

WREATH V CRAFT IDEAS

This is a wreath, perhaps more than others that might lend itself to doing the same craft each virtue to compose one “big” craft.

For example, consider making triptychs. Historically, these are three panel paintings that would be altar decorations or similar use.

With this idea, you could have the girls illustrate the ‘outside’ of each one as they wish or as directed. They then draw the saint in the center, with the memory verse on one side and the flowers the other.

<https://www.craftprojectideas.com/religious-triptych/>

Depending on the age of your girls, they might benefit from watching CatholicIcing’s Youtube channel’s “easy drawing” saints -

https://www.youtube.com/watch?v=o5BV_1vjToM

In this same vein, you can make simple drawings of the saints, along with the flower and Scripture verse on heavy cardstock (4x6 or 5x7). After completely all nine, they could be connected with ribbons or yarn to stand on a fireplace or dresser.

For the more ‘complex’ crafts, a simple suggestion is offered.

UNION WITH GOD
 Saint: St. Leonie Aviat
 Feast Day: January 10

Cornflower
 Color: Blue

MEMORY VERSE: “For if we live, we live for the Lord, and if we die, we die for the Lord; so then, whether we live or die, we are the Lord’s.” Romans 14:8

Our craft is to make a placemat of strips of construction paper to illustrate how the papers stay ‘in union’ with each other in a beautiful design and to fulfill their purpose. In the same manner, we are always more beautiful and fulfilling our purpose when we stay in union with God.

Making a placement. Weaving together the aspects of the virtue, memory Scripture, etc. showing how close we need to stay in union with God.

Check out these websites for easy paper placemats:

This design works off of a folded paper with cuts for easier weaving: <https://www.messforless.net/woven-paper-placemats/>

Using just strips of paper: <https://www.wikihow.com/Make-Placemats-by-Weaving-Paper-Strips>

SUPPLIES NEEDED:

Construction Paper - include shades of blue

Markers, pencils, pens, colored pencils, glue, scissors

Clear contact paper if you want to ‘waterproof’ the placemats so they can be used at home OR a large laminating machine if someone has one.

Have the strips, paper prepared before meeting to make it easier and guarantee straight strips.

Optional: download images of St. Leonie, stickers of cornflowers, religious stickers, stickers of the flag of France.

DIRECTIONS:

Have the girls weave their placemat as described on the websites or videos of your choosing

Glue the edges.

Decorate the placemat. Have the girls copy the saint, virtue and memory verse onto the placemat OR have those printed out for easy gluing as writing on the paper might be a challenge for your girls due to the weaving of the paper.

You can also Include aspects of our faith that help ensure our union with God: the sacraments, reading Scripture, Mass, Rosary,

Once they are decorated, cover each placemat with clear contact paper or laminate them so the placemats can be used for family meals.

DETACHMENT

Saint: St. Narcisa de Jesus Martillo Moran
 Feast: August 30

Flower: Gardenia

Color: White

MEMORY VERSE: “Have among yourselves the same attitude that is also yours in Christ Jesus, Who, though he was in the form of God, did not regard equality with God something to be grasped.” Phil. 2:5-6

For this craft, we’re doing to work with velcro! It is a wonderful metaphor/image of letting go! Velcro is a perfect example of being attached and detached.

Talk about the use of velcro - sticking and unsticking, and detachment. How we love “stuff” but know that “stuff” is never as important as our faith, God, family, friends.

SUPPLIES NEEDED:

Craft Sticks - either colored or not. Enough for 10 (or more) for each girl. If you can’t find white, consider painting one WHITE stick for each girl as that is the color of the virtue.

Velcro Circles

Markers, pencils, pens, colored pencils

Check out this website: <https://mamapapabubba.com/2012/09/09/velcro-building-sticks/>

or video: <https://www.youtube.com/shorts/sTOasJcwiHM>

DIRECTIONS:

Have the girls write details of the virtue including virtue, saint, and flower, one per stick (3 sticks).

Have them write out the memory verse, breaking it up onto as many sticks as necessary for their handwriting and the quote.

With at least one more stick, add a detail about St. Narcisa (she was from Ecuador, they could color a stick with the colors of the Ecuador flag) or draw some gardenias or add gardenia stickers.

They can then build and rebuild their craft. Have them mix up their memory verse sticks, can they connect them back in order? How will their creation look? Everyone’s will be different.

Feel free to give them more sticks if you have them. Maybe stickers of Jesus, Mary? Write on Little Flower’s Girls Club, their name, etc. There is no limit to the number they can make, it all depends on how many girls and the # of sticks/velcro you have!

Our own St. Therese of Lisieux has the lovely quote about detachment: “The world's thy ship and not thy home.”

CONSTANCY -
 St. Mariana de Paredes
 Feast Day - May 26

Flower: Cinchona
 Color: Pink

Memory Verse: "This saying is trustworthy: if we have died with him we shall also live with him. If we persevere we shall also reign with him." (2 Timothy 2: 11-12)

Constancy, the virtue of being dependable, unchanging, inability to be moved.

How about painting rocks? Not small stones or pebbles but real rocks? Not only are bigger rocks hard to move but you can talk about St. Peter, the Rock upon which Jesus built our Church; over which the gates of Hell cannot prevail.

Get enough large rocks for each of your girls. Bigger than a rock they may pick up around their yard but not so large that a Mom couldn't carry it. Perhaps a family has such rocks around their house but if not you can buy them.

Larger landscape rocks can be gotten at Lowe's for around \$3 each - Belgard Quarry 12-in L x 4-in H x 5.75-in D Riverblend Concrete Retaining Wall Block OR a bag of larger river stones is around \$20, while square paving stones are \$4'ish.

Think of stones that could be used as a doorstop or added to the family garden, decorate the front porch.

SUPPLIED NEEDED:

One stone/block per girl

Paints to share if you can work in a large area or outside.

Brushes - 1-2 per girl

Water cups - one per girl

Paper towels or old towels cut up

Paper plates for the paints

Dropcloths or newspaper to keep painting area clean

Paint shirts or aprons to keep the girls clean

Sharpie markers if you prefer not to paint.

DIRECTIONS:

Have the girls decorate their rocks, using our saint, memory verse, flower, etc.

If these stones are heading outdoors, they can be protected with a sealant. Once the paint is completely dry they can be sprayed with modpodge or similar product. For a larger quantity, you can find a clear sealant in a can at your local hardware store.

SERVICE -
 St. Jeanne Jugan
 Feast Day - August 30

Flower: Gladiolus
 Color: Red

Memory Verse: "Bear one another's burdens; and so you will fulfill the law of Christ." (Galatians 6:2)

In honor of St. Jeanne who, despite her age and limitations only wanted to serve others, rather than making a craft for themselves have your girls make something for others.

Does your church have a food bank and/or ministry to the homeless? Does your town have something similar?

Reach out and ask if you would be able to make simple 'care' kits that could be given out to their clients. Ask if they have a list of preferred items but they might not.

Ask each of your girls to bring one item off the following list. Have them bring enough for each girl to make at least one (1) care kit though more is nice as well. They can find these items at a dollar store or similar stores. Don't feel like you have to do everything, just do what you can.

Feel free to check out lists on-line but most include items such as:

Granola bars/energy bars
 Tuna/cracker packs
 Cheese or peanut butter crackers
 Single servings of nuts
 Bottled water

toothpaste/toothbrush set
 hand sanitizer or pack of wet wipes
 comb/brush
 feminine products
 nail clippers
 band-aids

pair of socks
 knit cap
 bandana

SUPPLIES NEEDED:

Brown Paper Bags - large enough to hold items brought by the girls. Wal-Mart does sell larger lunch bags OR smaller, simple gift bags that can hold the items

Markers, colored pencils, pens, pencils
 Stickers for decorating a card
 Construction paper or copy paper
 Envelope (do not seal)

DIRECTIONS:

Have them decorate the bags. (IF the bag will contain feminine products, have them write for a woman on the bag.)

Have them create a card for the recipient letting them know of their prayers and love. Assuring them of God's love, etc.

If using envelopes as well, place the card in an envelope but DO NOT SEAL as many charities want to read messages to ensure they are not unkind.

Have them build their bags and perhaps offer a decade of the Rosary at the end for those receiving it. Use the Visitation and talk of how Mary went to serve her cousin, Elizabeth.

Collect the bags to deliver to your chosen charity.

STUDIOUSNESS -
 St. Hildegard of Bingen
 Feast Day - Sept. 17

Flower: Orchid
 Color: Bright Pink

Memory Verse: "A wise man is more powerful than the strong; and the learned than the mighty."
 (Proverbs 24:5)

St. Hildegard was an amazing woman - a true polymath (a person of wide-ranging knowledge or learning). She wrote music (monophony, the most common type of music in the world), books on science, botany, medicine, the natural world and more. She is also a Doctor of the Church.

Let's make our own book just as she did. Decide how big the books will be, dependent on the skills of your group. Larger spaces for writing with smaller girls, smaller for older ones, etc.

SUPPLIES NEEDED:

White/Colored paper for pages of the book. Copy paper will suffice.

Construction paper, pieces of wallpaper, or similar for cover, if desired

Pencils, pens, crayons, colored pencils, markers, scissors, glue

Hole punch, yarn, string or ribbon if desired.

Images for the book. There is a good deal of images on-line of both St. Hildegard, her music, copies of the texts she had written and more. Collect images and make copies with enough for each girl.

You could include the list of the doctors of the Church (including her!), quotes from her, etc.

Orchid stickers if possible

DIRECTIONS:

Create a book either stapling folded pages together or punch holes and lace with ribbon, string or yarn.

Here's a simple video of an easy folded book:

<https://www.youtube.com/watch?v=bHa6kR2SZok>

You could prep the books beforehand or have the girls do all the work.

By either folding or cutting paper, have the girls create their own **hagiography** (/ˌhæɡiˈɒɡrəfi/; from Ancient Greek ἅγιος, *hagios* 'holy', and -γραφία, *-graphia* 'writing') is a biography of a saint or an ecclesiastical leader, as well as, by extension, an adulatory and idealized biography of a founder, saint, monk, nun or icon in any of the world's religions.

Include the virtue, memory verse, images from the computer, pages dedicated to her accomplishments, quotes and more.

Be sure to have them include an author's page with their name, date of creation and who they might want to dedicate their book to!

These books can be as simple or as detailed as the girls want.

GENTLENESS -

Saint Mother Teresa of Calcutta
Feast Day: Sept. 5

Flower: Wallflower
Color: Yellow

Memory Verse: "Put on then, as God's chosen ones, holy and beloved, heart- felt compassion, kindness, humility, gentleness, and patience." (Colossians 3:12)

As a modern saint, there are ample images and quotes of Mother Teresa that can be printed and used for crafts such as the triptych described above or like this:

<https://www.youtube.com/watch?v=qdwok8VNBUw>

For this style the outer image could be of the Vatican flag, the country of India or similar.

OR

If you wish you could adapt a simple craft idea from the country of India, Mother Teresa's adopted country. We are going to make a bunting (a decoration used not only in India but all over the world). The bunting is a soft craft, and you can talk about how they blow in a gentle wind.

SUPPLIES NEEDED:

Coffee filters - enough for each girl to have at least twelve to decorate and design

Construction paper (optional)

Markers, colored pencils, pens, pencils

Glue and/or stapler and/or tape

Yarn or string to create the bunting at least five feet per girl

DIRECTIONS:

If you want to introduce a traditional Indian craft, consider rangoli, which is a traditional Indian art of drawing complex designs on the ground using chalk and even colored beans/lentils or flower petals.

A simple rangoli design can be made with coffee filters. Check out this video starting at approx. 3:15:

<https://www.youtube.com/watch?v=X-AxUMqoQMQ>

If you prefer not to make reference to rangoli, just have them create designed coffee filters, with at least six coffee filters folded like tacos. With these you WANT bleeding through of the ink as described in the video above.

Have the girls also write the saint, memory verse, flower - one per filter on additional filters; place a piece of cardboard between the sides to prevent bleeding through of ink on these 3 filters.

If coffee filters are too hard to use, they could do this on 5x5 pieces of construction paper.

Feel free to make additional ones with images of St. Teresa, a quote or two from her, LF symbols, or St. Therese of the Little Flower. Be creative!

Lay out the length of yarn or string to create their bunting. Have the girls place their filters OVER the string in whatever design they wish. They can alternate the decorated ones with the ones with words.

Secure these to the string with either staples or tape on the sides or glue in the center.

IF you have the girls use construction paper squares, secure those to the string with tape over the top of the paper to the other side. In addition you can punch holes in the corners to string along the yarn.

They can now hang these at home, their bedrooms or wherever.

SIMPLICITY

St. Cunigundes of Luxembourg
Feast Day - March 3

Flower: Sweet Briar
Color: Pale Pink

Memory Verse: "Amen, I say to you, whoever does not accept the kingdom of God like a child will not enter it." (Mark 10:15)

St. Cunigundes was the queen and also wife of St. Henry the First. They had a continent (chaste) marriage of love, companionship and work for their country and the Church.

The virtue of simplicity was chosen for her because despite her royal birth and role as queen, she shed any trappings of these after Henry died. She gave away most of her money, taking on the simple garb of a nun and entered the convent.

Let's make two crowns, placed simply on construction paper; sometimes the simplest crafts are the loveliest.

SUPPLIES NEEDED:

Construction paper - pale pink/pink one per girl

Crown shape cut to fit two per one piece of construction paper. Yellow or gold.

Gold circles to represent the money given away when she entered the convent. You could make a dollar sign or a # on each to designate it as money. Some for each girl.

Markers, crayons, colored pencils, scissors, glue etc. For this craft you can do very simple decorating OR feel free to add fake jewels, glitter, etc.

DIRECTIONS:

Give each girl a piece of the pink paper. Have them write the virtue and memory verse on the top of the paper.

Give each girl two crowns. Tell them one is for St. Cunigundes and one for her husband, St. Henry I.

Decorate the crowns and paper as desired. Have them add the virtue, the memory verse, St. Cunigundes and St. Henry's names. Then decide what embellishments you want to offer. The crowns can be as simple as you decide.

Glue the two crowns onto the pink paper (color of the virtue). Add some 'coins' to symbolize the treasure they gave away to the poor.

OPTIMISM -
St. Maria Mazzarello
May 13

Flower: Bird of Paradise
Color: Flame Orange

Memory Verse: "For I know well the plans I have in mind for you, plans for your welfare and not for woe. So as to give you a future of hope." (Jeremiah 29:11)

Optimism is a virtue that seems to explode with energy. St. Maria's story includes many instances where she encountered set backs but she continued on.

Make a bird of paradise flower of your own. Look up what they look like before hand, we'll be adapting this youtube video: https://www.youtube.com/watch?v=1GLF_81QxbQ. If your local Michael's still have these you might consider buying them.

SUPPLIES NEEDED:

bright orange construction paper/card stock
purple or dark blue construction paper/card stock
floral wire or green pipe cleaners so each girl can make 4-5 flowers
green floral tape

markers, crayons, colored pencils, scissors, etc.

DIRECTIONS:

Cut enough orange petals (see video for shape) so each girl can have 4/5 for each bloom, along with 2/3 purple stamens. Each girl will make 4-5 flowers.

Cut larger green leaves as well, at least two per flower. On these the girls will write St. Maria's name, memory verse and the virtue. Consider adding St. John Bosch's name as he was her mentor/companion.

Glue/tape the orange petals, adding 1 or 2 of the purple petals to a green pipe cleaner or floral wire.

Add two of the larger green leaves per flower.

Connect the flowers made with the green floral tape - a bouquet of Bird of Paradise flowers!

SIMPLE CRAFT:

If this craft is too complex for your group, the memory verse lends itself perfectly for a sign for the girl's own home or bedroom.

SYMPATHY -

St. Marianne Cope
January 23

Flower: Lavender
Color: Light Purple

Memory Verse: "As a father has compassion on his children, so the Lord has compassion on those who fear him." Psalm 103:13

St. Marianne served Christ through the ministry of St. Damien de Veuster (St. Damien of Molokai), so it seems fitting to make a lei, a traditional flower garland seen in the Hawaiian islands, worn around the neck. It is given as a gift, a sign of welcome, gratitude and honor.

SUPPLIES NEEDED:

Construction paper or card stock (you can even use foam but it is not easy to write on).

Colorful straws to be cut into 1/2 inch sections

Colorful small cupcake holders with a hole cut the center

Yarn or other 'thicker' string to build the lei

Markers, crayons, colored pencils, scissors, etc.

DIRECTIONS:

Cut out a variety of flower shapes from construction paper, using a variety of colors, including light purple/lavender which is the color for this virtue. Make your flower shapes larger than the size of your cupcake papers so they stand out. You want to provide each girls with at least two dozen flowers/cupcake holders. The more they have the more 'full' their lei will become.

There are a variety of sites on-line to find black-line flower shapes to use.

Punch holes in the center of each flower with either a hole punch or large blunt needle.

On the flowers the girls could write St. Marianne's name as well as St. Damien's name as her friend/companion, the scripture verse and virtue could be included as well.

Sympathy is one of those virtues that has many names, each with their own nuance but those don't need to clarified with the girls. On remaining flowers the girls could write down some of these words so they can see the many ways sympathy can be shared. You might include: empathy, compassion, kindness, warmth, solace, comfort, warmth.

String together a flower, a cupcake holder and a piece of straw and repeat until the lei is long enough to go over the girl's head (the # of each will vary).

See: <https://www.firstpalette.com/craft/flower-lei.html>

SIMPLE CRAFT -

Show the girls samples of what sympathy cards can look like. They can be used when someone is ill, going through a difficult time or when someone has died.

Have the girls create their own sympathy cards using card fronts from used sympathy cards, magazine photos, etc.

Provide envelopes for them and they can save those for the next time their family needs to send one out. Perhaps ask the parents if they could be sent out immediately and get the address. Provide stamps for the girls to address and mail out them after the meeting.