

FOR GIRLS LIKE YOU

JANUARY/FEBRUARY 2023

LILEINA & LUCY

Speak from the Heart
(They're voiceover artists!)



Bee Mine,
VALENTINE!

WHAT'S
YOUR
LOVE
LANGUAGE?



HEART TO HEART

Our Readers Share Their LOVE-ly Thoughts

OUR VALENTINE ISSUE





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FOR **GIRLS Like YOU**

Volume 13 Issue 1
A publication of For Girls Like You Ministries

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Annual subscription rates:
United States \$34.95/one year;
\$59.95/two years; Canada and
International (U.S. funds) \$34.95 +
shipping and handling.

*For Girls Like You is
published bimonthly.*
ISSN 2163-2308

hello **FRIEND**



HEART AND SEEK

**YOU WILL SEEK ME AND FIND ME WHEN YOU SEEK
ME WITH ALL YOUR HEART.**

Jeremiah 29:13

Some people collect (through photos or for real) the heart-shaped things they find in their lives—like a pebble, or a leaf, or the shape a puddle makes on the sidewalk, or a cloud, or even a freckle on your arm! There are a million ways and places to find hearts. What a wonderful idea to always be on the lookout for them.

Matthew 5:8 says that the pure in heart will see God. I think that means when our hearts are set on Him, we will see *Him* everywhere and in everything! Just like all the heart shapes you're going to be noticing now that you know to look for them, you can also look for God's fingerprint on everything and everyone around you! The pure in heart do see God!



In this issue, we're all about *hearts* as we celebrate Valentine's Day and **National Heart Month**. What better time to focus on our physical hearts and keeping them healthy, our emotional hearts and sharing our messages of love with others, and our spiritual hearts and seeking God in all that we do.

The Bible called David "a man after God's own heart." David spent his days following Him—and even when he failed (and he had some big fails!) he never stopped believing and seeking out God's heart in his life. Love **NEVER** fails! (1 Corinthians 13:8)

We hope you see hearts everywhere you look this year. And that those hearts remind you of the One who made and keeps yours!

We you!
YOUR FRIENDS at
FOR GIRLS LIKE YOU

THE valentine issue

FOR GIRLS LIKE YOU

January/February 2023

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Speak from the Heart

Meet Lileina and Lucy, two sisters who love Jesus, their family, and serving others. And they also have very exciting work—they are voiceover and on-camera actors! Get to know how they keep their hearts focused on sharing God's message of love.

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Language OF LOVE

Have you heard of the five love languages? Terra Mattson shows us how knowing them can help us know ourselves and those we love better! Terra also introduces us to her new column, **COURAGEOUS GIRLS!**

YOU'LL BE IN MY HEART

Our readers tell us what makes them feel loved, and how they show their love to others. What a perfect way to honor those we love this Valentine's Day!

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SPrinkles

SPRINKLE JOY. SPRINKLE FUN. SPRINKLE BEAUTY.

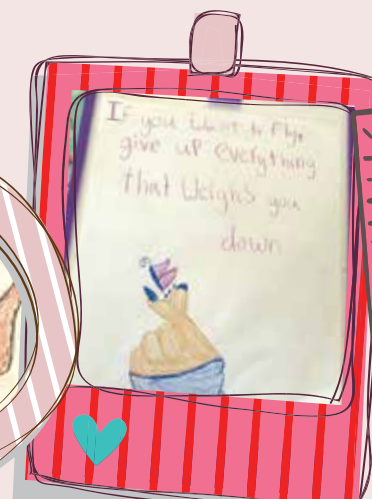
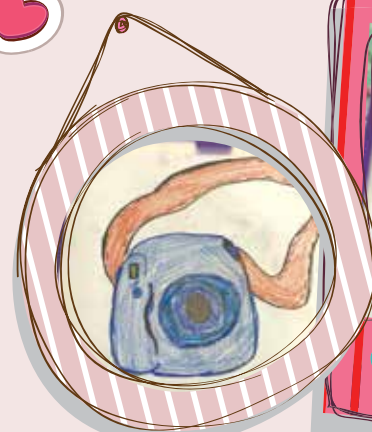
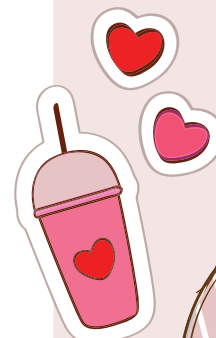
LOVE



PRETTY PAPER

I am sharing with you something I really enjoy. It's origami! I love making beautiful things out of just paper. Folding is really satisfying and looking at the finished origami product is even better! These pictures show some of my favorite origami folds.

—Evie, 10



DRAWN TO YOU

Here's a joke for you! What do you call a dentist's favorite camera? A molaroid! I love your magazine and all things creative like art, baking, even sewing. I would love it if you would share my drawings!

—Makayla, 13



A CRAFTY IDEA!

Happy Valentine's Day! This is my dog Max. I like to create Valentine's Day crafts! I made this Valentine's Day necklace! I got some pink paper then traced hearts onto it, cut them out, folded them in half, used a paper cutter to cut two circles in them, then I threaded pink string through the holes and taped the string onto the hearts. I feel loved when I get hugs! And I show love when I write encouraging notes and leave them all over the house!

—Jessa, 11



SNUG AS A BUG!

I would like to share my invention with you! It's called "Ro-Tuck." This would mostly be used by old people, but anyone can use it. Sometimes I have trouble tucking myself in bed. Here's how it works: You press a button by your pillow or a bedside table and a claw tucks you in!

—Kara, 8



ABSOLUTELY AMAZING!

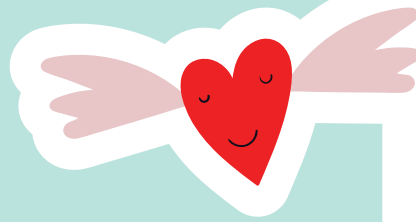
I love **For Girls Like You** magazine! The first one I got was a year ago. I always enjoy them and can't wait to receive the next issue! My favorite one so far was the Inventors Issue. I love anything having to do with robotics and hope one day I can have a job that has something to do with robotics. This is a painting that my sister and I painted of us watching the northern lights together. God has made nature soooooo beautiful! So, I say go outside and enjoy nature! Go in your backyard and explore it! You probably don't have something that's absolutely amazing in your backyard like a volcano or a perfect spot to see the northern lights, but you might be surprised at something outside that you don't know about!

—Madelyn, 10

THINGS I HEART

This is my painting! I call it: "Abstract Art." I LOVE: art, ballet, music (violin and piano)!

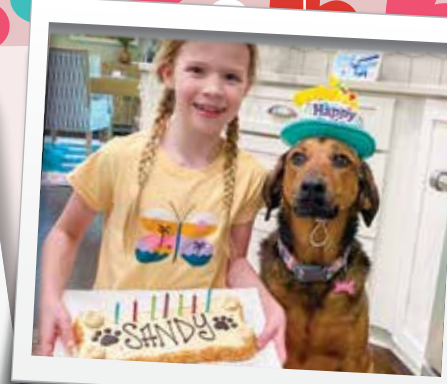
—Makayla, 8



MEET



MAYA M.
I'm 10 years old. Double Digits!



Our dog Sandy is a hound-dog mix, and is an expert at stealing food off our kitchen counter!



I love filming YouTube videos with my sister!

A GIRL LIKE YOU
MAYA M.

A GIRL LIKE YOU

Do you know how your name was chosen? My dad first suggested the name Maya because he thought it was pretty, and my mom agreed! My middle name is Grace, and I love it because it is something that God gives us every day.

Tell us about your family. My mom is Lucy, and my dad is Jason. I have a 12-year-old sister named Addy and a 6-year-old brother named Colin. We are a family of YouTubers, so we get to spend a lot of time together making videos for our channels, **Tic Tac Toy** and **Tic Tac Toy Family**. We are also a foster family so I currently have a 12-year-old bonus sister!

Describe yourself in three words: Smart. Loving. Funny.

What are your favorite hobbies? I enjoy singing and dancing. I also like to take art classes, paint and bake.

What do you want to do or be when you grow up? I'd love to be a singer or an actor.

What is something you want all girls to know about God? You were chosen by God, and He has a purpose for you.

What makes you laugh? My little brother always makes me laugh. He says the funniest things and makes the best silly faces.

What makes you sad? When we have foster kids in our house that have to leave, I'm always sad to say goodbye to them.

What is one of your favorite memories? My family and I spent a Christmas in Colorado, and I loved being in a warm, cozy cabin while it was cold and snowy outside.

What are some things on your bucket list? I want to go to Paris.

What has God been showing or teaching you lately? We all make mistakes, and God loves us even when we do.

What is one of the coolest things you have ever seen? Or done? I got to act in a movie called *Camp Hideout*. It was challenging to memorize lines and act in front of a huge crew of people, but I had the most amazing time with the other kids on set. I can't wait for the movie to come out!

FIVE FUN FACTS ABOUT ME!

1. Corgis are my favorite type of dog.
2. I like to climb the tree in my front yard.
3. For school, I go to a tutorial two days a week and am homeschooled the other three days.
4. My favorite holiday is Christmas.
5. I helped design a toy line that was sold in stores.

I feel loved when my mom rubs my back at bedtime. When my friends aren't looking, I like to leave sweet letters in their backpacks for them to find. I hope the letters put smiles on their faces.

MY FAVORITES

Color: Blue	Thing to Wear: Crocs
Song: "My Jesus"	Vacation: Dollywood
Book: <i>Keeper of the Lost Cities</i>	Class in School: Art
Food: Red beans and rice	Bible Verse: Proverbs 16:24

"GRACIOUS WORDS ARE LIKE HONEYCOMB.
SWEETNESS TO THE SOUL AND HEALTH TO THE BODY."

GOD'S girl

DEVOTIONALS & MORE TO GROW YOUR FAITH

WYNTER'S WORDS



I AM LIVING WITH A HEART FOR OTHERS

Serve one another humbly in love. Galatians 5:13

My mother is one of the most selfless and generous people I know. If you ever meet her, you probably shouldn't compliment her on her shirt because it would most likely show up in your mailbox soon after your visit. She really is just that giving!

When I was a little girl, this always seemed odd to me because I didn't think we had a lot to offer. We didn't have much money, but my mother never hesitated to buy a meal for a friend or a stranger. On rainy days, she would pull the car over to offer women and children a ride to where they were going—even if it was in a different direction from ours! My brother, grandmother and I would squeeze in tight as my mother would hop out of the driver's seat to help load strollers, bags of groceries, and dripping-wet toddlers into our small vehicle.

At first, I didn't understand my mother's actions, but I gradually began to see how she could live her life with a heart for others. She was so grateful for God's grace in her own life that she was eager to share that grace with others. My mother wanted people to know Jesus, and she hoped they would see Him through her own actions.

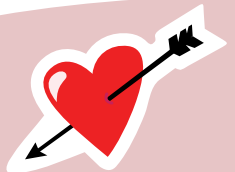
She gave to others out of gratitude, sometimes giving the last of what she had.

Her giving was a way to say thank you to the Lord for what He had done for her. As I watched her give, I also watched God provide for us supernaturally. We never went without, and God always blessed my mom's giving heart.

Of course, you can't give people rides or buy them meals right now, but you can do plenty of other things to show them you care. One of the best places to begin is in your home. Offer to help your parents with chores around the house. Play with your little brother or sister. Take extra good care of your pets. And then take that helpful heart out into the world—to school, to church, and to your neighborhood. **You can live for others the same way God lives for you!**

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

DEAR God.



Sometimes I can get so wrapped up in my own needs that I don't see other people's needs. One of the best things I can do, though, is to focus on others and not on myself. This is how Jesus lived, and this is how I want to live. Please show me ways I can be like You and live for others.

In Jesus' name—AMEN.

GO Girl!

WITH JACKIE MARUSHKA



GO Girl!

TREASURES OF YOUR HEART

For where your treasure is, there your heart will be also. Matthew 6:21

It's a brand-new year! Like many people, maybe even you, I like to set one or two resolutions, or goals, to kick off the year. The reason I set goals is to help me be serious about my plans to meet them ... and that leads to growing. In this season when we're talking a lot about our hearts and our hearts' desires, I want to honor the heart God gave me and grow in His love every day!

Remember that God made us all unique and says that we are "fearfully and wonderfully made." (Psalms 139:14) There are several things I remember when I make my resolutions. Maybe you'll think about some of these things too if you make resolutions!

I consider my body and mind gifts from God and because I am grateful for them, I want to honor Him by honoring them as the Apostle Paul writes in 1 Corinthians 6:19-20: **"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So, glorify God in your body."**

I want to take the very best care I can of myself, so I choose to eat fruit, vegetables, and I drink a lot of water. For exercise, I like to run, hike, jump rope and walk with my dogs.

I also want to take good care of my mind and soul and so I read encouraging books, sing worship songs and watch shows that are uplifting and positive.

My mom used to say, "Garbage in, garbage out," and what she meant by that is **whatever you allow into your mind can take root in your heart and, if it's not good stuff, it can pollute your soul which can affect your thinking and even what you say.**

Philippians 4:8 says: **"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure,**

whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." I believe this is true, so I protect my mind by making good choices in what I allow into my mind.

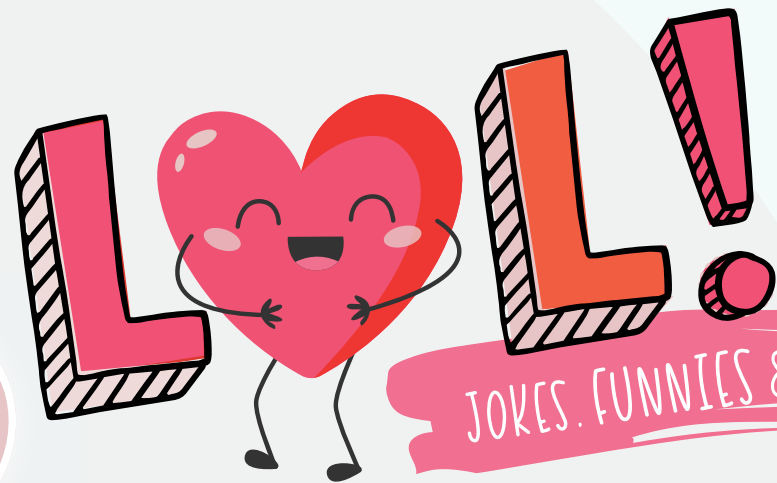
There are many Scriptures about the heart, but my favorite is Proverbs 4:23: **"Above all else, guard your heart, for everything you do flows from it."** This goes along with Mom's "garbage in, garbage out" saying. God wants us to protect what we allow into our hearts because it will impact what we put back out into the world. If we allow negativity into our hearts, it can bring about bad moods or sadness or even anger. Proverbs 17:22 says: **"A cheerful heart is good medicine, but a crushed spirit dries up the bones,"** and Psalm 37:8 says: **"Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm."**

God doesn't want us to be harmed or to cause harm to ourselves or to others, so protecting our hearts is important for our overall well-being.

So over the next two months, my resolutions are going to be to guard my heart, fill my mind, ears and eyes with positive things—like the articles in **For Girls Like You**—and to commit to reading more of God's Word. Will you join me?

Let's choose to fill our minds, bodies and hearts with fresh air, healthy food, and most of all God's Word, so we always know our worth — **we are all daughters of the King of the Universe after all!**



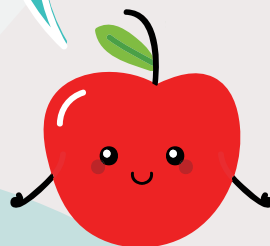


JOKES. FUNNIES & MORE!

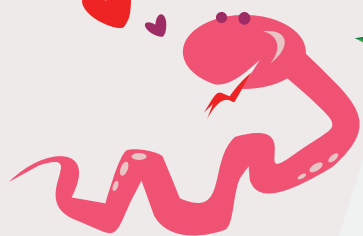
What did the one sheep say to the other?
I LOVE EWE!



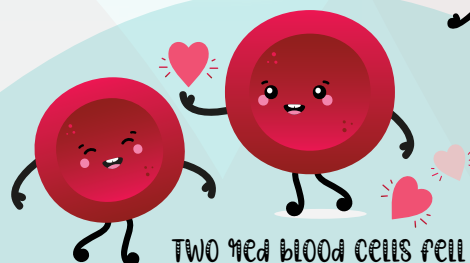
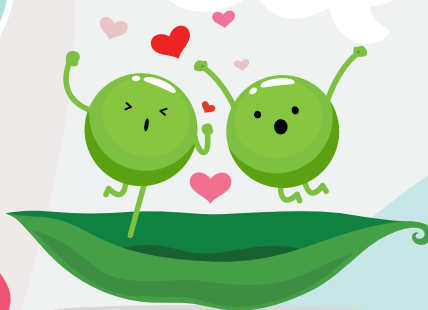
Did Adam and Eve ever have a date?
NO! THEY HAD AN APPLE!



HOW DO SNAKES SIGN THEIR VALENTINES?
WITH LOVE AND HISSES!

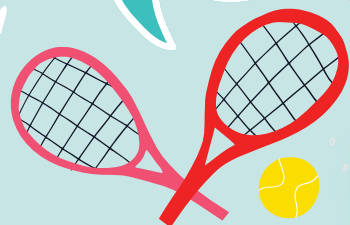


KNOCK, KNOCK.
WHO'S THERE?
PEAS.
PEAS WHO?
PEAS BE MY VALENTINE!

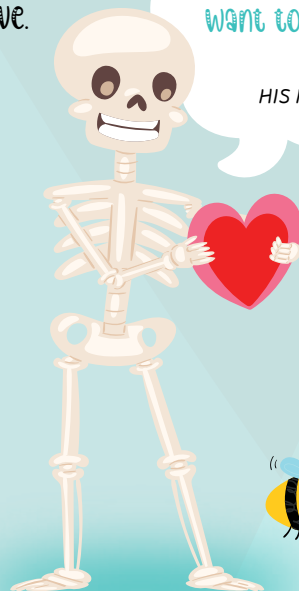


TWO RED BLOOD CELLS FELL IN LOVE.
BUT IT WAS ALL IN VEIN.

WHY IS IT DIFFICULT TO LOVE A TENNIS PLAYER?
BECAUSE LOVE MEANS NOTHING TO THEM.



Why didn't the skeleton want to send any Valentine's Day cards?
HIS HEART WASN'T IN IT.



What do you call it when someone gives you only half a valentine?
A HALF-HEARTED ATTEMPT.



CUTE ANIMAL WISHES FOR YOUR VALENTINE!

I WANNA GIVE YOU KOALA MY HEART.
YOU'RE ONE IN A CHAMELEON!

WHALE YOU BE MY VALENTINE?
YOU OCTOP! MY THOUGHTS.
WILL YOU BEE MINE?



I'M NOT KITTEN AROUND. I LOVE YOU.
OWL ALWAYS LOVE YOU.



YOU ARE O-FISH-ALLY MY FAVORITE PERSON.

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!



TRUE girl
WITH DANNAH GRESH

TRUE GIRL

LOVE LIKE SAINT VALENTINE

"GREATER LOVE HAS NO ONE THAN THIS: TO LAY DOWN ONE'S LIFE FOR ONE'S FRIENDS."

John 15:13

Did you know that **Valentine's Day** wasn't even a thing until the 14th and 15th centuries? And it had nothing to do with Cupid when it began. The first Valentine's Day feast was actually a way to remember the sacrifice of two Christians. Both were called Saint Valentine, and they died for the sake of Christ as early as the third century! These men were said to have ministered to Christians being tortured by the Romans. One was even known to have healed his jailer's blind daughter through the power of the Holy Spirit.

The feast wasn't about flowers or cards or candy. It was about honoring these two men who had shown unconditional love by giving their lives for others. And that's exactly the kind of love Jesus told us to have for one another.

In John 13:34-35, we read the words of Jesus: "So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples."

Jesus said these words the night before He was crucified. He was at a feast with all His special friends,

the disciples. One of them, Judas, had to leave early. Where was Judas going before the feast was over? To visit the enemies of Jesus and to tell them where the Savior could be found. Why? So they could come get Jesus and take Him to prison and then kill Him.

Jesus knew this was where Judas was going. And right after His betrayer left, Jesus said: **Love each other**. And He says it's a new commandment. But it's not entirely a new idea because the Old Testament also instructed God's people to love their neighbor.

So, what's new?

We're supposed to love *like Jesus*.

That means we love people even when they hurt us. Just like Jesus.

Chocolate, flowers and stuffed animals are great. But let's always remember that the greatest love we can show one another is God's love. He calls us to be "Valentines" every day. That's just one of the wonderful ways people will see His image reflected in us and know that we are His!

Shani McKenzie is a lead teacher for True Girl! She loves to share Jesus and make people laugh.



True Girl

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Sisters LILEINA & LUCY Speak FROM THE HEART

LILEINA JOY AND LUCY CAPRI ARE TWO SISTERS WHO LOVE JESUS, FAMILY, FRIENDS, ANIMALS, AND ANYTHING THAT GETS THEIR CREATIVE JUICES FLOWING! IN 2015 THEY STARTED ACTING IN COMMERCIALS AND IT'S BEEN A WHIRLWIND EVER SINCE! IN 2016, THEY STARTED A VOICEOVER COMPANY CALLED A LIL' JOY KIDS VOICEOVERS.

Both Lileina and Lucy know a thing or two about the heart—spiritually, mentally and physically. They both love the Lord and are eager to share the Good News of Jesus with others! They understand the need to hide His Word in their hearts. Physically, both girls were born with blood disorders and Lucy, a heart condition herself. These things have not slowed them down, but motivated them to encourage others to follow the desires that the Lord has put on their hearts!

LILEINA AND LUCY are experienced and joyful voiceover artists, as well as on-camera principal talent whose professional experience of over eight hundred voiceover projects includes animation, commercials, e-learning, audiobooks, narration videos, toys, apps, PSAs and more. These talented sisters not only love performing, but also hanging out with their youth group, crafting and crocheting, dancing, practicing the guitar and ukulele, being little chefs in the kitchen, learning to paint like Van Gogh and swimming like mermaids. At any moment, you might find them breaking out **JOYFULLY** in song about whatever is going on. They also love to serve alongside their church family with various ministries, as well as help at a local animal shelter.



We ♥ our family!

Our dad is a Worship Pastor and our mom homeschools us! We have two Cavapoo puppies and they are almost a year old. They are part Cavalier King Charles Spaniel and part Poodle. One is auburn-colored and the other is tan. We also have a cat who is 6 years old. He is a medium-haired, white fluffball. They are all SO much fun!



We laughing!

Our family and friends make us laugh all the time. They are so funny! Also, our dogs are always doing silly things! They are so cute! They each have their own funny quirks and personalities!



We to travel!

We have been blessed to go to some really cool places! The Lord opened doors for us to travel internationally to Canada and Europe, where Lucy shot a few films. We got to see snow for the first time ever while in Canada. In Europe, we got to run through beautiful green fields and stunning forests with mossy hills and super tall trees!

We learning about God!

We've been talking a lot as a family about trusting God. We've lost some very close family members recently to cancer and it's been very hard. We often recite Philippians 4:13 to remind us that **God is always with us** and He will give us strength when times are hard: "I can do all this through Him who gives me strength."

We love languages!

We feel love when family and friends encourage us and cheer us on in our hobbies and goals. **Encouraging others is a great way to show love.** We learned a few years ago about our love languages and we realized we both love to encourage others too!

We God and want girls like us to know...

that God will be with you no matter what and that when you accept Him as your Lord and Savior, He will send the Holy Spirit to live inside of you, to help you and guide you. **God promises never to leave us.** When we were little, we started memorizing Bible verses. One of our favorites reminds us that He is always with us and that He made us new when we asked Him into our hearts: "It is no longer I who live, but Christ who lives in me." (Galatians 2:20)

WHAT AN HONOR!

One of the commercials Lileina Joy solely voiced was nominated in 2020 for an Emmy Award and one of the animated films she provided a lead voice for was nominated in 2021 for a Canadian Academy Award. Also, in 2021 and 2022, both Lileina and Lucy were each nominated for One Voice Awards in the "Best Children's Voiceover" category.



We one of the coolest things we've ever seen!

Going to the Cliffs of Moher in Ireland when Lucy was filming *From the Ashes* was INCREDIBLE! We remember standing there in awe, not believing our eyes—it was breathtaking. The grass was so fluffy and soft—it felt like we were walking on giant pillows! The ocean was stunning, like it was full of floating crystals, and the sounds of the waves was so relaxing. **Only God could have created such an incredible place!**

meet LILEINA JOY



LILEINA JOY, 12

MY NAME: My mom and dad made up my first name. They wanted a tropical sounding name and so they used the word "lei" in it. My middle name is a family name, and JOY is one of the fruits of the Spirit!

IN THREE WORDS, I AM: Joyful. Funny. Creative.

MY HOBBIES: Voiceovers, crocheting, jewelry making, dancing, hiking

WHEN I GROW UP: I'd like to be a teacher, a hair and make-up artist for theater and on-camera productions, and definitely a voice actor! I also love crafting—jewelry and crocheting especially. Maybe I will do something like that too! I'm currently taking a young business leaders class at our homeschool co-op. Each student had to come up with a small business idea and sell the items we created on certain dates during the school year. I've been selling bracelets, scrunchies and things like that. It's a TON of fun! We've also sold them at local craft fairs!

MY HAPPY PLACE: I have a few—the beach, the voiceover booth and my craft desk at home.

NO ONE WOULD EVER GUESS: I'm usually very brave ... but I don't like rollercoasters!

IT MAKES ME SAD: When people use the Lord's name in vain. It hurts because I love the Lord and it's like they are insulting Him.

ON MY BUCKET LIST: I'd LOVE to go back to Canada again—but next time in the summertime!

MY FAVORITES!

Color: Purple

Singer/Band: Hollyn, Riley Clemmons, Toby Mac and We the Kingdom

Book: The Mandie series!

Food: Cinnamon rolls

Thing To Wear: Bucket hats

Vacation: Canada

Class in School: Science

Bible Verse: Proverbs 17:22

A JOYFUL HEART IS GOOD MEDICINE, BUT A BROKEN SPIRIT DRIES UP THE BONES."

I ♥ what i do —this is my story!

When I was 4, I got the chance to be in a commercial and I LOVED it! The set was full of so much energy and I remember everyone being so nice! I wanted to keep doing them, and with the help of my parents, I got to. This opened doors to doing my first voiceover when I was 6 years old (and I also got to be on-camera in the commercial!). I had so much fun in the studio, I began taking classes in acting and voiceover. I auditioned a LOT and was blessed to book some very cool projects, including some really special Christian narration and animation series. One of the upcoming series I've been working on is called the *Laugh and Grow Bible*. My character gets to learn and ask questions about different Bible stories and the people in them. It's really fun and super creative! I think kids and families are really going to love it! It's by the creators of *Veggie Tales*! (I LOVED watching *Veggie Tales* growing up—I believe we had every single DVD there was!) Acting and voiceover take a lot of patience and determination. I've learned that, just because you don't get chosen sometimes, doesn't mean you didn't do a great job—it just means they were looking for something else! I have learned too that when you do a really good job, they often remember you and sometimes ask you to work on another project with them later! That is always SO encouraging! We love to keep track of where the people we've worked with are located. We have a big map in our school room and each time we work with a new creative team on a voiceover, we put a pin in the map of where they are. Sometimes, we already have a pin in that location but

it's really cool when we meet someone from some place new! We have at least one pin now on every continent in the world—EXCEPT Antarctica. There are no production houses there ... bummer!



meet LUCY CAPRI



LUCY CAPRI, 10

MY NAME: My parents chose my name because it means "light." They have always prayed I would be a light for the Lord. Capri is also a tropical name like my sister's; it means "island."

IN THREE WORDS, I AM: Energetic. Talkative. Focused.

MY HOBBIES: Acting, voiceovers, baking, cooking, dancing, drawing, singing

WHEN I GROW UP: I'd like to be a chef and a baker and do some acting still too. I really want to be a mom, and foster kids. I'm also taking the same young business leaders class with Lileina. I've been baking lots of fun sweets like cake pops, cookies and Rice Krispie Treats! I love it!

MY HAPPY PLACE: In the kitchen, at the pool, on set or in the voiceover booth!

NO ONE WOULD EVER GUESS: I am a "foodie"—I like almost every food there is! I'm not afraid to try anything ... but one thing I don't like for sure is tuna fish!

IT MAKES ME SAD: When we learn about missionaries helping kids and families who have so little. I wish I could help all of them!

ON MY BUCKET LIST: I'd LOVE to go to Greece or Switzerland!

I ♥
what i
do—this
is my
story!

When I was 2, I remember filming a commercial with my sister on a cruise ship. I remember jumping up and down a lot and being asked to laugh and smile. It was easy because it was so much fun! I wanted to keep doing commercials, just like Lileina. We were blessed to film a lot of commercials both together and apart. I also wanted to audition for film and television, and our agent sent me some auditions. I got really excited to read the scripts and learned to memorize things really fast. I didn't book everything I auditioned for, but I am grateful for things I did. My favorite projects are the ones that took us to places we had never been to before—like Canada and Ireland. I was blessed to film a Christian movie in Ireland, that is hopefully coming out next year—it is called *From the Ashes*. I was also blessed to work on an upcoming Christian television series that is hopefully going to come out later this year too.

MY FAVORITES!

Color: Purple
Singer/Band: Hollyn, Riley Clemmons, Toby Mac and We the Kingdom
Book: The Mandie series!
Food: Sushi

Thing To Wear: Baggy sweatshirts
Vacation: Ireland
Class in School: Spelling
Bible Verse: Philippians 2:1-2

THEREFORE IF YOU HAVE ANY ENCOURAGEMENT FROM BEING UNITED WITH CHRIST, IF ANY COMFORT FROM HIS LOVE, IF ANY COMMON SHARING IN THE SPIRIT, IF ANY TENDERNESS AND COMPASSION, THEN MAKE MY JOY COMPLETE BY BEING LIKE-MINDED, HAVING THE SAME LOVE, BEING ONE IN SPIRIT AND OF ONE MIND.



You're in my Heart

OUR READERS SHARE THE MANY WONDERFUL
WAYS THEY FEEL LOVED, AND HOW THEY SHOW
THEIR LOVE TO OTHERS.

Can you feel the love?

WISE WORDS FROM OUR FOUNDER, WYNTER PITTS

Can you finish this sentence?

I feel loved when...

Hmmmm. I wonder what you wrote. I will tell you mine—I feel loved when somebody buys me a present!

Maybe you feel loved when you get a really good grade, score the winning goal, or when your mom snuggles with you and gives you a really big hug. Or maybe it's when someone you love gives you a smile.

All of these are really great things and can definitely make you feel special on the inside.

When you feel loved, you are probably kinder to others, you feel safe, happy and want to do your best. Sometimes you may even feel like you have to keep working hard at being kind to make sure you are always loved.

Well, here is one thing you need to know:

"The LORD is good and His love endures forever; His faithfulness continues through all generations."

(Psalm 100:5)

This Scripture is saying God loves you forever.

Yes, forever!

God wants you to know that no matter what you may feel like, you are loved, and not just today but forever! You may have a lot of people around who love you, but no one's love for you is as special as God's.

Wow—that is fantastic news, isn't it? This means you can always feel safe and happy. And when you feel safe and happy you are most likely willing to do your best! Knowing this should also help you to be kind to those around you, with the same kindness God has shown you.

Now, I want you to know there are times when you may feel sad or disappointed, and God loves you then too. Even when you do not feel your best, remember that you are still loved. **Even when you fail, God loves you!** And when you feel like you have to work harder to be loved, well, God already loves you more than you'll ever know, and you don't have to do anything to earn His love.

Romans 8:39 reminds us that "neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

You heard it! Nothing at all.
His love is here to stay.

(from *You're God's Girl* by Wynter Pitts. Courtesy of Harvest House Publishers)



Cailyn
(8)

I LOVE WHEN
MY MOM AND DAD
PUT NOTES IN
MY LUNCHBOX.

It makes me feel so
special! I make my little
brother feel special
by giving him gifts like
stuffed animals. He
loves it!

THE LITTLE
THOUGHTFUL THINGS
PEOPLE DO FOR ME

(like giving me a
birthday present I really
like!) make me feel
loved. To show love I
tell people what I love
about them, give
them hugs, and
comfort them
when they are
sad.

Abigail
(12)



Kiley
(11)

EVERY TIME I GO TO CHURCH CAMP, I FEEL SO LOVED by
everyone around me and I look forward to it as soon as I leave the
campground. It means a lot to me! I feel so loved because everyone is
so caring and always checking on the people who are sad. It is such a
magical place, and it gets you closer to God.



Evelyn
(10)

What makes me feel
loved is when my teacher Mr. Bedillion always says:
"Good morning!" My teacher Ms. Schamus says I do great
work and gives me hugs. I also love when my family reads
together at night. A couple of things I do to make others
feel loved is make hats, help friends in class, listen to them,
and **TEACH THEM ABOUT JESUS!**



Esther
(7)

BEST
FRIENDS

Amira
(7)

I FEEL LOVE BY BEING LOVED BY
MY FAMILY AND FRIENDS!

And giving my mom hugs and having good
friends! I show love by helping each other
and helping the community, helping my
family, and by cheering people up when they
are sad.

I FEEL LOVED BY BEING LOVED BY MY
FAMILY AND FRIENDS AND SPENDING
TIME WITH MY FAMILY

I show love by taking care of my family. I
want to show I love my sister more, and show
love to everyone, and to surprise
my mom by making breakfast!



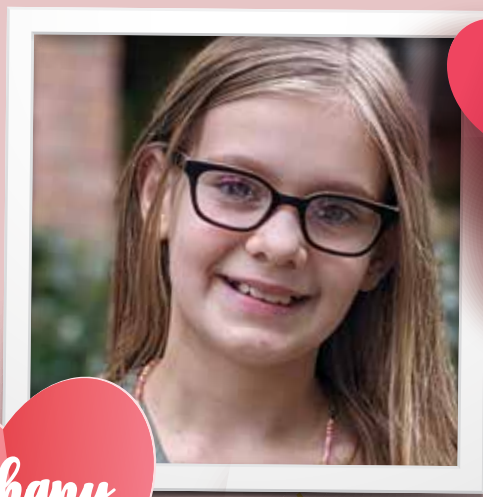
Hannah
(9)

I FEEL LOVED WHEN MY PARENTS HUG ME
AND WHEN THEY TUCK ME IN AT NIGHT
AND WE PRAY. I show love to my family by
helping them and telling them that I love them.

Love

is patient, love is kind. It
does not envy, it does not boast, it is not
proud. It does not dishonor others, it is
not self-seeking, it is not easily angered,
it keeps no record of wrongs. Love does
not delight in evil but rejoices with the
truth. It always protects, always trusts,
always hopes, always perseveres.

1 Corinthians 13:4-7



Bethany
(11)

I ALWAYS FEEL LOVED BY THE LITTLE THINGS IN LIFE!

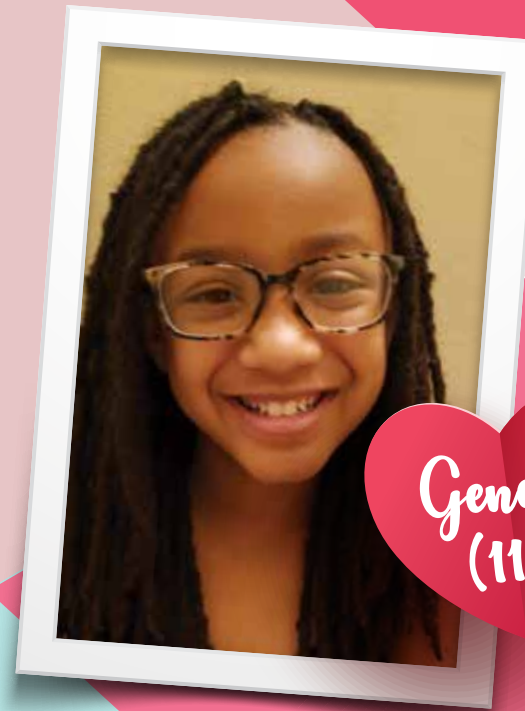
If my mom knows I am feeling down, then she might stop me in the hall to give me a hug! If my family had a hard day I would make them artwork with happy notes. My family loves each other and we do not go a day without hugs and love! XOXO!



Ava
(10)

I LIKE TO SHOW LOVE BY GIVING.

People say I am very generous, and it makes me happy to give. I also love spending quality time with my best friends, and I love it when people make me gifts and hug me. I also love cuddling with my mom—I will always look up to her. I also feel loved when my two cats cuddle with me!



Genesis
(11)

I LOVE WHEN MY FAMILY HUGS ME OR I HUG THEM.

And I love when they listen to my stories and watch my slideshows. I feel loved when my mom and I cook together. I especially love the time my family spends together on road trips, airplane trips and other trips around the country—those are ALWAYS the best! I show love when I hug my siblings and share my stuff with them, even if it's supposed to be "off limits" for them. I love my family by obeying my parents and serving them, like doing the dishes. I also love to encourage people with my artwork. Inviting friends to cool events is another way I show my love. I love to help others, and I love to play with my siblings!



Viv
(11)

WHAT MAKES ME FEEL LOVED IS WHEN PEOPLE GIVE ME HUGS, GIFTS OR COMPLIMENTS.

Also, dogs make me feel loved. What I do to show love is make poems, plan surprises, or bake cookies, brownies, cupcakes, apple crumble, chocolate pie, cake, muffins and other miscellaneous baked goods.



Alexa
(11)

I feel loved when those important in my life give me encouragement. My heart feels full and happy when someone such as my mom, dad, sibling, grandparent, teacher or coach share encouragement with me.

I ALSO TRY TO SHOW LOVE BY BEING THANKFUL AND HELPING OTHERS.



Liv
(12)

I FEEL LOVED WHEN MY FAMILY IS TOGETHER.

I show love when I help people do something when they don't ask me, like doing chores for my mom.



Virginia
(13)

ONE WAY THAT I FEEL LOVED IS WHEN MY FAMILY OR FRIENDS SAY SOMETHING SWEET ABOUT ME.

Sometimes it is hard when someone close says something hurtful to you. (Trust me, it hurts!) But little random acts of kindness are the best thing ever! Proverbs 31:26 says: *She opens her mouth with wisdom, and the teaching of kindness is on her tongue.* That verse teaches us to be kind to others without something in return. One way I can show kindness this Valentine's Day is leaving Bible verses on my family's beds or slip an encouraging note in someone's locker!

WHAT MAKES ME FEEL LOVED IS KNOWING THAT I AM LOVED BY SO MANY PEOPLE, MANY OF THEM FAMILY.

I feel loved when I am hanging out, playing around with, and joking with my family, specifically my two little sisters. I also feel loved knowing that God is always with me and helping me. I really like that feeling of God being with me all the time. I really feel loved from God and that He is helping me through and through. I know no matter what, God is with me. What I do to show love is care for others. I do this by being encouraging and helpful to others, especially when needed.



Taylor
(10)

I FEEL LOVED WHEN I GO TO CHURCH AND HEAR THAT JESUS LOVES ME SO MUCH THAT HE SACRIFICED HIMSELF TO SAVE ME.

I show love to others by praying for them and asking God to keep them safe and comfort them.



Liesl
(12)



Carissa
(11)

IT MAKES ME FEEL LOVED WHEN PEOPLE PAY ATTENTION TO ME,

give me presents, or simply give me a hug. I show love when I encourage someone, tell someone they're good at something, or hang out with them. I love when people show love to me, and I want to do a good job showing love to them.



Alora
(12)

I FEEL LOVED when I get to spend quality time with family and friends. I love to snuggle with my family in our living room on family nights, where we play games and watch movies. I feel loved by God whenever I look around at my blessings such as godly friends who He's put into my life and my talent of figure skating! Of course, I can't forget I also feel loved when my dog Arrow gives me kisses!

I LOVE TO SHOW LOVE THROUGH ART. Whether it's making yarn cats for my friends or baking cookies to take to my friends at my ice rink, I love to use art to show I'm thankful for these people. Sometimes my mom and I will bake together in the kitchen and that's our way of showing love to each other! I also have a closet in my room where I go to talk to God and spend time with Him. And that's how I show my love to Him.

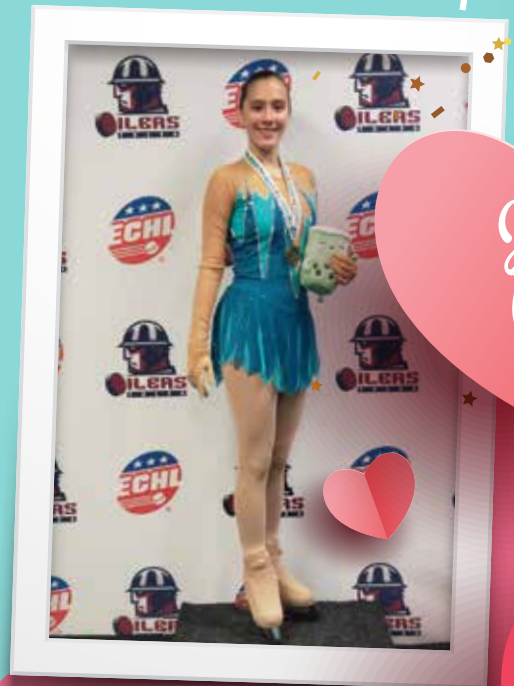


Georgia
(13)

I'm homeschooled, and I have three older siblings and one little sister, and I have 19 pets total. I am an artist, so on holidays and birthdays I like to show my love to my family by giving them drawings and books and it makes me happy when I see their faces light up. **Some ways that I feel most loved are:** when my dad takes me to the airport (he's a pilot) and we go inside the planes together and then get lunch after; when me and my sisters take crazy selfies where we all act totally silly; when my cats follow me around the yard and meow for me to pet them or pick them up; when my big, goofy dog Charlie smiles at me (yes, he smiles and it's ADORABLE! He likes to get his picture taken!); when my mom and I go shopping, or when I cuddle with my bunnies, Nellie and Daisy.

The Valentine's Day I will always remember was a gloomy day last year when I was feeling really down and depressed. I was walking down my long driveway to get the mail when my toe bumped something hard. I looked down and there by my foot was a rock. And it was shaped like a HEART! I know that God had that rock end up where it did, and it reminded me what Jesus did for me, and how much He loves me. I think that maybe Valentine's Day isn't only about showing love to each other, but also knowing how much our Father loves us, and

REMEMBERING THE SACRIFICE GIVEN TO SAVE US.



Jade
(12)

Some things that make me feel loved is when my mother gives me cuddles or when my dad watches anime with me or when my little brother helps me bake food.

HOW I SHOW MY LOVE IS HANGING OUT WITH MY FAMILY, PLAYING GAMES, CUDDLING AND SAYING I LOVE YOU!

LOVE & courage

BY TERRA MATTSON

Beginning in this issue of **FOR GIRLS LIKE YOU**, we are so happy to welcome Terra Mattson to our pages. Terra will be speaking to us in each issue about what it means to live courageously as daughters of the King in her new column, COURAGEOUS GIRLS (page 30)! But we'll let her tell you more about herself, her heart, and Courageous Girls. (She also lets us know just what "love languages" are—something you can use on Valentine's Day AND every day of the year!)

Did you know that each of us is God's daughter no matter how old we are? Learning to trust God's voice (His Word and His Spirit) about WHO He is and what He says about us, his daughters, in a world where there are so many opinions can be hard! God was the one who decided you would be a girl—an amazing, beautiful girl He perfectly designed and deeply loves.



with girls of all ages, I started a group in our community where my oldest daughter, Adonia, and I could meet

with a few other moms and daughters and talk about the real issues she was facing in second grade. And now, the girls in this same group are all in high school! We have gathered together as moms and daughters each month for fun activities and conversation about real things happening in their lives such as friendships, changing bodies, big emotions, boys, social media, bullying, etc... and what God's Word really has to say about it. I have two Courageous Girls groups—one for Adonia and one for my other daughter Nevaeh and it's the best thing we have ever done together. They would tell you the same!

Guess what? Now there are Courageous Girls groups all over the world! Courageous Girls helps you and your mom (caregivers) develop a healthy and strong relationship with each other and with God, so you don't have to feel alone. When we know we are loved and have a trusted relationship with another woman in our life who can help us trust God's love for us, we can boldly offer that same love to all those around us.

WHAT ARE LOVE LANGUAGES?

Jesus told us to love others as we love ourselves (Mark 12:31.) To do this well, we can learn how we receive and give love to others in something author Gary Chapman calls **LOVE LANGUAGES**. Like a water bucket, everyone has an imaginary love bucket that needs to be filled up each day with the love of God. To do this, God gave us unique love languages—special ways each of us feels loved.

So how do we fill our love buckets? Good question! God is a master artist who created five love languages. Usually, we each have a favorite. When you know your love language, you can learn to fill up your bucket faster and it can help you through those hard days when your hair is acting crazy or you didn't do as well at school. It's exciting when you discover the love language of those around you—your family, friends, neighbors—and you start to fill their love buckets too! Here are the five love languages. Number them in order of your MOST favorite way to receive or give love.

5 LOVE LANGUAGES

PHYSICAL TOUCH

You love cuddles and hugs

WORDS OF AFFIRMATION

You love when people give you words of encouragement or when people tell you what they like about you.

QUALITY TIME

You love having quality time. For example, playing a board game together; reading together, doing a craft/art project together.

GIFTS

You love giving or receiving thoughtful and heart-felt expressions of love through gifts.

ACTS OF SERVICE

You love showing help to those around you by helping with chores, making a meal, or taking care of the pets.

WHICH LOVE LANGUAGE IS YOUR FAVORITE?

Now you have a good idea of how to fill your love bucket the next time you are having a hard day!

It's so fun to learn other people's love languages and help them fill their love buckets too.

My daughter Adonia's love language is quality time. And Nevaeh's love language is physical touch. My love language is words of affirmation. **That means we all have different love languages and must make an effort to show each other love in the ways we receive it best.** Adonia will sit with Neve on the couch and snuggle, laugh, and give her a big hug. Nevaeh will take time to hang out in Adonia's room and read a book with her or play piano together. They often tell me, "Thank you, Mom" or send me a text with words that tell me I am loved. Sometimes we will even use our voices to ask for love. Adonia might just say to me, "Mom, can I have some quality time with you?" Or Nevaeh will say, "Mom, I need a hug." It's so fun to receive and give love—especially when we know how to hit the mark!

Next time you want to fill someone's bucket, try playing the *Would you rather?* game and ask them questions like a detective. Would you rather me hug you or help you take the trash out? Or, would you rather we play a board game or I tell you all the things I like about you? Then, watch how God uses you to love all those around you with joy! Learning to love one another is a powerful way to keep our hearts happy and our love buckets full!

I am excited to share with you all the things I have learned about being a Courageous Girl in each issue, and help you grow in your own confidence and trust of how amazing you really are!



If you are curious about starting your own COURAGEOUS GIRLS GROUP ask your mom (or primary caregiver) to go to mycourageousgirls.com to learn more together or have her read my book, *Courageous: Being Daughters Rooted in Grace*.



Terra A. Mattson M.A. LPC, LMFT
Terra is a professional counselor, coach, author and speaker. She lives outside Portland, Oregon with her husband, Jeff, and two teen girls with their two golden retrievers and chickens. They love to camp, play sports, and sing worship songs.

COURAGEOUS girls

WITH TERRA MATTSON

WITH ALL MY HEART

Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. Matthew 22:37-38

God says that the greatest commandment is to love Him with ALL your heart, mind, soul and strength. So, what does that actually look like in our lives? Let's start by practicing loving God with all your heart.

God loves your big emotions, your small emotions, your pretty emotions, your ugly emotions. He made your emotions reflect who He is and to add color to this life. Without them, life becomes boring. It's not always fun to feel our emotions, but I like to say that a Courageous Girl feels it to heal it. Our

feelings are a gift we have to practice taking care of, so we don't do hurtful things with them.

YOU CAN TRUST GOD WITH ALL YOUR HEART. He is the best listener and wants to help and comfort you.

What made you happy this week? What made you sad this week? What gets you really angry? And what do you hope for the most? What would bring you the most comfort today? (A hug? A song?)

TRUTH TO REMEMBER:

A Courageous Girl can trust God with her heart and all her emotions—big and small.

LIVVY'S STORY

How a Courageous Girl found comfort in her grief and sadness



LIVVY, 11
11-year-old Livvy with her amazing Auntie Willie

Grief is about the journey, not the destination (which means it takes a long time to heal). About three years ago my auntie Christina—aka Auntie Willy—an amazing individual who had Down Syndrome, (born with an extra chromosome which can make it more challenging to do things like speaking) was diagnosed with Acute Lymphoblastic Leukemia (ALL). Auntie Willy fought bravely but in October 2021, she got very sick with pneumonia and went to the hospital.

I was able to see my aunt one last time before she went to be with Jesus on November 4th, 2021. This loss has been so painful, and my grief has been intense because I loved my auntie and I loved to do things with her like go to Disneyland, eat at the Old Spaghetti Factory, color, swim, watch movies, and so much more.

We all experience loss at some point in our lives—whether it's a grandparent, close relative, loss of friendship, or a special pet—everyone goes through loss. I thought the grief from losing Auntie Willy would leave me after time, but that's the furthest thing from the truth. The grief sticks with you always. Also, there are no right or wrong feelings or emotions. I've experienced sadness, anger, frustration, despair, hurt—but also joy, hope, love and comfort along with many other emotions.

When grieving, a couple of things that I have found to help me when I am very sad, or feeling alone, confused, or simply in need of refocusing are these:

- Journaling to get your thoughts out
- Deep breaths
- Thinking of a special memory with the person or pet you are missing will help you focus on the good times
- Doing a hobby or activity that makes you happy is also healing—it can be anything. For me it's reading, singing or baking.
- Name your own idea here _____

To read more from Livvy, visit mycourageousgirls.com



courageous girls Did you know there are groups of Courageous Girls meeting all over the world helping each other trust God with their hearts? Learn more by visiting mycourageousgirls.com.

faith SERVICE. FUN.

WITH AMERICAN HERITAGE GIRLS

HEART & SOUL

MEET



CONSTANCE, 13

a Pioneer in Troop NE3130 who shares how she's learned to take good care of her heart—inside and out!

I am 13 years old, and I love God, my family, and my friends. I love being active, playing outside, riding my bike, climbing trees, and playing cops and robbers. I am a Pioneer in American Heritage Girls. This is my 9th year in AHG, and I am trying to earn all of the Outdoor Skills Badges.

Our AHG Troop number is NE3130, with "3130" representing Proverbs 31:30, which says: **"Charm is deceptive and beauty is fleeting, but a woman who fears the Lord is to be praised."** True beauty is when we fear the Lord and live to bring glory and honor to God, not to ourselves or others.

It fills my heart with joy to see all the beauty that God has created! Psalm 139:14 says: **"I will praise you, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well."** Being in nature is one way I can feel God's love for me.

There are so many benefits for our minds and hearts that are connected with giving love. God has wired me to give love by spending quality time with people who are close to me. I also enjoy giving thoughtful gifts to show my love. Even for people who I don't know as well, I can say nice things, smile, listen to them, and tell them that God loves them. By practicing giving love daily, God grows inner beauty in my heart. 1 Peter 3:3-4 says: **"Your beauty should not come from outward adornment, such as braiding your hair, and the wearing of gold jewelry and fine**

clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight."

Sometimes I lose sight of what God's Word says, and I start to care what other people think. When I struggle with this, I like to talk to my mom, and she reminds me that what matters most is what God thinks. My mom shows love to me by spending quality time with me and reminding me that God loves me, and He says that I am beautiful! **God loves YOU, and He says that YOU are beautiful!**

While earning the Personal Care and Identity badges, I have learned what the Bible says about true beauty and how to take care of what God has given me. Daughter of the King, Social Skills and Etiquette, and Physical Fitness also help in this area.



WHEN you LIVE FOR GOD, true beauty will shine through!



Are you interested in being an American Heritage Girl and earning badges like Constance? If so, you and your parents can learn more about the program at AMERICANHERITAGEGIRLS.ORG.

LOVE CATCHER

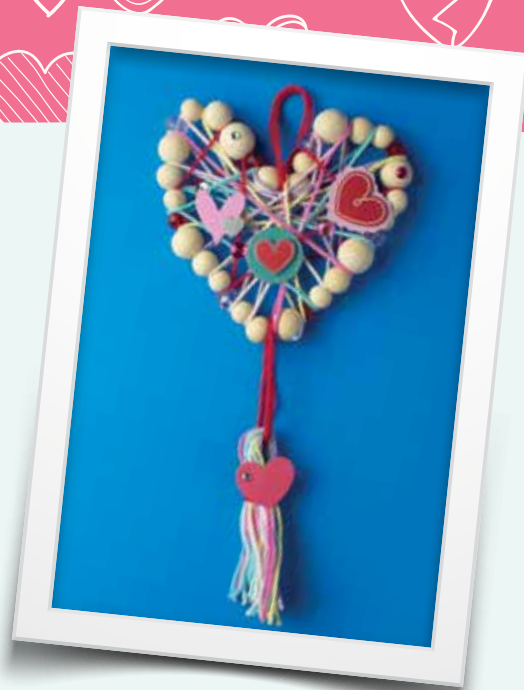
CATCH ALL YOUR VALENTINE WISHES WITH A VALENTINE LOVE CATCHER!

Show love to your friends and loved ones this Valentine's Day by creating this handmade love catcher. Make another for yourself as a reminder of all the love you give and receive!



Supplies

18-gauge beading wire
beads
yarn
heart stickers
gemstone stickers (optional)



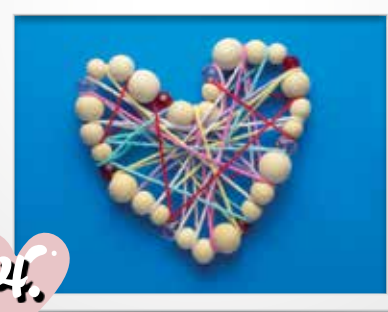
1. Using about 12 inches of wire, add beads in whatever pattern you like! Then, connect each end of the wire by twisting the ends together.



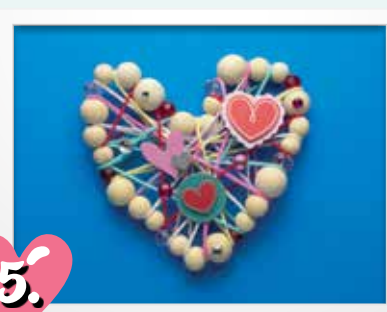
2. Form your beaded wire into an oval or circle.



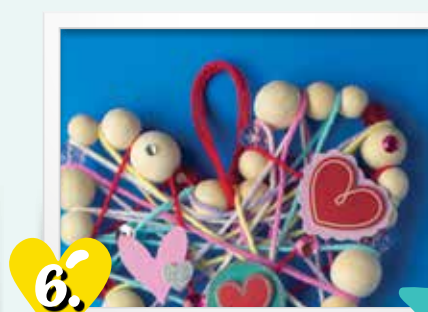
3. Shape the beaded wire into a heart.



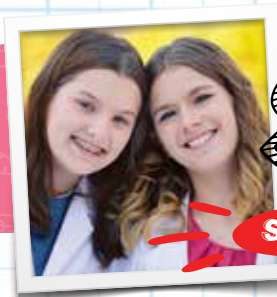
4. Tie a long piece of yarn between 2 beads with a double knot. Wrap the yarn back and forth across the heart between beads. Tie the yarn off and cut off any excess. (Add more yarn if you like.)



5. Embellish your heart with heart stickers, tassels, gemstones or any other kind of decoration you like!



6. Tie a loop at the top of the heart for hanging.



STEMgirls

STEM
GIRLS

SCIENCE FUN WITH THE DENTON DUO



MAKE YOUR HEARTS SOAR! STEM-AZING CANDY CATAPULTS



Did you know that catapults were first used in medieval times? Back then, cities were typically surrounded by walls that were too tall to climb and too hard and thick to break through. Medieval scientists had to invent a way to launch projectiles **OVER** the wall so they could attack from the outside. Our catapults aren't attacking anything but it sure is fun to launch mini-marshmallows or candy hearts through the air!

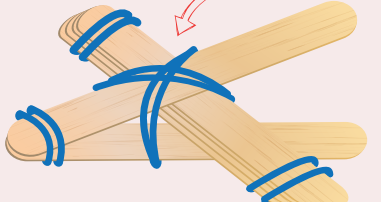
HOW DOES A CATAPULT WORK?

The catapult uses a simple machine called a **lever** and combines it with an elastic spring or rubber band. By combining the simple machines, you create something called a complex machine—a catapult! The pivot point is called the **fulcrum** and is located at one end. The load is the candy that you are trying to launch, and the effort is the pull of the rubber band. This is a wonderful example of energy transfer. You use your muscle energy to pull back the end of the lever. This stretches the rubber band. That stretch is potential (stored) elastic energy. When you let go, the potential energy that was stored in the rubber band changes into kinetic energy (energy of motion). This moves the candy and the lever through the air. When the lever stops moving, the candy has a lot of **momentum**, and the momentum carries the candy through the air. The faster the candy is going, the more momentum it has!

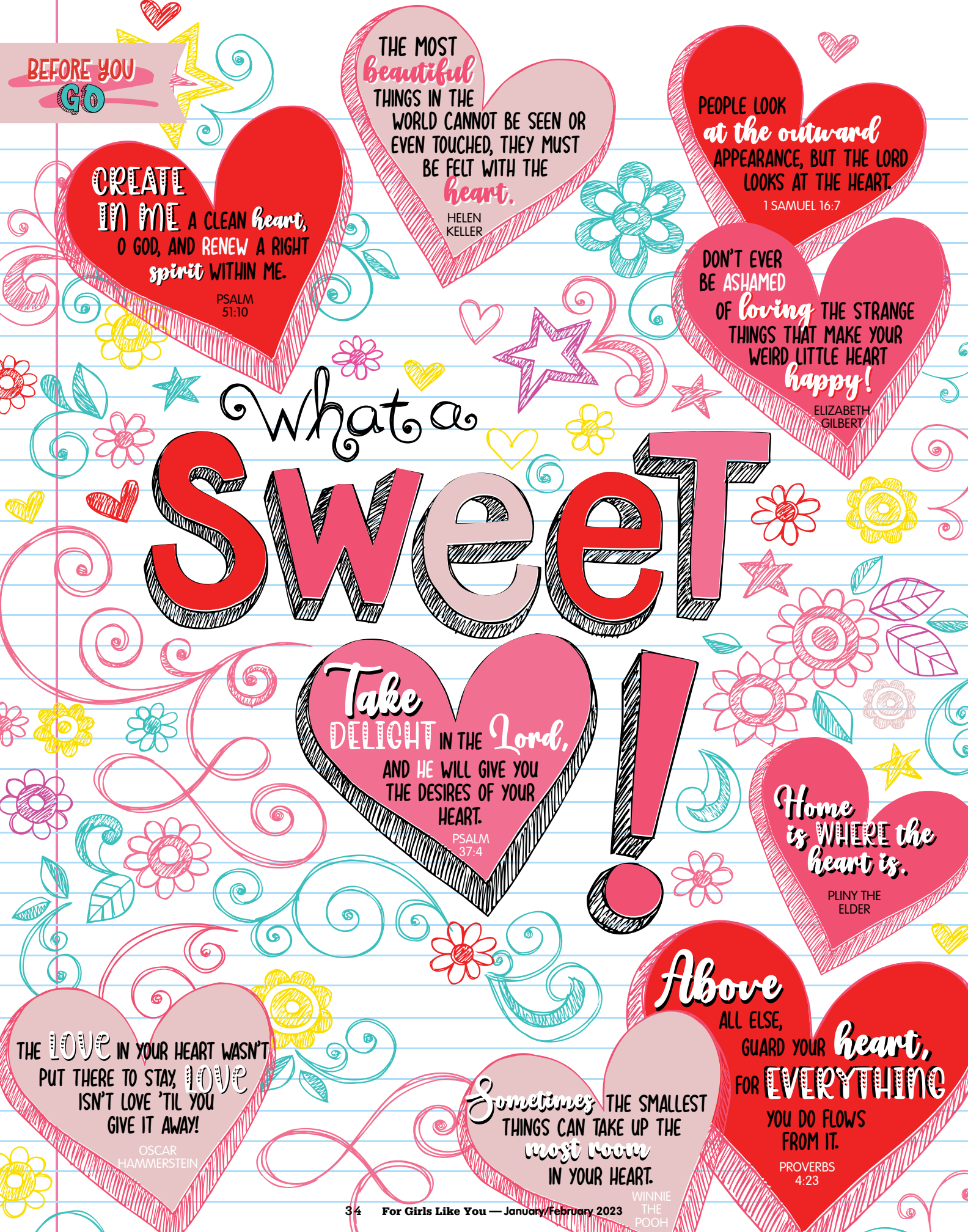


XOXO

HOW TO BUILD A CATAPULT

1. Attach 4 to 5 popsicle sticks with 2 rubber bands on each end.
 
2. Attach another 2 popsicle sticks with one rubber band on one end.
 
3. Insert the stack of 4 to 5 sticks in between the 2 popsicle sticks to make an X and secure with 2 rubber bands.
 
4. Glue a bottle cap to the end that does not have a rubber band.
 

Load cap with your candy heart!
5. Push down the end with the bottle cap and release to launch your candy heart into the air!

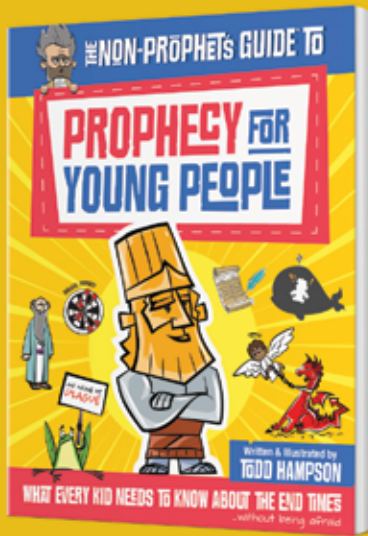


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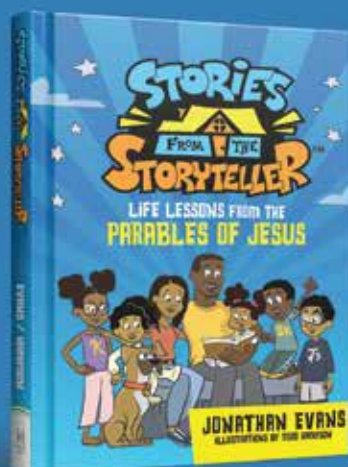
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