

# Little Flowers Girls' Club®

## In a Nutshell

The Little Flowers Girls' Club®, developed by Rachel Watkins, is a program that provides young Catholic girls ages five and up to gather and learn about their Catholic heritage, faith and traditions. The girls learn what it means to lead an authentic life of Catholic virtue, guided by Scripture and the examples of the saints. The lessons provide them with a strong foundation on which to build faith-filled lives as wives, mothers, consecrated women, religious, or single apostles.

Based on Fr. Francis Lasance's 1906 classic, *Catholic Girls' Guide*, Little Flowers Girls' Club® takes the best of Fr. Lasance's "Maiden's Wreath" and applies it to a girls of the twenty-first century. The program uses saints' biographies, the Catechism of the Catholic Church, and the Sacred Scriptures to teach the basics of a holy life within a fun, friendship-filled environment. It is a very flexible program, easily implemented across various age groups. Its structure and content make it an excellent opportunity for parishes, schools and homeschool groups to implement.

## Outline of the Program

The program contains five years of material consisting of five "Wreaths" of virtue. Nine virtues are included in each Wreath for each year of study. Each virtue, designed to cover a month of the school calendar from September to May, as an associated saint, color, flower, and Scripture memory verse. For example, the first virtue is Faith, the saint is St. Catherine of Siena, the color is yellow, the flower is the sunflower and the scripture verse is Hebrews 11:1. A Little Flowers Girls' Club® can choose to complete all five years of study or just one or two. Best of all, you can add girls at any time during the program without having to start over.



### Wreath I

- ☺ Faith
- ☺ Hope
- ☺ Love of God
- ☺ Love of Neighbor
- ☺ Obedience
- ☺ Piety
- ☺ Humility
- ☺ Industry
- ☺ Truthfulness



### Wreath II

- ☺ Mercy
- ☺ Courage
- ☺ Joy
- ☺ Generosity
- ☺ Prudence
- ☺ Wisdom
- ☺ Justice
- ☺ Loyalty
- ☺ Perseverance



### Wreath III

- ☺ Eutrapelia
- ☺ Friendliness
- ☺ Initiative
- ☺ Orderliness
- ☺ Self-Control
- ☺ Responsibility
- ☺ Patience
- ☺ Cheerfulness
- ☺ Fortitude



### Wreath IV

- ☺ Zeal
- ☺ Acceptance
- ☺ Docility
- ☺ Unselfishness
- ☺ Fidelity
- ☺ Kindness
- ☺ Confidence
- ☺ Endurance
- ☺ Recollection



### Wreath V

- ☺ Union with God
- ☺ Detachment
- ☺ Constancy
- ☺ Service
- ☺ Studiousness
- ☺ Gentleness
- ☺ Simplicity
- ☺ Optimism
- ☺ Compassion

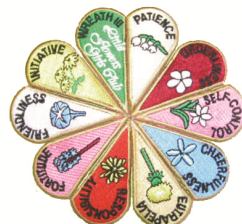


Little Flowers Girls' Club®  
GROWING HOLIER, ONE VIRTUE AT A TIME



# Little Flowers Girls' Club®

As each virtue is completed, the Little Flowers girls are awarded badges to show their progress in learning to live a holy life for the love of Christ. When sewn together onto a sash, vest or apron, each two patches make a heart and four hearts make a beautiful, blossoming flower. The girls also have the opportunity to earn other badges and awards such as the Mother/Daughter Tea Badge, our Outdoor Adventure Badge and dozens of Patron Saint badges. This allows the girls to experience the world from a totally Catholic viewpoint. Other clubs or scouting organizations may have means of making their organizations more Catholic, only Little Flowers offers the opportunity to make your Catholic club more scout-like in developing the whole girl.



## Testimonials



*"This group of girls are AMAZING!!! We have 21 young ladies in our group and they amaze me each week with their insights and their spirituality! It brings so much peace to the soul while we are with these young girls. And not only are their hearts, minds, and souls being nourished but the leaders' and parents' as well! This group has changed my life! I am so grateful to you that you have started and continue to nourish and grow these programs! It is helping many come to know, love, and understand better the richness of our faith. This group has been an instrumental part of helping me to grow and understand better the depth of His Love for each person, including me. I have watched my own daughter grow very much in her faith and have the courage to stand up for her faith to others in times that it was necessary, she is now 12 years old. So, from the bottom of my heart, THANK YOU!!!! I will pray for you and those surrounding you that you*

*continue your wonderful work!!!" -Meg. A.*

*"Little Flowers and Blue Knights teaches my kids about holiness, about how to be saints, to have devotion to Mary, lead a vibrant prayer life, and grow deeper in their love of God. They have already learned and grown so much in just a year and a half! I watch how they relate to different saints for different reasons. Just yesterday, one of the girls said, 'My name is spelled the same way as St. Katharine Drexel and her feast day is the same day as my birthday!' -Rachel P.*



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# Blue Knights Boys' Club

## In a Nutshell

The Blue Knights Boys' Club, developed by Dan McGuire, is a program to teach the truths of the Catholic faith to boys ages five and up through Scripture, saints' biographies, games and the Catechism of the Catholic Church. Based on the popular Little Flowers Girls' Club and Fr. Francis Lasance's *The Young Man's Guide*, this program maps out five years, comprised of nine virtues or catechetical lesson each, designed to guide boys as they dare the heights of a holy, faith-filled life of virtue.

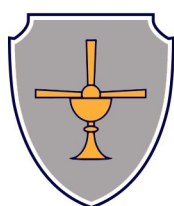
The model of the Blue Knights program is St. Joseph, patron of the universal church. Using the concept of knighthood, the boys learn to emulate the virtues of St. Joseph and defend the Church as he defended the Holy Family. As the boys learn the precepts of their faith, they are aided by the examples of specific saints, the aid and encouragement of their leader, hands-on activities, challenges and faith-based friendships — all in a fun and wholesome environment! As the years progress, the formation becomes more focused and challenging as the boys grow in wisdom and stature.

## Outline of the Program

The program contains five years of material covering five areas of concentration: Virtue, the Catechism, the Saints, the Sacraments and the Ten Commandments. Each of these lessons, designed to be covered one a month of the school calendar, has a specific saint and scriptural Memory Verse (e.g., The Shield of Faith, St. Peter, and Hebrews 11:1). The years are identified by a specific color. Year One is blue, Year Two is green, Year Three, red; Year Four is gold and Year Five is purple. As the boys move through the ranks, they have opportunities to earn shields and different colored capes that go along with the year of study.



Year 1	Year 2	Year 3	Year 4	Year 5
Faith	Christ	St. Peter	The Mass	Commandments
Hope	God the Father	St. Paul	Baptism	1st-3rd
Love of God	The Holy Spirit	Four Evangelists	Reconciliation	Honoring Parents
Fear of God	Heaven	Cyril & Methodius	The Eucharist	5th & 7th
Respect	Hell	St. Patrick	Confirmation	Lying
Justice	Angels	St. Francis Xavier	Holy Orders	6th & 9th
Self Control	Demons	St. Peter Claver	Matrimony	10th
Work	Grace	Crusaders	Anointing of Sick	Conversion
Humility	Mary & Joseph	The Pope	Scripture	Forgiveness



**BLUE KNIGHTS**  
**Boys' Club**  
Crusaders for Virtue



# Blue Knights Boys' Club

## Shield Badges

As each lesson is completed, the Blue Knights boys are awarded badges to show their progress in learning the precepts of the faith. When sewn together onto the Crusader Breastplate, these patches form a steadfast shield, displaying the boy's growth in virtue and knowledge! Each badge's hue corresponds to the year of study and its own Crusader cape that can be switched out as the boy advances to the next level.



*"We are starting up a Blue Knights group again after a successful session last spring. I can't say enough about how much the fathers and sons enjoy the faithfilled, spirited, fun and educational evenings! Thank you for all the work you do to put these wonderful programs together!" - Ted B.*

*"I started a Blue Knights group this year in Texas. It has been a blessing for all the boys involved—many thanks to Mr. McGuire and all others instrumental in developing this program!" -Larry L.*



# BLUE KNIGHTS Boys' Club

Crusaders for Virtue