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DIGNITY

GIRLS' MAGAZINE

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CHRISTMAS

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TREE CRAFT



DIGNITY

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photo: Wikipedia, originally from
<http://faith.nd.edu/s/1210/faith/interior.aspx>



Read about a teenager who is
(almost) a saint on page 4!

photo: Canva (gojak from Getty Images Pro)



Take a hobby quiz on page 11!

Note: many stores/brands featured in this magazine unfortunately support anti-Christian or immoral issues; however, whether you wish to buy from them or from others is a personal choice - they are featured only for the clothing they sell.

BLESSED CHIARA BADANO

Chiara Badano, circa 1987, age 15

By Lily Ortega

Chiara Badano was born in Italy in 1971. As a child, she cared for others at an exceptionally young age.

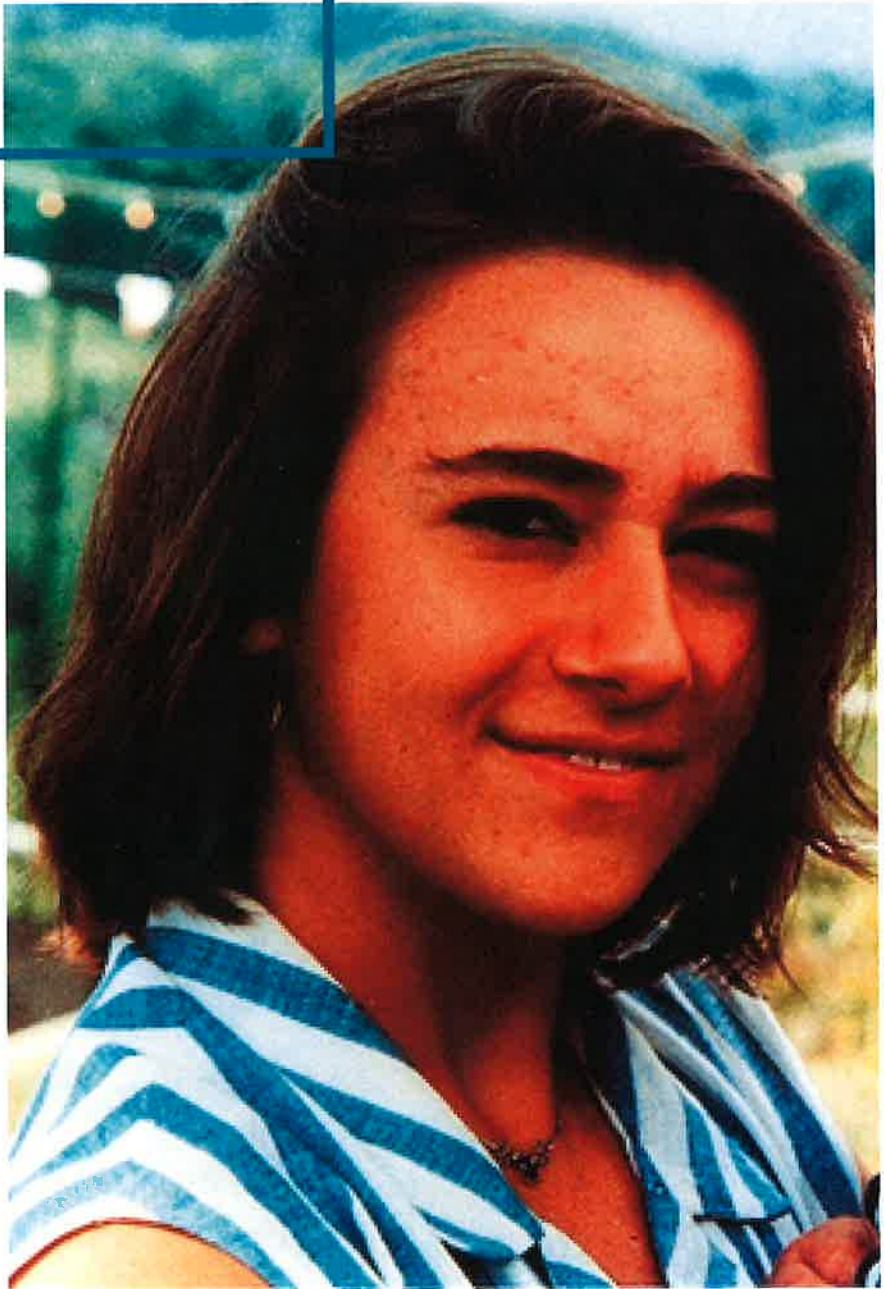
In high school, she enjoyed listening to music and staying out late with friends.

She was also an avid tennis player. One day, during tennis, she felt a sharp pain in her shoulder. She went to doctors and was found to have bone cancer. She told Jesus that if He wanted it, she wanted it also.

She was cheerful throughout her illness, and offered every lock of hair that fell out to Jesus. She planned for her own funeral once it was discovered that she would not recover. She desired to be buried in a wedding dress since she considered her funeral to be her wedding with Jesus. Chiara did not want people to be mournful after her death, but rather joyful since she would be with Jesus.

She once said to her mother, "Oh, Mama, young people...young people...they are the future. You see, I can't run anymore, but how I would like to pass on to them the torch, like in the Olympics! Young people have only one life and it's worthwhile to spend it well."

She died on October 7, 1990, after making her confession and receiving Communion. Chiara was beatified on September 25, 2010.



Sources:

https://en.wikipedia.org/wiki/Chiara_Badano

<https://aleteia.org/2017/11/26/meet-chiara-badano-an-average-teenager-who-loved-to-play-tennis-and-listen-to-pop-music/>

Photo: Wikipedia, originally from

<http://faith.nd.edu/s/1210/faith/interior.aspx>

YOU HAVE A

beautiful smile!

By Lily Ortega

Mother Teresa once said, "We shall never know all the good that a simple smile can do." This is very true! A smile can not only cheer someone else up, but show them that they have a friend if they're feeling lonely.

A smile shows friends and strangers alike that we are encouraging them, we care about them, and we are always ready to help.

But when walking down almost any street nowadays, one thing is quite obvious - very few people are smiling. People are either looking down at their phones or seem too busy to look up and enjoy their surroundings.

Sometimes it seems as though the basic act of being friendly to others has been altogether lost. This would be really sad!

Luckily, there is something you can do to help bring others joy. It's actually really simple: just smile at everyone you meet! It may seem really small, but it can make a difference. Smile at the employee at the grocery store, the librarian, the dog-walker in your neighborhood, and the fast-food cashier. And just smile at the people you pass by who you may not even know. Some people may not smile back, but many will, and it will brighten your day as well as theirs!

And who knows? Maybe some of the people you smile at will also start smiling at others!

Your beautiful smile can touch the hearts of so many! God gave you an amazing gift which not only brings joy to you, but also to everyone you meet.



Truth vs. Lie

By Norah Rojas

Lie

If I am not perfect, I am not worthy of love.

Truth

God loves us just as we are. There is nothing we can do to earn His love.

38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, 39 nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:38-39

Inspired by the "Truth vs. Lie" cards from Walking with Purpose's "BLAZE Belong" program



problem - solution

BY JANE MASTROIANNI

problem

Your friend asks if you want to watch a movie with her, but it's inappropriate.

solution

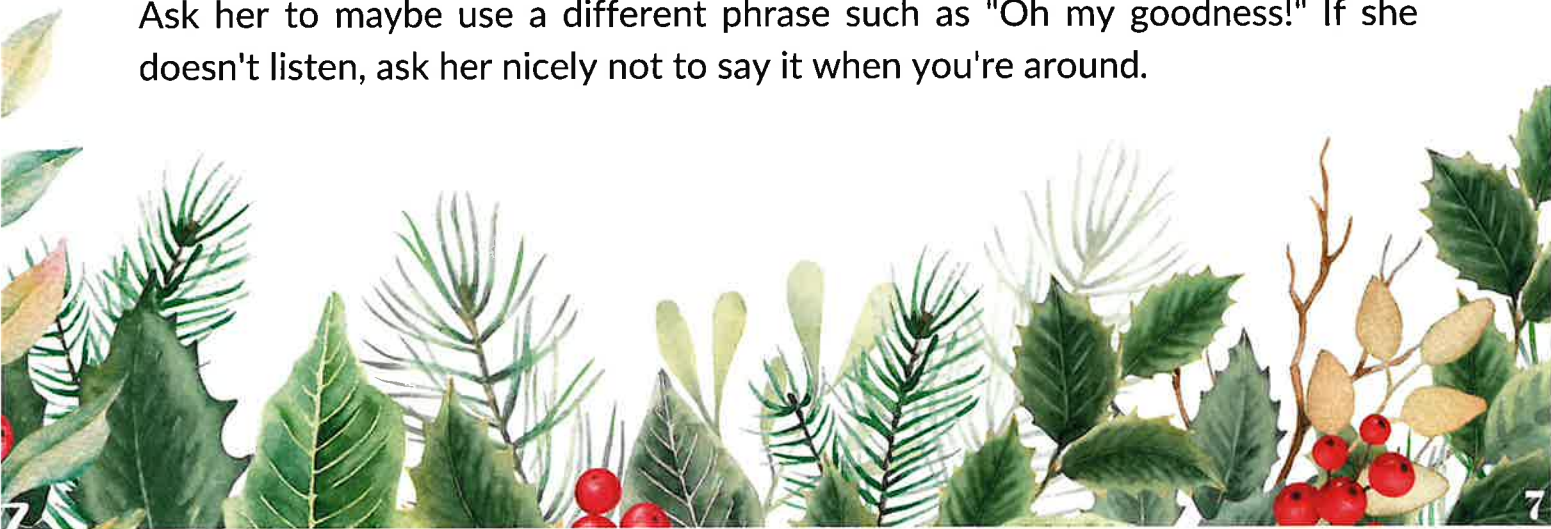
Tell your friend you can't watch that movie; maybe instead have a game night!

problem

There's a girl in your class who sometimes takes the Lord's Name in vain. What do you do?

solution

Ask her to maybe use a different phrase such as "Oh my goodness!" If she doesn't listen, ask her nicely not to say it when you're around.



Fashion Feature: Christmas

Beautifully modest Christmas dress finds for Mass, parties, and more!

Please note: original prices are listed throughout issue, though featured clothing will most likely be discounted. Some items may be online only.



Bonnie Jean Girls Bell Sleeve Lace Holiday Dress
kohls.com, \$80



Rare Editions Girls Sleeveless V-Neck Satin Faux-Wrap Maxi Dress, in Red
dillards.com, \$59



Girls Amitola Party Dress
bonniejean.com, \$66



BCX Juniors Mock Neck Side-Tie Dress
kohls.com, \$49



Bonnie Jean Girls Short Cap Sleeve Fit + Flare Dress, in Red
jcpenny.com, \$74



Girls Tia Lace Dress
bonniejean.com, \$48

**WANT
SOMETHING NEW,
BUT NOT
ENTIRELY
DIFFERENT?
TRY....**

Accessories



**CROSS PENDANT, IN
YELLOW GOLD
PAVOI.COM, \$12.95**



**SIMULATED
DIAMOND BY THE
YARD NECKLACE, IN
ROSE GOLD
PAVOI.COM, \$12.95**



**OPEN HEART
NECKLACE, IN WHITE
GOLD
PAVOI.COM, \$12.95**



**GIRLS CABLE-KNIT
POM BEANIE, IN
COBBLESTONE BEIGE
GAP.COM, \$29.95**



**GIRLS WINTER CROSS
HEADBAND EAR
WARMER, IN GRAY
WALMART.COM, \$7.09**



**GIRLS CABLE-KNIT
TOUCHSCREEN
GLOVES, IN DECO
ROSE
GAP.COM, \$24.95**

OUTFIT Ideas

Equestrian



Preppy



Cozy



1. Children's Place Girls Uniform Long Sleeve Basic Layering Tee, in Tidal, [childrensplace.com](https://www.childrensplace.com), \$9.95 2. Amazon Essentials Girls Heavyweight Puffer Vest, in Navy, [amazon.com](https://www.amazon.com), \$14.20-\$29.70 3. Girls SO® Mid-Rise Ultimate Jeggings, in Khaki, [kohls.com](https://www.kohls.com), \$24.99 4. Girls Heart Buckle Tall Boots, in Dk Brown, [childrensplace.com](https://www.childrensplace.com), \$54.95 5. Byer California Girls Short Sleeve 2-pc. Dress Set, in Navy, [jcpenny.com](https://www.jcpenny.com), \$68 6. Girls Lands' End Solid Tights, in Classic Navy, [kohls.com](https://www.kohls.com), \$15.95 7. Journee Collection Ellis Women's Ankle Boots, in Wine, [kohls.com](https://www.kohls.com), \$99.99 8. SHEIN Girls Drop Shoulder Colorblock Teddy Sweatshirt, in Multicolor, [us.shein.com](https://www.us.shein.com), \$8 9. BABY O Girls Basic Stretch Fold Over Waist Maxi Skirt, in Gray, [amazon.com](https://www.amazon.com), \$29.99 10. Dr. Scholl's Madison Shoe, in Charcoal, [zappos.com](https://www.zappos.com), \$80

HOW TO FIND A NEW (AND FUN!) HOBBY

By Jane Mastroianni

1. Do you like to...

- Play outside
- Dance your heart out to your favorite song!
- Read all day!

2. If you had to learn a new skill would you...

- Learn how to draw nature/wildlife
- Learn how to sing
- Learn to knit/crochet

3. You are...

- Not much of a talker, but that doesn't mean you're shy - you just like to enjoy the moment
- You speak what's on your mind and are not afraid to share your ideas
- You're a teensy bit shy to new people; you probably like to listen more than you talk

Your results!

If you chose mostly As, you love being outside and playing with pets! Offer to help at your local pet store; watch tutorials on drawing realistic art, such as nature; or learn a new sport - try a solo one such as tennis, golf, or even horseback riding!

If you chose mostly Bs, try something that really expresses you - maybe a solo type of dance or gymnastics. Painting might also suit you: specifically acrylic or watercolor. Sewing could be fun because you can design your own style!

If you chose mostly Cs, you might not mind a "sitting in one spot" hobby, such as learning to crochet (I promise it's so much fun!), or knitting or embroidery could suit you. You could even try writing a book! (If that's too much, start with a mini one.) Gardening is an option, or if your parents think you're old enough, try doing an online blog!



photo: Canva (NorGal from Getty Images)



photo: Canva (MilosStankovic from Getty Images Signature)

Magazine Christmas Tree

CRAFT

By Norah Rojas

materials needed:

Old magazines (ask your parents first!)
Tape or staples

how to make it:

1. Fold top corner of page to the spine of magazine.
2. Crease the triangle you just made in half towards the spine of the magazine.
3. Bring up the bottom of the triangle so it is in line with the edge of the page.
4. Flip that page over and repeat for the other pages.
5. Attach two covers using tape or staples.
6. You could even spray-paint them or add garlands or lights! Tip: use old books (ask your parents first!) instead of magazines!

Craft idea from raisingdragons.com/magazine-christmas-trees/

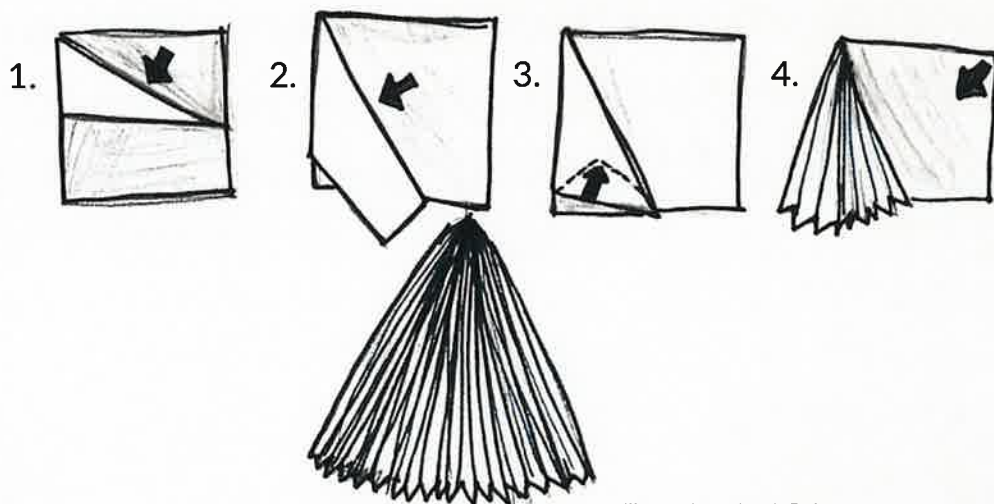


illustration: Norah Rojas

**COMFORT
FOODS:**

tomato soup

Makes approximately 3-5 servings

INGREDIENTS:

2 tbsp extra virgin olive oil
One quarter of a large yellow onion
2 cloves garlic
1 28-oz cans crushed tomatoes
1/2 cup vegetable or chicken broth
2 tsp each dried basil and oregano
2 tbsp sugar
Salt & pepper to taste
Heavy whipping cream (optional)
Fresh basil, as topping (optional)
Parmesan cheese, as topping (optional)



photo: Canva (bhofack2 from Getty Images Pro)

DIRECTIONS:

1. Slice ends off onion, peel, and cut in half, then in half again. Save three quarters of the onion in an air-tight container in the fridge for up to a week.
2. Dice the quarter onion into 1/2 inch pieces.
3. Mince garlic.
4. Heat Dutch oven or stainless steel soup pot over medium heat with olive oil.
5. Add diced onion and cook over medium heat until translucent.
6. Add garlic and sauté over medium heat for one minute.
7. Add cooked onion, garlic, and both cans of tomato to a blender or food processor and puree until smooth. Pour mixture back into pot.
8. Bring to a simmer, stirring occasionally.
9. Once simmering, add vegetable or chicken broth and stir.
10. Add dried basil and oregano and sugar.
11. Add salt and pepper to taste.
12. Continue to cook over medium heat for about 5 minutes.
13. Turn off heat.
14. Optional: add heavy cream to taste, 1 tbsp at a time. Stir to incorporate.
15. Ladle into bowls.
16. Optional: top with sprigs of fresh basil or grated parmesan cheese.
17. Serve alongside Easy Grilled Cheese (next page) and enjoy!

TIP: You can use an immersion blender instead of a blender/food processor. Just add tomato to pot and not food processor/blender in step 7 and puree with immersion blender after step 13.

easy grilled cheese

Makes 1 serving

INGREDIENTS:

Two slices bread (ideally thick-cut)

2+ slices melting cheese depending on preference (American, Cheddar, Mozzarella, etc.)

2 tbsp butter

DIRECTIONS:

1. Butter both sides of bread with a thin layer of butter.
2. Place slices of cheese between both slices of bread.
3. Heat a shallow pan or cast iron skillet over medium heat.
4. Melt 1 tablespoon of butter in the pan.
5. Place sandwich in pan and flip over when first side is golden brown.
6. When both sides are golden brown, turn off heat and remove from pan.
7. Slice in half diagonally.
8. Serve (with tomato soup, previous page) and enjoy!



photo: Canva (bhofack2 from Getty Images Pro)

tips

- Cut the grilled cheese into strips to dip in the soup
- Or cut it into cubes, making "croutons" for the soup
- Before cooking the grilled cheese, try adding ham or bacon inside