GIRL SCOUT SUNDAY



The first line of the Girl Scout Promise is "On my honor, I will try, to serve God & my country". On Sunday, March 9, 2014, all Girl Scouts (girls and adults) of Saint Catherine's church are invited to wear their GS vest/sash (girls) or their insignia tab (adults) to our 11:30 Mass in honor of Girl Scout Sunday. After Mass, there will be a brief get together for Girl Scouts & their families in the Parish Hall and light

refreshments will be served.

Girl Scout Week begins the Sunday before March 12. Girl Scout Week is celebrated each March, starting with Girl Scout Sunday and ending with Girl Scout Sabbath on a Saturday, and it always includes the Girl Scout Birthday, March 12 when our founder, Juliette Gordon Low, organized the first Girl Scout Troop on this date in Savannah, Georgia. We will also celebrate Mass on March 16, 2014 at 11:30 and have a Girl's Own in the Parish Hall after this mass.

Girl Scouts who wish to attend should email Michele at mcbc52@optonline.net by March 6, 2014.

Please scroll down to page 2 to see the activities for Girl Scout Week.

ACTIVITIES FOR GIRL SCOOT SABBATH WEEK 2014

		Girl Scout Sunday; Attend 11:30 Mass & & meet in the Parish Hall
SUNDAY	3/09	afterward to discuss our weekly agenda; light refreshments will be
		served.
		† Take part in a religious service; wear your Girl Scout uniform
		Earn the My Promise, My Faith award
		† Say or sing grace at a meal
MONDAY	3/10	Service to Family; Spend the day giving back to the people in your family
		or your home.
		† Help do chores around your house
		Be extra nice to your siblings. Do a good deed for them
		† Earn the Legacy Cook badge for your age level, and prepare something
		for your family
TUESDAY	3/11	Service to Community: Spend the day giving back to your school, church,
		or any agency that helps our community.
		† Take part in a flag ceremony
		† Earn the Community Service Bar
		† Do a service or take action project in your community
		Health and Safety Day; Spend the day learning how to incorporate
WEDNESDAY	3/12	healthy living, exercise, stress relief, nutrition, and FUN into your
		everyday life.
		† Do at least 20 minutes of exercise
		† Earn the Safety Award or the Legacy First Aid badge for your age level
		† Eat only healthy snacks today
THURSDAY	3/13	International Friendship Day; Spend the day learning how you can make
		a difference in your global community.
		† Learn about a country you would like to visit and cook and prepare
		something from that country
		† Learn what WAGGGS stands for (see www.wagggsworld.org)
		Earn the Global Action Award
FRIDAY	3/14	Arts and Culture Day; Spend the day learning how to you can support
		the arts in your local community.
		† Make a scrapbook of your family
		Make a craft from recycled materials
		† Earn the Legacy Artist badge for your age level
SATURDAY	3/15	Service to the Planet; Spend the day learning how you can make a
		difference in our community through conservation and ecology.
		† Take a scavenger hike. Play games outside with your troop or family
		Earn the Legacy Naturalist or Outdoors badge for your age level
		f Groups or troops can each request a tree from
		www.state.nj.us/dep/parksandforests/forest/community/index.html for
		planting in our community
SUNDAY	3/16	Attend Mass at 11:30 & meet in the Parish Hall afterward to share our
		weekly accomplishments; light refreshments will be served.

CONTACT: Michele Cerisano ~ (732) 616-0154 ~ or ~ $\frac{\text{mcbc52@optonline.net}}{\text{mcbc52@optonline.net}}$