

MODELS  
*of*  
**Faith**  
for Girls

STORIES  
AND REFLECTIONS  
ON **Heroes**  
**for Life**

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# God has created you to be a very special person! Do you believe that?

*Really believe that? But you cannot become that special person on your own. You need the help of other people, and you need the guidance of what are called virtues.*

It has been pointed out that a young person needs a minimum of three important people in his or her life to grow up to be a healthy, great adult. Those three people are in addition to your parents. Who are those three or more people for you? A grandparent? An aunt or uncle? A teacher? A coach? These are people you know, respect, and look up to in life. And they know you.

Yet there are also people we can look up to in life whom we do not personally know, and they do not know us. They are our everyday heroes. These heroes may be living or deceased. The thing about these heroes is that there is something in their life that we can use as an example for our own life. Each person in

this book is lifted up as a hero for you to consider.  
And each person is linked to a virtue.

What is a virtue? A virtue is a standard by which we live. It is the ability to act on that standard, and to live up to it. There are many virtues. Which virtues do you most hold up and follow in your life? With what hero or heroes do you most identify?

Each chapter focuses on a different everyday hero. The life of the person is discussed. Then the virtue that most fits her or his life is described. An activity is provided for you to work with the virtue. A reflection question or two is also provided to help you think about how the virtue is lived out in your own life. Finally, an action step is included to help you in living out the virtue and following in the footsteps of the everyday hero.

What hero do you most identify with in your life? Maybe one day someone will say that it is you who they want to be like! Be a hero!



## Rosa Parks

I see myself as a woman of color, as an African American woman. But other people have called me the First Lady of Civil Rights and the Mother of the Freedom Movement. I was involved in the early days of the Civil Rights Movement in the 1940s and '50s, mainly working on voter registration for everyone. But then there was that one day! That day that changed my life. On December 1, 1955, I refused to give up my seat to a white person in the “colored section” on the Montgomery, Alabama, city bus. This action sparked a bus boycott by the African American community in Montgomery that lasted a year and became the first important action in the Civil Rights Movement.

I received a lot of national recognition from that one, simple action. But I also suffered too. I went to work with Martin Luther King Jr. to work toward equality for people of all races and cultures.

I died on October 24, 2005 at the age of 92. My spirit lives on, not only in people of color, but all people who take a stand (or a seat!) for what is right.



## Her Virtue

# FAITH

“I have faith in you!” “Oh, ye of little faith!”

“Have a little faith in me.” Have you ever heard

these sayings? Maybe they were said of you. Maybe you used them when speaking of someone else. Whichever, faith is the virtue that requires a little leap. Sometimes a big leap! Faith is a gift from God that helps you take that leap from what you can see and touch to what you cannot see and cannot touch.

Rosa Parks was not sure what her actions would result in on that Montgomery bus. But she relied on a future that would see African American people and white people as equals. By staying seated, by taking that leap of faith, she set in motion events that would change the face of race relations in the United States for decades to come.

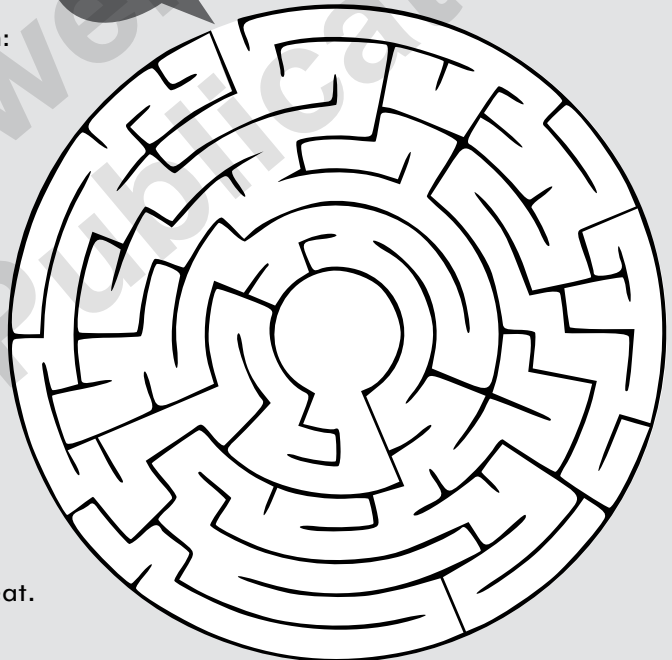
### ACTIVITY

#### Faith Labyrinth:

Labyrinth is a sacred path.

Find your way from the start point to the center of the labyrinth, reflecting on the faith of Rosa Parks and the leap she took as refused to give up her seat.

START  
HERE



## JOURNAL / REFLECTION

Has faith ever given you the courage to stand up for something? If so, give an example.

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## ACTION

While sitting in a public space, take a moment to see life through the eyes of those who surround you.



## HER WORDS

Each person must live their life as a model for others.

My only concern was to get home after a hard day's work.

People always say that I didn't give up my seat because I was tired, but that isn't true. I was not tired physically... No, the only tired I was, was tired of giving in.



## Amelia Earhart

Do you believe I can fly? I certainly did! I was the first woman to fly solo across the Atlantic Ocean. I was determined to do it and I did! On May 20, 1932, I set out from Newfoundland, Canada, and flew across the ocean to Londonderry, Northern Ireland, where I landed the next day, on May 21. This wasn't my only record for flight, but it was probably the one that most people remember the most.

I was involved in more than just flying airplanes. I also taught at Purdue University and became an early supporter of equal rights for women. One of the things I am most proud of is that I helped to form the Ninety-Nines, an organization that supported female pilots.

In 1937 my navigator and I were attempting to fly around the world when our airplane disappeared in the Pacific Ocean. My navigator and I know what happened, but unfortunately no one else does; so our disappearance remains an unsolved mystery.





## Her Virtue

**HOPE** It is said that without vision, it is difficult for people to move forward. Another way to speak about vision is with the word *hope*. Hope is when you want or desire something, and you expect that, at least someday, this desire will become a reality. You might hope you will receive a new bike for Christmas. You might even expect to receive one, as you drop hints (maybe even writing a letter to Santa Claus) that the bike you really want can be found in a store at the mall. We do not always have our hopes become reality. But if we lose hope, we lose everything. Keep the flames of hope alive!

Amelia Earhart had a hope that would not die. She hoped that she had the equipment, knowledge, and the energy to fly across the ocean. She hoped that she would make it without crashing and become the first woman to do so. Her hope turned into a reality when she landed in Ireland after the long flight. She hoped that she could do it! And she *did* it!

### ACTIVITY

**Amelia's flight:** Find the words that fit each cloud and help Amelia fly across the ocean: **dream, wish, faith, belief, goal, promise.**





## HER WORDS

You can do anything you decide to do. You can act to change and control your life; and the procedure, the process, is its own reward.

I have often said that the lure of flying is the lure of beauty.

## JOURNAL / REFLECTION

What is something you hope for, and how can you make that dream become a reality?

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## ACTION

Share your dream with someone you trust, and create the steps needed in making the above dream become a reality.