



# Free to B. a Blessing

To Celebrate AHG's Birthday and National Day of Service...

Troops, families and individuals are invited to Go Light Your World with Frieda B. and AHG!

Did you know that – just like Frieda B. – you have your very own one-of-a-kind story? It's true! In Jeremiah 29:11, God promises He created a plan, a story, just for you. Like no one else's in the whole universe(!). And it's all about doing something special in this world. It's about dreaming big, using your gifts, sharing His love, and lighting the world. Just like it says in Matthew 5:16. And so, as you celebrate AHG's birthday and National Day of Service, this activity/event is a way for you to explore your story, and how you're uniquely Free to B. a Blessing and a very special light to the world around you.

## Celebrate \* Bake \* Dream Big. \* Be a Blessing.

### A Story in a Cupcake.

Frieda's mom has a recipe for some of *the* best-ever chocolate cupcakes. She and Frieda make them every year for Easter and birthdays and other celebrations.

So to celebrate AHG's birthday and National Day of Service, Frieda invites you to make a batch (or two, or three) with your Troop or family. You'll find the recipe on the back of this page.

As you're mixing the batter, discuss: Do some of the ingredients seem a bit strange? The cocoa is bitter, not sweet like chocolate. And mayonnaise? Coffee??

Actually, this cupcake batter is a lot like your story. God sometimes allows "unique" and "not tasty" ingredients to be part of our stories. And they don't seem to make sense; we don't like them on their own. But God has a way of making all the parts of your story come together, even the ones you don't like much, to make it like the best cupcake you've ever tasted. Bake these cupcakes and see for your - self.

**Note:** *If you don't have a kitchen to bake these in, or time to wait for them to bake and cool, make them ahead of time, and simply make a batch of batter during the event or talk through the ingredients.*

Once the cupcakes are baked and cooled, decorate your own to your heart's content. Have fun, let your personality shine through. But don't eat it just yet... There's one more important thing to do.

If you'd like, you may include a service project – big or small – with this event. Or, use this event as a kick-off to think about a project for the future. See the **Free to B. a Blessing** Main Guide for more ideas and activities. All **Free to B. a Blessing** materials can be found at [FriedaB.com/AHG/FBAB](http://FriedaB.com/AHG/FBAB).

### Go Light Your World.

Your cupcake has taught you some things about yourself:

1. Some ingredients in your story may not make sense to you. But God (who, in this case, is the Master Baker), works all things together for good, to create the best possible story. Trust Him.
2. Your cupcake isn't exactly like anyone else's. Just like your story. God's story for you is uniquely designed; you're meant to share His love in a way only you can do.

Now, take your cupcake and place a candle in it. When everyone in the room is ready, dim the lights and listen to the song "Go Light Your World" by Chris Rice, while an adult lights each candle. Listen closely to the words. How might God want you to be a light to the world? What do you most like to do? What do you most care about? These are clues to what you're meant to do, who you're meant to love. You truly are Free to B. a Blessing and a light to the world.

### Happy Birthday and Happy National Day of Service, AHG!

May we always celebrate what it means to have a unique identity in Christ, and to use our story to serve others.

Make a wish, dream big, blow out the candle and take a bite. Pretty good, huh? Frieda thinks so, and thanks you for inviting her to the celebration.



From the kitchen of Frieda B.

## Best-Ever Chocolate Cupcakes



2 cups sugar

2 eggs

1 cup baking cocoa

2 cups cold decaf coffee

2 cups flour

2 tsp. baking soda

1 cup mayonnaise

Mix all together in a bowl. Pour into lined cupcake tins, filling each 2/3 full. Bake at 350° for 20-25 minutes or until a toothpick inserted comes out clean. Makes 2 dozen+.

### Cupcake Discussion, using *Frieda B. Herself*.

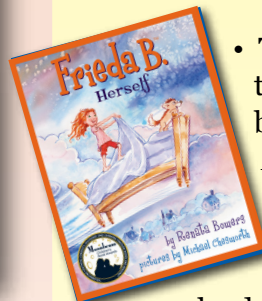
In *Frieda B. Herself*, the conflict of the story lies in Frieda believing for a moment that she has lost all of her dreams (pp. 18-19). She despairs, she pummels her pillow in frustration. The illustrations for these pages are dark, in contrast to the rest of the book. Just like Frieda, we all have times in our lives when we feel stuck, confused – when we wish things would just go the way we want them to go. But look on the page where Frieda is pounding her pillow. What’s in the window behind her? It’s the shape of a cross. This reminds us that even when we don’t know which way our story is going, God does. He knows what’s on the next pages, how everything will work for good according to His plan for us. In fact, sometimes it’s the dark times in our lives that help us to best understand how to be a light for others. To demonstrate this, ask yourself: would you rather be on page 19 where Frieda is pounding her pillow, or on page 22 where she’s dancing on the farm with all the animals? We’d all pick the farm, naturally. But consider this: If Frieda hadn’t been upset, would she have pounded her pillow? If she hadn’t pounded her pillow, would the feathers have come out? If the feathers hadn’t come out, would there have been shadows on her wall? With no shadows on her wall, would Frieda have seen farm animals? If she hadn’t seen farm animals, would she have ended up on the farm? No. The truth is, she would have never made it to page 22 without starting on page 18. This is a wonderful way to understand that God wants us to trust Him to use ALL events in our lives for good – even the hard ones (just like the “not tasty” ingredients of the cupcakes). The result? Our lives become the story He created us to tell. And the world is a brighter, yummiier place because of it.

### Event Tips/Ideas:

1. Use baking/cooling time to read *Frieda B. Herself* and talk through “Cupcake Discussion,” above.
2. Make enough cupcakes to sell, to raise funds for a service project. Or, share them with your local fire department or other community service organization.
3. Share your favorite “light your world” photos/stories with us at [AHG@FriedaB.com](mailto:AHG@FriedaB.com).

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## To Enhance Any FBAB Event



- **The story** on which the FBAB program is based, *Frieda B. Herself*, is available in both the hard cover book as well as a downloadable PowerPoint presentation to use with larger groups! Both can be purchased at [store.FriedaB.com](http://store.FriedaB.com).
- **Skype with Frieda B.** author (and FBAB creator) Renata Bowers! Renata would love to be part of your FBAB leader and/or Troop event, via Skype. For more details, including pricing and booking, visit “Skype Visits” at [FriedaB.com/AHG/FBAB](http://FriedaB.com/AHG/FBAB).
- **Group Book Sales.** As long as she’s able to keep up with demand, Renata will personally sign and dedicate any book ordered through an AHG Troop group sale - and we’ll deliver them right to your door! For more details, visit “Group Sales” at [FriedaB.com/AHG/FBAB](http://FriedaB.com/AHG/FBAB).



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