



## **Salve Regina**

### **Religious Recognition Award**

**For Girl Scout Juniors and Cadettes  
or youth in grades 4-8**

**The Catholic Committee on Girl Scouting  
Archdiocese of San Antonio**



REQUIREMENTS FOR THE  
SALVE REGINA AWARD

Girl Scout Juniors or Cadettes, (or youth in grades 4-8) will earn this award by carefully and faithfully fulfilling the following requirements. Requirements for Juniors will be marked with one star (\*) and requirements for Cadettes will include all single starred requirements and those with two stars (\*\*) as well.

**\*1.** Prepare a notebook to contain a record of the requirements for this award and note the date each one is started and completed.

**\*2.** Include in your notebook photographs, drawings or other representations of the following:

- a. Your pastor
- b. The Archbishop
- c. The Pope
- d. You and your Scout Leader/Religion Teacher
- e. Your Family
- f. You and Our Lady

**\*3.** Find out what “salve regina” means and record it in your notebook.

**\*4.** Write a one paragraph description of one of the apparitions

of our Blessed Mother. Consider the stories of Fatima, Lourdes, Guadalupe, or Knock.

Describe the person who heard our Lady’s message, and what the message was.



CERTIFICATION

**SALVE REGINA AWARD**

This is to certify that the requirements have been fulfilled.

\_\_\_\_\_  
Applicant

Date \_\_\_\_\_

\_\_\_\_\_  
Parent or Guardian

\_\_\_\_\_  
School/Parish

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Spiritual Advisor/Parish Religious Education Director

\_\_\_\_\_  
Troop Leader

\_\_\_\_\_  
Troop Number

Medal Fee Enclosed: \$ \_\_\_\_\_

**\*\*11.** For each phrase of the Girl Scout Law, list a saint that exemplifies that particular trait and explain how they do so. Example: for “honest and fair,” St. Thomas More is a good choice because in the 16<sup>th</sup> century, he stood up for his beliefs even though he knew he might be killed for them.

**\*12.** Craft. Make a religious article. Include at least one symbol of Mary. Describe the article in your workbook.

**\*13.** Community Service.

- a) Research a religious order of women and write a paragraph describing their unique charism.
- b) Thank this community for their service by either writing an appreciation letter, delivering baked goods, visiting the group at their convent, etc.

The Archdiocese of San Antonio and the Catholic Committee on Girl Scouting makes this award available to recognize the spiritual advancement made by Girl Scout Juniors and Cadettes through the Girl Scout Program.



Requirements were reviewed, approved and adopted by the Catholic Committee on Girl Scouting and the Archdiocese of San Antonio, August 2014.

**\*5.** The Liturgy of the Hours has been described by the United States Conference of Catholic Bishops as the daily prayer of the Church. It is also known as the Divine Office or the Work of God (*Opus Dei*). This very scripted prayer is said at certain times of the day so that we can stop what we are doing and focus on God. In your journal:

- a. List and describe the 5 canonical hours of the Divine Office.
- b. Find the Canticle of Mary (also known as the *Magnificat*), and include a copy of it in your journal.
- c. Pray the prayer with your group or family.

**\*6.** There are three expressions (general types) of prayer listed in the *Catechism of the Catholic Church*. They include:

**I. Vocal Prayer** (*Paragraphs 2700-2704*)

Know: Rote prayer is formal, memorized prayers said the same way every time; one example is the Lord’s Prayer.

Do: Be able to recite 2 formal prayers of the Church and write them in your notebook.

**Our Father      Hail Mary      Glory Be**

Know: Conversational prayer is prayer that is less formal and resembles a human conversation. One form of conversational prayer is bedtime prayer where you talk over the day with God.

Do: Practice this type of prayer for one (1) week at bedtime and record the dates in your notebook.



## II. Meditation (Paragraphs 2705-2708)

**Know:** Meditative prayer, or meditation, uses a picture in your mind that you create from something you see or hear to focus on God.

**Do:** An adult leader should read a story from Scripture and then you imagine the story in your mind. Record this experience in your notebook. Suggested stories can be found in the Bible at: Matthew 18:1-5, Luke 9:10-17, or Luke 1:39-45.

## III. Contemplative Prayer (Paragraphs 2709-2728)

**Know:** Contemplation is quiet time with God.

**Do:** Sit quietly for two (2) minutes and focus on God's love for you. Afterwards, write your feelings and thoughts in your notebook.

Be still and know I am your God  
**Psalm 46:10 (RSVCE)**



7. \*a) The rosary is a beautiful devotion to Mary that includes prayers which use a set of 59 beads for counting each prayer as you say it. There are four sets of mysteries from the Bible that can be thought about while reciting a rosary. Choose one set of mysteries and pray the rosary together as a group. Record the date and type of mysteries in your notebook. One rosary web-site is:

[www.familyrosary.org/main/rosary.php](http://www.familyrosary.org/main/rosary.php)

\*\*b) Find out what stories each set of mysteries contains and illustrate one set of five mysteries for a younger child.



\*8. Attend religious services arranged for your group. This can be combined with #7 or include other religious events, such as Stations of the Cross, the Holy Mass, etc.

\*9. Make a pilgrimage to one of the following Marian shrines:  
a) Lourdes Grotto of the Southwest and Tepeyac located at Oblate School of Theology, 5700 Blanco, San Antonio, Texas  
b) Our Lady of Czestochowa Shrine and the Divine Mercy Chapel at 138 Beethoven, San Antonio, Texas  
c) Our Lady of Schoenstatt Shrine, 17071 Low Road, Helotes, Texas

\*\*10. Pope Francis has written many wonderful things about Mary. Read one speech he made by clicking on or going to the link below. Pick one of the paragraphs in the speech and write in your journal what you learned about Mary that you did not already know.

[http://w2.vatican.va/content/francesco/en/audiences/2013/documents/papa-francesco\\_20131023\\_udienza-generale.html](http://w2.vatican.va/content/francesco/en/audiences/2013/documents/papa-francesco_20131023_udienza-generale.html)

