



# Ninth Annual My Promise, My Faith - Virtual

Open to all Kindergarten through 12<sup>th</sup> Grade Catholic Girl Scouts

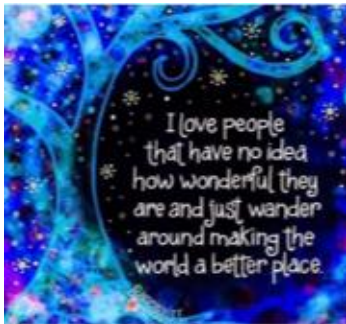
(All faiths are welcome!)

**November 7, 2021 – December 31, 2021**

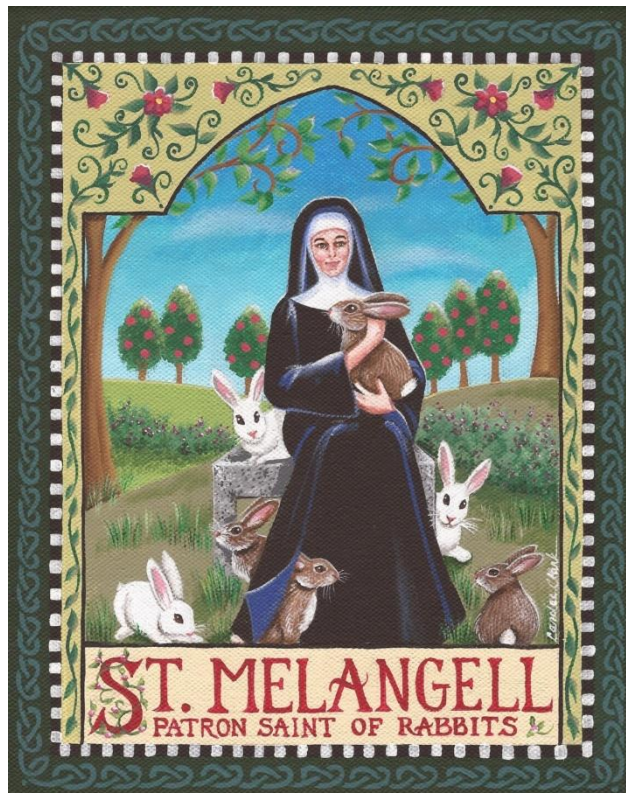
Participation in this virtual event fulfills the “Day of Recollection” for scouts working on religious emblems, as well as requirements for the “My Promise, My Faith” pin by GSUSA.

**When you have completed the Virtual MPMF 2021, please email me one photo of you with your coloring page, craft, word search. Include your name and troop number.**

**Contact for additional questions contact: Betsy Delano  
brainstormstudio@hotmail.com**



Source: Clergy Coaching Network



Painting by Carolee Clark

## My Promise, My Faith 2021

1. \_\_\_\_\_ Line from the Girl Scout Law - **“Make the World a Better Place.”**

Find a story, song, or poem from your faith with the same ideas. Talk with your family or friends about what this line of the GS Law and the story, song, or poem have in common. **History of Saint Melangell and Word Search attachment.**

2. \_\_\_\_\_ Find a woman in your own or another faith community. Ask her how she tries to use this line of the Girl Scout Law in her life.

3. \_\_\_\_\_ Gather three inspirational quotes by women that fit with this line of the Girl Scout Law. Put them where you can see them every day! **Better Place Quotes and Rabbit Craft attachment.**

4. \_\_\_\_\_ Make something to remind you of what you’ve learned. It might be a drawing, painting, or poster. You could also make up a story or a skit.  
**Saint Melangell Coloring page.**

5. \_\_\_\_\_ Keep the connection strong. Talk with your friends, family, or a group in your faith about what you’ve learned about your faith and Girl Scouting.

6. \_\_\_\_\_ Community Service – 2021 Corporal Works of Mercy.  
**“Bury the Dead” attachment.**



### St. Melangell

Feast day: May 27

Died: c. 590

Patron of hares, rabbits, small animals, and the natural environment.

We thank you Lord God  
for the life and prayer  
of your servant Melangell.  
May her care and compassion  
for all your creatures  
inspire us in our day  
with the same concern  
for all You have made.  
May we with her  
learn to find Your glory  
in the world around us  
and in all that You give us to do.  
We ask this through  
Jesus Christ our Lord.  
Amen.

[www.portraitsofsaints.com](http://www.portraitsofsaints.com)  
Art by Tracy L. Christianson

# History of Saint Melangell

(Pronounced "Mel-eng-eth" or Monacella)

Feast Day: May 27 in England / January 31 in Wales / May 17 in the Eastern Church

Death: 590

In the early 7th Century, Melangell, the daughter/princess of an Irish king, grew into a lovely, gentle, young woman. Her parents arranged a royal marriage for her. However, she adamantly refused, wishing to pursue a calling of a life of solitude in prayer. Her father angrily insisted she marry. Since fighting against her father would have been impossible, her only choice was to flee Ireland.

She eventually found her way to a spectacular wilderness at the head of the Tanant Valley in Northern Wales. Here she was able to lead a peaceful, solitary life subsisting on nuts and berries, sheltering in a cave, and sleeping on a rock slab, with only small creatures for companions.

Fifteen years passed peacefully, then one day Brochfael, the Prince of Powys, was out hunting. His hounds startled a hare and noisily pursued it into a dense thicket. Following them, he came across a beautiful woman with the hare boldly facing its pursuers while calmly lying in the folds of her cloak. The huge dogs were trembling in fear.

Once the prince recovered from his own amazement, he asked the woman, who was still serenely standing there, to explain herself. Upon hearing Melangell's story, he was overwhelmed by her strength and character, combined with her physical beauty, that he begged her to come away with him and be his wife. She refused. He was moved by her courage and sanctity. Brochfael accepted her denial graciously and endowed her with a large piece of land. He did request in exchange for the land that she give up some of her solitude to start a monastery for others seeking peace and solitude. She agreed on the condition that the land be not only a refuge for people, but also for gentle creatures, who like herself, had no recourse but to flee when threatened. For thirty-seven years, Melangell served as Abbess of a small religious community of women. This spot was called Pennant Melangell.

During Melangell's life, small creatures were spared from the hunt. This tradition continued for centuries. Even now it is said that if a hare is pursued by hounds and someone shouts after it, "God and Melangell be with thee," it will escape. Hares are called wyn bach Melangell (Melangell's little lambs) to this day.

After her death, Melangell's memory continued to be honored and Pennant Melangell has been a place of pilgrimage for many centuries. A Christian church and pilgrimage site for over 1200 years, the former Bronze Age site is ringed by ancient yew trees estimated to be over two thousand years old. The church is in the midst of the oak forest which covers the valley. They found safety hidden in this place deep in the Berwyn Mountains. The valley is named Celtic "Thin Place" because heaven and earth appear to be very close to each other.

Within Saint Melangell's church is the bronze figure of the risen Christ with arms outstretched. This symbolizes the compassionate Jesus, welcoming in the broken, the suffering, the fearful, the lost, and all who seek the healing love of God in their lives. The medieval church was restored in 1992 and is still quite remote.

The hare is a sacred animal for Celts, symbolizing abundance, good fortune, and prosperity. Also, a rabbit can run very fast uphill in order to elude its enemies, thus it came to symbolize Christians' fleeing earthly evil and ascending toward heaven. Saint Melangell remains the patron saint of hares, rabbits, small animals, and the natural environment.

Source: [https://saintspreserved.com/small\\_creatures/](https://saintspreserved.com/small_creatures/)

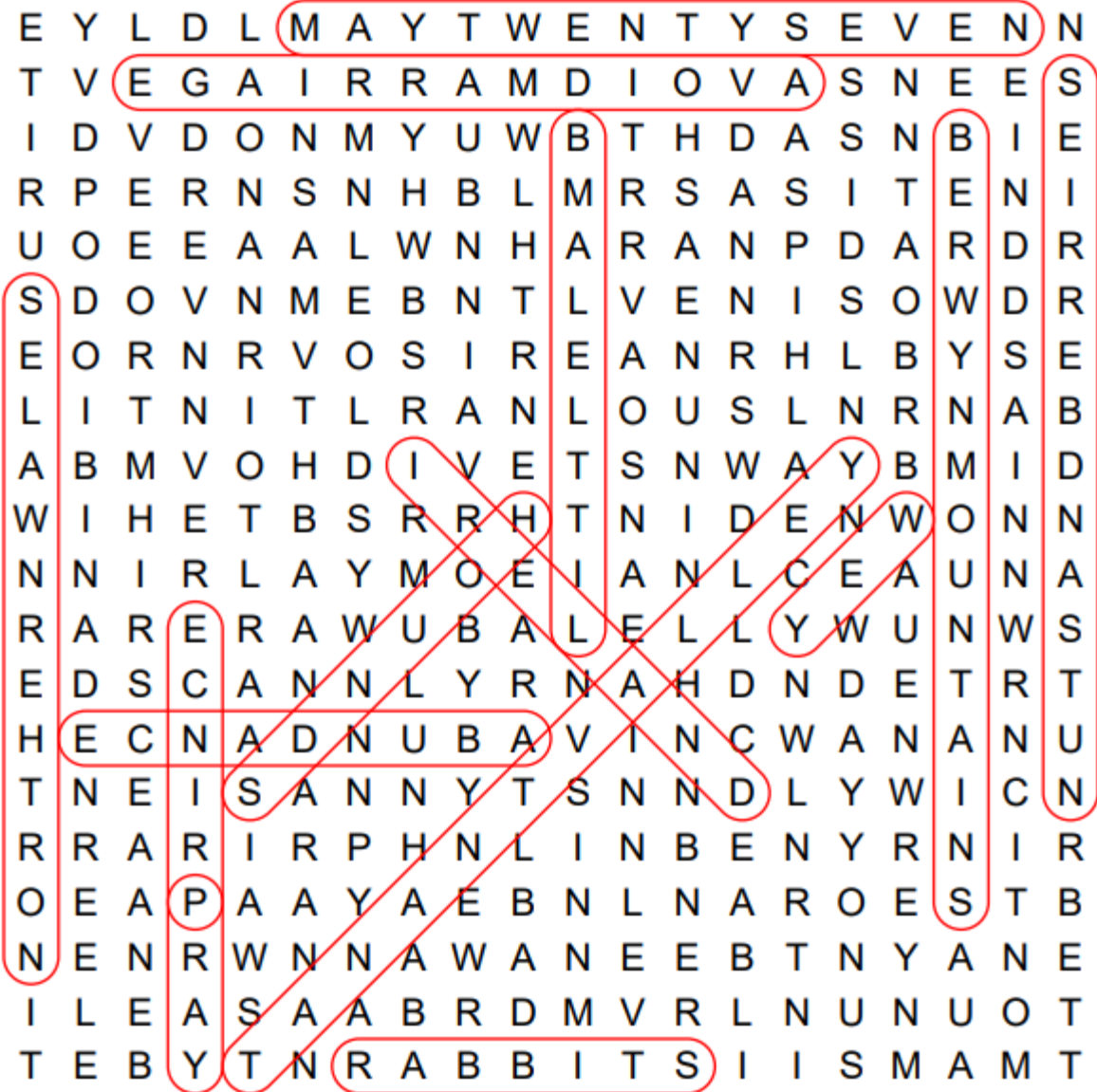
# MPMF 2021 Saint Melangell

E Y L D L M A Y T W E N T Y S E V E N N  
T V E G A I R R A M D I O V A S N E E S  
I D V D O N M Y U W B T H D A S N B I E  
R P E R N S N H B L M R S A S I T E N I  
U O E E A A L W N H A R A N P D A R D R  
S D O V N M E B N T L V E N I S O W D R  
E O R N R V O S I R E A N R H L B Y S E  
L I T N I T L R A N L O U S L N R N A B  
A B M V O H D I V E T S N W A Y B M I D  
W I H E T B S R R H T N I D E N W O N N  
N N I R L A Y M O E I A N L C E A U N A  
R A R E R A W U B A L E L L Y W U N W S  
E D S C A N N L Y R N A H D N D E T R T  
H E C N A D N U B A V I N C W A N A N U  
T N E I S A N N Y T S N N D L Y W I C N  
R R A R I R P H N L I N B E N Y R N I R  
O E A P A A Y A E B N L N A R O E S T B  
N E N R W N N A W A N E E B T N Y A N E  
I L E A S A A B R D M V R L N U N U O T  
T E B Y T N R A B B I T S I I S M A M T

1. When is Saint Melangell's feast day in England (month and day)?
2. What do hares symbolize?
3. Why did she leave her family?
4. What was the name of the land she lived on in Wales?
5. In what place did Melangell go to live?
6. Who is Brochfael?
7. Where did she create a remote place of refuge?
8. What ancient trees create a ring around the church?
9. What animals chased the hare?
10. What did she eat while in solitude?
11. She is the Parton Saint of what?
12. What did she do into solitude?
13. What does wyn bach mean?
14. In what country did her family live?

Abundance  
Avoid Marriage  
Berwyn Mountains  
Hounds  
Ireland  
Little Lamb  
May Twenty Seven  
Northern Wales  
Nuts and Berries  
Pray  
Prince  
Rabbits  
Tanant Valley  
Yew

# ANSWERS - MPMF 2021 Saint Melangell



- When is Saint Melangell's feast day in England (month and day)? May Twenty Seven
  - What do hares symbolize? Abundance
  - Why did she leave her family? Avoid Marriage
  - What was the name of the land she lived on in Wales? Tanant Valley
  - In what place did Melangell go to live? Northern Wales
  - Who is Brochfael? Prince
  - Where did she create a remote place of refuge? Berwyn Mountains
  - What ancient trees create a ring around the church? Yew
  - What animals chased the hare? Hounds
  - What did she eat while in solitude? Nuts and Berries
  - She is the Parton Saint of what? Rabbits
  - What did she do into solitude? Pray
  - What does wyn bach mean? Little Lamb
  - In what country did her family live? Ireland
- © easywordsearchmaker.com

## Quotes - "Make the world a better place"

Try to be a rainbow in someone's cloud." – Dr. Maya Angelou

"Volunteers do not necessarily have the time, they just have the heart." – Elizabeth Andrew

"Each of us has a vision of good and of evil. We have to encourage people to move towards what they think is good...Everyone has his own idea of good and evil and must choose to follow the good and fight evil as he conceives them. That would be enough to make the world a better place." — Pope Francis

"I believe that if you have revolutionary potential, you must make the world a better place and use it." — Lady Gaga

"The challenge of social justice is to evoke a sense of community that we need to make our nation a better place, just as we make it a safer place." — Marian Wright Edelman

'If this world is going to be a better place for our grandchildren and great-grandchildren, it will be women who make it so.' — Isabel Allende

"Successful people have a social responsibility to make the world a better place and not just take from it." — Carrie Underwood

"Do what you can to show you care about other people, and you will make our world a better place." — Rosalynn Carter

"My life is raw, authentic, and focused on giving back to the journey God has given me; I want to leave this earth a better place with answers and education on Lyme and invisible chronic disease." — Yolanda Hadid

"I think young people can make such an extraordinarily important difference in making this world a better place." — Janet Reno

"What you do makes a difference, and you have to decide what kind of difference you want to make." — Jane Goodall

"Never doubt that one person can make a difference." — Ingrid Newkirk

"If you cannot feed a hundred people, feed one." — Mother Teresa

"In this life we cannot always do great things. But we can do small things with great love." — Mother Teresa

"There is no greater joy, nor greater reward than to make a fundamental difference in someone's life." — Mary Rose McGeady

Additional reading at: **Guardians of the Planet** <https://www.amightygirl.com/blog?p=11863>

# RABBIT HEAD CRAFT



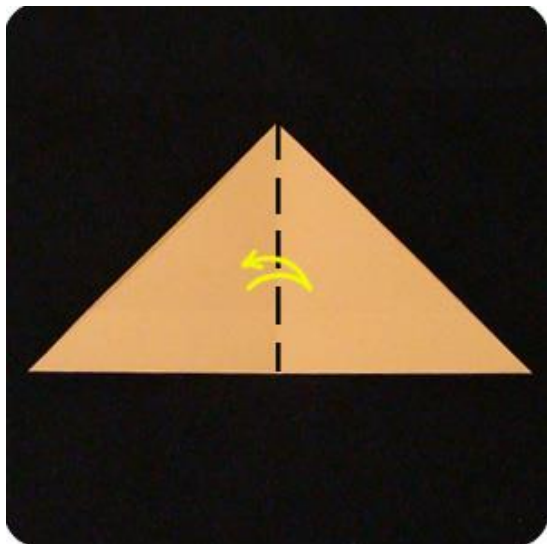
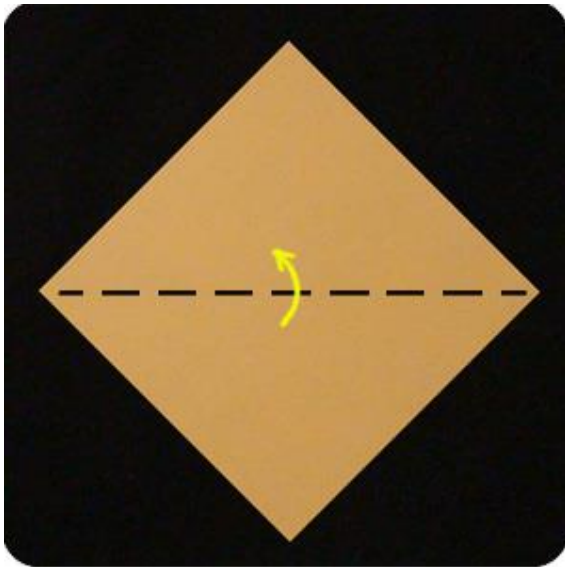
This origami bunny rabbit head is quite easy to make. Only 6 steps to get a happy bunny.

The three quotes you chose can be cut into long strips of paper and taped or stapled to the back of the rabbit's head. Be sure the quotes are facing forward and fanned out so you can read them when you look at the rabbit's face. Hang it somewhere you can see it and read it daily. This will be a reminder of "Making the world a better place" and Saint Melangell.

## Instructions

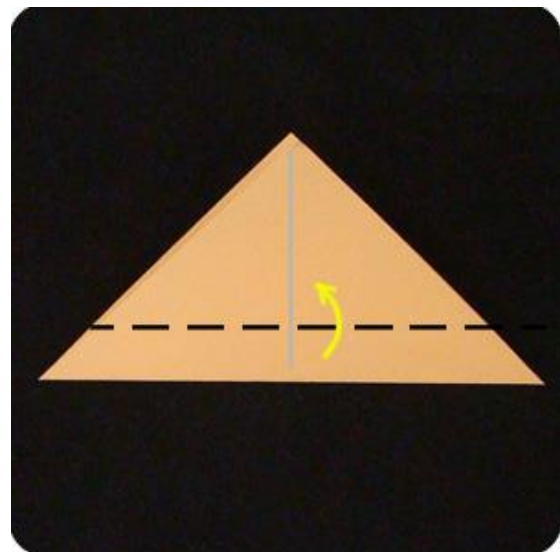
### Step 1

Start with a square sheet of paper. If you are using origami paper, start with the white-side facing up. Place the paper in "diamond" position (balanced on one of its corners). Fold the paper in half (bottom to top).



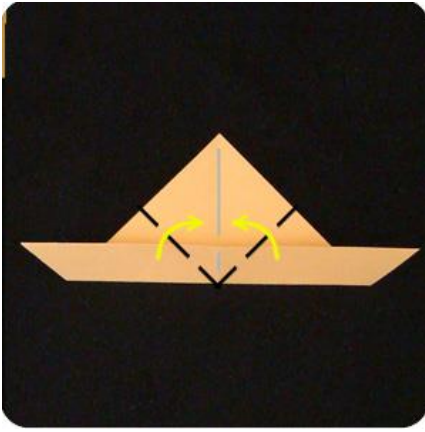
### Step 2

Fold the triangle in half (left to right). Unfold.

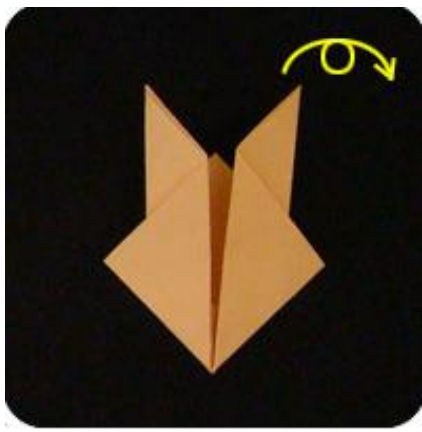


### Step 3

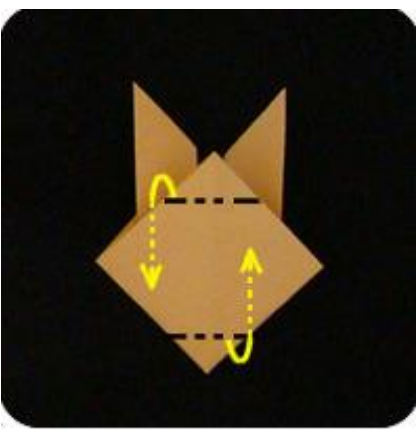
Fold up the bottom of the triangle. This folded edge will be the ears. Fold it as thick or thin as you like. About 1/4 of the height of the triangle is a good start.



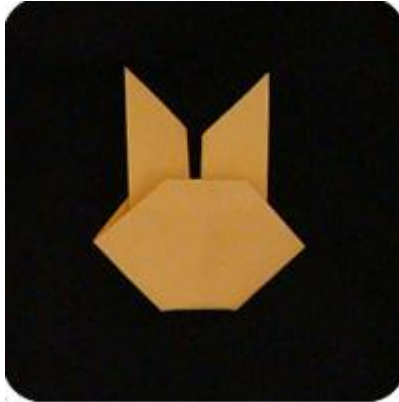
**Step 4**  
Fold the bottom left and bottom right edges up to the center crease made in Step 2.



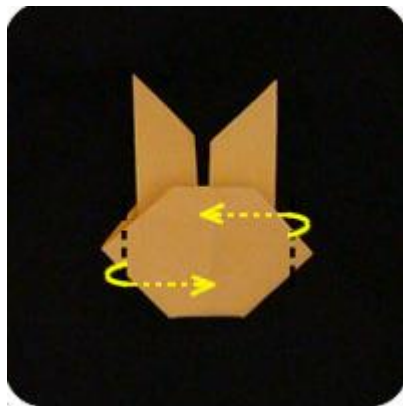
**Step 5**  
Turn the model around.



**Step 6**  
Fold back (mountain fold) the top corner and the bottom corner to shape the rabbit's face.



**Step 7**  
You can stop here and start decorating your bunny, or you can fold back (mountain fold) the left and right corners to get a more rounded face.





Saint  
Melangell



## **Community Service - 2021 Corporal Works of Mercy**

### **“Bury the Dead”**

Community Service project ideas:

Attend funerals and visitations. Pick up trash at a local cemetery. Send cards and flowers to grieving family. Make food for a family who has suffered a loss. Visit a gravesite to pray, put out flowers, or flags. Donate to a cause that is special to a family who has lost a loved one. Help pay bills related to the funeral expenses (Cantor stipends, church donations, reception).

Note: Please remember these are just suggestions. Feel free to be creative with the way you choose to perform your Work of Mercy. Also, your service project should be done so that all parties involved are safe.