

Free to B. a Blessing



Frieda B.

is a girl with wild red hair and a boundless imagination who believes she is free to be and do whatever her heart tells her to. So she dreams big about the things she loves, the things she cares about – and as she does, her story unfolds.

Truth is, each of us has our own free-to-be story, authored by a God who not only loves us dearly, but wants us to share that love with the world around us. Which makes each of us Free to B. a Blessing. And when we **Dream Big** and **Believe** that we can use our unique gifts and passions – our story – to help others, we begin to experience real life-fulfilling purpose. We begin to understand what it means to live our identity in Christ. And there’s nothing else like it in the world.

The Free to B. a Blessing program, therefore, is created to guide AHG Troops, families and individuals *of all ages* (because we each have a story) through the process of:

Believing and exploring the story God wrote for each of us (Jer. 29:11)

Dreaming Big about our story and purpose (Eph. 3:20)

Doing for others...using our unique gifts and passions to directly be a blessing, a light, to the world around us (Matt. 5:16)



Resources.

We have lots of FBAB resources available, to help you carry out everything from an individual activity to a full Troop event.

For full program details:
FriedaB.com/AHG/FBAB

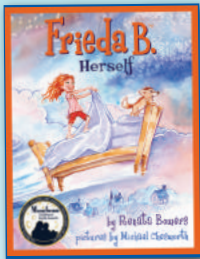
- This FBAB Program Summary.
- “Just for Leaders” Event Guide. The more fulfilled, fueled and connected you are, as leaders, the better equipped you are to lead and to love.
- FBAB Main Guide. Here you’ll find a full scriptural summary of the program, as well as a host of related activities and discussion guides.
- “Go Light Your World” Event Guide. Use cupcakes and candles to discuss, explore and celebrate how each story is meant to light the world in its own unique way. Ideal for AHG’s birthday/National Day of Service.
- “Dream Big and Do” Event Guide. A step-by-step guide for hosting a low-stress, high-participation, purpose-filled Troop event that starts with Dreaming and ends with Doing.
- Free to B. a Blessing Cards. Print, decorate and distribute these cards as part of your service project, letting recipients know your love for service comes from the Biggest Love of all.



Dream Big



PROGRAM SUMMARY



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 in our online store at 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.

- **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 Program Patch.

Find Free to B. a Blessing patches in our online store at FriedaB.com, and in the AHGstore. To earn a patch, a girl must: read/discuss *Frieda B. Herself*; complete one or more of the program activities; and carry-out a service event related to her gifts and passions. FBAB activities also can assist in earning a Daughter of the King badge.



Author Renata Bowers and Frieda B., LLC.



What would the world look like if all children dreamed big and believed in their stories? It’s that single question that defines/drives the work of children’s author and speaker Renata Bowers, and the company she’s co-founded, Frieda B., LLC.

Author of the Frieda B. children’s book series, Renata created fictional character Frieda B. to encourage children to Dream Big and Believe they, too, are free to be their own one-of-a-kind, very important story.

It’s in her work with Christian audiences that she shares the full scriptural foundation of her books: that God wrote a unique story and purpose for each of us (Jer. 29:11) and that when we dream big and believe in it, God turns that story into something better than we ever could have imagined (Eph. 3:20).

Renata co-founded Frieda B., LLC with dear friend Paula LaJoie, to provide a growing line of books, curriculum, products and services specifically created to encourage and inspire the story within. They count this partnership with AHG among their greatest blessings, and pray for the opportunity to help lead many girls into a deeper understanding of their God-given story.

Feel Free to Share! We want your stories, pictures, ideas on how you made this program your own – so we can share them with other AHG leaders and Troops. **Please send an email to AHG@FriedaB.com.**