

Catholic Girls Forever  
349 Brandy Ridge Lane  
Dickinson, Texas 77539  
[catholicgirlsforever@gmail.com](mailto:catholicgirlsforever@gmail.com)

# Catholic Girls Forever



Issue # 62  
[August/September](#)

# Letter from the Editor

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Dear Readers,

We have a healthy baby boy! Thank you for all of your prayers and well-wishes, I assure you that they **were** heard! It was a long labor that in the end had us transferring from our planned home birth to a hospital in order for me to get some much-needed rest before finishing the grand adventure of birthing a child. We arrived at the hospital only to find that I am ready to push my baby out after hours of delayed labor at home! Instead of the planned epidural to let me rest before labor started back up naturally, I was ready to have my baby naturally, just at the hospital and not at home. So, on August 1<sup>st</sup> at 3:06 am Henry and I got to meet our little Henry Edward or 'Hal' as we call him to avoid confusion with my husband's name. He weighed 8 pounds and 7 ounces and is an impressive 22 inches long! He and I are both doing great. He has been gaining weight like crazy and already is nearly a month old as I write this.

Life with a newborn is surprisingly more natural to me than I thought it would be. Yes, we get way less sleep, but we also have way more love in our lives now. Each night-time cry for food, comfort, or a diaper change is a call for me to make an act of love for this little boy that God has purposefully chosen to put in our lives. And, since he is so cute, that act of love is usually pretty easy to make, but there are certainly times when I would love to just have a break and NOT have to answer that call but then I remind myself that there are really two ways I can respond to that moment: 1) I can be frustrated and dwell on how tired I am and how he only slept for 20 minutes that time and bring up other excuses and reasons for why I am frustrated or 2) I can take in this particular moment and remember that Hal is my direct gift from God, an immortal soul that Henry and I cooperated with God to make and that all I am asked to do is love him right now. Of course I am tired out but when I let myself just think about that then the night becomes so much longer and harder. When I choose to admit that I am tired but that my tiredness makes my act of love more valuable, then my night becomes one of victory and joy (with an underlying sense of exhaustion 😊). Do I always make the best nighttime choice? Certainly not! But the important thing is that I have built the habit from the start to think on love instead of self and that has certainly played a huge role in my transition into this new phase of life.

There are certainly other things that have made this transition into motherhood easy for me. Hal's silly facial expressions (he has soooooo many!), Henry's excitement of having a son and spending time with him (including late night bottle feeds so I can get some extra sleep), Hal's ability to move and squirm and nearly roll over at less than a month in age, the support from all of the other mom's in the community and in my life (I am lucky to know MANY moms who LOVE their vocation), the support of all of my birthing team from our doula to our midwife to the staff at the hospital (they all respected our wishes for Hal and are the best resources ever for any little or big thing that comes up in this adventure), the help from family (my father-in-law cleaned our house and did all the dishes while we were recovering in the hospital and my mom drove all the way from Minnesota to help out for nearly a week!), the extra time and attention I get from my husband as he gets to be off work til September 16<sup>th</sup> (this time spent as family is really just the best thing ever and I am so glad that Henry gets to be here for so much of the early days), and so many more things! God has been very good to me. Everyone, myself included, was a little scared that postpartum would be rough like most of my pregnancy was but honestly, I feel that I have had the easiest and happiest postpartum of anyone I know! Next time I would be okay with the pain, suffering, and discomfort being more evenly spread out between the whole pregnancy, labor, and postpartum :p

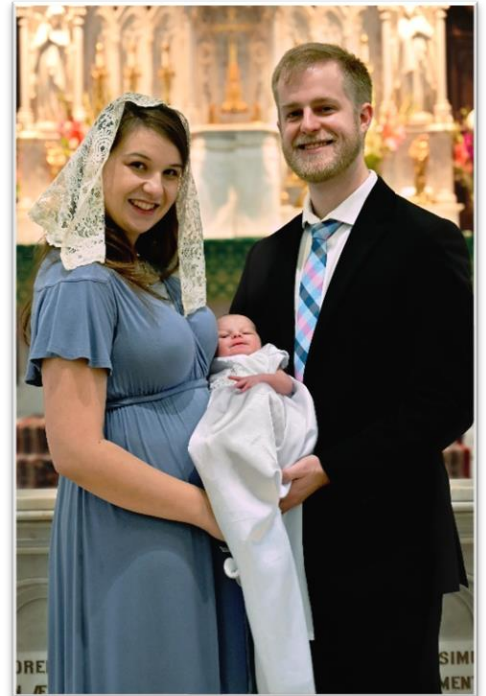


Enough about that. How are all of you doing? I am sure many of you are heading back to school/college either as a teacher or student or perhaps sending off your kids to school. This time of year is always a mixture of excitement for a new start and sadness that vacation is over. It is so strange to not be involved in all of the back to school thrills and meetings but I do hope to return to some of my volunteer positions here at Queen of Angels soon. One of these days I want to write a whole article on the awesomeness of being a teacher. It is a hard job for sure, but can be oh such a rewarding one! I was very fortunate to be able to teach in some wonderful schools and form some lasting bonds with many of my students. There are few things that make me as happy as the fact that each year more and more of my former students join the ranks of teaching in our Society schools. And there is nothing that makes my day more than to have a former student reach out to me randomly just to say hi, or to share some life news, or let me know that they used something that I had taught them. So, if you are one of my former students, then know that even one text message a year makes me smile for days. Yes, it may take me years to respond (don't judge, I get tons of messages and emails and it is all I can do to stay on top of the in person socializing in my life let alone get to all of the remote messages, but don't let that stop you from sending them, please!).

Well, that turned into a tangent 😊 Back on topic. Going back to school or having your kids/sisters/friends going back to school. Well, I think, or rather, I know that this is a prime time to step back and make some resolutions for the academic year. In case you haven't figured out yet, I am a big fan of having set goals. How are you to ever progress if you don't know what you are working on??? Too often depression and negative self-thoughts could be handled if we formed the habit of setting personal goals on a regular basis. Not only will you be a happier person when you set achievable goals, but obviously a better person and thus one you will like more. Afterall, it is soooooo important to like yourself! (I want to write a whole article on that too!) So, with the start of this academic year, my *Challenge of the Month* will be to renew your New Year's resolution or to make a new Academic Year resolution. I will put some further details below, but I really, really, really, encourage you to do this challenge! It can literally be a life-changing one.

Okay, I am done now. Can you tell by my style that I am feeling so much better than I was the last few issues? I feel like I could climb Mt. Everest some days! It isn't just that I physically feel better, but it is also the joy and excitement of this vocation. When I got married I expected to have kids, maybe 8 of them, whatever God decides. Then, I didn't get pregnant right away. Months passed and still no baby. I tried to be patient but it was not what I had expected. I wasn't sure just WHAT God wanted me to do. I mean, I was in the vocation of marriage but not yet a mother so.... Obviously He filled my days with many other things like helping at the school when they were in desperate need of a teacher, directing camp, organizing fundraisers, etc. But it was so exciting to get pregnant and know that now I would be fulfilling my vocation as a mother too and not just a wife. Then there was a LONG pregnancy.... And finally a BABY! There was a moment at his baptism when I just felt that THIS was the fulfilling of my vocation. I was bringing a soul to God. And now the adventure continues of forming that soul and guiding it to ALWAYS choose God. It is pretty awesome. Hope you all are doing well and enjoying whatever stage of life God has you in right now.

Sincerely,  
Therese Harrity



## Challenge of the Month - Make/Renew a Resolution

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With the academic year having just begun this is a great time for some self-reflection and making or renewing resolutions. I talked quite a bit about how to go about making good resolutions in issue #58 and will do a brief re-cap here. **Don't just pass over this challenge and decide it is boring, this is one of those things that quietly but strongly forms your character: being faithful in little things.** So, make a little resolution, and be faithful to it. Here is some advice on how to go about it:

- 1) **Keep it simple but specific.** Don't try to tackle everything at once. Choose ONE thing at a time. At the same time, make sure it is specific enough. "To not be lazy" is honestly a great plan but a terrible resolution. Try something specific that you are lazy about and fix that. Changing that one habit will help change your overall lazy mindset and be much more successful as you have a clear plan on how to not be lazy. For example, make the resolution to always make your bed in the morning. No being lazy about how you make it either. Make it well and be consistent. Soon, you will see an overall difference in yourself in more than just bed-making.
- 2) **Set incentives and accountability.** Changing is hard, it takes work. You may be excited about making changes at the start but often the novelty wears off. So, set incentives for yourself. Make a chart where you log whether you made your bed well or not. Hang it somewhere convenient (and make sure it looks pretty 😊) and put a star or check each day you follow your resolution. This is a form of self-accountability where you can see how true you are to your resolutions. When you get a complete week of success then treat yourself to something. Ice cream, Skittles, paint your nails, movie and popcorn, or just share the news with close friends and family and receive their praise and encouragement.
- 3) **Be patient with yourself.** It is going to take time, and you may fail to get a perfect week for a while. Or maybe you are good at the start and then hit a rough patch. Don't stop. Don't just decide 'Now I blew it, so that is that.' No! Don't quit! Be patient with yourself. Think like Anne of Green Gables "Tomorrow is always fresh with no mistakes in it." I literally have this quote posted on my wall and have had it there for years because I still need the reminder. Start the next day fresh. Forget any failure of the day before. Who cares if you already ruined your week record. Make tomorrow a great and perfect day regardless.



Good luck making and keeping your resolutions! There is so much more

I want to write on this subject but this issue is already packed full of things I want to write about 😊 Let me know if you want/need specific ideas for resolutions or positive incentives. Email or write me any time! Oh, and if you don't already have the habit of daily morning and night prayers then I HIGHLY recommend making that your resolution. Keep them simple, but keep them consistent. Go make those resolutions now!

## Pen-Pals/E-Pals

Greetings! I do hope some of you reached out to Agnes and started a friendship that could last a lifetime. If not, it is never too late! Start today! Here is another one of our readers who would love to meet new friends. Send her a letter today! I still run into some of my former pen-pals today and we have such fond memories of our correspondence. Meet Margaret:

Hello there!

I am Margaret Yanta. I am 15 years old and am the second youngest out of 6 kids. We moved a year ago from our suburb home in MN to a farm in WI. We have two cats( one is a barn cat and the other is an indoor one), a lot of chickens, 12 rabbits, and we just got a puppy! We all love playing with him! He is a cutie pie, but is always so very hyper!!! He hates being in the sun although I can't blame him! He has a fur coat on!! When I am not taking care of our animals, doing inside chores, weeding our endless gardens, etc I got my nose stuck in a book! I also love trying out different recipes, creating new hairstyles, drawing, doing calligraphy, dancing, traveling, hiking around our 70 acres, swimming in our pool, and definitely so much more!! I am always excited to meet new girls!! I can't wait to hear from y'all!!! My address is: S2748 Doelle Valley Rd., Fountain City, WI 54629 and my email is: [gretay952@gmail.com](mailto:gretay952@gmail.com) I reply faster to letters, but whichever works the best for you. I will always get back to you whichever one you choose:)

God Bless!

Margaret Yanta



# Immortal Poets' Society

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## Two Temples by Hattie Vose Hall



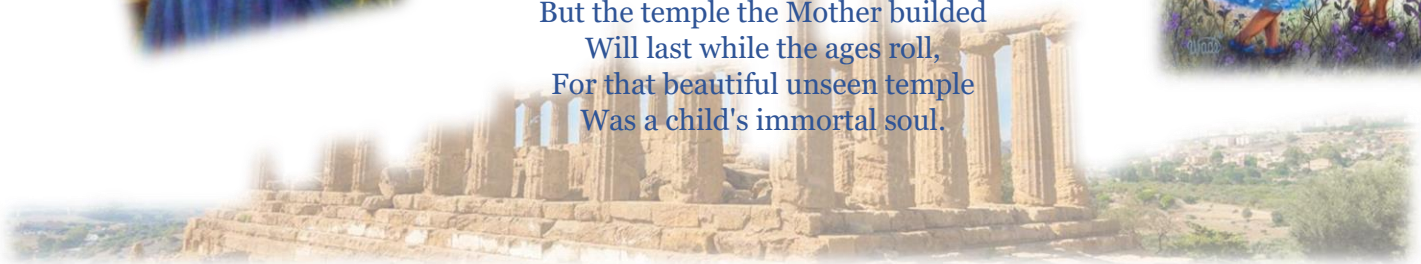
A builder builded a temple,  
He wrought it with grace and skill;  
Pillars and groins and arches  
All fashioned to work his will.  
Men said, as they saw its beauty,  
"It shall never know decay;  
Great is thy skill, O Builder!  
Thy fame shall endure for aye."



A Mother builded a temple  
With loving and infinite care,  
Planning each arch with patience,  
Laying each stone with prayer.  
None praised her unceasing efforts,  
None knew of her wondrous plan,  
For the temple the Mother builded  
Was unseen by the eyes of man.



Gone is the Builder's temple,  
Crumpled into the dust;  
Low lies each stately pillar,  
Food for consuming rust.  
But the temple the Mother builded  
Will last while the ages roll,  
For that beautiful unseen temple  
Was a child's immortal soul.



## Prayer Corner

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Yes, I am adding another new section to the newsletter. This section will be to introduce different prayers that I have come across throughout the years that have made a difference in my life. Everyone has a unique spiritual life and needs different prayers at different stages in it. I will introduce some less-known prayers each issue and I encourage you to cut them out and keep them somewhere you can easily get them when the occasion may call for them. Don't let your spiritual life become dry. And if it has, try finding a new prayer that seems relevant to you at this time in life and add it to your daily routine and you will be surprised how much of a difference it can make.

Take, O Lord, and receive my entire  
liberty, my memory, my intellect,  
and my whole will.

All that I am and all that I possess  
You have given to me. I surrender it  
all to You to be disposed of  
according to Your will.

Give me only Your love and Your  
grace; with these I will be rich  
enough and desire nothing more.

— Ignatius of Loyola

## Pleasant Pastimes – Personality Tests

I am soooo excited about this one! Some of you may already be familiar with this topic, but if you are not, you are in for a treat!

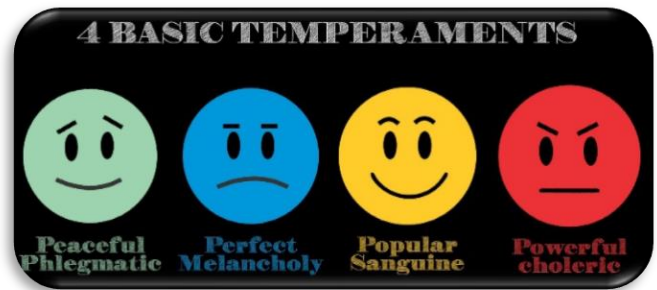
We all have had experiences in life where we meet someone and are like, “Wow! I totally get them!” or on the contrary, “I totally do not understand that person...” This is often very evident in our own families. We will have a sibling that we just connect with and who rarely annoys us and then we have that OTHER sibling who... let’s just say they regularly do things that drive you crazy. Part of the reason for this is that we all have what are called temperaments, or behavioral dispositions. Traditionally temperaments are divided into 4 categories and a person will show traits for one primary category as well as a secondary one. Now before you decide this is all confusing, let me describe these four temperaments for you:

**Choleric** – Goal-oriented, leader, has big ideas, quick to react, confident, enjoys a challenge, always doing something, driven

**Melancholic** – Thoughtful, cares deeply about things, perfectionist, spiritual/poetic, deep thinker, slow to react but has lasting impressions, tends to be more pessimistic and less confident

**Sanguine** – Happy-go-lucky, loves to be doing things, friends are important, easily distracted, quick but not lasting reactions, talkative, superficial, confident, always excited to try a new thing

**Phlegmatic** – “Just a nice guy”, laid back, gets along with everyone, slow to react, needs motivation to do things, dependable, homebody, reliable, has follow-through on tasks, team player



Hopefully you related to at least one of these. Now, this is a VERY brief introduction to them and I am going to recommend that you learn more about them and figure out just what temperament you are. It is a lot of fun, I promise, and modern technology makes it super easy! My favorite test to take for this is found at [temperamentquiz.com](http://temperamentquiz.com) and you will need to create an account to take the test. There are other tests available if you just google ‘Four temperament test’. Don’t have access to a computer? No worries, there is an excellent book, *The Temperament God Gave You*, that expands on each temperament and has a temperament test in the back for you to take.

Not only is discovering your own temperament fun but it also helps you understand others and why you may or may not get along so well with them. Obviously a driven choleric can get frustrated with a sanguine who is always flitting off to do something else. Likewise, a sanguine can be annoyed that a phlegmatic sibling never wants to take them anywhere as the sanguine thrives on parties and friends and the phlegmatic would just rather be at home. Knowing yourself, your strengths and weaknesses, helps you to better form yourself. Similarly it will help you to interact better with others, in a more enlightened and charitable way. So, don’t wait! Go and take the test today. Learn more about these temperaments and the influence they play in your life and relationships. Take it with a friend or a sibling and compare results.

Keep in mind when you take this test that you will likely come out predominantly one temperament with a secondary temperament as well. However, just because the test says you are a choleric- sanguine (primarily choleric with some strong sanguine influence) does not mean that you will follow all of the choleric traits, nor does it mean that you now have any excuse for being excessively ambitious and competitive. Learning your temperament is a useful guide in knowing yourself and understanding others. Be careful not to start classifying everyone you know into a category and then referencing the book or website on how to deal with them. There is a lot of good information on working with other temperaments and suggestions on what temperament would be a good fit for a spouse, but do not let temperament become an automatic label you put on people in your life. Temperament is just one aspect of a person and there is great variety within each of the four temperaments. So, just remember to use this information as a tool and not as a label-maker.

The four temperaments is just one aspect of your personality and there are other methods of distinguishing personalities that are also fun and helpful. You may be familiar with the other popular method of the Myers Briggs 16 Personalities. Once again the easiest way to learn about this method and what personality you are is to take the online test. It is easy to find and has a LOT of useful information such as which career you may be best suited for. This method is a little too in-depth for me to cover here, but I do recommend you look into it.

### Summary:

- Learning about yourself is fun!
- The 4 temperaments is a well-known and useful method of defining the differences in personalities
- This knowledge helps you understand and change yourself more effectively
- Understanding others' temperament helps you be more understanding, patient, and charitable when they behave differently than you would have

## Girls, You're Important – Fr. T.C. Siekmann

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All girls ought to have a sweet disposition. But some do not. We wonder why not. Everything is in favor of a sweet disposition. Nothing good can be said for its opposite.

The girl of a sweet disposition, whose face is always lighted by a gentle smile, will have a host of friends. Everyone will admire her. She will be given every advantage over girls less pleasant. Particularly will she capture the heart and mind of a boy.



***The girl of a sweet disposition, whose face is always lighted by a gentle smile, will have a host of friends.***

Boys, while quite emotional, are not merely sentimental. They can love intensely, but they think at the same time. When an intelligent boy comes across a girl who has a truly sweet disposition, he will realize that she is a really fine person. He will say to himself: "This girl must have a correct idea about life, or she would not be so calm about everything; she must enjoy life, or she would not be so happy; she must know how to get the most and best out of life; she would make a very enjoyable companion." Without learning her character and personality in detail he will conclude very reasonably, "This is the girl for me."

A girl of sweet disposition shows outwardly that she is really a very fine girl. She is sweet even when there is occasion to be upset by the inconsiderateness of others, showing that she has control over her feelings. She does not give way to every feeling of anger, or jealousy, or revenge. She keeps her head all the time. She is willing to be pleasant when others are not. She does not have to be in the company of one particular friend in order to be agreeable. She is friendly to all. What a joy she is to her parents, what a friend to her brothers and sisters. Any gathering is a kindlier group when she is part of it.

***Sin has a way of taking away one's inner joy and one's outer sweetness.***

Some girls find being pleasant a fairly easy thing. Others have to cultivate a sweet disposition with considerable effort. It is easy to see that a good, virtuous girl will find less difficulty in having a sweet disposition than one who is constantly wrangling with her conscience and acting against it. Sin has a way of taking away one's inner joy and one's outer sweetness. A bad girl may be enticing or alluring, but her charm, such as it is, is a far cry from what we would consider the charm of a sweet disposition.

We would consider the Blessed Virgin Mary as having a sweet disposition. She knew how to face the difficulties of life and the inconsiderateness of others and yet maintain a sweet, holy charm that has always been the inspiration of Christian girls and women.

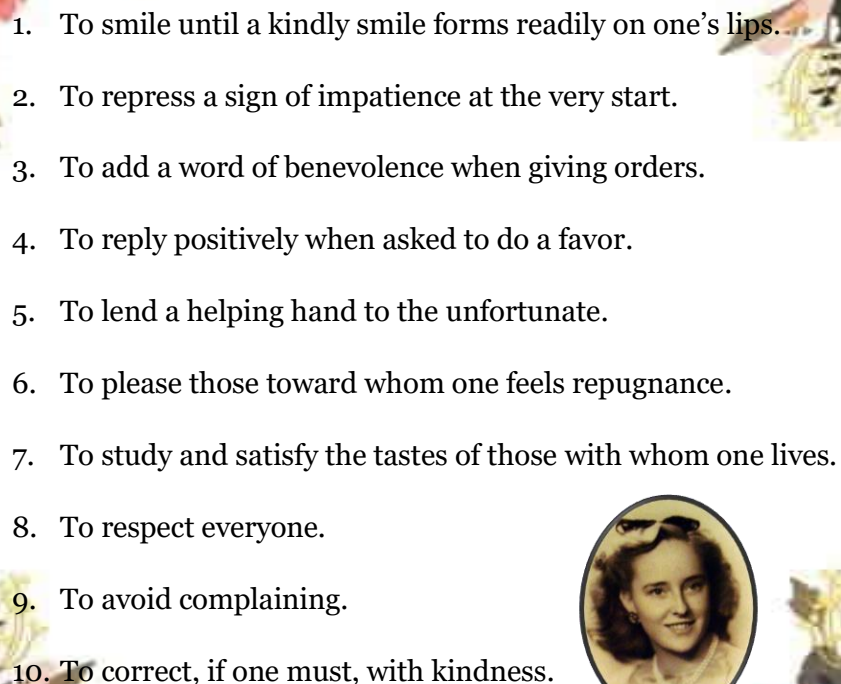


A sweet disposition in a girl indicates that she is a high-type girl. The effort to develop it will help her to practice the virtues that will make her lovely not only to other people but also to God.

I absolutely LOVE this chapter (did you notice how he referenced inconsiderateness and tied in to the chapter from last time?)! I have seen the truth of this so often in my own life. I was not always a happy person. As a child/teen I could be quite sullen and depressing. Thankfully a friend stepped into my life and would gently remind me each time they saw me to smile. That was it. All they would say was "Smile." Often it was just in passing or mouthed to me across the room at a party, but it never failed to bring a smile to my lips. And I slowly realized that that simple action was changing me, making me a more likeable and a better person.

Later in life, a young man approached me and told me how he had been watching me at work (not in a creepy way) and that he was drawn to me. He said that it was so rare to find a woman who went about with a smile so often on her lips and he then very politely asked me out. I was truly flattered. He had noticed my joy and wished to be able to share more in it. I did decline, but that interaction made an impression on me. I had become more of a woman by learning to keep that smile readily on my lips, by forming a sweet disposition, and that womanliness attracted a man's attention. Obviously I did not go about smiling for the sake of attracting a man's attention, but it did stand out to him and I have seen and heard similar instances many times before and since then. A sweet disposition is attractive, it is feminine, it is what God wants from us.

Venerable Teresita, the patroness of this newsletter and one of my favorite saints, understood the importance of a sweet disposition. Not having one naturally herself, she wrote a code to follow in order to help herself obtain one. Here it is:

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1. To smile until a kindly smile forms readily on one's lips.
  2. To repress a sign of impatience at the very start.
  3. To add a word of benevolence when giving orders.
  4. To reply positively when asked to do a favor.
  5. To lend a helping hand to the unfortunate.
  6. To please those toward whom one feels repugnance.
  7. To study and satisfy the tastes of those with whom one lives.
  8. To respect everyone.
  9. To avoid complaining.
  10. To correct, if one must, with kindness.



Now, we all have met or seen that girl who lacks a sweet disposition. Perhaps we ourselves or one of our friends is like that. She is accustomed to starting conversations with negativity and gains the most attention when she is sullen or depressed. Her 'normal' facial expression is not that of a smile. Now, life can be rough at times, and there can be cause for a discouraged demeanor but that should not be our 'normal' expression. If we follow Teresita's code, I guarantee you will be happier and so will those around you. Her first rule is to smile. Practice that smile as often as you can. My friend taught me to smile habitually and hopefully if you are not yet in the habit, you and your friends can soon make it a habit to always wear a smile 😊 Save this 'Code of Amiability' as Teresita called it, and follow it. You will win not just friends or men's hearts, but also the kingdom of God. This was literally the way that Teresita became a saint and we too can do so!