

FOR GIRLS Like YOU

SEPTEMBER/OCTOBER 2024

WHAT'S IN A
NAME?

Nesochi
and
Amarachi

Their names reflect God's love
and honor their
Nigerian heritage.
MEET THEM INSIDE!

HELLO, MY
NAME IS...

Our readers share
the stories of
their names!

"A GOOD NAME is more desirable
than great riches."

PROVERBS 22:1

NEW
PUZZLE PAGE!

FUN
and
(NAME)
GAMES

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for GIRLS Like YOU

Volume 14 Issue 5

A publication of For Girls Like You Ministries

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Ken Ott, Peta Pitts, Taylor West

Annual subscription rates:

1 YEAR \$39.95/2 YEAR \$69.95

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

KNOWN BY NAME

*"Do not fear, for I have redeemed you; I have called to you
by your name; you are mine."*

ISAIAH 43:1

In every issue we ask our featured "girls like you" to tell us the story of how they got their names, what they mean, or who they were named after. It's a wonderful way to introduce ourselves to others!

Have you ever wondered how you got your name? Names are a very important part of who we are. Names identify a person, and they can even be a term of endearment. So in this issue, we explore the name stories of so many of you, plus learn more about the names of Jesus and why each one is so important for us to better understand Him, and ourselves.

Our dad told us this story of how my twin sister Camryn and I got our names!

The truth is, mommy and I didn't pick names specifically for biblical meaning as we also wanted to just like your names, and we really did want to call you what God wanted you to be called. Camryn, you were originally going to be Savannah, but just after you were born, mommy and I knew that you were not a Savannah, but a Camryn. Funnily enough, Camryn means "crooked nose!" But it doesn't matter because now Camryn means: strength, leadership, boldness and confidence, because you define what Camryn means for you. Olivia, your name means "tranquility of the olive tree," or "peace." We didn't know you would be who you are, but God knew, because you truly are peaceful and tranquil. You have a quality that just relaxes people and makes them feel seen, deeply seen.

My mother had a name with a story as well. To some people, when they hear the word winter, they think of Christmas, hot chocolate and sweaters. **But when I hear the name Wynter, I think of my mom.**

My grandma (who I call Grammi) says that when she was around my age (15) she was very close to her grandma, Nannie. She would take two buses home from school just so she could watch a soap opera called "The Edge of Night" with her. Grammi's favorite on that show was named Winter. She loved the name so much, she decided she'd name her daughter Winter—but with a "Y" instead of an "I" because she liked it better. Ten years later, when she found out she was having a daughter, Grammi knew exactly what she was going to name that little girl!

It was very important to Grammi that my mom made sure people said her name correctly. She wanted people to recognize that my mom was uniquely herself and nobody else. God feels that way about you too! He made you unique; there is no one else like you. **Your name is part of your identity and makes you YOU!**

Just like the verse, Isaiah 43:1, reminds us—your name is important to God. He calls you by your name and He claims you as His!



Alena has a NEW NAME!

On August 3rd, Alena Pitts became Alena Franklin as we celebrated the wedding of our big sister to Caziah Franklin. Caziah (and his family) have been long time friends of our family—and now he's our brother!

Olivia Pitts
**AND YOUR FRIENDS at
FOR GIRLS LIKE YOU**

FOR **GIRLS LIKE YOU**

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What's in a Name?

Sisters Nesochi and Amarachi want you to know more about their meaningful names and heritage. And all the amazing things going on in their lives!

"Therefore GOD has highly exalted HIM AND BESTOWED ON HIM the name that is ABOVE every name."

PHILIPPIANS 2:9

22



Hello, My Name Is ...

Our readers share the unique stories of how they got their names and what they mean, along with some thoughtful (and sometimes amazing) family name histories!

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INTRODUCING FUN & GAMES

Our new page of puzzles and play! Grab a pen and see if you can solve our name games—plus discover your very own SILLY NAME!

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SPrinkles

SPRINKLE JOY. SPRINKLE FUN. SPRINKLE BEAUTY.

Making Smiles

I started Blossom Bead Boutique last year because I enjoy creating and selling products to make people smile. In my homeschool-charter Makers Fair, I was one of the top sellers. In March of this year, I partnered with In Case I Never Forget, LLC, to create bracelets for Alzheimer's awareness. A portion of my proceeds were used to give back to the caregivers of those fighting dementia. I also learned to sew, and I plan to create bracelets to go with my clothing. When I am not busy making bracelets, I am reading a book or training for track and field.

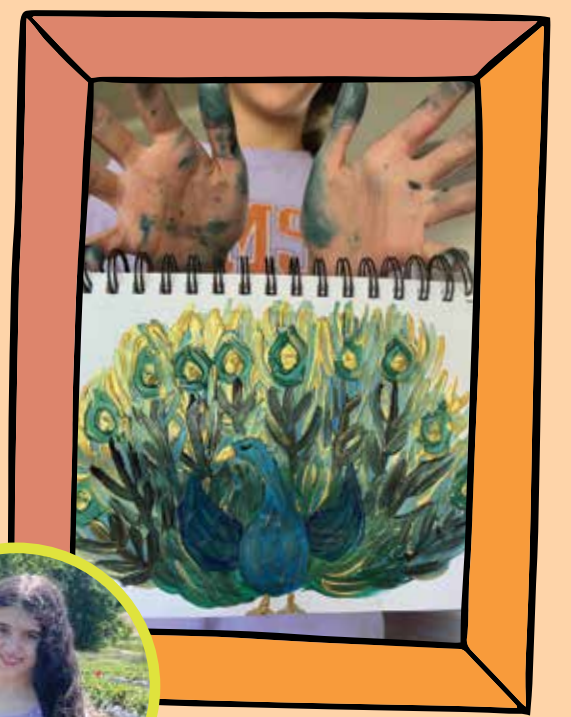
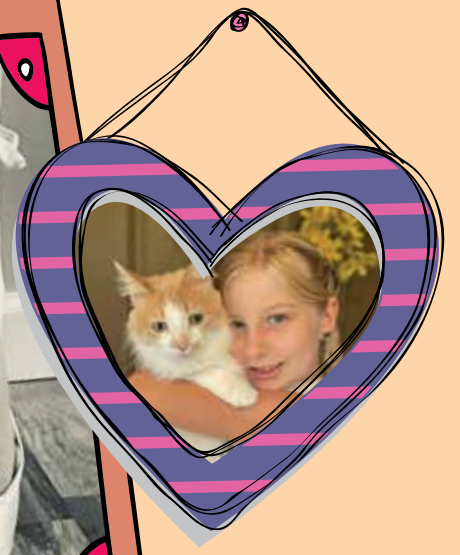
Kali, 10



Feet And Paws

This is a photo of me with my cat Leo! And I love to dance and to glorify God while I dance, so I chose this picture of me because it resembles my life in and outside of dance class.

Hannah, 12



Hand-Drawn Peacock

I painted this entirely with my fingers! You're never too old to fingerpaint!

Charlotte, 13





Pretty In Purple

With chalk on cement, I drew a purple flower from my mom's flowerpot because it was so pretty.

Zerah, 12



Words To Remember

I live in Ohio, and my mom homeschools me and my three younger siblings. This quote is very easy to forget. Oftentimes when someone does us wrong, we want to do equal if not worse back to them. But if we choose to speak in truth and love, that shows them the love of Jesus living inside of us. So next time you want to say something mean or hurtful to someone who's done you wrong, remember to build others up and "speak in truth and love!"

Addison, 13

Yay Crochet!

These are some of my favorite amigurumi (the Japanese art of crocheting small yarn creatures) I have crocheted recently! I love crocheting because you can make many different things. I even got to sell some of my creations at a craft fair! Crocheting is such a fun craft, and I hope you can try it out for yourself!

Karyn, 13



Make A Joyful Noise!

My music teacher is awesome! My class got to write our own song and perform it in front of our entire school at Battle of the Bands. I was one of the singers and I also played bass! I got the opportunity to do an interview with QMIX on the live radio. I was nervous at first but when I got into it, I wasn't nervous anymore. It was so much fun!

Brooklynn, 10

Wall Done!

I designed and painted this mural as a birthday present for my 9-year-old sister, Mercy. I enjoy drawing and painting, and this was my largest piece so far!

Joanna, 12



Mystery Blind Bags

I love making these blind bags because it's something I can do with my friends. We trade the blind bags after we make them and watch as we open them and create the scene or theme of the bag.

I choose a theme and then decorate a cover which is a folded piece of paper. Inside of the bag are little envelopes of items that go with the theme. The person opening the bag gets to put them all together. It's a lot of fun to see the surprise items and create the finished scene. Some of my favorite themes I've created are Cat Spa Day, Ramen Noodle Bowl, and Beach Day. I just use the things around me or things that I like and start creating five or six items to go with my theme. Then I pick someone to give the bag to so they can open it!

Gia, 11





Pieces Of Art

I really enjoy mosaics and painting which is why I chose this artwork. I also really enjoy reading the Bible and other books and acting. I've been getting **FOR GIRLS LIKE YOU** for over a year—which is why I'm so happy to be in it.

Rebekah, 8



Missing Sam

This is a picture of me and my beloved dog Sam. I sure do miss him a lot but now he is in a better place with the BEST owner, Jesus Christ.

Mia, 11



Happy Tree

I love to paint and was excited to try painting a tree because my mom loves them. It took a long time, but I am really happy with how it turned out!

Arabella, 12

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!

I AM

NATALIE JOY

10 years old
Encouraging. Responsible. Loving.

One of my favorite places is the beach—and one of my favorite things to do is gymnastics!

This is a pic of me at CHRISTMAS! My name, Natalie, means CHRISTMAS!

Seaside with my family!

Laughing with friends is one of my favorite things!

A GIRL LIKE YOU
NATALIE

A GIRL Like You

Tell us about your family. I have a mom, dad, older brother and younger brother.

What are your favorite hobbies? I love gymnastics, swimming, and jumping on trampolines.

What do you want to be when you grow up? A fashion designer or an actor.

What is something you want all girls to know about God? The Lord will always be there for you and He will always be by your side.

What is something that nobody would ever guess about you? I love performing in front of people.

What is one of your favorite memories? Going on a mother daughter girls' trip to St. Augustine with my mom.

Do you have an unusual talent or ability? I can do a contortion pose.

Where is your happy place? The beach

What are some things on your bucket list? Going to Paris, swimming with dolphins, and attending an Olympic gymnastics meet.

What has God been showing you lately? That everything will be okay ... even if it's hard.

What is one of the coolest things you have ever done? Getting to go to New York City at Christmastime. The Plaza Hotel is over the top!

HELLO, MY NAME IS ... NATALIE JOY

Growing up, my mom always loved the name "Natalie." When she was 20-weeks pregnant, my parents and grandparents bit into a cupcake and there was PINK icing which meant ... "It's a GIRL"—and that's when they knew they were having me ... Natalie! Natalie means "birthday of the Lord" or "Christmas."

And they had the gender reveal cupcake fun at CHRISTMAS! (I was due in May) ... I love all the details!

Mom has always loved Christian music and Natalie Grant is one of her faves. They met for the first time when Mom was on a BRIO Missions Trip to Quito, Ecuador. My dad even ran into Natalie at the Blue Coast Burrito while mom was pregnant with me and Natalie wrote an encouraging note for Mom on a napkin.

My middle name is Joy, and Mom and Dad chose that name because another one of their favorite Christian artists is Joy Williams. Joy sang at their wedding in 2008. It has been special to stay in touch with both Natalie and Joy over the years and for them to know the impact they have made on my mom and her faith journey, and now are a special part of mine.

Oftentimes people say that I "live up to my name" ... and that brings me "great pleasure" and "happiness" which is the meaning of my name JOY!



With Mom at Family Camp!

5 FUN FACTS ABOUT ME!

1. I am very flexible
2. I love going on airplanes
3. I am a night owl
4. I enjoy traveling with our gymnastics team
5. I love hanging out with my mom

FAVORITES!

Color: Hot Pink
Animal: Flamingo and golden doodle puppy
Song: "Still Rolling Stones" by Lauren Daigle
Singers: Lauren Daigle and Meghan Trainor
Book: Dory Fantasmagory
Food: Tacos
Thing To Wear: Anything from Lululemon and Offline
Class in School: Math
Bible Verse: Proverbs 3:5-6

"Trust in the LORD with all your heart and do not lean on your own understanding; in all your ways acknowledge Him, and He will make your paths straight."

GOD'S girl

DEVOTIONALS & MORE TO GROW YOUR FAITH

WYNTER'S WORDS



IN JESUS' NAME

You are the light of the world—like a city on a hilltop that cannot be hidden.”
MATTHEW 5:14

When I was a little girl, I spent a lot of time learning about the people in the Bible. I learned about Abraham and how God promised his descendants would form an entire nation. I loved the story of Esther and knew she was a very special girl whom God chose to help save His people. Moses, John the Baptist, Mary ... the list could go on and on. There are so many! Who is your favorite Bible character?

I always believed that people in the Bible must have been very special. After all, God chose them to do some really big and amazing things! But do you know what I didn't realize? I never understood that the people in the Bible were not the only people God chose to do amazing things. He also chose me! And guess what? He chose you too! Even though we weren't alive when the

Bible was written or when Jesus lived on earth, God has a very special purpose for each of us.

The Bible tell us that God chose us—and not just to sit around and do nothing! He chose each of us for a special reason. Every day you make lots of choices—what to wear, whom to be friends with, which book you are going to read. In the same way, God chose you on purpose for a purpose! You have a special reason for being here.

You are probably wondering what that purpose is, right? Well, here it is: You have been chosen to reflect God's love and goodness to the people around you. He wants His light to be your light. God wants to write a very special story through your life, just as He did through the people you read about in the Bible!

How cool is it that you have been chosen to be the reflection of God's love and light?

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

DEAR God,

Thank You for choosing me to be a light and a reflection of You.
Sometimes I wonder what my purpose is and what You want me to do. You are the light of the world and You have created me to be a light in the world too. I pray that I will look like You to my friends, my family, and anyone who looks my way.
In Jesus' name—AMEN

GO Girl!

WITH JACKIE MARUSHKA



GO Girl!

CALLING YOUR NAME

“Therefore God has highly exalted Him and bestowed on Him the name that is above every name.”
PHILIPPIANS 2:9

A name is such a big part of our day-to-day life. It's one of the first things that we offer when we meet someone new. For example, I would introduce myself to you by saying, “Hi, I'm Jackie.” Then I'd ask, “What's your name?” Why do we do this? Because we identify each other by our names; usually by first names but also by our last names.

Names are also a way of remembering our familial history. Your cousins, aunts or uncles may have the same last name as you do which is helpful in keeping track of and learning more about relatives we may or may not know.

Our first names can be a way of honoring special people in our lives, or a way of calling out a special characteristic, or offering a blessing.

Some people also take parts of names to make a brand-new name! That's what happened to me. My mother's name is Evelyn and my dad's name is John (but everyone calls him Jack). They took the first part of my dad's name and the last part of my mom's name and created “Jacquelyn.” My middle name is Michelle because my parents wanted to honor my Grandpa Mike whose full name is Miguel (Spanish for Michael).

I have a friend who named her daughter “Eden.” She chose that name because it represented peace and beauty and she saw both qualities in her newborn little girl. And when I was in elementary school, I knew a twin brother and sister whose mother named the boy “Beau” and the girl, “Tifle,” which when put together made the word “Beautiful.”

The Bible shows us that names can also help tell important stories. Some names were given to establish authority, and other names were changed to mark new beginnings or directions in a person's life. For example, Abram was changed to Abraham in Genesis 17:5, Sarai to Sarah in Genesis 17:15, Jacob to Israel in Genesis 32:28, Simon to Peter in Matthew 16:18, and Saul to Paul in Acts 13:9.



One of the most special things I've ever done is give names—to my three pups! I got to name my 10-year-old dachshund, “Willie”—after Willie Nelson because I thought his long ears looked like Willie's braids. When I rescued my second pup from a shelter when she was 4 years old, she was so tiny I started calling her “Little” which turned into “Leedle”—because that's how it sounded when I said her name. Last year I adopted a third pup with a spot on her back that looks just like a heart! It made me think of God's grace, so I named her “Gracie.”

Whatever name you have either given or received, I hope you enjoy hearing it as much as you enjoy saying it! And always remember that God loves you and knows YOU by your name!

LOL!

What do
ALEXANDER the
GREAT and
WINNIE the
POOH have in
common?

The same
middle name.

What do you
call a can opener
THAT DOESN'T WORK?

A can't opener!

Why is Peter
Pan FLYING
ALL THE TIME?

He Neverlands!

SOMETIMES people are
surprised HOW I'M NAMED
AFTER MY DAD, but how
would I have been named
BEFORE him?

WHAT do you
call a moose
with no name?

Anonymoose!

HOW DO
you make a
bandstand?

Take away
the chairs.

What happens
when it rains
cats and dogs?

You can step into
a poodle.

Do you know
what's odd?

Every other number.

What do
you CALL a dinosaur
THAT ASKS a lot of Deep
QUESTIONS?

A philosiraptor!

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

WITH SHANI MCKENZIE



CALLED BY NAME

I love learning names, not just what they are, but how to pronounce them and what they mean. **There can be so much in a person's name.** Granted, I don't have some big, elaborate story to tell you about my name. I kind of wish I did, but my parents actually found my name ... in a library book. Yup, a library book! Don't get me wrong, I love my name—even though it's come with its fair share of challenges. People have always had a hard time pronouncing it. Probably because it's spelled with one "n," so folks usually say "Shay-knee" instead of "Shan-knee." Sometimes they create a whole new name for me—Shannon, Sharon, and Shanty are some popular ones. It's funny to see how many ways my name can be mispronounced!

Even though my parents didn't find my name in some extraordinary way, I think it's pretty cool. **My name is one of many that mean different things in different cultures.** For instance, in Swahili, Shani means "marvelous." But in Hebrew, my name means "red." In both of these cultures, names have a very significant meaning. They can give you a glimpse into things like a person's ethnicity or family history.

In the Bible, names were extremely important as well. **There are even times when God gave people NEW names**—Abram became Abraham, Sarai became Sarah, and Jacob became Israel. These new names told us something about their future. For example, Abraham means "father of many," which God fulfilled when Abraham became the father of many nations. Sarah means "princess," reflecting her role as the mother of nations. When God changed Jacob's name to Israel, it signified a transformation from "supplanter" (someone who takes over deceptively) to "one who struggles with God" and emerged victorious.

God even named His son Jesus, which means "the Lord saves." This name perfectly captures Jesus' mission on earth to save humanity from sin. In Revelation, Jesus is referred to as "the Alpha and the Omega," showing His eternal nature and the completeness He brings.

Have you ever thought about the meaning of your name? Or why your parents chose it? It might not be from a library book, but there's usually a story behind it. **Even if it seems random, God knows you by name, and that's what truly matters.** He has a plan for you, no matter how your name came to be.

So, what's in a name? A lot! It can tell a story, mark a moment, and shape an identity. Whether your name is common or unique, know that you are known and loved by God. He calls you by name and has wonderful things in store for you.

FILL IN
THE BLANK

My name is...

it means...



TrueGirl

Dannah Gresh is the founder of True Girl. She's written more than 20 books for girls and moms. Find out more at mytruegirl.com.

IN THE NAME of the LORD

"FOR THIS REASON I KNEEL BEFORE THE FATHER, FROM WHOM EVERY FAMILY IN HEAVEN AND ON EARTH DERIVES ITS NAME."

EPHESIANS 3:14-15



A Note FROM MOM

Although I never met her in person, I considered Wynter Pitts, the founder of **FOR GIRLS LIKE YOU**, to be one of my role models. Right after I heard Wynter share from her heart on a podcast in 2018, I gathered as many of her teachings as I could and listened carefully to each one. Her message and ministry greatly encouraged me in my walk, and now, actively participating in what was her passion is a tremendous honor.

Beyond the names we are given by our parents and guardians, Ephesians 3, verse 15 tells us that everyone who is in God's family is called by His name. Think of it as the icing on the cake. God wraps your already special name inside **the name** above all other names. Ultimately, our identity, character, and reputation get their meaning from Him. Indeed, Jesus is God's indescribable GIFT to each one of us!

Growing up, I was keenly aware that names have meanings. My loving parents—Charles and Victoria—gave me and my three older brothers indigenous Igbo names from the eastern part of Nigeria. A lot of my friends and relatives also go by their native names. As I have grown in my walk with the Lord, I have come to realize that more than their actual meaning, names communicate identity.

Understanding this truth, my husband, Obiora, and I prayed fervently, asking God to reveal His chosen name for each of our children. We are blessed with three daughters, and each is named with honor given to the Lord, their Nigerian heritage, and their own unique character. I am so proud to introduce you to Nesochi and Amarachi—our first two daughters who understand the story and intentionality behind the names they bear. It is a blessing to watch them introduce themselves to others and quickly follow that up with "my name means ..." Indeed, their names have become a way that they share about Jesus with others as they grow in their walk with the Lord. In this way, they give glory to Him and celebrate their heritage with joy and confidence.

—Adanna Chinemerem Akuijeze





Our names **NESOCHI** and **AMARACHI!**

Nesochi Chinemerem Obinma

My name is Nesochi and I also go by Neso! My parents waited on God for the chosen name of their baby—me! In a dream, the Lord showed my mom that her baby was born, and when asked for its name (much like the scene when John the Baptist was born), she said “follow father.” Nesochi is an Igbo name that means to walk with God. When I think about my first name, I think about how the disciples walked with Jesus. My middle names, Chinemerem, means “the Lord does for me,” and Obinma, means “beautiful heart.”

Amarachi Ebelechukwu Chetachi

My name is Amarachi and I'm sometimes called Ami. My mother says she was going through a difficult time before I was born, so she knew my name would honor the grace of God that saw her through it. Amarachi means “the grace of God.” If my name wasn't Amarachi, I would like it to be Grace! My middle names, Ebelechukwu, means “the mercy of God” and Chetachi means “remember the Lord your God”—which she found in the Bible in Deuteronomy 8!

OUR FAMILY

We live with our little sister, and our amazing mom and dad. Our father is very smart and loves God. Together with our mom, he runs our family businesses, including a franchise. Our mom is very kind. She's funny and she's smart. She's an accountant and works from home. We just love that she's here every day and is there when we come back home. She is very funny, and she is godly. She loves God. Every night, we come together and do a devotion. And it's like she loves what we love and if we have a new hobby, she'll be like, “Oh, so, I see how you guys do this? And who's signing up for classes? And she tries to help with everything.

AMARACHI ABOUT NESO: My older sister loves to sing and she's very kind and funny. She has a lot of humor in herself, and she has good handwriting. And when she is trying to be funny, she uses big words!

NESOCHI ABOUT AMARACHI: My sister is very kind and she's artistic in everything she does. She'll show me a painting and I'm like, *how did you do that?* I'm artistic too, but I like to make stories with my friends. Amarachi and I tell each other everything that's going on, what's happening every day and after school, what happened during school ... and I feel like that's cool to have because I know some siblings aren't that open with each other.

OUR LITTLE SISTER's name is **Udochi** and her name means “peace of God.” It's really cool to watch her grow from the day she was born! Our parents remind us that she looks up to us and will do what we do. So we are making sure to try to teach her good manners and how to share. Together we like to make up dances and everything and she loves to be creative with us! Udochi's middle names are Oluchi, which means “the works of God” and Chimdinso, meaning “the Lord is near.”

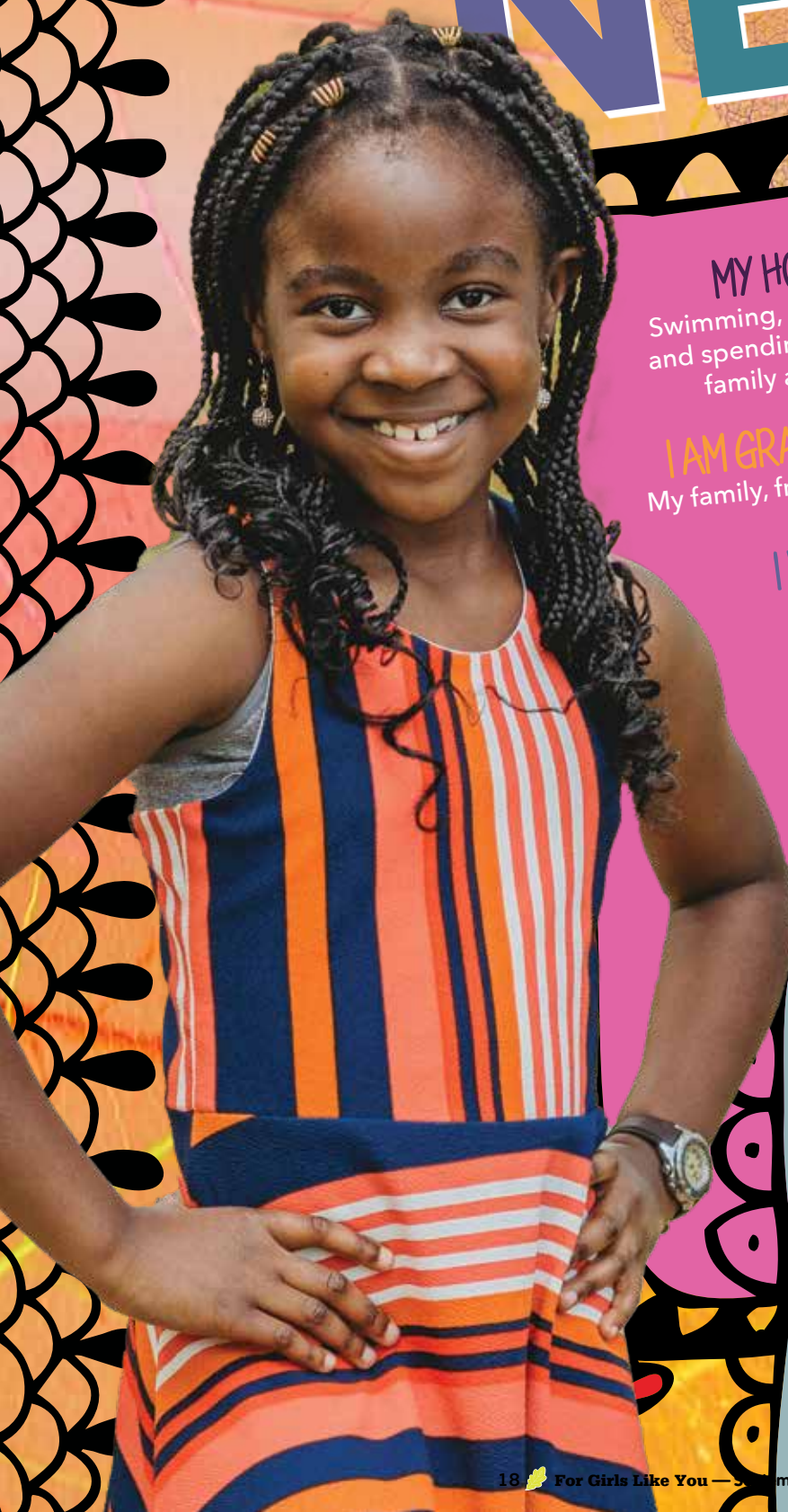
OUR GRANDMOTHER VICTORIA
When our grandmother visited us from Nigeria, we had some of our favorite times together. It was fun because we do not get to see our grandparents as often as some of our friends see theirs. So, it's very special when they're here because our cousins live here too and we all try to get together in a large gathering. This year it has been very hard for us because she passed away. We miss her so very much but have wonderful memories of her and our times together.



A fun memory with Grandmother Victoria

this is me NESOCHI

NESOCHI, 10
Kind, Funny,
Fashionable.



MY HOBBIES

Swimming, playing soccer,
and spending time with my
family and friends.

I AM GRATEFUL FOR
My family, friends, and music.

WHEN I GROW UP
I want to be a lawyer!

**NO ONE WOULD
EVER GUESS**
That I'm not very artistic!

I WANT ALL GIRLS TO KNOW THAT
You matter so much to God, and He
made you for a purpose.

ONE OF MY FAVORITE MEMORIES
When my grandma came from Nigeria
(West Africa) to stay with our family!

Favorites!

Color: Blue

Song: I don't have one, I just love all
types of music.

Singer: Mercy Chinwo, a Nigerian
singer. She's very popular. She's
a gospel singer and my favorite
singer. I just love how she praises
God in everything, and I love how
she dresses. It's very modest and I
love her style and the way she has
confidence. You see that in her and I
like that about her.

MY UNUSUAL TALENT
I do a great British Accent!

COOLEST THING I'VE SEEN

My family and I went to a live show about the book of
Daniel, and saw live animals in the theater! It is called
Sight and Sound, in Lancaster, Pennsylvania.

**ON MY
BUCKET LIST**

I want to go to Paris, get a
dog, and go to Nigeria and
other parts of Africa!

**WHAT GOD HAS
BEEN SHOWING ME**
That He is with me, and
I am never alone.

5 FUN FACTS ABOUT ME!

1. I don't really like peanut butter.
2. I love to travel!
3. Sometimes, I like to wear my socks mismatched!
4. I like to make lists to keep myself organized.
5. I love watching and playing soccer.

Book: Wonder by R.J. Palacio

Animal: Panda

Food: Plantains

Thing To Wear: An oversized sweatshirt with shorts!

Class in School: English

Bible Verse: Psalm 4:8

**"In peace I will lie down AND
SLEEP, for you alone, O Lord,
will keep me safe."**



Our family in traditional Nigerian attire—fun
and special outfits! Our dresses were made by
a family friend, and our parents' outfits were
designed by Grandma Victoria!

meet AMARACHI

MY HOBBIES

Reading. Drawing. Praying. Baking. Traveling.

WHEN I GROW UP

I want to be a babysitter, mom, and a teacher!

I WANT ALL GIRLS TO KNOW

That God is good and He'll never let you down.

I AM GRATEFUL FOR

Family, life, and God.

NO ONE WOULD EVER GUESS

That I don't like the winter season!

ONE OF MY FAVORITE MEMORIES

I was repainting the church and I mistakenly put my hand on the wall. I got so much paint on my hand!

MY UNUSUAL TALENT

I am really flexible!

MY HAPPY PLACE

Home. And anywhere my family is.

ON MY BUCKET LIST

I want to go to Asia, France, and to learn the flute.

GOD HAS BEEN TEACHING ME

That I don't always need to get what I want.

COOLEST THING I'VE EVER DONE

I once got on a big water flume slide. When I was at the top, it stopped then came down. When I got out, I was soaking!

AMARACHI, 8

Friendly. Artistic. Energetic!



Watching the Story of Daniel at the immersive Sight and Sound Theatre



Just off the stage after performing as a waitress and pre-show announcer, in a 2024 production of Rock of Ages



Favorites!

- **Color:** Dark green
- **Song:** "God Will Make a Way"
- **Singer/Band:** Pentatonix
- **Book:** When God Made You
- **Animal:** Koala
- **Food:** Lasagna
- **Thing To Wear:** Sweatpants and a T-shirt
- **Class in School:** History
- **Bible Verse:** 1 Timothy 4:12

"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity."

FIVE FUN FACTS ABOUT ME!

1. I don't like summer—too hot!
2. I mostly like graphic novels.
3. I play piano.
4. Tomatoes are the best!
5. I love high tops!

"A good name is more desirable than great riches."

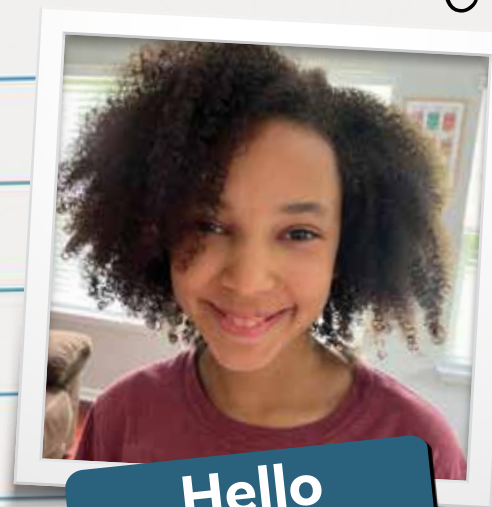
PROVERBS 22:1

HERE ARE THE STORIES of how our readers received their good names—and the meanings behind them.



Leia, 11
Hello
my name is

My name is **Leia Noelle Jardin**. How my name came to be started with my brother. When my mom was pregnant with him, they told everyone that his name was Han Solo—sadly that is not the case! Well, the same thing happened to me but with a different outcome. They said my name was Princess Leia—think *Star Wars* (not Leah) and it turned out they liked that name, so my parents stuck with it. My last name, Jardin, means garden in Portuguese—our family history originated from Portugal on my dad's side. We also have German, Italian and Norwegian roots. My name means:
Leia: child of heaven or heavenly flower in Hawaiian
Noelle: Christmas
Jardin: Garden



Hello
my name is
Selah, 11

You will find the word "Selah" 71 times in the book of Psalms and three times in the book of Habakkuk. Selah is often used to indicate a pause or a moment of reflection. I love that my mom wanted to give me the name **Selah** because she wants me to always remember to ponder the truth in God's Word and hide it in my heart.



Hello
my name is
Victoria, 11

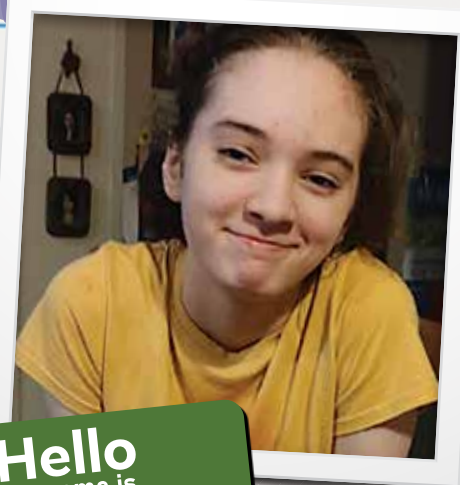
My mom and dad chose my name because they knew I would be an overcomer. Also, my name has a special verse to match it:
"But thanks be to God, who gives us victory through our Lord Jesus Christ." 1 CORINTHIANS 15:57
The name, **Victoria** means victory. When I think about my name it reminds me that I have victory through Christ. My middle name, Lynn, is my grandmother's middle name too. My last name is Robertson. This surname is especially common in Scotland where Robert was a popular personal name and the name of three kings of Scotland including Robert the Bruce which dates back to the 1200s. I'm glad I have a beautiful and meaningful name.



KATHERINE
(Katie), 10
Hello
my name is

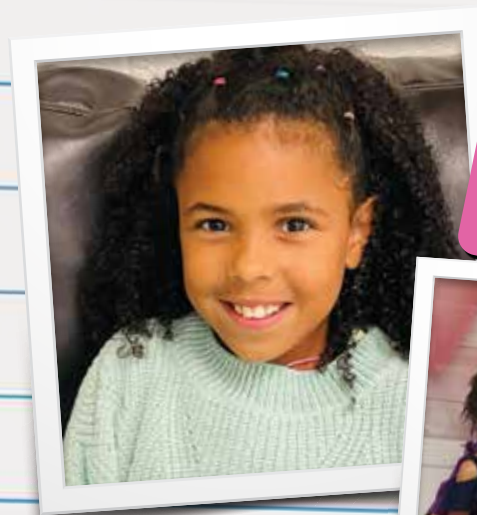


The name of the
LORD is a strong
tower; the righteous
man runs into it
and is safe.
PROVERBS 18:10



Hello
my name is
Isabella, 12

My parents decided on the name **Isabella** because it means "consecrated to God" and "beautiful." My nickname is Isa, which is also one of the names my mom wanted to give me. My middle name is Cierralyn, which is a mix of my mom and dad's middle names, Lyn and Sierra!



Kazimira, 11
Hello
my name is



Kazimira and Kazimir!

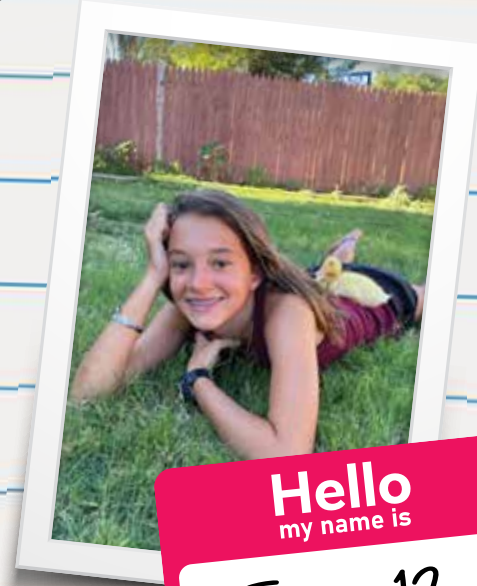
I was named after my dad, Kazimir. Everyone calls him Kaz. My family and friends call me Mira, Kazy, or Kazi. I like having so many nicknames, because it's a personal gift to me from the people I love. All of the nicknames are variations of my given name. **Kazimira** means "peaceful" and "harmony."



Hello
my name is
Emmy Jo, 12

Adalynn, 11
Hello
my name is

We are the Williams girls and each one of us was named after a family member! **Annie** is the oldest and her first name is after our great grandma Annie! I'm **Emily Jo** and my middle name is the same as my mom and her mom—my grandma! And I'm **Adalynn** and the Lynn part of my name is my dad's middle name! Here we are holding our brand-new baby cousin. His initials are HLG and he's the fifth-generation first-born son to have those initials! We love being named after family members!



Hello
my name is
Evie, 12

I'm called Evie, but my full name is **Evangeline Grace Lubbers**. Before my mom was even married, she read a book called *Uncle Tom's Cabin*. In it, there is a little girl named Evangeline who loves and follows God. When mom read about her, she decided to name her first daughter after her. Evangeline means "bringer of good news" in Greek. Now my last name, Lubbers, means something quite the opposite! If you've read any books about pirates, you've probably heard the term "land lubber." In short, our last name, Lubbers, means "awkward, clumsy people!" Our family laughs a lot about it! So, my full name means "Bringer of Good News, Grace of God," to ... Awkward People. (Perhaps that's better than my brother's which is Joshua Cameron Lubbers—"God Saves Crooked-Nosed Awkward People!")

Hello
my name is
Valentina, 11



My name, **Valentina**, is an Italian name. It means valiant, courageous and fearless. My mom figured out she was pregnant near Valentine's Day, so she decided to name me Valentina, making that holiday my name day. I'm the first Valentina in my family, meaning no one in my family has been named Valentina before! My last name, Barbaro, is also Italian, and it means "brave" and "winner." I'm so grateful that my parents gave me such a gorgeous, dazzling name to live with my whole life.

Give praise TO THE LORD, proclaim His name.

PSALM 105:1



Hello
my name is

Adalyn, 12

My name is **Adalyn Rhame**, and while you might not recognize that name, I think you might know this one—George Washington! Yep, that's right, George Washington. A few years ago, I did a family tree and found out my great-grandmother Milldred, or Milly, was interested in genealogy. That's

how I found out I was related to George Washington through his wife, Martha Washington! Martha was about five feet tall and was 27 when she married George. She had four kids with her first husband, Daniel Parke Custis and happily, George treated them as his own. Martha even outlived all her kids. And fun fact—many people think George Washington had wooden teeth, but really, he had his teeth replaced when he was about 30 with teeth of ivory and real, used human teeth! Yuck! God uses so many ways to show off His wonderful creation, and having so many cool ancestors is such a blessing, even if a small one!



Hello
my name is

Ziyah, 13

My mother named me, and I believe it was given for a purpose that I am to fulfill in my life. My name means "light, splendor or radiance" and

it is of Arabic origin. I believe my name is who I am—a light to the world as God's daughter. I love my name because it is unique, and I am too.



Reu, 11

Hello
my name is

My name, **Reu**, has an interesting story. My parents' names are Tim and Jenny, and they wanted their kids to have unique names. Before they had me, my parents were listening to the Bible together. As they were listening to the lineage of Abram written in Genesis 11, they heard the name "Reu." They looked up what "Reu" meant and learned that it meant "friend" in Hebrew. My parents decided that if God gave them a girl, they would name her Reu. It turns out that I am the girl. I love my name because it is unique, and it describes what I do best. I always try to be a friend to people around me.

SING to GOD, SING
IN PRAISE of HIS
NAME ... rejoice
before Him—HIS
NAME IS the Lord.

PSALM 68:4

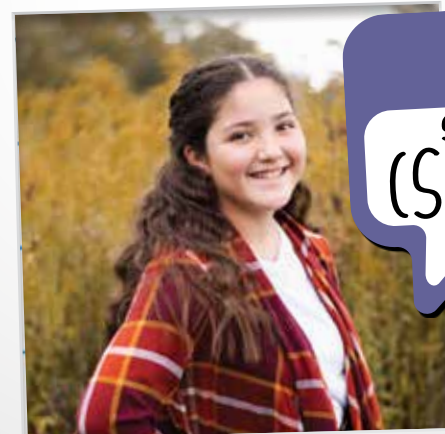


Hello
my name is

Zoe, 12



My name is **Zoe Victoria Abbott Aldama**. When the doctor first saw me on the ultrasound machine, I was a tiny dot only half the size of my twin brother. He gave me a 50-percent chance of surviving. My parents began praying for me and at the next doctor's visit, I was a bigger dot. I survived! But then at 7-and-a-half months, the doctor noticed I was losing oxygen because the umbilical cord was wrapped around my chest. They had to do an emergency C-section. My brother Elijah was born first but I came out one minute later. A smart doctor quickly saved my life and I thank God for that. That is why my parents decided to call me Zoe Victoria. Zoe means "life." And Victoria is Spanish for "victory." God gave me the victory of life! The early Christians used the Greek word Zoe for eternal life, which we have in Jesus. My last name is Abbott Aldama. My father is American with Scottish roots, and my mother is Mexican. I was born in Mexico. In many Latino countries, a child takes the last name of their dad and mom. Abbott is Scottish and means "father." It can be traced back to the name Abraham, which means "father of many." My second last name, Aldama, comes from my mom. Juan Aldama was a famous fighter in Mexico's revolutionary war for independence. I love my name!



Hello
my name is

SAMANTHA
(Sammy), 11

My name was chosen when my mom found out I was going to be a girl. She and my aunt looked for girl names on the Internet, they made a list, and my parents picked **Samantha**. Samantha means "God has heard" in Hebrew— it is the female version of Samuel blended with the Greek word *anthos* meaning "flower." Now to my last name, Mora. My family is from Costa Rica which is where the name came from. In Spanish it means "blackberry" which I think is super cool!



Chandler, 10

Hello
my name is

My name is **Chandler Leigh** and I'm the youngest of three girls. My daddy's name is Christopher Lee. When my parents chose my name, they wanted me to have a unique first name because my momma is a teacher and she has taught many, many students but never a Chandler. They chose my middle name so that my daddy and I could have the same initials. My middle name is spelled differently because it is the feminine version of my daddy's. I love sharing the same initials as my daddy and when I grow up, I want to be a dentist just like him! Then, we will share our initials and our talents that God has given to us.

Ceana means "God is gracious." My mum and dad had two babies that died in mum's tummy. Then they had two healthy boys—and then they had me. They were very grateful God had blessed them with a third healthy baby—and their first daughter—so that is why they gave me that name. May is my middle name because Mum's middle name is May. And my great-great nanna also had May as her middle name.

Hello
my name is
Ceana, 9
(from Australia!)

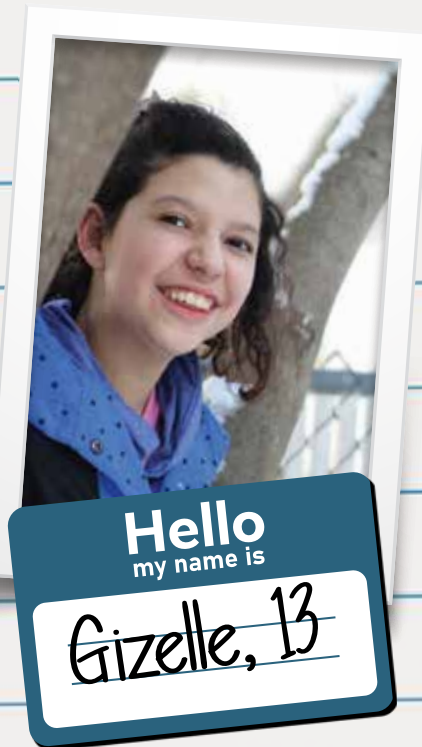


Hello
my name is
Eliana Grace, 10

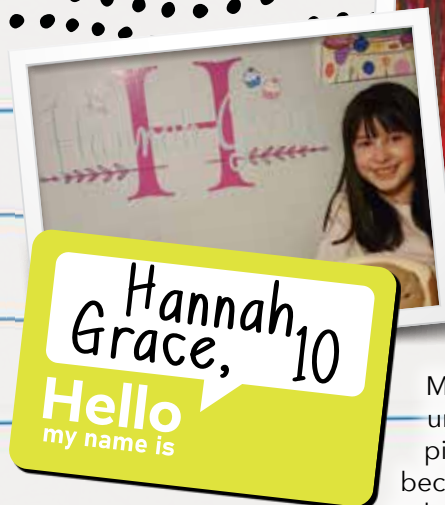


My name is **Eliana**, which means "My God has answered me." My mom and dad, who were serving as missionaries in Peru, were at a missionary conference in Colorado when mom was pregnant with me, and they met a family with three kids. One of them was named Eliana. My mom was thinking about naming me Liliana but then decided that it didn't fit well with our last name, Diliberto. When they heard about the name Eliana they decided it was perfect for me! It wasn't very popular when they named me, but now Eliana is way more popular! They also wanted a name that would be pronounced well in either Spanish or English because they were missionaries. My middle name is Grace. I was named after my Great-Great-Grandma Grace. When you put Eliana and Grace together, it means "My God has answered me (with) grace." And my last name DiLiberto is Italian! DiLiberto means "liberty." I love my name so much, and I am very glad that I am named Eliana!

Before my parents met, a doctor told my mom she would never be able to have children. However, after they married, God had other plans. My mom became pregnant with my older sister, Esperanza, whose name means "hope." She's now 15 years old. My parents lost three babies between Esperanza and me, and they were really sad. They were excited and happy to discover they were expecting again—and that's when I came along. I'm now 13! My name, **Gizelle Melodia**, means "fair lady of joy"—just like the princess in *Enchanted*, but with my own special twist! My parents said I brought them so much joy after all the sadness.



Hello
my name is
Gizelle, 13



Hello
my name is
Hannah Grace, 10

My parents waited until I was born to pick out my name because they wanted to know what I looked like to match the name. My name is from the story of **Hannah** in the Bible. It means "favor" or "grace." My middle name is also **Grace**. So I am Grace Grace! I like that my name is the same forward and backward! My last name is from Sussex, England, and my mom's maiden name is from Guanajuato, Mexico.

Sisters



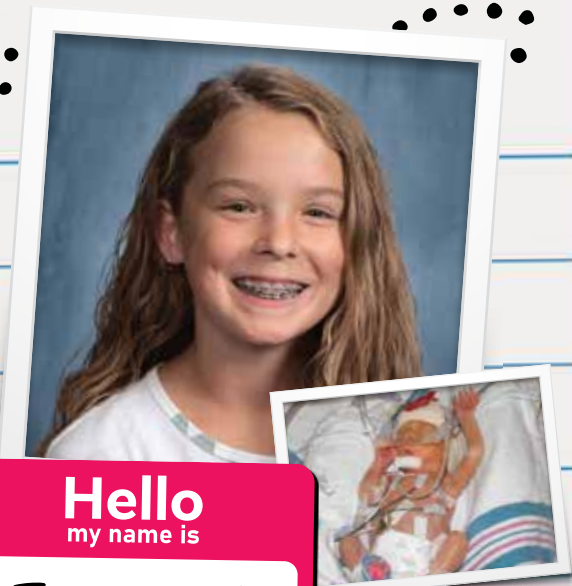
Hello
my name is
Adeline, 10

Adeline: My family is Catholic, and my parents named me after a saint. Saints are people like you and me who died, and the Catholic Church discovers they lived very holy lives. My name means "noble." I love my name because it is pretty.

Gianna: I love my name. My name is pronounced gee-ah-nuh. I was named after Saint Gianna Beretta Molla. My name means "God is gracious." I like my name because it's an uncommon name.



Hello
my name is
Gianna, 8



Hello
my name is
Emma, 12

My name is **Emma**. I was named after an older lady from my church, Emma Troyer. My mom liked the thought of me growing old, because she didn't know if I was going to live or not. I was born at 24 weeks, two days, weighing one pound, 11 ounces. I was sick and in the hospital for 119 days. Thanks to God, I am a normal 12-year-old girl who plays piano, volleyball, and likes to swim. I like my name because I was named after a kind lady who wrote my mom a nice letter with verses on it when I was born.



Hello
my name is
Gracie, 11

I was named **Gracie** from the song "Amazing Grace." When my dad was little his mom would sing him "Amazing Grace" before he went to sleep. My mom loved the name Gracie, and my dad loved that name too, since it was so close to the word grace.



COURAGEOUS girls

WITH TERRA MATTSON

DEAR
TERRA,

I think my name is a little plain, and I wasn't named after anyone—my parents just liked the sound of it. So sometimes I wish I had one with a great meaning behind it. Is it okay to sometimes not like your own name?

LARA, 11

WHAT'S YOUR NAME?

Yes, LORD, walking in the way of Your laws, we wait for You;
Your name and renown are the desire of our hearts.
ISAIAH 26:8

Names are a funny thing. Sometimes naming a baby seems like the

and growth to people after they've had a hard situation or struggle, like a rough sea voyage. And He knew that grace would be a huge passion of mine. I want nothing more than for people to experience undeserved favor by me and our God! These are the things I get to do as a counselor and a coach to moms, dads, and girls like you.

Sometimes I felt disappointed that my name meant "dirt." Really? Nothing spectacular can come from dirt! And then I remember that the dirt is where good plants grow. Dirt is what we build homes on. Dirt is what God used to create Adam and Eve (see Genesis 2:7-9.) Nothing is lost in God's kingdom!

Your name
is significant and can be
a small glimpse into the
gifts, the purpose, and the call
He has on your life. A Courageous Girl
trusts that God uses everything for His
good and perfect plans.
Even your name!

Love, Terra

My mom loved the book and movie, *Gone with the Wind*, which featured a fictional property named Tara. My parents loved the name, but wanted something unique so they changed the spelling to TERRA. My middle name, Ann, is the second half of my mom's name, LouAnn. (My sister has the middle name Lou.)

As I grew older, I often wondered what Terra Ann meant, knowing that the use of names in the Bible is significant, often given with great intention.

Terra means earth, and even dirt! The Latin term "terra" is used to imply dry land, typically referring to when someone returns to solid ground after a rough sea voyage. It can also mean strength, stability and growth. Ann means grace or God's favor.

Now here is the cool thing! My parents were just giving me a name from a favorite movie. But God KNEW the purposes He had for my life—to help bring stability, strength

faith SERVICE. FUN.

WITH AMERICAN HERITAGE GIRLS

HERITAGE IS OUR MIDDLE NAME!

For you, God, have heard my vows; you have given me the heritage
of those who fear your name.

PSALM 61:5

OUR CREED:

"As an American Heritage Girl, I promise to be Compassionate, Helpful, Honest, Loyal, Perseverant, Pure, Resourceful, Respectful, Responsible and Reverent."

A HERITAGE OF FAITH:

Read Hebrews 11. Take a minute to imagine what it would be like to see your name listed. What would you like it to say if it was added to this chapter as a "by faith" statement? What goals can you set to walk out steps of faith leading you through your "by faith" statement? Create your own "by faith" statement and share it with your family.

OUR HERITAGE BADGE

The colonial period of the 1700s marks the beginning of our country, and the pioneer period of the early 1800s marks the expansion period, as people started moving west and settling the frontiers. Early Americans had to use their ingenuity and whatever materials were available to live and eat. People lived very differently during each of these time periods than we do now. As part of their badgework for the OUR HERITAGE badge, one AHG Troop got to learn what life was like during the early history of our country—by actually living it!



SERVICE, LEARNING & FUN!

Last fall, **Troop OH1436** partnered with a Pioneer Living Program in Governor Bebb Metro Park, which was also a part of their Fall Camping Trip. The Our Heritage Badge requirements suggested learning through living history programs, so this opportunity moved Girl Members Audrey, Cara, Hazel, and Samantha closer to earning the badge. During their time in the pioneer living experience, the girls learned how to start a fire with a flint stone, milled corn to make bread, prepared group meals while cooking outdoors, and cleaned around the camp. Hazel said, "Pioneers didn't have the things we do now. It was really cool how they made food without using what we have now."

History lessons, life skills, and gratitude for those who came before us, were just a few of the positives these Girl Members took away from their experience! And earning their Our Heritage badges, too!



Looking Back



Blacksmithing



Living History



Our Heritage



Terra Mattson is a counselor, author and founder of **Courageous Girls**. To learn how to be a Courageous Girl and start your own group, ask your mom or caregiver to go to mycourageousgirls.com or have her read Terra's book, *Courageous: Being Daughters Rooted in Grace*.



Looking for a community of faith, service, lots of fun—of girls just like you? With your parents' help, go to americanheritagegirls.org/find-a-troop/ to get connected. We think you'll love who you find!

Initial Flag Banner

Did you know that God knows each one of your names? John 10:3 tells us that God is a Good Shepherd who calls His sheep by name and takes care of them. Just like a shepherd looks after each sheep, God looks after you and loves you very much. We're going to make an art project using the initials of our names to help us remember how special we are to Him. When we hang our flag banner in our rooms, it will remind us every day that God knows our names and cares for us just like the best shepherd ever!

SUPPLIES Three 12" x 12" Color-Coordinating Fabric, Pencil or White Chalk, Scissors, Cardboard (cereal or cracker boxes), Elmers Glue Stick, Ribbon, Yarn, and/or Fringe, Paper Clips or Mini Clothes Pins



Find three coordinating fabrics and cut out three rectangles. The size will depend on how large or small you want your banner. The example is 4" x 7."



Using recycled cardboard, draw and cut out the letters of your initials. TIP: You can also use free alphabet templates online. My letters were 24" x 4."



Lay your cardboard letters on top of a different color fabric. Trace with a pencil or chalk. Cut out and glue onto your flag.



Flip over the letters and glue them to your flag using a glue stick.



Cut at least four feet (or more) of fabric, ribbon, yarn, and/or string to make a garland. Tie a knot at each end to secure.



Using a paper clip or mini clothes pin, attach your flags to the garland and hang in your room!



Visit thouartexalted.com. Thou Art Exalted, founded by Annie Pajcic, combines art and God's Word online and in every issue of *For Girls Like You*!



STEMgirls

SCIENCE FUN WITH THE DENTON DUO

Lydia and Bethany

GROWING IN THE LIGHT

All You have made will come and worship before You, Lord;
they will bring glory to Your name.

PSALM 86:9

Sometimes people will say you have to grow into your name, but for this issue, we're going to actually grow our names! (Or at least our initials to start with!)

Here's How

You'll need chia seeds, sponge or paper towel, water and sunlight to start.

Mix 1 tablespoon of chia seeds in a ½ cup of water and let them sit for 10 minutes. This will form a gel. While you're waiting, cut the sponge or paper towel into the shape of your first initial (or any shape you choose). Spread a thin layer of the chia seed gel onto the paper towel or the sponge. Keep it in a sunny place, like the windowsill, and add a little water daily—just enough to keep the sponge or paper towel moist. In under three days, you should see little white roots beginning to form. By day five you should have a lush, green chia garden growing in the shape of your initial. Once they've grown, you can transfer the sponge or the paper towel to a garden bed and enjoy your shaped letter for many weeks!



What's Going On?

Seeds are pretty miraculous when you think about their design! One of the reasons that seeds, beans and nuts are so nutritious for us to eat is because each one is designed to have enough food to fuel the growth

of a baby plant. God designed these plants to have both *gravitropism* and *phototropism*. WHAT!?! Those are crazy big words that just mean that God designed them to be

able to respond to gravity and send the roots DOWN (*gravi* is for gravity, *tropism* means toward). Plants in space grow in spirals because they can't figure out which way to send their roots!

Plants also have phototropism, and the chia plants are so fun to experiment with! Phototropism means toward the light. If you look at the plants, they will always grow toward the light. If you turn the plate around, in just a few hours the plants will have already shifted. The plant was designed to seek the light. Jesus is referred to as light in Scripture. Jesus even says: "I am the way and the truth and the light." Just like plants know to turn toward the light to survive and photosynthesize, humans need to turn towards the Light to grow our faith and receive eternal life.



Something to Think About

Seeds are mentioned in the Bible many times. One of our favorite parables is about sowing seeds on different types of soil. Luke 8:11-15 and Matthew 13:5-6 talk about the importance of sowing seeds in good soil. This experiment reminds us of the parable. At home, try another experiment to see what happens. Make two initials and treat them differently. Keep one inside, on a plate. The plants will spring up quickly, but then wither and die because there aren't enough nutrients and there isn't good soil for the roots to grow into. Transfer the second initial to a garden bed with plenty of rain, soil and sun, and your plants will go on living for a long while!

THE GAME of the NAME

Unscramble these Top Ten Girls Names for 2024

- | | |
|--------------------|--------------------|
| 1. VILIOA _____ | 6. BALIASSEL _____ |
| 2. MEMA _____ | 7. VAA _____ |
| 3. ELAIMA _____ | 8. IAM _____ |
| 4. HASIPO _____ | 9. ULAN _____ |
| 5. TORALHECT _____ | 10. NEEVLY _____ |

He Knows My Name

Can you find the hidden pictures in this verse?



22 hearts, 8 sheep, 6 lightning bolts, cross, gate, ladder, megaphone, microphone, shepherd

WHAT'S YOUR silly NAME?

Match the month you were born with the last digit of your birth day—and tada!—now you're officially a member of the Silly Name Club!

January	Chuckles
February	Wacky
March	Giggles
April	Snorts
May	Whoopsie
June	Kooky
July	Tickles
August	Peekaboo
September	Wiggles
October	GoogleyEyes
November	Bumbles
December	Snorkles

- | | |
|---|---------------|
| 0 | Doodlepants |
| 1 | Von Snickers |
| 2 | J. Funnybunny |
| 3 | Chucklehead |
| 4 | MacWobbles |
| 5 | Skedaddles |
| 6 | Van Boops |
| 7 | Da Waffles |
| 8 | Chortlester |
| 9 | McTooters |

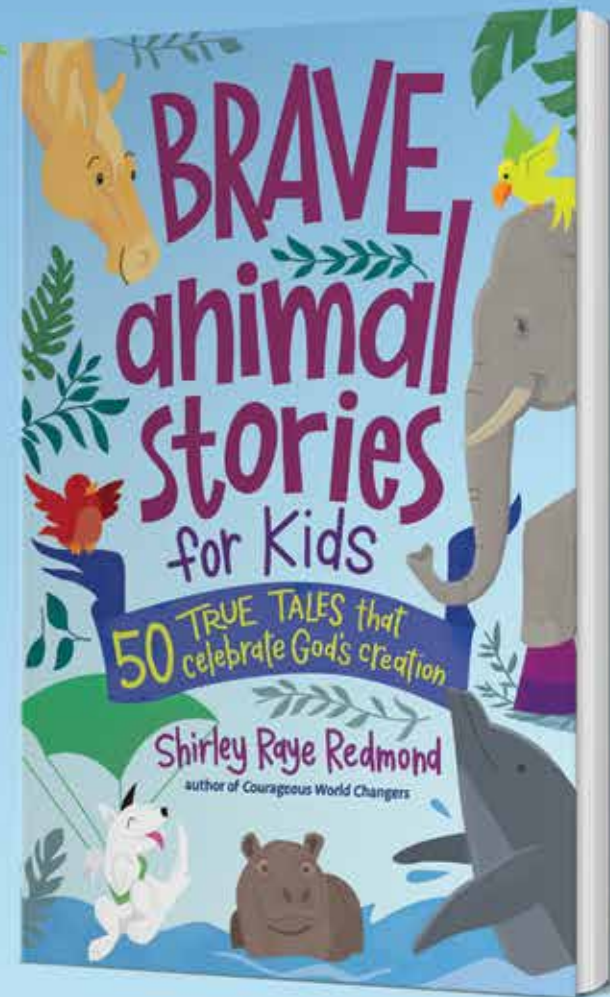
YOU'RE A POET

Tell us something about you using the letters of your name. Make a list or a poem or a sentence!
(Example: LILY—Lord, I Love You!)

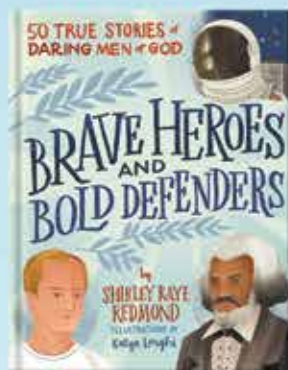
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