

\_\_\_\_\_, the Troop of American Heritage Girls  
who gave this to you, believes they are

# Free to B. a Blessing

...and pray they've been  
a blessing to you today.



By exploring the things she's good at  
and the things she cares about, each girl in this Troop  
is discovering the story God wrote just for her, and is  
sharing His love in ways that are unique and  
meaningful to her.

God's rich blessings to you, from all of us at American  
Heritage Girls and Frieda B. May His promises in  
Jeremiah 29:11 and Ephesians 3:20 give you reason to  
Dream Big and Believe in your own free-to-be story!

To learn more about American Heritage Girls,  
Frieda B., and the Free to B. a Blessing initiative,  
visit [FriedaB.com/AHG/FBAB](http://FriedaB.com/AHG/FBAB).



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