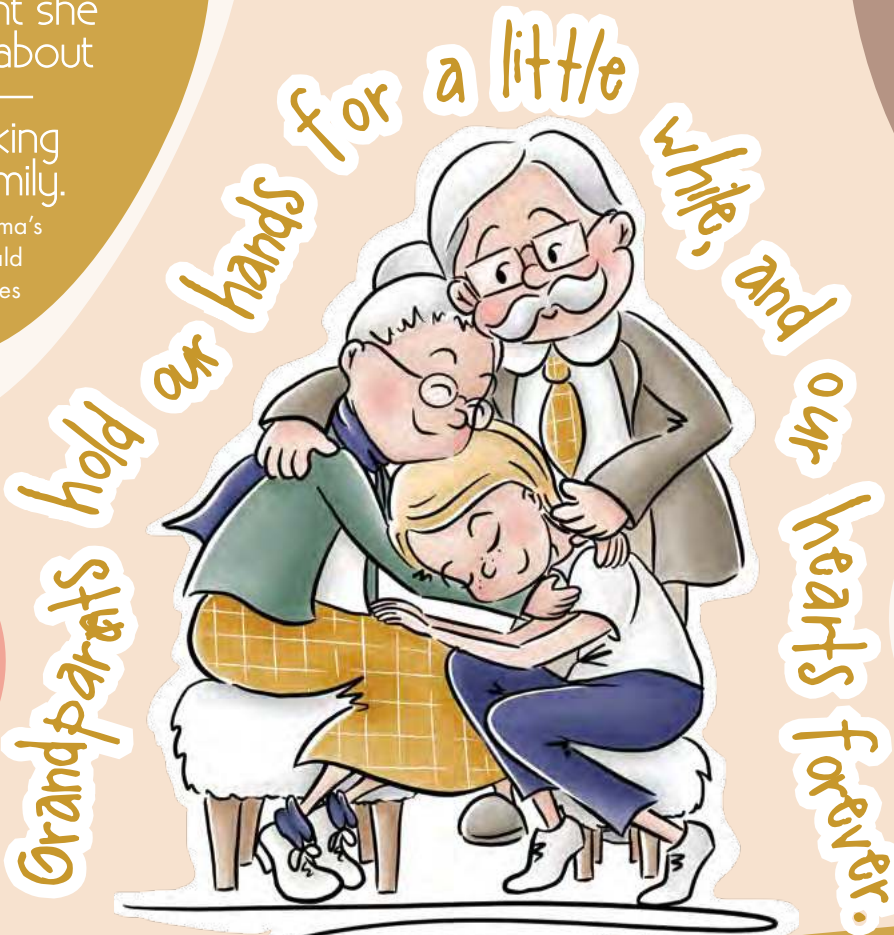
While you are in grandma's
kitchen measuring flour and
sugar, she is actually teaching
you about love, life
and family.

She'd
say, "I
love to watch
the seeds I've
planted—
Grow up into what
they oughta be,"
Oh, I thought she
was talking about
tomatoes—
She was talking
about her family.

*Lyric from "Grandma's
Garden" by Donald
Ewing/Donny Kees

REMEMBER
THE DAYS OF OLD;
CONSIDER THE GENERATIONS
LONG PAST. ASK YOUR FATHER AND
HE WILL TELL YOU, YOUR ELDERS,
AND THEY WILL EXPLAIN TO YOU.
DEUTERONOMY 32:7

For the Lord is
good. His
**unfailing
LOVE**
continues
forever, and
His faithfulness
continues to each
generation.
PSALM 100:5



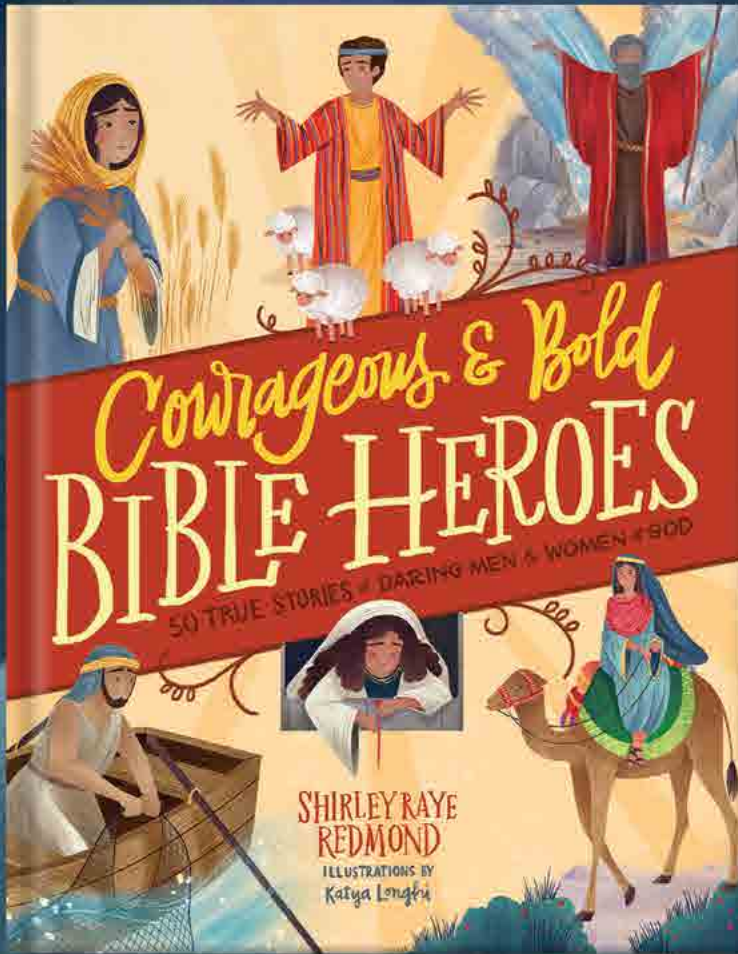
GRANDPARENTS
ARE THE
BEST KIND OF
GROWNUPS!

Children's
children are
a crown to
the aged.

Proverbs 17:6

From everlasting to everlasting, the Lord's love is with those who fear
Him and His righteousness with their children's children. PSALM 103:17

BE *Courageous.* BE *Bold.* BE BRAVE.



Discover these incredible true stories of men and women from the Bible who exhibited courage, overcame their own weakness, and rose above seemingly impossible challenges to achieve amazing things.



Available wherever books are sold.

Meet more of God's real-life heroes at CourageousBoldHeroes.com

STORIES FROM THE STORYTELLER™

**GREAT
FOR
GRAND-
PARENTS!**



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