

SCHOOL LAUNCH · EXPLORE TRACKS

EXPLORE HEROINES OF HISTORY AND FAITH

Track 6 of the Explore Tracks: thirty-two women of courage and faith, from Sarah to Elisabeth Elliot.

First edition

*Many daughters have done virtuously, but thou excellest them all.
Proverbs 31:29 (KJV)*

COURSE GUIDE

Explore Tracks are for children who want more of what they love. Each track is a set of short stops. At every stop the child hears a true story, studies a great picture, does something with his or her hands, plays a game and adds a page to a Field Notebook.

The Heroines track has four trails of eight stops. Trail A meets women of the Bible, from Sarah to Mary. Trail B travels from the early Church to Joan of Arc. Trail C meets women of the Reformation and colonial America, from Katharina Luther to Laura Ingalls Wilder. Trail D meets nurses, hymn-writers and missionaries, from Florence Nightingale to Elisabeth Elliot. Each woman is taught through her times, her choice, her faith and why it mattered.

WHO IT IS FOR

Written for children about ages 7-9 who are read to by a parent, or who read short passages on their own. Older siblings can join in. Nothing earlier is required.

HOW TO USE THIS COURSE

1. **One stop at a time.** A stop takes 15-25 minutes: read the story aloud, look at the picture, do the hands-on part and play the game. Two or three stops a week works well.
2. **Any order.** The four trails are independent, but the timeline cards are numbered 1-32 so they fit together.
3. **Field Notebook.** Every stop adds a timeline card. Trail B adds a letter home, Trail C a quotation keepsake, and Trail D a Heroine Notebook report. A parent signs each trail certificate.
4. **Badge quizzes.** Each trail has a short, optional oral quiz. They are for fun, not grades.

SCOPE AND SEQUENCE

Trail 1: Heroines 👑 **Trail A: Women of the Bible** (Self-paced)

Trail 2: Heroines 👑 **Trail B: The Ancient and Medieval World** (Self-paced)

Trail 3: Heroines 👑 **Trail C: Reformation and Colonial Women** (Self-paced)

Trail 4: Heroines 👑 **Trail D: Nurses, Hymn-Writers and Missionaries** (Self-paced)

MATERIALS

- **Field Notebook (a sketchbook or composition book)** One for the whole track.
- **Index cards and a long paper strip** For the heroine timeline.
- **Colored pencils, scissors, glue and tape** For maps, banners and models.
- **A Bible (KJV)** For the verse at each stop.

GRADING

Explore Tracks are not graded. A stop is done when the child has heard the story, done the hands-on part and made a notebook page.

Badges and trail certificates are earned by finishing the stops.

A NOTE TO PARENTS

This track is for every child, sons and daughters alike. Boys and girls both need to know these women of courage and faith.

Each woman is judged by the standards of her own day, and her faith is told as she and those who knew her told it. Each stop has a short *For families* note with sources and any facts that are uncertain or legendary.

Persecution, war, slavery and the Holocaust (Perpetua, Joan of Arc, Lady Jane Grey, Harriet Tubman, Corrie ten Boom, Elisabeth Elliot) are told truthfully but without graphic detail. Please read Stops D3, D7 and D8 before your child does.

Books still under copyright (Little House, The Hiding Place, Through Gates of Splendor) are summarized, not quoted; borrow them from the library.

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Each stop takes 15–25 minutes. Trails may be done in any order.

HEROINES TRAIL A: WOMEN OF THE BIBLE

The first trail of the Heroines of History and Faith track meets eight women of the Bible: Sarah, Jochebed and Miriam, Deborah, Ruth, Hannah, Abigail, Esther and Mary the mother of Jesus. Each is taught through **her times** (where and when), **her choice** (the moment of courage), **her faith** and **why it mattered**.

This is the  **Scout** level, for ages 7 to 9. The stories follow the King James Bible closely, and a parent may read the passage itself alongside the retelling. Hard parts of the stories (battles, danger) are told plainly and briefly, without graphic detail.

The trail builds a **heroine timeline with portraits**. Five stops earn the **Heroine Scout badge, part 1**; eight earn part 2 and the **Trail A certificate**.

BEFORE YOU BEGIN

- Listen to a Bible story of about five minutes and tell it back.
- Find the books of the Old and New Testaments (a grown-up may help).

MASTERY CHECKLIST

- ☐ I can tell each woman's story in a few sentences.
- ☐ I can name her choice and the faith behind it.
- ☐ I can place the eight women in order on a timeline.
- ☐ I can say Ruth 1:16 or Esther 4:14 from memory.
- ☐ I can name one way each woman served God in her own calling.

OPTIONAL BOOKS AND RESOURCES

- **Gustave Doré's Bible engravings (1866)** (https://commons.wikimedia.org/wiki/Category:Dor%C3%A9_Bible): Free public-domain engravings of Deborah, Ruth, Esther and more.
- **Edith Deen, *All of the Women of the Bible* (1955)** (<https://www.worldcat.org>): For parents: a reference with a short chapter on each woman.
- **Blue Letter Bible (KJV)** (<https://www.blueletterbible.org>): Read each passage in the King James Version with cross-references.

1.1 SARAH, MOTHER OF NATIONS

OBJECTIVES

- Tell how God promised Abraham and Sarah a son.
- Tell why Sarah laughed, and what God answered.
- Learn Hebrews 11:11.

Warm-up. Have you ever waited a very long time for something you were promised? How did you feel? Sarah waited about twenty-five years.

Video slot. Video coming. Abraham and Sarah: the promise of Isaac, for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

promise

Words that say you will surely do something. God always keeps His promises.

covenant

A solemn agreement. God made a covenant with Abraham.

barren

Unable to have children.

Isaac

Sarah's son. His name means "laughter."

CORE IDEAS

Her times. About four thousand years ago, Sarah and her husband Abraham lived in the city of Ur. God called Abraham to leave his home and go to a land He would show him. Sarah went too, living in tents for the rest of her life.

Her choice. God promised Abraham that his family would become a great nation, as many as the stars. But Sarah was **barren**, and the years went by. When Sarah was ninety, the LORD visited and said she would have a son. Sarah, listening at the tent door, laughed to herself. God said, "Is any thing too hard for the LORD?"

Her faith. The next year, just as God had said, Sarah had a baby boy. She named him **Isaac**, "laughter," and said, "God hath made me to laugh, so that all that hear will laugh with me." Her doubtful laugh had turned into a laugh of joy.

Why it mattered. Through Isaac came the nation of Israel, and through Israel came Jesus Christ. Hebrews 11:11 says that Sarah "judged him faithful who had promised." God changed her name from Sarai to Sarah, which means "princess," and called her a mother of nations (Genesis 17:16).

PICTURE STUDY



Abraham, Sarah and the Angel, Jan Provoost, about 1520 · Oil on panel · Musée du Louvre, Paris
Wikimedia Commons · Public domain

Jan Provoost was a Flemish painter. Here an angel brings the promise to Abraham and Sarah. Painters of his day dressed Bible people in clothes of their own time.

Look closely

- Find Sarah. What is she doing?
- Find the angel.
- What clothes are they wearing?

Talk about it

1. How do you think Sarah felt hearing the promise?
2. Why did Sarah's laugh change?

HANDS-ON: STARS OF THE PROMISE

Make a night-sky picture of God's promise.

You will need

- Dark blue or black paper
- A white crayon or star stickers
- A pin or pencil to poke holes (with a grown-up)

Steps

1. Read Genesis 15:5 together.
2. Cover the paper with stars, as many as you can.
3. Hold it up to a lamp, or poke tiny holes so light shines through.
4. Write across the bottom: “Is any thing too hard for the LORD?” (Genesis 18:14).
5. Start your heroine timeline: draw Sarah on the first card.

Check your work

- My picture shows many stars.
- I can tell God’s promise to Abraham and Sarah.

FIELD NOTEBOOK

1. **Timeline card 1: Sarah.** Draw Sarah with baby Isaac.
2. Copy Hebrews 11:11.

Did you know? Sarah is the only woman in the Bible whose age at death is given: 127 years (Genesis 23:1). Abraham bought the cave of Machpelah to bury Sarah; it was the first land his family owned in Canaan. Peter calls Christian women “daughters” of Sarah when they do well and are not afraid (1 Peter 3:6).

Goes deeper in. Bible, “Abraham” (coming soon).

For families. Scripture: Genesis 12; 15:5; 17:15–19; 18:1–15; 21:1–7; 23:1; Hebrews 11:11; 1 Peter 3:6. Dates for Abraham are traditional (about 2000 B.C.). Picture: Jan Provoost (about 1520), Louvre; confirm on Commons.

PRACTICE

1. **EASY** What did God promise Sarah?
2. **EASY** What does the name Isaac mean?
3. **MEDIUM** What did God ask when Sarah laughed?

Make it a game • Count the Stars. Sprinkle a handful of buttons or beans on a tray. Players try to count them in 30 seconds. Can you count them all? Neither could Abraham count the stars!

Scripture. “Through faith also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged him faithful who had promised.” (Hebrews 11:11, KJV)

Sarah trusted that God would keep His word, and He did.

Practice: answers

1. A son.

2. Laughter.

3. "Is any thing too hard for the LORD?"

1.2 JOCHEBED AND MIRIAM SAVE MOSES

OBJECTIVES

- Tell how Moses’s mother and sister saved him.
- Name Jochebed and Miriam.
- See courage in a mother’s and a sister’s choices.

Warm-up. Make a tiny boat from paper or a leaf and float it in a bowl of water. Would you trust it to carry something precious?

Video slot. Video coming. Baby Moses in the basket (Exodus 2) for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

Pharaoh

The king of Egypt.

ark of bulrushes

A basket boat woven from river reeds.

pitch

A sticky, black stuff that keeps water out.

Hebrews

The people of Israel, who were slaves in Egypt.

CORE IDEAS

Her times. The **Hebrews** lived as slaves in Egypt. A new Pharaoh feared there were too many of them, so he made a cruel law: every Hebrew baby boy must be thrown into the river Nile.

Her choice. A Hebrew mother named **Jochebed** had a baby boy. She hid him for three months. When she could hide him no longer, she wove an **ark of bulrushes**, sealed it with slime and **pitch**, laid her baby inside and set it among the reeds by the river. His big sister **Miriam** stood far off to watch.

Her faith. Pharaoh’s own daughter came down to bathe, saw the basket and opened it. The baby cried, and she had pity on him. Brave Miriam stepped up and asked, “Shall I go and call to thee a nurse of the Hebrew women?” She ran and fetched... her own mother! So Jochebed was paid to nurse her own son.

Why it mattered. The princess named him Moses. He grew up to lead Israel out of slavery. Hebrews 11:23 says his parents hid him “by faith,” and “they were not afraid of the king’s commandment.” Later Miriam led the women of Israel in a song of praise after the Red Sea.

PICTURE STUDY



The Finding of Moses, Sir Lawrence Alma-Tadema, 1904 · Oil on canvas · Private collection
Wikimedia Commons · Public domain

Lawrence Alma-Tadema loved painting the ancient world in rich detail. Here Pharaoh's daughter is carried home with the baby she found. He studied real Egyptian objects to paint it.

Look closely

- Find the basket with the baby.
- Find Pharaoh's daughter.
- Find the river Nile.

Talk about it

1. What do you think Miriam was doing at this moment?
2. How did God use Pharaoh's own daughter?

HANDS-ON: FLOAT A BASKET BOAT

Make a little ark that floats.

You will need

- A small plastic tub or a basket shape made of paper
- Clay or play dough
- Aluminum foil or wax (with a grown-up)
- A tub of water and a small toy baby

Steps

1. Shape a little boat from foil or a paper basket lined with foil.
2. Seal any gaps with clay, like Jochebed's pitch.
3. Put a small toy baby inside and float it in the tub.
4. Add drops of water. Does it stay dry?
5. Draw the scene for your timeline.

Check your work

- My boat floats and stays dry.
- I can tell how Jochebed and Miriam showed courage.

FIELD NOTEBOOK

1. **Timeline card 2: Jochebed and Miriam.** Draw the basket in the reeds and Miriam watching.
2. Copy Hebrews 11:23.

Did you know? Jochebed's name is given in Exodus 6:20 and Numbers 26:59. The Hebrew word for Moses's "ark" is the same word used for Noah's ark. Miriam was a prophetess (Exodus 15:20).

Goes deeper in. Bible, "Moses and the Exodus" (coming soon).

For families. Scripture: Exodus 1:22-2:10; 6:20; 15:20-21; Numbers 26:59; Hebrews 11:23. The Hebrew *tevah* (ark) is used only for Noah's ark and Moses's basket. Alma-Tadema's *The Finding of Moses* (1904) is in a private collection.

PRACTICE

1. **EASY** What did Jochebed make to save her baby?
2. **MEDIUM** What brave question did Miriam ask Pharaoh's daughter?
3. **EASY** Who became Moses's nurse?

Make it a game · Watch from the Reeds. One child is Miriam, hiding and watching a "basket" (a shoebox). Others walk past. Miriam must stay hidden but call out "I see you!" to anyone who comes too close.

Scripture. "By faith Moses, when he was born, was hid three months of his parents, because they saw he was a proper child; and they were not afraid of the king's commandment." (Hebrews 11:23, KJV)

Moses's parents trusted God more than they feared the king.

1. An ark (basket) of bulrushes.
2. Whether she should fetch a Hebrew nurse.
3. His own mother, Jochebed.

1.3 DEBORAH, JUDGE AND PROPHETESS

OBJECTIVES

- Tell who Deborah was and what a judge did.
- Tell how she called Barak to lead Israel.
- Learn Judges 5:7.

Warm-up. Where do people go to settle an argument fairly? In Deborah’s day, they went to sit under a palm tree.

Video slot. Video coming. Deborah the judge (Judges 4–5) for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

judge

A leader God raised up to rule and rescue Israel before there were kings.

prophetess

A woman who spoke messages from God.

Barak

The army captain whom Deborah called to lead Israel.

chariots of iron

Strong war chariots; the enemy had nine hundred.

CORE IDEAS

Her times. After Joshua died, Israel kept turning away from God. Then enemies would rule over them. King Jabin of Canaan and his captain Sisera, with nine hundred **chariots of iron**, made Israel suffer for twenty years.

Her choice. Deborah was a **prophetess** and a **judge**. She sat under a palm tree in the hills of Ephraim, and the people came to her for judgment. God gave her a message: she called **Barak** and told him to gather ten thousand men, for God would give him victory. Barak said, “If thou wilt go with me, then I will go.” Deborah answered, “I will surely go with thee.”

Her faith. On the day of battle, Deborah said, “Up; for this is the day in which the LORD hath delivered Sisera into thine hand: is not the LORD gone out before thee?” God sent a great rain; the river Kishon flooded, and the chariots were stuck. Israel won. Sisera fled on foot, and, as Deborah had foretold, a woman named Jael brought his life to an end.

Why it mattered. Deborah and Barak sang a song of praise to God, which is in Judges 5. She called herself “a mother in Israel.” Because of her faith and wisdom, the land had rest for forty years.

PICTURE STUDY



Deborah, Gustave Doré, 1866 · Wood engraving (Doré Bible) · Wikimedia Commons
Wikimedia Commons · Public domain

Gustave Doré made hundreds of engravings for an illustrated Bible. Here Deborah sings her song of victory, giving glory to God.

Look closely

- Find Deborah. What is she doing with her hand?
- Find the people listening.
- Where is the light brightest?

Talk about it

1. Why does Deborah give the glory to God?
2. What does it mean to be “a mother in Israel”?

HANDS-ON: JUDGE UNDER THE PALM TREE

Make a palm tree and practice wise judging.

You will need

- A paper towel tube and green paper
- Tape
- Three “cases” written by a parent (simple family disagreements)

Steps

1. Make a palm tree: the tube is the trunk; cut green paper strips for leaves and tape them on top.
2. Sit under your palm tree. A parent reads a simple “case” (two children both want the last apple).
3. Ask: What is fair? What does God’s Word say? (Proverbs, Golden Rule.)
4. Give a wise judgment, then hear the next case.
5. Draw Deborah for your timeline.

Check your work

- I made a palm tree.
- I gave three fair judgments.

FIELD NOTEBOOK

1. **Timeline card 3: Deborah.** Draw her under the palm tree.
2. Copy Judges 5:7.

Did you know? Deborah’s palm tree stood between Ramah and Bethel (Judges 4:5). Barak is named in Hebrews 11:32 among the heroes of faith. The Song of Deborah is one of the oldest poems in the Bible.

Goes deeper in. Bible, “The Judges” (coming soon).

For families. Scripture: Judges 4–5; Hebrews 11:32. Jael’s act (Judges 4:21) is stated without detail; parents may read the chapter with older children. The stop presents Deborah as Scripture does: a judge and prophetess whom God raised up, who called a man (Barak) to lead the army. Doré engraving (1866); check that the chosen file is the Deborah song, not the scene with Sisera.

PRACTICE

1. **EASY** What were Deborah’s two jobs?
2. **MEDIUM** What did Barak say to Deborah?
3. **MEDIUM** How did God help Israel win?

Make it a game · Wise Judge. Take turns being judge under the palm tree. Others bring silly “cases” (the cat ate my homework). The judge must give a wise and kind answer.

Scripture. “The inhabitants of the villages ceased, they ceased in Israel, until that I Deborah arose, that I arose a mother in Israel.” (Judges 5:7, KJV)

Deborah rose up when Israel needed help and called herself a mother in Israel.

Practice: answers

1. Judge and prophetess.
2. "If thou wilt go with me, then I will go."
3. He sent rain; the river flooded and the chariots got stuck.

1.4 RUTH: “WHITHER THOU GOEST, I WILL GO”

OBJECTIVES

- Retell the story of Ruth and Naomi.
- Memorize Ruth 1:16.
- Tell how Ruth became the great-grandmother of King David.

Warm-up. What does it mean to be loyal? Think of a friend who stuck by you.

Video slot. Video coming. The story of Ruth for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

Moab

A country east of the Dead Sea, outside Israel.

glean

To gather the grain left behind by the harvesters.

kinsman

A close relative who could buy back family land and care for a widow.

loyalty

Staying faithful to someone.

CORE IDEAS

Her times. In the days of the judges, there was a famine in Israel. Naomi, her husband and two sons moved to **Moab**. The sons married Moabite women, Orpah and Ruth. Then, sadly, Naomi’s husband and both sons died.

Her choice. Naomi decided to go home to Bethlehem. She told her daughters-in-law to stay in Moab. Orpah kissed her and went back, but Ruth clung to her and said: “Whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God.”

Her faith. In Bethlehem, Ruth worked hard to feed Naomi. She went to **glean** barley in the field of a man named Boaz. Boaz had heard of her kindness and told his workers to let extra grain fall for her. Ruth trusted the God of Israel, and she followed Naomi’s wise advice.

Why it mattered. Boaz was a **kinsman**. He married Ruth, and they had a son, Obed. Obed was the father of Jesse, and Jesse was the father of King David. Ruth, a woman from Moab, became part of the family line of Jesus Christ (Matthew 1:5).

PICTURE STUDY



Summer (Ruth and Boaz), Nicolas Poussin, 1660–1664 · Oil on canvas · Musée du Louvre, Paris
Wikimedia Commons · Public domain

Nicolas Poussin painted the four seasons as four Bible stories. For Summer, he chose Ruth gleaning in Boaz's field at harvest time.

Look closely

- Find Ruth kneeling.
- Find Boaz.
- Find the reapers cutting grain.

Talk about it

1. Why does Ruth kneel?
2. How does Boaz show kindness?

HANDS-ON: GLEANING GAME AND VERSE

Glean "grain" and memorize Ruth 1:16.

You will need

- Dry pasta or beans scattered in the yard or on the floor
- A small basket

Steps

1. A parent scatters pasta "grain." Some is "left" on purpose for the gleaner.

2. Glean as much as you can in one minute into your basket.
3. Count it and give it to “Naomi.”
4. Memorize Ruth 1:16, one phrase at a time.
5. Draw Ruth for your timeline.

Check your work

- I gleaned and shared.
- I can say Ruth 1:16.

FIELD NOTEBOOK

1. **Timeline card 4: Ruth.** Draw Ruth with a bundle of barley.
2. Write Ruth 1:16 from memory.

Did you know? The book of Ruth is one of only two books in the Bible named after a woman (the other is Esther). Gleaning was God’s law to care for the poor (Leviticus 19:9–10). Ruth and Boaz’s town, Bethlehem, is where Jesus was born.

Goes deeper in. Bible, “Ruth and David” (coming soon).

For families. Scripture: Ruth 1–4; Leviticus 19:9–10; Matthew 1:5. Poussin’s Summer (Ruth and Boaz), from The Four Seasons (1660–64), is in the Louvre.

PRACTICE

1. **EASY** What did Ruth promise Naomi?
2. **MEDIUM** What is gleaning?
3. **MEDIUM** Which king came from Ruth’s family?

Make it a game • Whither Thou Goest. One child is Naomi and walks around the house or yard. Another is Ruth and must follow wherever Naomi goes, saying the verse.

Scripture. “And Ruth said, Intreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God:” (Ruth 1:16, KJV)

Ruth’s loyalty to Naomi and her faith in Israel’s God changed her life and history.

Practice: answers

1. To go where she went; Naomi’s people and God would be hers.
2. Gathering the grain left behind by the harvesters.
3. King David.

1.5 HANNAH'S PRAYER

OBJECTIVES

- Tell how Hannah prayed for a son.
- Tell how she kept her promise.
- Read part of Hannah's song.

Warm-up. Have you ever prayed for something for a long time? What did you say to God?

Video slot. Video coming. Hannah and Samuel (1 Samuel 1-2) for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

Shiloh

The town where the tabernacle stood in Hannah's day.

Eli

The high priest at Shiloh.

vow

A solemn promise made to God.

Samuel

Hannah's son. His name sounds like "heard of God."

CORE IDEAS

Her times. Before Israel had kings, a man named Elkanah went every year to worship at **Shiloh**. His wife Hannah had no children, and another wife teased her cruelly. Hannah wept and would not eat.

Her choice. At Shiloh, Hannah went to the house of the LORD and prayed, pouring out her soul. She made a **vow**: if God would give her a son, she would give him back to serve the LORD all his life. She prayed so silently that only her lips moved. The priest **Eli** thought she was drunk! She explained, and Eli blessed her: "The God of Israel grant thee thy petition."

Her faith. Hannah went home and was no longer sad. God answered her prayer, and she had a son. She named him **Samuel**, saying, "Because I have asked him of the LORD." When he was old enough, she kept her promise and brought him to Eli to serve at the tabernacle. Every year she made him a little coat.

Why it mattered. Hannah sang a song of praise: "My heart rejoiceth in the LORD." Samuel became a great prophet and judge who anointed Israel's first two kings, Saul and David. God gave Hannah five more children.

PICTURE STUDY



Hannah Presenting Her Son Samuel to the Priest Eli, Gerbrand van den Eeckhout, 1665 · Oil on canvas ·
Wikimedia Commons
Wikimedia Commons · Public domain

Gerbrand van den Eeckhout was a pupil of Rembrandt. He painted Hannah keeping her promise, bringing little Samuel to serve God with Eli.

Look closely

- Find Hannah, Samuel and Eli.
- What is Hannah doing with her hands?
- How does Samuel look?

Talk about it

1. How do you think Hannah felt?
2. Why did Hannah keep her promise?

HANDS-ON: A LITTLE COAT FOR SAMUEL

Make a paper coat and a prayer list.

You will need

- Paper or felt, scissors, glue
- Markers

Steps

1. Cut out a small coat shape from paper or felt.

2. Decorate it the way Hannah might have.
3. On the back, write one thing you are praying for and one thing God has answered.
4. Read 1 Samuel 2:1 together.
5. Draw Hannah for your timeline.

Check your work

- I made a little coat.
- I wrote a prayer and an answer.

FIELD NOTEBOOK

1. **Timeline card 5: Hannah.** Draw Hannah praying.
2. Copy 1 Samuel 1:27.

Did you know? Hannah's song is like Mary's song in Luke 1, sung over a thousand years later. Samuel heard God call him by name as a boy in the night (1 Samuel 3). Hannah's name means "grace" or "favor."

Goes deeper in. Bible, "Samuel" (coming soon).

For families. Scripture: 1 Samuel 1-2:21; 3. Polygamy in Elkanah's home is described, not endorsed; the stop mentions "another wife" as the text does. Eeckhout's painting (1665); location per Commons.

PRACTICE

1. **EASY** What did Hannah pray for?
2. **MEDIUM** What did she promise God?
3. **EASY** What did Hannah name her son?

Make it a game • Silent Prayer, Silent Words. One child mouths a word silently (like Hannah praying). Others try to read her lips and guess the word.

Scripture. "For this child I prayed; and the LORD hath given me my petition which I asked of him:" (1 Samuel 1:27, KJV)

Hannah gave thanks that God heard her prayer.

Practice: answers

1. A son.
2. To give her son to serve the LORD all his life.
3. Samuel.

1.6 ABIGAIL'S WISE ANSWER

OBJECTIVES

- Tell how Abigail stopped David from doing wrong.
- Name her gifts and her wise words.
- Learn Proverbs 15:1.

Warm-up. Think of a time someone was angry. What calmed things down: shouting back, or gentle words?

Video slot. Video coming. David and Abigail (1 Samuel 25) for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

Nabal

Abigail's rich but foolish husband. His name means "fool."

Carmel

A town in Judah where Nabal kept his sheep.

provisions

Food and supplies.

discretion

Good sense and wise judgment.

CORE IDEAS

Her times. Before David became king, he and his six hundred men lived in the wilderness, hiding from King Saul. They protected the shepherds of a rich man named **Nabal**. At sheep-shearing time, David politely asked Nabal for some food.

Her choice. Nabal answered rudely and sent David's men away with nothing. David was furious and set out with four hundred men to punish Nabal's household. A servant ran to Nabal's wife, **Abigail**, "a woman of good understanding." She did not wait. She quickly loaded donkeys with bread, wine, five sheep, grain, raisins and fig cakes, and rode out to meet David.

Her faith. When she saw David, she got off her donkey and bowed low. She took the blame on herself, gave him the gifts and reminded him that God would make him king. She begged him not to shed blood in anger, so that he would have no regret.

Why it mattered. David said, "Blessed be the LORD God of Israel, which sent thee this day to meet me: And blessed be thy advice." Abigail's quick, humble, wise words kept the future king from a great sin. Later, after Nabal died, David married Abigail.

PICTURE STUDY



The Meeting of David and Abigail, Peter Paul Rubens, about 1630 · Oil on canvas · National Gallery of Art, Washington
Wikimedia Commons · CC0

Peter Paul Rubens painted the moment Abigail meets David. She kneels humbly, and David reaches toward her. Look at all the food her servants bring!

Look closely

- Find Abigail kneeling.
- Find David. How is he dressed?
- Find the gifts of food.

Talk about it

1. How did Abigail's actions calm David?
2. What can we learn from her quick thinking?

HANDS-ON: SOFT-ANSWER PRACTICE

Practice turning anger away with gentle words.

You will need

- Cards with angry sentences written by a parent
- A basket of "gifts" (crackers, raisins)

Steps

1. A parent reads an angry sentence ("You took my toy!").

2. Answer with a soft, wise reply (“I’m sorry. Here, you can have a turn.”).
3. Practice five cards.
4. Pack a little basket of food like Abigail’s and give it to someone.
5. Draw Abigail for your timeline.

Check your work

- I gave five soft answers.
- I gave a gift like Abigail.

FIELD NOTEBOOK

1. **Timeline card 6: Abigail.** Draw Abigail with her donkeys.
2. Copy Proverbs 15:1.

Did you know? Abigail’s gifts included two hundred loaves and two hundred cakes of figs. David called her advice a blessing from God. Abigail means “my father is joy.”

Goes deeper in. Bible, “David” (coming soon).

For families. Scripture: 1 Samuel 25. Nabal’s death (verses 37–38) is by God’s hand and is mentioned simply. Rubens’ The Meeting of David and Abigail (about 1630), NGA Washington.

PRACTICE

1. **EASY** Who was Abigail’s foolish husband?
2. **MEDIUM** What did Abigail bring David?
3. **MEDIUM** Why did David bless Abigail?

Make it a game • Soft Answer Relay. In a circle, one person says a grumpy sentence. The next must answer softly, then say a new grumpy sentence for the next person.

Scripture. “A soft answer turneth away wrath: but grievous words stir up anger.” (Proverbs 15:1, KJV)

Abigail’s gentle, wise words turned away David’s anger.

Practice: answers

1. Nabal.
2. Food: bread, wine, sheep, grain, raisins and fig cakes.
3. Her advice kept him from doing wrong in anger.

1.7 ESTHER: “FOR SUCH A TIME AS THIS”

OBJECTIVES

- Retell how Esther saved her people.
- Memorize Esther 4:14.
- Know the feast of Purim.

Warm-up. Have you ever had to do something brave even though you were scared? What helped you?

Video slot. Video coming. Queen Esther for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

Persia

A great empire, centered in what is now Iran.

Ahasuerus

The king of Persia in Esther’s story (often identified with Xerxes).

Haman

The king’s proud officer who plotted against the Jews.

Purim

A Jewish feast that remembers how God saved His people in Esther’s day.

CORE IDEAS

Her times. After Jerusalem was destroyed, many Jews lived far away in **Persia**. A young Jewish orphan named Hadassah, called Esther, was raised by her cousin Mordecai. She was chosen to be queen to King **Ahasuerus**, but she did not tell anyone she was Jewish.

Her choice. Proud **Haman** hated Mordecai because he would not bow to him. He tricked the king into making a law that all the Jews would be killed on one day. Mordecai begged Esther to go to the king. But anyone who went to the king without being called could be put to death! Mordecai said, “Who knoweth whether thou art come to the kingdom for such a time as this?”

Her faith. Esther asked all the Jews to fast for three days, and she and her maids fasted too. Then she said, “I will go in unto the king... and if I perish, I perish.” She went in, and the king held out his golden sceptre to her. She wisely invited the king and Haman to two banquets, and then told the king about Haman’s wicked plot.

Why it mattered. Haman’s plot was turned back on himself, Mordecai was honored, and the Jews were allowed to defend themselves and were saved. To this day, Jewish families keep

the feast of **Purim**. God's name is never written in the book of Esther, but His hand is seen on every page.

PICTURE STUDY



Esther before Ahasuerus, Artemisia Gentileschi, about 1628-1635 · Oil on canvas · The Metropolitan Museum of Art, New York
Wikimedia Commons · Public domain

Artemisia Gentileschi was a famous Italian painter. She showed the moment Esther comes before the king. In the old Greek version of the story, Esther faints from fear, and the king leaps up to help her.

Look closely

- Find Esther. How does she look?
- Find the king. What is he doing?
- Find Esther's maids.

Talk about it

1. Why was Esther afraid?
2. What gave her courage to go anyway?

HANDS-ON: PURIM CROWN AND VERSE

Make a queen's crown and memorize Esther 4:14.

You will need

- Gold or yellow paper

- Scissors, tape, stickers or “jewels”

Steps

1. Cut a crown from gold paper and fit it with tape.
2. Write “For such a time as this” across the front.
3. Memorize Esther 4:14, phrase by phrase.
4. Act out Esther going to the king, with a “golden sceptre” (a wooden spoon wrapped in foil).
5. Draw Esther for your timeline.

Check your work

- I made a crown.
- I can say Esther 4:14.

FIELD NOTEBOOK

1. **Timeline card 7: Esther.** Draw Queen Esther before the king.
2. Write Esther 4:14 from memory.

Did you know? Esther’s Hebrew name, Hadassah, means “myrtle.” The book of Esther never names God, yet shows His providence. At Purim, children often make noise to drown out Haman’s name when the story is read.

Goes deeper in. Bible, “The Exile and Return” (coming soon).

For families. Scripture: Esther 1–10 (4:14, 4:16). Ahasuerus is commonly identified with Xerxes I (reigned 486–465 B.C.). Esther 9 records the Jews defending themselves; the stop does not describe the fighting. The fainting scene in Gentileschi’s painting (about 1628–35, Met) comes from the Greek additions to Esther, not the Hebrew text; the picture study says so.

PRACTICE

1. **EASY** Who raised Esther?
2. **MEDIUM** Why was it dangerous for Esther to go to the king?
3. **EASY** What feast remembers Esther’s story?

Make it a game • The Golden Sceptre. One child is the king on a “throne.” Others take turns approaching. The king may hold out the sceptre (a foil spoon) or not. If he does, the queen may ask a request.

Scripture. “For if thou altogether holdest thy peace at this time, then shall there enlargement and deliverance arise to the Jews from another place; but thou and thy

father's house shall be destroyed: and who knoweth whether thou art come to the kingdom for such a time as this?" (Esther 4:14, KJV)

God placed Esther where she was for a purpose. He places us too.

Practice: answers

1. Her cousin Mordecai.
2. Anyone who went without being called could be put to death.
3. Purim.

1.8 MARY, THE MOTHER OF JESUS

OBJECTIVES

- Retell the angel Gabriel's visit to Mary.
- Read part of Mary's song, the Magnificat.
- Tell how Mary trusted God.

Warm-up. How would you feel if an angel visited you with surprising news? Mary was "troubled" at first.

Video slot. Video coming. The Annunciation and Mary's song (Luke 1) for children. Search approved channels (a family Bible channel vetted per video); preview first.

KEY TERMS

Gabriel

An angel who brings messages from God.

Nazareth

A small town in Galilee where Mary lived.

handmaid

A woman servant. Mary called herself "the handmaid of the Lord."

Magnificat

Mary's song in Luke 1. It is named for its first word in Latin, "magnifies."

CORE IDEAS

Her times. Mary was a young woman of **Nazareth** in Galilee, a land ruled by Rome. She was a descendant of King David and was engaged to marry a carpenter named Joseph.

Her choice. God sent the angel **Gabriel** to Mary. He said, "Hail, thou that art highly favoured, the Lord is with thee." He told her she would have a son and call His name JESUS, the Son of the Highest, whose kingdom would have no end. Mary asked how this could be, and Gabriel said the Holy Ghost would come upon her, for "with God nothing shall be impossible."

Her faith. Mary answered, "Behold the **handmaid** of the Lord; be it unto me according to thy word." She went to visit her cousin Elisabeth, and there she sang a song of praise: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour." This song is called the **Magnificat**.

Why it mattered. Mary became the mother of Jesus, born in Bethlehem. She cared for Him as a baby and a boy, "kept all these things, and pondered them in her heart," stood by the

cross, and prayed with the apostles after Jesus rose (Acts 1:14). She called God her Saviour and pointed others to her Son: “Whatsoever he saith unto you, do it” (John 2:5).

PICTURE STUDY



Madonna of the Magnificat, Sandro Botticelli, about 1483 · Tempera on panel · Uffizi Gallery, Florence

Photo: Armin Kleiner · [CC BY-SA 4.0](#) · [Wikimedia Commons](#)

Sandro Botticelli painted Mary writing the words of her song in a book while baby Jesus guides her hand. Angels surround her. The painting is round, called a tondo.

Look closely

- Find the book Mary writes in.
- Find baby Jesus’ hand.
- Count the angels.

Talk about it

1. Why did the painter show Mary writing her song?
2. What does Mary’s song tell us about God?

HANDS-ON: MAGNIFICAT SCROLL

Copy and decorate part of Mary’s song.

You will need

- Long paper and two sticks or pencils
- Markers and gold crayon

Steps

1. Copy Luke 1:46–49 in your best handwriting.
2. Decorate the edges with stars and flowers.
3. Roll it up like a scroll.
4. Read it aloud or sing it to a simple tune.
5. Draw Mary for your timeline and finish your eight-card timeline.

Check your work

- I copied part of the Magnificat.
- My timeline has all eight women.

FIELD NOTEBOOK

1. **Timeline card 8: Mary.** Draw Mary listening to the angel.
2. Copy Luke 1:46–47.

Did you know? Mary's song echoes Hannah's song from Stop A5. The Magnificat has been sung in churches for many centuries. Mary's words at Cana are the last words of hers recorded in the Gospels: "Whatsoever he saith unto you, do it."

Goes deeper in. Bible, "The Birth of Jesus" (coming soon).

For families. Scripture: Luke 1:26–56; 2:19, 51; John 2:5; 19:25–27; Acts 1:14. The stop follows the biblical text and avoids later doctrinal disputes. Botticelli's *Madonna of the Magnificat* (about 1483), Uffizi. The angels in the tondo are clothed.

PRACTICE

1. **EASY** Which angel visited Mary?
2. **MEDIUM** What did Mary answer the angel?
3. **EASY** What is Mary's song called?

Make it a game • Timeline Line-Up. Hand out the eight timeline cards. Players line up in order from Sarah to Mary as fast as they can.

Scripture. "And Mary said, My soul doth magnify the Lord, And my spirit hath rejoiced in God my Saviour." (Luke 1:46–47, KJV)

Mary rejoiced in God her Saviour and gave Him all the glory.

Practice: answers

1. Gabriel.
2. "Behold the handmaid of the Lord; be it unto me according to thy word."

3. The Magnificat.

TRAIL 1 BADGE QUIZ

The badge quiz is optional. Read each question aloud; the child may answer by talking, pointing or drawing. Four right out of five earns the first badge; three right out of four earns the second. Badges and the certificate are earned by doing the stops, not by scores.

Badge quiz 1 (Stops 1-5)

1. What does Isaac's name mean?
2. Who watched over baby Moses in the reeds?
3. Where did Deborah sit to judge?
4. Say Ruth's promise to Naomi.
5. What did Hannah name her son?

Badge quiz 2 (Stops 6-8)

6. How did Abigail calm David?
7. Finish the verse: "for such a time as ..."
8. What is Mary's song called?
9. Put Sarah, Ruth and Esther in order.

TRAIL CERTIFICATE: MY HEROINE TIMELINE (TRAIL A) AND CERTIFICATE

Glue your eight timeline cards in order on a long strip: "Women of the Bible," from Sarah to Mary.

Say Ruth 1:16 or Esther 4:14 from memory to a parent.

When the timeline is done, a parent signs the Trail A certificate.

- **Timeline:** Eight women in order with drawings.
- **Memory:** One verse said from memory.
- **Faith:** Each woman's choice and faith told back.
- **Care:** Cards neat and labeled.

Answer key

1. Laughter.
2. His sister Miriam.
3. Under a palm tree.
4. "Whither thou goest, I will go..."
5. Samuel.
6. With gifts and wise, humble words.
7. "this."
8. The Magnificat.
9. Sarah, Ruth, Esther.

HEROINES TRAIL B: THE ANCIENT AND MEDIEVAL WORLD

The second trail of the Heroines track meets eight women from the early Church to the Middle Ages: Perpetua and Felicity, Helena, Monica, Clotilde, Hilda of Whitby, Margaret of Scotland, Eleanor of Aquitaine and Joan of Arc. Each is taught through **her times, her choice, her faith** and **why it mattered**.

This is the  **Scout** level, for ages 7 to 9. Each woman is judged by the standards of her own day, and her faith is told as she and those who knew her told it. Persecution and war (Perpetua, Joan of Arc) are told plainly but without graphic detail, as in the Great Battles track. Old legends are marked “the story says.”

The trail continues the **heroine timeline** and adds a “**letter home**” in one heroine’s voice. Five stops earn the **Heroine Scout badge, part 1**; eight earn part 2 and the **Trail B certificate**.

BEFORE YOU BEGIN

- Listen to a story of about five minutes and tell it back.
- Find Europe and North Africa on a map (a grown-up may help).

MASTERY CHECKLIST

- ☐ I can place the eight women of this trail on a timeline.
- ☐ I can find where each lived on a map.
- ☐ I can tell each woman’s choice and the faith behind it.
- ☐ I can tell which parts of a story are history and which are legend.
- ☐ I wrote a letter home in a heroine’s voice.

OPTIONAL BOOKS AND RESOURCES

- **H. E. Marshall, *Our Island Story* (1905), free at Project Gutenberg**
(<https://www.gutenberg.org>): Old read-aloud chapters on Hilda, Margaret and Eleanor.
- **Mark Twain, *Personal Recollections of Joan of Arc* (1896), Project Gutenberg**
(<https://www.gutenberg.org>): For older readers and parents; Twain thought it his best book.
- **Bede, *Ecclesiastical History of the English People* (731)**
(<https://www.gutenberg.org>): The source for Hilda and Caedmon (Book 4, chapters 23–24); for parents.

2.1 PERPETUA AND FELICITY (A.D. 203)

OBJECTIVES

- Find Carthage on a map of North Africa.
- Tell how Perpetua and Felicity stood firm for Christ.
- Know that Perpetua wrote part of her own story.

Warm-up. Hold up a cup. Can you call it anything other than a cup? Perpetua used an object like this to explain why she could not deny Christ.

Video slot. Video coming. Perpetua and Felicity, early Christian martyrs, for young viewers (gentle retelling). Search approved channels (a church history channel vetted per video, Simple History); preview first.

KEY TERMS

Carthage

A great Roman city in North Africa, near modern Tunis.

martyr

A person who dies rather than give up faith in Christ. The word means “witness.”

catechumen

A new believer learning the faith before baptism.

emperor

The ruler of the Roman Empire.

CORE IDEAS

Her times. In the year 203, the Roman emperor Septimius Severus forbade people to become Christians. In **Carthage**, in North Africa, a young noblewoman named **Perpetua**, about twenty-two years old and the mother of a baby son, was arrested with other new believers. One of them was **Felicity**, a slave woman who was expecting a baby.

Her choice. Perpetua’s father loved her and begged her to give up Christ to save her life. She pointed to a water jug and asked, “Can it be called by any other name than what it is?” “No,” he said. “So also I cannot call myself anything else than what I am, a Christian.”

Her faith. In prison, Perpetua wrote down what happened and the dreams God gave her to strengthen her. Felicity gave birth to a daughter, whom Christian friends took to raise. The two women, one rich and one a slave, became sisters in Christ.

Why it mattered. On March 7, 203, Perpetua, Felicity and their friends were put to death in the arena for refusing to deny Christ. They faced it bravely, holding each other up and giving

the kiss of peace. Their story was read aloud in churches for centuries and strengthened many Christians in hard times.

PICTURE STUDY



Saints Perpetua and Felicity, Early Christian mosaic, 6th century · Mosaic · Archiepiscopal Chapel, Ravenna
(or similar early mosaic)
Wikimedia Commons · Public domain

Early Christians honored Perpetua and Felicity in mosaics made of thousands of tiny colored stones. Here they are shown in heaven, in fine robes, with their names beside them.

Look closely

- Find the two women.
- Find their names, if you can.
- What colors did the artist use?

Talk about it

1. Why do you think the artist showed them in fine robes?
2. How did they encourage each other?

HANDS-ON: THE JUG LESSON

Explain Perpetua's answer with a real jug.

You will need

- A jug or cup
- Paper and pencil

Steps

1. Hold up the jug. Ask a family member, “Can this be called anything but a jug?”
2. Tell Perpetua’s answer in your own words.
3. Write: “I am a Christian. I cannot be called anything else.”
4. Find Carthage on a map and mark it.
5. Draw Perpetua and Felicity together for your timeline.

Check your work

- I explained the jug lesson.
- I found Carthage.

FIELD NOTEBOOK

1. **Timeline card 9: Perpetua and Felicity, A.D. 203.** Draw the two friends.
2. Copy Revelation 2:10 (last part).

Did you know? Perpetua’s prison diary is one of the oldest writings by a Christian woman that survives. The word “martyr” comes from a Greek word meaning “witness.” Augustine of Hippo later preached sermons about Perpetua and Felicity.

Goes deeper in. History, “The Early Church” (coming soon).

For families. Source: The Passion of Saints Perpetua and Felicity (Latin, early 3rd century), which includes Perpetua’s own prison account; the jug dialogue is from chapter 3. Date: 7 March 203, Carthage, at games for the birthday of Geta. The manner of death (wild beasts and the sword) is not described in the child text. Picture: an early mosaic chosen from Commons; check build/pics.json.

PRACTICE

1. **EASY** Where did Perpetua and Felicity live?
2. **MEDIUM** What did Perpetua say about the water jug?
3. **MEDIUM** What does “martyr” mean?

Make it a game · Sisters in Christ. Pairs walk across the room holding hands and must keep together whatever obstacles (pillows) are in the way. Talk about how the two women helped each other.

Scripture. “Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life.” (Revelation 2:10, KJV)

Jesus promised a crown of life to those who are faithful.

Practice: answers

1. Carthage, in North Africa.
2. It cannot be called anything but what it is; so she could only be called a Christian.
3. Witness: someone who dies rather than deny Christ.

2.2 HELENA AND THE FIRST CHURCHES OF JERUSALEM

OBJECTIVES

- Tell who Helena was: the mother of Emperor Constantine.
- Tell how she traveled to the Holy Land as an old woman.
- Name churches built in her day.

Warm-up. Find Jerusalem and Bethlehem on a map. Imagine walking where Jesus walked. That was Helena's great wish.

Video slot. Video coming. Constantine and Helena; the Church of the Holy Sepulchre and Church of the Nativity, for young viewers. Search approved channels (a church history channel vetted per video, Smithsonian); preview first.

KEY TERMS

Constantine

The first Roman emperor to become a Christian (ruled 306–337).

pilgrimage

A journey to a holy place.

Holy Sepulchre

The church in Jerusalem built over the place of Jesus' death and burial.

Church of the Nativity

The church in Bethlehem over the place of Jesus' birth.

CORE IDEAS

Her times. Helena was born to a humble family, perhaps an innkeeper's, in the eastern Roman Empire. She married an officer named Constantius, and their son, **Constantine**, became emperor. In 313, Constantine allowed Christians to worship freely.

Her choice. Helena became a Christian. When she was nearly eighty years old, she made a long and hard **pilgrimage** to the Holy Land, around the year 326 to 328. Instead of resting in a palace, she chose to travel to the places where Jesus was born, died and rose again.

Her faith. Helena gave generously to the poor and to soldiers, freed prisoners and visited churches, praying among ordinary people. In her day, great churches were begun in Bethlehem (the **Church of the Nativity**) and on the Mount of Olives. Her son built the **Church of the Holy Sepulchre** in Jerusalem.

Why it mattered. These churches helped Christians remember where the Gospel happened. Later, a famous legend grew that Helena found the true cross of Jesus. The story says she

did, but the earliest histories do not tell it, so we call it a legend. What is certain is her humble faith and generous heart.

PICTURE STUDY



Saint Helena, Cima da Conegliano, about 1495 · Oil on panel · National Gallery of Art, Washington
Wikimedia Commons · CC0

Cima da Conegliano was a Venetian painter. He showed Helena as a queen with a crown and a cross, standing in a peaceful landscape with a town behind her.

Look closely

- Find Helena's crown.
- Find the cross. Why might she hold it?
- What is in the landscape behind her?

Talk about it

1. Why do you think the painter put her in a peaceful place?
2. Which part of Helena's story is history, and which is legend?

HANDS-ON: PILGRIM MAP

Map Helena's pilgrimage.

You will need

- A map of the Mediterranean to copy
- Paper and colored pencils

Steps

1. Draw the Mediterranean Sea. Mark Rome and Constantinople.
2. Draw an arrow to the Holy Land. Mark Jerusalem and Bethlehem.
3. Draw tiny churches at Bethlehem (Nativity), Jerusalem (Holy Sepulchre) and the Mount of Olives.
4. Write “History” beside the churches and “Legend” beside the true cross.
5. Draw Helena for your timeline.

Check your work

- My map shows the journey and three churches.
- I can tell history from legend.

FIELD NOTEBOOK

1. **Timeline card 10: Helena, about 326.** Draw Helena as a pilgrim.
2. Write one thing that is history and one that is legend.

Did you know? The Church of the Nativity in Bethlehem is one of the oldest churches still in daily use. Helena died around 330, soon after her pilgrimage. The city of Constantinople (now Istanbul) was named after her son.

Goes deeper in. History, “Constantine and the Christian Empire” (coming soon).

For families. Sources: Eusebius, Life of Constantine 3.41–47 (Helena’s pilgrimage, churches at Bethlehem and the Mount of Olives, her charity), written about 337–339. Eusebius does not mention the finding of the cross; the legend appears later in the 4th century (Ambrose, 395; Rufinus). Helena’s humble origins (stabularia, “stable-maid”) come from Ambrose. The Holy Sepulchre was dedicated in 335. Cima’s Saint Helena (about 1495), NGA Washington.

PRACTICE

1. **EASY** Who was Helena’s son?
2. **MEDIUM** What did Helena do when she was nearly eighty?
3. **MEDIUM** Is the true-cross story history or legend?

Make it a game • History or Legend?. A grown-up says a statement (“Helena visited Bethlehem”; “Helena found the true cross”). Children stand for history, sit for legend.

Scripture. “I was glad when they said unto me, Let us go into the house of the LORD.” (Psalm 122:1, KJV)

Helena was glad to go to the places where the Lord walked and to build houses of worship.

Practice: answers

1. Emperor Constantine.
2. She made a pilgrimage to the Holy Land.
3. Legend; the earliest histories do not tell it.

2.3 MONICA, MOTHER OF AUGUSTINE

OBJECTIVES

- Tell how Monica prayed for her son for many years.
- Tell how Augustine came to faith.
- Know the words “the son of these tears.”

Warm-up. Is there someone you pray for every day? Monica prayed for her son for about seventeen years.

Video slot. Video coming. Monica and Augustine: a mother’s prayers, for young viewers. Search approved channels (a church history channel vetted per video); preview first.

KEY TERMS

Augustine

Monica’s son, who became a great Christian teacher and bishop of Hippo in North Africa.

Confessions

Augustine’s book about his life and how God brought him to faith.

Ambrose

The bishop of Milan who helped Augustine.

persevere

To keep on and not give up.

CORE IDEAS

Her times. **Monica** was born in North Africa around 331, in a Christian family. She married Patricius, a man with a hot temper who was not a Christian. By her patience and gentle life, he too came to faith before he died.

Her choice. Her son **Augustine** was brilliant but turned away from Christ. He followed false teachings and lived a wild life. Monica wept and prayed for him, year after year. When he sailed to Italy without telling her, she followed him there.

Her faith. A bishop once comforted her: “It is not possible that the son of these tears should perish.” In Milan, Augustine heard Bishop **Ambrose** preach. One day in a garden, he heard a child’s voice chanting, “Take up and read.” He opened the Bible to Romans 13:13–14 and believed. He was baptized at Easter in 387.

Why it mattered. Soon after, Monica died peacefully at Ostia in Italy, happy that her prayers were answered. Augustine became one of the greatest teachers in the history of the Church. In his **Confessions**, he thanked God for his mother’s tears and prayers.

PICTURE STUDY



Saint Augustine and Saint Monica, Ary Scheffer, 1854 · Oil on canvas · The National Gallery, London
Wikimedia Commons · Public domain

Ary Scheffer painted Monica and Augustine at Ostia, shortly before she died. In his *Confessions*, Augustine describes this very moment: the two of them talking together by a window about heaven.

Look closely

- Find the window and the sky.
- Find their hands.
- Where are they looking?

Talk about it

1. What do you think they are talking about?
2. How did Monica's prayers help her son?

HANDS-ON: PRAYER CHAIN

Make a paper chain of prayers.

You will need

- Strips of paper
- Tape or glue
- A pencil

Steps

1. On each strip, write the name of someone you will pray for.
2. Loop and tape the strips into a chain.
3. Each day this week, pray for one link.
4. Read Luke 18:1 together: “men ought always to pray, and not to faint.”
5. Draw Monica for your timeline.

Check your work

- I made a prayer chain.
- I prayed for one person each day.

FIELD NOTEBOOK

1. **Timeline card 11: Monica, 387.** Draw Monica praying.
2. Write the bishop’s words: “The son of these tears.”

Did you know? Augustine’s *Confessions* is written as a long prayer to God. The city of Santa Monica in California is named after Monica. Augustine became bishop of Hippo, in North Africa, and wrote *The City of God*.

Goes deeper in. History, “The Fall of Rome” (coming soon).

For families. Source: Augustine, *Confessions*, Books 3, 8 and 9 (the bishop’s words are in 3.12; the garden “tolle lege” in 8.12; Ostia and Monica’s death in 9.10–11). Monica born about 331 at Thagaste; died 387 at Ostia. Augustine’s earlier life is summarized gently. Scheffer’s *Saints Augustine and Monica* (1854), National Gallery, London.

PRACTICE

1. **EASY** Who was Monica’s famous son?
2. **MEDIUM** What did Augustine hear in the garden?
3. **EASY** What book did Augustine write about his life?

Make it a game • Take Up and Read. Hide Bible verse cards around the room. When a player finds one, he “takes up and reads” it aloud.

Scripture. “And he spake a parable unto them to this end, that men ought always to pray, and not to faint;” (Luke 18:1, KJV)

Monica prayed and did not give up.

Practice: answers

1. Augustine.
2. A child’s voice saying “Take up and read.”

3. The Confessions.

2.4 CLOTILDE AND THE BAPTISM OF CLOVIS (496)

OBJECTIVES

- Tell who Clotilde was and whom she married.
- Tell how Clovis came to be baptized.
- Know why it mattered for France.

Warm-up. Find France on a map. Long ago it was ruled by a people called the Franks. Remember them from Great Battles, Trail B?

Video slot. Video coming. Clovis and Clotilde; the baptism of the Franks, for young viewers. Search approved history channels (Simple History, Kings and Generals vetted per video); preview first.

KEY TERMS

Franks

A Germanic people who ruled what became France.

Clovis

King of the Franks (ruled about 481–511).

Reims

A city in France where Clovis was baptized (say “rance”).

Remigius

The bishop of Reims who baptized Clovis (also called Saint Remi).

CORE IDEAS

Her times. After the Roman Empire fell in the West, new kings ruled Europe. **Clotilde** was a Christian princess of Burgundy. Around 493, she married **Clovis**, the strong pagan king of the **Franks**.

Her choice. Clotilde prayed for her husband and told him about Christ. She asked that their children be baptized, and Clovis allowed it. But Clovis still trusted his old gods.

Her faith. Then, in a hard battle against the Alemanni, Clovis’s army was losing. The old story says he cried out, “Jesus Christ, whom Clotilde declares to be the Son of the living God... if thou wilt grant me victory, I will believe in thee.” The battle turned. Clotilde asked Bishop **Remigius** to teach the king.

Why it mattered. At Christmas, traditionally in the year 496, Clovis was baptized at **Reims** with about three thousand of his warriors. Remigius said, “Bow thy head; adore what thou hast burned, and burn what thou hast adored.” The Franks became a Christian people, and France was later called “the eldest daughter of the Church.”

PICTURE STUDY



The Baptism of Clovis, Master of Saint Giles, about 1500 · Oil on panel · National Gallery of Art, Washington
Wikimedia Commons · CC0

A painter known as the Master of Saint Giles showed Clovis's baptism about a thousand years after it happened. A dove brings holy oil from heaven, as an old legend says.

Look closely

- Find Clovis in the font.
- Find the bishop.
- Find the dove.

Talk about it

1. Why do you think Clotilde kept praying for Clovis?
2. Which part of the picture is legend?

HANDS-ON: ROYAL FAMILY TREE

Make a small family tree of Clotilde and Clovis.

You will need

- Paper and pencils

Steps

1. Write Clotilde and Clovis at the top with a line between them (married about 493).
2. Draw lines down to "their children (baptized)."

3. Beside Clovis, write “baptized at Reims, traditionally 496.”
4. Add a star by Clotilde: “She prayed.”
5. Draw Clotilde for your timeline.

Check your work

- My tree shows Clotilde, Clovis and their children.
- I can tell how Clovis came to faith.

FIELD NOTEBOOK

1. **Timeline card 12: Clotilde, 496.** Draw Clotilde with a crown.
2. Write Remigius’s words.

Did you know? The kings of France were crowned at Reims for over a thousand years, remembering Clovis. Clotilde spent her later years serving the poor at Tours. Historians debate the exact year of Clovis’s baptism; 496 is the traditional date.

Goes deeper in. History, “The Early Middle Ages,” and Great Battles, Trail B, “Tours.”

For families. Source: Gregory of Tours, History of the Franks, Book 2, chapters 28–31 (written about 590), which gives Clovis’s prayer and Remigius’s words. The date of the baptism is debated (496 is traditional; some scholars argue 498–508). The 3,000 warriors figure is Gregory’s. The holy-dove (Sainte Ampoule) story is later legend. Picture: Master of Saint Giles (about 1500), NGA Washington.

PRACTICE

1. **EASY** Whom did Clotilde marry?
2. **MEDIUM** Where was Clovis baptized?
3. **MEDIUM** What did Clovis promise in battle?

Make it a game • Crown and Font. One child is Clovis, crowned with paper. Others ask him questions about Christ; he must answer from the story to be “baptized” (sprinkled with a few drops of water).

Scripture. “Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives;” (1 Peter 3:1, KJV)

Clotilde’s faithful life and prayers helped win her husband to Christ.

Practice: answers

1. Clovis, king of the Franks.
2. At Reims.

3. To believe in Christ if He gave him victory.

2.5 HILDA OF WHITBY AND CAEDMON'S HYMN

OBJECTIVES

- Tell who Hilda of Whitby was.
- Tell the story of Caedmon, the cowherd who became a poet.
- Read the first lines of Caedmon's Hymn.

Warm-up. Have you ever been asked to sing or speak and felt too shy? Caedmon used to slip away whenever the harp came to him.

Video slot. Video coming. Whitby Abbey, Hilda and Caedmon, for young viewers. Search approved channels (English Heritage, a church history channel vetted per video); preview first.

KEY TERMS

abbess

The head of an abbey, a community of Christians living, praying and working together.

Whitby

A town on the coast of Yorkshire, England.

Bede

A monk who wrote the history of the English Church in 731.

Old English

The English language of over a thousand years ago.

CORE IDEAS

Her times. Hilda was born in 614, a princess of Northumbria in the north of England. She was baptized at thirteen, when the Gospel was coming to her people. Later she became an **abbess**, and in 657 she founded a great abbey at **Whitby**, high on the cliffs above the sea.

Her choice. Hilda was so wise that kings and princes came to her for advice. She made her abbey a place of learning, prayer and Bible study. Five men trained there became bishops. Everyone called her "Mother," the historian **Bede** says.

Her faith. At Whitby there was a cowherd named Caedmon who could not sing. At feasts, when the harp was passed around, he slipped out to the cattle barn. One night in a dream, someone said, "Caedmon, sing me something." "I cannot sing," he said. "Sing about the beginning of created things." And he sang a hymn praising God the Creator.

Why it mattered. Hilda listened to Caedmon, saw that his gift came from God, and welcomed him into the abbey. Monks taught him Bible stories, and he turned them into

beautiful songs in his own **Old English** language. Caedmon's Hymn is one of the oldest poems in English that we know.

PICTURE STUDY



Caedmon's Cross, Whitby, Photograph, modern (cross carved 1898) · Stone cross (photograph) · St Mary's churchyard, Whitby

Photo: Stephen Craven · [CC BY-SA 2.0](#) · [Wikimedia Commons](#)

This stone cross was put up in 1898 near Whitby Abbey to honor Caedmon. It is carved with figures from his songs and the story of his life.

Look closely

- Find the carvings.
- What is the weather like?
- How tall do you think the cross is?

Talk about it

1. Why do you think people remember a humble cowherd?
2. How did Hilda help Caedmon's gift grow?

HANDS-ON: SING OF CREATION

Learn Caedmon's Hymn and write your own.

You will need

- Paper and pencil

Steps

1. Read this plain English version of the first lines: “Now we must praise the Guardian of heaven’s kingdom, the Creator’s might and his purpose, the work of the Father of glory.”
2. Say the Old English first line aloud with a grown-up: “Nu sculon herigean heofonrices weard.”
3. Write four lines of your own praising God for something He made.
4. Sing or say it to a simple tune.
5. Draw Hilda for your timeline.

Check your work

- I read Caedmon’s first lines.
- I wrote four lines praising God.

FIELD NOTEBOOK

1. **Timeline card 13: Hilda, 657.** Draw Hilda and Whitby Abbey on the cliff.
2. Copy your creation song.

Did you know? Caedmon’s Hymn begins, in Old English, “Nu sculon herigean heofonrices weard.” In 664, the Synod of Whitby, a great church meeting, was held at Hilda’s abbey. The ruins of a later abbey still stand on the cliff at Whitby.

Goes deeper in. History, “Anglo-Saxon England,” and Literature, “Old English” (coming soon).

For families. Source: Bede, Ecclesiastical History of the English People (731), Book 4, chapters 23 (Hilda) and 24 (Caedmon). Hilda 614–680; Whitby founded 657; Synod of Whitby 664. The English rendering of the hymn’s opening is a literal translation made for this course from the Old English. Caedmon’s Cross was erected in 1898.

PRACTICE

1. **EASY** Where was Hilda’s abbey?
2. **MEDIUM** What was Caedmon’s job before he became a poet?
3. **EASY** What was his first song about?

Make it a game • Pass the Harp. Pass a “harp” (a cardboard shape) around the circle. Whoever holds it must say one line praising God for something He made.

Scripture. “O sing unto the LORD a new song: sing unto the LORD, all the earth.” (Psalm 96:1, KJV)

Caedmon sang a new song to the Lord in his own language.

Practice: answers

1. At Whitby, in England.
2. He was a cowherd.
3. God the Creator, the beginning of created things.

2.6 MARGARET OF SCOTLAND

OBJECTIVES

- Tell who Margaret was and how she became Queen of Scotland.
- Tell how she served the poor and orphans.
- Find Edinburgh and Dunfermline on a map.

Warm-up. Imagine you were a princess. How would you spend your days? Queen Margaret spent hers in prayer, study and serving.

Video slot. Video coming. Saint Margaret of Scotland and Edinburgh Castle, for young viewers. Search approved channels (Historic Environment Scotland, a church history channel vetted per video); preview first.

KEY TERMS

Malcolm III

The King of Scots who married Margaret.

Dunfermline

A Scottish town where Margaret built a church and is buried.

Queen's Ferry

A ferry she set up across the Firth of Forth for pilgrims.

alms

Gifts to the poor.

CORE IDEAS

Her times. Margaret was an English princess, born around 1045 while her family lived in exile in Hungary. After the Norman Conquest of England in 1066, her family fled north to Scotland. There, around 1070, she married **King Malcolm III**.

Her choice. Queen Margaret could have lived in luxury, but she chose to serve. Every day she fed poor people and orphans at her own table, often serving them with her own hands, before she ate herself. She founded a church at **Dunfermline** and set up a free ferry, the **Queen's Ferry**, for pilgrims crossing the water.

Her faith. Margaret loved the Bible and prayer. She had beautiful books of the Gospels. Once her Gospel book fell into a river and was found unharmed, a story her priest wrote down. King Malcolm could not read, but he loved her so much that he kissed her books and had them covered in gold and jewels.

Why it mattered. Margaret raised eight children, and three of her sons became kings of Scotland, including David I, a good and godly king. She died in 1093. Her small chapel, St

Margaret's Chapel, still stands in Edinburgh Castle, the oldest building in Edinburgh.

PICTURE STUDY



St Margaret's Chapel, Edinburgh Castle, Photograph, modern (chapel about 1130) · Photograph · Edinburgh Castle

Photo: Syrio · [CC BY-SA 4.0](#) · [Wikimedia Commons](#)

This little chapel was built by Margaret's son, King David I, in her memory, around 1130. It is the oldest building in Edinburgh.

Look closely

- What is the chapel made of?
- Is it big or small?
- Why do you think it has lasted so long?

Talk about it

1. Why did her son build a chapel for her?
2. What would you build to honor someone you love?

HANDS-ON: QUEEN'S TABLE SERVICE

Serve a meal like Queen Margaret.

You will need

- Your family's table
- A simple snack

Steps

1. Plan a snack for your family or for a neighbor.
2. Serve everyone with your own hands before you eat.
3. Read Mark 10:45 together.
4. Talk about how a queen could be a servant.
5. Draw Margaret for your timeline.

Check your work

- I served others first.
- I can tell how Margaret served the poor.

FIELD NOTEBOOK

1. **Timeline card 14: Margaret, about 1070.** Draw Queen Margaret serving orphans.
2. Copy Mark 10:45.

Did you know? Margaret's little Gospel book survives today in the Bodleian Library at Oxford. The towns of North and South Queensferry are named for her ferry. Her biography was written by her priest, Turgot, who knew her well.

Goes deeper in. History, "Medieval Scotland," and Great Battles, Trail B, "Bannockburn."

For families. Source: Turgot, Life of St Margaret (about 1100–1107). Born about 1045 in Hungary; married Malcolm III about 1070; died 16 November 1093; canonized 1250. The Gospel book (Bodleian, MS Lat. liturg. f. 5) and the river story are from Turgot. St Margaret's Chapel was built about 1130 by David I.

PRACTICE

1. **EASY** Whom did Margaret marry?
2. **MEDIUM** Name two ways Margaret served others.
3. **EASY** What still stands in Edinburgh Castle in her memory?

Make it a game • The Queen's Ferry. Use a blanket as a ferry. One child "rows" two passengers at a time across the "Firth" (the room) and back. Count how many pilgrims she carries in two minutes.

Scripture. "For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many." (Mark 10:45, KJV)

Jesus came to serve. Queen Margaret followed Him by serving the poor.

Practice: answers

1. King Malcolm III of Scotland.
2. Fed the poor and orphans; built a church; set up the Queen's Ferry for pilgrims.
3. St Margaret's Chapel.

2.7 ELEANOR OF AQUITAINE

OBJECTIVES

- Tell how Eleanor was queen of France and then of England.
- Tell how she ruled wisely as an old woman while her son was away.
- Know her sons Richard the Lionheart and John.

Warm-up. Find Aquitaine, in the southwest of France, on a map. Eleanor inherited this rich land when she was fifteen.

Video slot. Video coming. Eleanor of Aquitaine for young viewers. Search approved history channels (Simple History, The History Guy, English Heritage); preview first.

KEY TERMS

duchess

A woman who rules a duchy, a large land, under a king.

Aquitaine

A large, rich region of southwest France.

regent

A person who rules while the king is away or too young.

crusade

A war in the Middle Ages to win back the Holy Land.

CORE IDEAS

Her times. **Eleanor** was born around 1122. At fifteen she became **Duchess of Aquitaine**, ruling one of the richest lands in Europe, and married the king of France, Louis VII. She even traveled with him on the Second **Crusade**. Later that marriage was ended, and she married Henry, who became King Henry II of England.

Her choice. As queen of England, Eleanor had ten children in all, including two kings: Richard the Lionheart and John. Her life had hard years too; for a long time she was kept under guard after her sons rebelled against their father. But when her son Richard became king and went on crusade, Eleanor, now nearly seventy, ruled England wisely as **regent**.

Her faith. When Richard was captured on his way home from the crusade, Eleanor raised a huge ransom and crossed the sea herself to free him. She wrote strong letters asking the Pope to help. She gave gifts to churches and abbeys, and in her last years she lived at the abbey of Fontevraud.

Why it mattered. At nearly eighty, Eleanor crossed the Pyrenees mountains in winter to bring her granddaughter Blanche from Spain to marry the heir of France. Blanche became a

wise queen and the mother of King Louis IX. Eleanor died in 1204 and was buried at Fontevraud, where her carved tomb shows her reading a book.

PICTURE STUDY



Tomb effigy of Eleanor of Aquitaine, Photograph, modern (tomb about 1204) · Painted stone effigy (photograph) · Fontevraud Abbey, France

Photo: Adam Bishop · [CC BY-SA 3.0](#) · [Wikimedia Commons](#)

This is Eleanor's tomb at Fontevraud Abbey. Most tombs show people with hands folded in prayer. Eleanor is shown reading a book.

Look closely

- Find the crown.
- Find the open book.
- What colors are still on the stone?

Talk about it

1. Why might the sculptor show Eleanor reading?
2. What do you think she was reading?

HANDS-ON: A QUEEN'S JOURNEY

Map Eleanor's journeys.

You will need

- A map of western Europe to copy
- Paper and colored pencils

Steps

1. Draw France, England and Spain.
2. Color Aquitaine in southwest France.
3. Draw her journeys: to England as queen; across the sea to free Richard; over the Pyrenees to fetch Blanche.
4. Mark Fontevraud Abbey.
5. Draw Eleanor for your timeline.

Check your work

- My map shows three journeys.
- I can tell how Eleanor served as regent.

FIELD NOTEBOOK

1. **Timeline card 15: Eleanor, 1200.** Draw Eleanor crossing the mountains.
2. Write her two famous sons' names.

Did you know? Eleanor was queen of two countries, France and England. Her son Richard the Lionheart is in many Robin Hood stories. Her tomb shows her holding an open book, perhaps a prayer book.

Goes deeper in. History, "The High Middle Ages" and the Crusades (coming soon).

For families. Sources: Britannica; Ralph Turner, Eleanor of Aquitaine (2009). Born about 1122 or 1124; married Louis VII 1137 (annulled 1152); married Henry 1152; held under guard about 1173-1189 after the revolt of her sons; regent during Richard's crusade (1190-94); ransom paid 1194; journey to Castile for Blanche 1200; died 1204. Her marriages and quarrels are complex; the child text keeps to what is plain and judges her by the standards of her own day. Tomb effigy at Fontevraud.

PRACTICE

1. **EASY** Eleanor was queen of which two countries?
2. **MEDIUM** What did she do when Richard was captured?
3. **EASY** Name one of her sons who became king.

Make it a game • Ransom Relay. Teams pass "gold coins" (buttons) down a line into a chest. The first team to collect the whole "ransom" frees King Richard.

Scripture. "Strength and honour are her clothing; and she shall rejoice in time to come." (Proverbs 31:25, KJV)

Even in old age, Eleanor worked with strength for her family and kingdom.

Practice: answers

1. France and England.
2. She raised his ransom and went to free him.
3. Richard the Lionheart or John.

2.8 JOAN OF ARC AT ORLÉANS (1429)

OBJECTIVES

- Tell how a farm girl helped free Orléans.
- Know the dates: Orléans in May 1429; the king crowned at Reims in July 1429.
- Tell how Joan was faithful to the end.

Warm-up. Review Great Battles, Trail B, Stop B6 (Orléans) if you did it. What do you remember about Joan?

Video slot. Video coming. Joan of Arc for young viewers (no graphic content). Search approved history channels (Simple History, The History Guy, Kings and Generals vetted per video); preview first.

KEY TERMS

Domrémy

Joan's village in eastern France (say "dom-ray-MEE").

Orléans

A French city on the Loire River besieged by the English in 1428–1429.

dauphin

The title of the heir to the French throne. Joan helped the dauphin Charles become King Charles VII.

banner

A flag carried in front of an army.

CORE IDEAS

Her times. For almost a hundred years, England and France had been at war, the Hundred Years' War. By 1428, English armies held much of France, and they besieged the city of **Orléans**. The **dauphin**, Charles, had not even been crowned.

Her choice. Joan was a peasant girl from **Domrémy** who could not read or write. From about age thirteen, she said, she heard the voices of saints telling her to help the dauphin. At seventeen, she traveled across dangerous country to meet Charles and convinced him and his churchmen to let her go with the army.

Her faith. Joan carried a white **banner** with the names "Jesus, Maria." She told the soldiers to stop swearing and to go to confession. She was wounded by an arrow but returned to the fight. On May 8, 1429, the English gave up the siege, and Orléans was free. In July, she stood beside Charles when he was crowned king at Reims.

Why it mattered. In 1430, Joan was captured and handed to the English. At her trial, she answered learned judges with simple, wise words. Asked if she was in God's grace, she said, "If I am not, may God put me there; and if I am, may God so keep me." In 1431, at nineteen, she was put to death at Rouen, calling on the name of Jesus. Twenty-five years later, a new trial declared her innocent.

PICTURE STUDY



Joan of Arc, Jules Bastien-Lepage, 1879 · Oil on canvas · The Metropolitan Museum of Art, New York

Photo: Yair Haklai · [CC BY-SA 4.0](#) · [Wikimedia Commons](#)

Jules Bastien-Lepage painted Joan as a farm girl in her family's garden at Domrémy, at the moment she hears her calling. The saints are pale and see-through behind her.

Look closely

- Find Joan. Where is she looking?
- Find the faint saints among the trees.
- Find her spinning wheel.

Talk about it

1. How does the painter show this is an ordinary girl?
2. What gave Joan courage?

HANDS-ON: JOAN'S BANNER

Make a banner like Joan's.

You will need

- White paper or cloth
- A dowel or stick
- Markers or fabric paint

Steps

1. Make a white banner and attach it to a stick.
2. Write “Jesus, Maria” on it, as Joan did, or a short verse such as Joshua 1:9.
3. Draw fleurs-de-lis (lilies, the sign of France) around it.
4. Tell the story of Orléans while you hold your banner.
5. Draw Joan for your timeline and finish your Trail B timeline.

Check your work

- I made a banner.
- I can tell the story of Orléans.

FIELD NOTEBOOK

1. **Timeline card 16: Joan of Arc, 1429.** Draw Joan with her banner.
2. Write her answer about God’s grace.
3. **Letter home:** choose one heroine from this trail and write a short letter home in her voice.

Did you know? Joan was called “the Maid of Orléans.” She never killed anyone in battle; she said she carried her banner so she would not have to. Mark Twain wrote a book about her and said it was his favorite.

Goes deeper in. Great Battles, Trail B, “Orléans,” and History, “The Hundred Years’ War.”

For families. Sources: the trial and nullification records (Quicherat edition; English translations by W. P. Barrett, 1932, and Régine Pernoud, Joan of Arc: By Herself and Her Witnesses). Born about 1412 at Domrémy; Orléans relieved 8 May 1429; Charles VII crowned 17 July 1429 at Reims; captured at Compiègne 23 May 1430; executed at Rouen 30 May 1431 (the manner is not described in the child text); nullification 1456; canonized 1920. Her “voices” are told as she described them. The quotation is from her trial (24 February 1431). Bastien-Lepage’s Joan of Arc (1879), Metropolitan Museum.

PRACTICE

1. **EASY** Which city did Joan help to free?
2. **MEDIUM** Where was Charles crowned king?
3. **MEDIUM** What did Joan answer when asked if she was in God’s grace?

Make it a game · Follow the Banner. One child carries Joan's banner. Everyone else must follow it through the house or yard, wherever it goes. Switch leaders.

Scripture. "Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest." (Joshua 1:9, KJV)

Joan trusted that God was with her wherever she went.

Practice: answers

1. Orléans.
2. At Reims.
3. "If I am not, may God put me there; and if I am, may God so keep me."

TRAIL 2 BADGE QUIZ

The badge quiz is optional. Read each question aloud; the child may answer by talking, pointing or drawing. Four right out of five earns the first badge; three right out of four earns the second. Badges and the certificate are earned by doing the stops, not by scores.

Badge quiz 1 (Stops 1–5)

1. What did Perpetua say she could only be called?
2. Who was Helena's son?
3. Whose mother prayed for him for many years?
4. Whose husband, King Clovis, was baptized at Reims?
5. Which cowherd sang a hymn at Hilda's abbey?

Badge quiz 2 (Stops 6–8)

6. Which queen fed orphans at her own table?
7. Which queen ruled England while Richard was on crusade?
8. Which city did Joan of Arc free in 1429?
9. Is the true-cross story about Helena history or legend?

TRAIL CERTIFICATE: MY HEROINE TIMELINE (TRAIL B), LETTER HOME AND CERTIFICATE

Add your eight Trail B cards to your heroine timeline, from Perpetua (203) to Joan of Arc (1429).

Read aloud your "letter home" written in one heroine's voice.

When the timeline and letter are done, a parent signs the Trail B certificate.

- **Timeline:** Eight women in order with dates.
- **Map:** Each woman's home found on a map.
- **Letter:** A letter in a heroine's voice, true to her time and faith.
- **Care:** Neat and labeled.

Answer key

1. A Christian.
2. Emperor Constantine.
3. Augustine's (Monica).
4. Clotilde's.
5. Caedmon.
6. Margaret of Scotland.
7. Eleanor of Aquitaine.
8. Orléans.
9. Legend.

HEROINES TRAIL C: REFORMATION AND COLONIAL WOMEN

The third trail of the Heroines track meets eight women from the Reformation to the American frontier: Katharina von Bora, Lady Jane Grey, Queen Elizabeth I, Pocahontas, Anne Bradstreet, Abigail Adams, Susanna Wesley and Laura Ingalls Wilder.

This is the  **Scout** level, for ages 7 to 9. Each woman is judged by the standards of her own day. Executions (Lady Jane Grey) and hard frontier events are told plainly but without graphic detail. Where a famous story is uncertain (Pocahontas and John Smith), the stop says so.

The trail continues the **heroine timeline** and adds a **keepsake**: a page of the child's favorite heroine quotations. Five stops earn the **Heroine Scout badge, part 1**; eight earn part 2 and the **Trail C certificate**.

BEFORE YOU BEGIN

- Listen to a story of about five minutes and tell it back.
- Find England, Germany and the east coast of America on a map.

MASTERY CHECKLIST

- ☐ I can place the eight women of this trail on a timeline.
- ☐ I can tell each woman's choice and the faith behind it.
- ☐ I can say at least two heroine quotations.
- ☐ I can tell which parts of a story are certain and which are uncertain.
- ☐ I made a quotation keepsake page.

OPTIONAL BOOKS AND RESOURCES

- **Anne Bradstreet, *Poems*, free at Project Gutenberg** (<https://www.gutenberg.org>): Includes "Upon the Burning of Our House."
- ***Letters of Mrs. Adams (1840)*, free online** (<https://www.masshist.org/digitaladams/>): The Massachusetts Historical Society has the Adams family letters online.
- **Laura Ingalls Wilder, *Little House in the Big Woods* (1932)** (<https://www.littlehousebooks.com>): Under copyright; summarized only. Borrow from the library.

3.1 KATHARINA VON BORA, “MY LORD KATIE”

OBJECTIVES

- Tell how Katharina escaped from a convent.
- Tell how she married Martin Luther and ran a busy home.
- Know the date of their wedding: 1525.

Warm-up. Imagine hiding in the back of a wagon to escape. Katharina and eleven other nuns did just that.

Video slot. Video coming. Katharina von Bora and Martin Luther for young viewers. Search approved channels (a Reformation history channel vetted per video, Torchlighters); preview first.

KEY TERMS

Reformation

The movement in the 1500s to bring the church back to the teaching of the Bible.

convent

A house where nuns live.

Wittenberg

The German town where Luther taught.

Black Cloister

The old monastery that became the Luthers’ home.

CORE IDEAS

Her times. Katharina von Bora was born in 1499 in Germany. As a little girl she was sent to a convent, and she became a nun. Then she and other nuns read Martin Luther’s writings about salvation by grace through faith, and they wanted to leave.

Her choice. On the night before Easter in 1523, a merchant named Leonhard Koppe helped twelve nuns escape in his covered wagon. The story says they hid among herring barrels. Luther helped find homes or husbands for them. Katharina said she would marry only Luther or his friend Amsdorf.

Her faith. On June 13, 1525, she married **Martin Luther**. They lived in the **Black Cloister** in Wittenberg, which was always full of students, guests and the poor. Katharina ran the farm, garden, brewery, fishpond and boarding house, cared for the sick and raised six children of their own and several orphaned relatives.

Why it mattered. Luther loved and trusted her. He called her “my lord Katie” and said he would not trade her for France and Venice together. Their family table, where Luther taught

and talked, showed many people what a Christian home could be.

PICTURE STUDY



Portrait of Katharina von Bora, Lucas Cranach the Elder, 1526 · Oil on panel · Various collections (Cranach's workshop made several)

Wikimedia Commons · Public domain

Lucas Cranach was a friend of the Luthers and painted them many times. He was even a witness at their wedding.

Look closely

- What is Katharina wearing?
- What does her face tell you about her?
- Why did the painter keep the background plain?

Talk about it

1. What jobs did Katharina do each day?
2. How was her home a blessing to others?

HANDS-ON: KATIE'S BUSY DAY

Make a clock of Katharina's day.

You will need

- A paper plate
- A brad fastener or pencil
- Markers

Steps

1. Make a paper-plate clock.
2. At 4 o'clock write "Get up!"
3. Add her jobs around the clock: garden, cows, brewing, cooking for guests, teaching children, nursing the sick.
4. Add "Family prayers" and "Table talk."
5. Draw Katharina for your timeline.

Check your work

- My clock shows a full day.
- I can tell how Katharina escaped.

FIELD NOTEBOOK

1. **Timeline card 17: Katharina von Bora, 1525.** Draw Katharina in her kitchen.
2. Keepsake page: copy Luther's words, "my lord Katie."

Did you know? Luther's table talk, written down by students at the Luthers' table, filled several books. Katharina got up at four in the morning; Luther called her "the morning star of Wittenberg." She died in 1552 after a cart accident while fleeing plague.

Goes deeper in. History, "The Reformation" (coming soon).

For families. Sources: Britannica; Roland Bainton, *Women of the Reformation in Germany and Italy* (1971); Luther's letters and Table Talk. Escape from Nimbschen, Easter Eve, 4-5 April 1523; married 13 June 1525; six children; died 20 December 1552 at Torgau. The herring barrels are a traditional detail; the wagon is certain. Cranach portrait 1526.

PRACTICE

1. **EASY** Whom did Katharina marry?
2. **MEDIUM** How did she escape from the convent?
3. **EASY** What was their home called?

Make it a game · Herring-Barrel Escape. Hide "nuns" (children) under blankets in the "wagon" (a corner). The "merchant" drives them past the "guard," who must guess how many are hidden.

Scripture. "She looketh well to the ways of her household, and eateth not the bread of idleness." (Proverbs 31:27, KJV)

Katharina looked well to the ways of a very busy household.

Practice: answers

1. Martin Luther.
2. In a merchant's covered wagon (the story says among herring barrels).
3. The Black Cloister.

3.2 LADY JANE GREY, THE NINE DAYS' QUEEN

OBJECTIVES

- Tell who Lady Jane Grey was.
- Tell how she was made queen for nine days in 1553.
- Know her words about the Bible to her sister.

Warm-up. What is your favorite book? Lady Jane loved to read Plato in Greek while others went hunting.

Video slot. Video coming. Lady Jane Grey, the Nine Days' Queen, for young viewers (no execution scenes). Search approved history channels (Simple History, The History Guy, Historic Royal Palaces); preview first.

KEY TERMS

Tudor

The family of kings and queens who ruled England from 1485 to 1603.

Protestant

A Christian of the Reformation churches.

Tower of London

An old royal castle and prison in London.

Greek New Testament

The New Testament in the language in which it was first written.

CORE IDEAS

Her times. **Lady Jane Grey** was born around 1537, a great-niece of King Henry VIII. She was one of the best-educated girls in England and could read Latin, Greek and Hebrew. She loved the Bible and the Protestant faith.

Her choice. When young King Edward VI was dying in 1553, powerful men had Jane named queen instead of his half-sister Mary. Jane did not want the crown. When told she was queen, she fainted and wept. But she obeyed her elders. Nine days later, the people of England chose Mary instead, and Jane was taken to the **Tower of London**.

Her faith. In the Tower, Jane was urged to give up her Protestant faith. She would not. Before she died, she wrote a letter to her younger sister Katherine in the back of her own **Greek New Testament**. She told her it was more precious than gold and that it “will teach you to live and learn you to die.”

Why it mattered. In February 1554, at only sixteen or seventeen, Jane was put to death. She prayed Psalm 51 and died calmly, trusting in Christ. Her courage and her love for the

Bible were remembered by many English Christians.

PICTURE STUDY



Portrait of a Lady (the "Streatham portrait"), thought to be Lady Jane Grey, Unknown English artist, about 1590s (a copy after a lost original) · Oil on panel · National Portrait Gallery, London
Wikimedia Commons · Public domain

No portrait of Jane is certain. This one, at the National Portrait Gallery, is the one most often thought to show her. It was probably painted after she died, from an earlier picture.

Look closely

- What is the lady holding?
- Find the jewels on her clothes.
- Why might we not be sure who she is?

Talk about it

1. Why did Jane's Bible matter so much to her?
2. What does "teach you to live and learn you to die" mean?

HANDS-ON: A LETTER IN A BIBLE

Write a letter like Jane's.

You will need

- A card or paper
- A pencil
- A family Bible (to look at only)

Steps

1. Read Jane's words: the Bible "will teach you to live and learn you to die."
2. Write a short letter to a brother, sister or friend telling why the Bible is precious.
3. Copy a favorite verse at the bottom.
4. Give it to them, or keep it in your notebook.
5. Draw Jane with her book for your timeline.

Check your work

- I wrote a letter about the Bible.
- I can tell Jane's story.

FIELD NOTEBOOK

1. **Timeline card 18: Lady Jane Grey, 1553.** Draw Jane reading.
2. Keepsake page: copy Jane's words.

Did you know? Jane told a visitor that her lessons were a pleasure compared with the strictness of home. She was queen for only nine days, 10 to 19 July 1553 (some count 13 days from her naming). Her letter to her sister is still read today.

Goes deeper in. History, "The Tudors" (coming soon).

For families. Sources: Britannica; Eric Ives, *Lady Jane Grey: A Tudor Mystery* (2009); Foxe's *Acts and Monuments* (her letter and last words). Proclaimed 10 July 1553; deposed 19 July; executed 12 February 1554 at the Tower. The quotation is from her letter to Katherine (spelling modernized). The Delaroche painting of her execution is deliberately not used. The Streatham portrait identification is not certain.

PRACTICE

1. **EASY** How long was Jane queen?
2. **MEDIUM** What did Jane send her sister?
3. **MEDIUM** Did Jane want to be queen?

Make it a game • Nine Days. Count down from nine with nine steps. At each step, a child names a word for Jane (brave, faithful, learned...).

Scripture. "The law of thy mouth is better unto me than thousands of gold and silver." (Psalm 119:72, KJV)

Jane told her sister the Bible was more precious than gold.

Practice: answers

1. About nine days.
2. Her Greek New Testament with a letter in it.
3. No.

3.3 QUEEN ELIZABETH I AT TILBURY (1588)

OBJECTIVES

- Tell how Elizabeth I faced the Spanish Armada.
- Know her words at Tilbury.
- Know the date: August 1588.

Warm-up. Look at the Armada Portrait. What can you see through the windows behind the queen?

Video slot. Video coming. Elizabeth I and the Spanish Armada for young viewers. Search approved history channels (Simple History, Royal Museums Greenwich); preview first.

KEY TERMS

Armada

A great fleet of warships; in 1588, the Spanish fleet sent against England.

Tilbury

A place on the River Thames where an English army camped.

Elizabeth I

Queen of England from 1558 to 1603.

fireship

An old ship set on fire and sent toward enemy ships.

CORE IDEAS

Her times. Elizabeth I was the daughter of Henry VIII. She became queen in 1558 and ruled for forty-five years. In 1588, King Philip II of Spain sent a huge **Armada** of about 130 ships to invade England.

Her choice. English ships fought the Armada up the Channel. At Calais, they sent **fireships** among the Spanish ships, which scattered. While no one yet knew whether the Spanish army would land, Elizabeth rode out to her soldiers at **Tilbury**, wearing a breastplate over her white dress.

Her faith. She told them: “I know I have the body of a weak and feeble woman; but I have the heart and stomach of a king, and of a king of England too.” She said she would rather die among them than live without honor, and she trusted in God.

Why it mattered. Storms drove the Armada north around Scotland and Ireland, and many ships were wrecked. England was saved. Medals were struck that said, “God blew and they were scattered.” Elizabeth’s England grew into a land of explorers, poets like Shakespeare and Bible readers.

PICTURE STUDY



Elizabeth I (the Armada Portrait), Unknown English artist (once said to be George Gower), about 1588 · Oil on panel · Woburn Abbey; other versions at the National Portrait Gallery and Royal Museums Greenwich
Wikimedia Commons · Public domain

This portrait celebrated the defeat of the Armada. Everything in it has a meaning: the pearls for purity, the crown for her rule, the globe for England's reach across the seas.

Look closely

- Find the globe and her hand.
- Look in the left window. What do you see?
- Look in the right window. How is it different?

Talk about it

1. Why did the painter show two windows?
2. What did Elizabeth say gave her courage?

HANDS-ON: TILBURY SPEECH

Give Elizabeth's speech.

You will need

- A paper crown
- A cardboard breastplate (optional)

Steps

1. Make a crown and breastplate.

2. Learn the famous line: "I have the heart and stomach of a king, and of a king of England too."
3. Stand on a "hill" (a step) and give the speech to your family "army."
4. Draw the two windows from the Armada Portrait.
5. Draw Elizabeth for your timeline.

Check your work

- I gave the Tilbury speech.
- I drew the two windows.

FIELD NOTEBOOK

1. **Timeline card 19: Elizabeth I, 1588.** Draw Elizabeth at Tilbury.
2. Keepsake page: copy her Tilbury words.

Did you know? The Armada Portrait shows the Armada in the windows: fireships on one side and a wrecking storm on the other. Elizabeth's hand rests on a globe, showing England's new place in the world. Elizabeth never married; she said she was married to her kingdom.

Goes deeper in. History, "Elizabethan England" (coming soon).

For families. Sources: Royal Museums Greenwich; Britannica. The Armada sailed in 1588 with about 130 ships; fireships at Calais 7–8 August (new style); the Tilbury speech 9 August (old style; 19 August new style). The speech text comes from a letter by Leonel Sharp (printed 1654); its exact wording is not certain but is the standard version. The medal legend "Flavit Jehovah et dissipati sunt" is traditional. The Armada Portrait exists in three versions.

PRACTICE

1. **EASY** What was the Armada?
2. **MEDIUM** Where did Elizabeth speak to her soldiers?
3. **MEDIUM** What did the medals say?

Make it a game • Fireships. Set up paper "ships" on the floor. Players roll a ball (fireship) to scatter them. Then blow (the wind) to scatter the rest.

Scripture. "God is our refuge and strength, a very present help in trouble." (Psalm 46:1, KJV)

England thanked God for its help in the Armada year.

Practice: answers

1. A great Spanish fleet sent to invade England.
2. At Tilbury.
3. "God blew and they were scattered."

3.4 POCAHONTAS (REBECCA ROLFE)

OBJECTIVES

- Tell who Pocahontas was and where she lived.
- Tell how she became a Christian and married John Rolfe.
- Tell which parts of her story are certain and which are uncertain.

Warm-up. Find Virginia and the James River on a map. This is where the English built Jamestown in 1607.

Video slot. Video coming. Pocahontas: the true history, for young viewers (not the cartoon). Search approved channels (Historic Jamestowne, Smithsonian, Simple History); preview first.

KEY TERMS

Powhatan

Pocahontas's father, the great chief of many tribes in Virginia, and the name of their people.

Jamestown

The first lasting English settlement in America, founded 1607.

Rebecca

The Christian name Pocahontas took at her baptism.

John Rolfe

The English settler she married in 1614.

CORE IDEAS

Her times. **Pocahontas** was born around 1596, a daughter of **Powhatan**, the great chief of the people of Tsenacomoco in Virginia. “Pocahontas” was a nickname meaning something like “playful one.” In 1607, English settlers built **Jamestown**. Pocahontas, still a girl, often visited and brought food when the settlers were starving.

Her choice. Captain John Smith later wrote that she saved his life when he was about to be killed by her father's men. Historians are not sure this happened as he told it. What is certain is that she was a friend to the English. In 1613, she was taken by the English and held at a settlement, where she learned about Christ from a minister named Alexander Whitaker.

Her faith. Pocahontas became a Christian and was baptized with the name **Rebecca**. In April 1614, she married the settler **John Rolfe**, and for several years there was peace between her people and the English, sometimes called “the Peace of Pocahontas.” They had a son, Thomas.

Why it mattered. In 1616, Rebecca Rolfe sailed to England, where she met King James I's court. As her family set out to return to Virginia in 1617, she fell ill and died at Gravesend, about twenty-one years old. She was buried in St George's Church there. Her son Thomas later returned to Virginia, and many Americans descend from him.

PICTURE STUDY



Matoaka alias Rebecca (Pocahontas), Simon van de Passe, 1616 · Engraving · National Portrait Gallery, Washington, and others
Wikimedia Commons · Public domain

This is the only portrait of Pocahontas made while she was alive, in London in 1616. The words around it call her “Matoaka alias Rebecca,” daughter of Powhatan, and give her age as 21.

Look closely

- Find her lace collar and hat.
- Find the feather fan.
- Read the words around the picture with a grown-up.

Talk about it

1. Why do you think she wore English clothes for this picture?
2. Which parts of her story are certain?

HANDS-ON: TRUE OR UNCERTAIN?

Sort the facts of her story.

You will need

- Index cards
- Two bowls labeled “Certain” and “Uncertain”

Steps

1. Write facts on cards: “She brought food to Jamestown”; “She saved John Smith’s life”; “She was baptized Rebecca”; “She married John Rolfe in 1614”; “She died in England in 1617.”
2. Sort them into the two bowls, with a grown-up’s help.
3. Talk about why historians are unsure of one story.
4. Draw the 1616 portrait for your timeline.

Check your work

- I sorted the cards.
- I can tell what is certain about Pocahontas.

FIELD NOTEBOOK

1. **Timeline card 20: Pocahontas (Rebecca), 1614.** Draw her portrait.
2. Keepsake page: write her three names: Matoaka, Pocahontas, Rebecca.

Did you know? A statue of Pocahontas stands at St George’s Church in Gravesend, England. She met John Smith again in England and was surprised to learn he was alive. Her portrait, engraved in London in 1616, is the only one made from life.

Goes deeper in. History, “Jamestown” (coming soon).

For families. Sources: Historic Jamestowne; Smithsonian National Portrait Gallery; Britannica; Camilla Townsend, *Pocahontas and the Powhatan Dilemma* (2004). Born about 1596; capture 1613; baptism about 1613–14; marriage 5 April 1614; England 1616; died March 1617 at Gravesend. Smith’s rescue story appears first in his 1624 *Generall Historie* and is debated. Her capture is told plainly but briefly, by the standards of the time. The Disney version is not used.

PRACTICE

1. **EASY** What name did Pocahontas take when she was baptized?
2. **MEDIUM** Whom did she marry?
3. **MEDIUM** Is the John Smith rescue story certain?

Make it a game • Bring Corn to Jamestown. Players carry “corn” (beanbags) from one side of the room (the village) to the fort (a box) before the “winter” timer runs out.

Scripture. “And the Gentiles shall come to thy light, and kings to the brightness of thy rising.” (Isaiah 60:3, KJV)

Pocahontas was one of the first of her people to come to the light of Christ.

Practice: answers

1. Rebecca.
2. John Rolfe.
3. No. Historians are not sure it happened as he told it.

3.5 ANNE BRADSTREET, AMERICA'S FIRST POET

OBJECTIVES

- Tell how Anne Bradstreet sailed to New England.
- Know that she was the first published poet in English America.
- Read part of “Upon the Burning of Our House.”

Warm-up. Have you ever lost something you loved? How did you feel? Anne Bradstreet wrote a poem when her house burned down.

Video slot. Video coming. Anne Bradstreet, Puritan poet, for young viewers. Search approved channels (a literature or church history channel vetted per video); preview first.

KEY TERMS

Puritan

An English Protestant who wanted a church and life shaped closely by the Bible.

Arbella

The ship that brought Anne to New England in 1630.

Massachusetts Bay Colony

The Puritan colony in New England founded in 1630.

Tenth Muse

The title of her first book; the Muses were nine goddesses of the arts in Greek stories.

CORE IDEAS

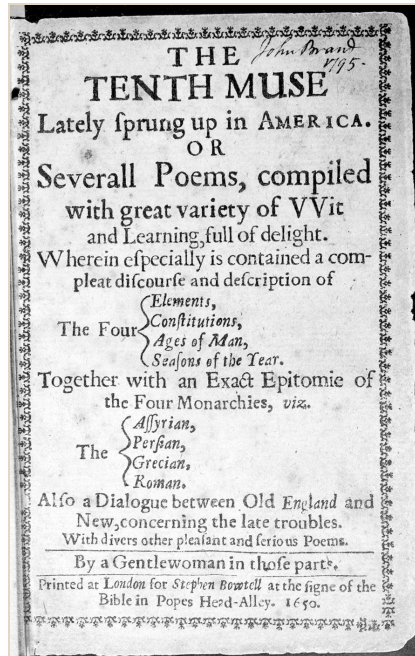
Her times. Anne Bradstreet was born in England around 1612 and loved to read. At about sixteen she married Simon Bradstreet. In 1630, they sailed on the **Arbella** with the **Puritans** to found the Massachusetts Bay Colony. Anne said her heart “rose” against the hard new land, but she submitted to God’s will.

Her choice. In the wilderness, Anne raised eight children, kept house and still found time to write poems. In 1650, her brother-in-law took her poems to London without telling her and printed them as *The Tenth Muse Lately Sprung Up in America*. She was the first published poet of English America.

Her faith. On July 10, 1666, the Bradstreets’ house burned down. Anne wrote a poem about watching it burn. She remembered each lost treasure, then turned her heart to God: “I blest His name that gave and took, / That laid my goods now in the dust. / Yea, so it was, and so ’twas just. / It was His own, it was not mine.”

Why it mattered. Anne's poems showed how a Christian could love her family and home deeply, yet hold them loosely, trusting God. She also wrote a famous poem "To My Dear and Loving Husband." Her poems are still read in schools today.

PICTURE STUDY



*Title page of The Tenth Muse, Printed by Stephen Bowtell, London, 1650 · Printed book · Various libraries
Wikimedia Commons · Public domain*

No portrait of Anne Bradstreet survives. This is the title page of her first book. Old books often had very long titles.

Look closely

- Find the words "Tenth Muse."
- Find the year, 1650.
- Why do some words have big letters?

Talk about it

1. Why did her brother-in-law print her poems?
2. How did Anne feel when she lost her house?

HANDS-ON: A THANKFUL POEM

Write a short poem of trust.

You will need

- Paper and pencil

Steps

1. Read Anne's four lines aloud slowly.
2. Read Job 1:21, which she was thinking of.
3. Write four lines thanking God for something He has given you.
4. Copy it neatly and decorate the border.
5. Draw Anne writing for your timeline.

Check your work

- I wrote a short poem.
- I read Anne's lines.

FIELD NOTEBOOK

1. **Timeline card 21: Anne Bradstreet, 1650.** Draw Anne with her book.
2. Keepsake page: copy "It was His own, it was not mine."

Did you know? Anne's father and husband both served as governors of Massachusetts. Her first book was printed in London in 1650. She wrote that her heart rose against the new world at first, but she submitted to it.

Goes deeper in. Literature, "Early American Poets" (coming soon).

For families. Sources: Poetry Foundation; The Works of Anne Bradstreet (ed. Jeannine Hensley, 1967). Born about 1612; married 1628; sailed on the Arbella 1630; The Tenth Muse printed in London 1650; house burned 10 July 1666; died 1672. The quoted lines from "Here Follows Some Verses upon the Burning of Our House" are in modernized spelling. The "heart rose" remark is from her letter "To My Dear Children."

PRACTICE

1. **EASY** What ship brought Anne to America?
2. **MEDIUM** What was the name of her first book?
3. **MEDIUM** What did she say about her burned house?

Make it a game • Rhyme Time. A grown-up says a word from Anne's poem (dust, mine, took). Players race to say a rhyming word.

Scripture. "And said, Naked came I out of my mother's womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away; blessed be the name of the LORD." (Job 1:21, KJV)

Anne's poem echoes Job's words: the Lord gave and took; blessed be His name.

Practice: answers

1. The Arbella.
2. The Tenth Muse.
3. "It was His own, it was not mine."

3.6 ABIGAIL ADAMS, “REMEMBER THE LADIES” (1776)

OBJECTIVES

- Tell how Abigail Adams kept her family and farm during the Revolution.
- Know that she watched the Battle of Bunker Hill with her son.
- Know her famous letter of March 31, 1776.

Warm-up. Write a short letter to someone far away. Abigail and John Adams wrote more than 1,100 letters to each other.

Video slot. Video coming. Abigail Adams for young viewers. Search approved channels (Adams National Historical Park/NPS, Massachusetts Historical Society); preview first.

KEY TERMS

Revolution

The war (1775–1783) in which the American colonies won independence from Britain.

Braintree

The Massachusetts town (now Quincy) where the Adams farm was.

Continental Congress

The meeting of leaders from the colonies in Philadelphia.

correspondence

Letters written back and forth.

CORE IDEAS

Her times. Abigail Smith was born in 1744, the daughter of a minister in Massachusetts. She never went to school, but she read her father’s books. In 1764 she married a young lawyer, **John Adams**. When the Revolution began, John went to Philadelphia to the **Continental Congress**, and Abigail stayed home.

Her choice. Abigail ran the farm, cared for four children, nursed the sick through an epidemic and taught her children at home. On June 17, 1775, she climbed Penn’s Hill with her son John Quincy, age seven, to watch the smoke of the Battle of Bunker Hill. She made bullets from pewter spoons for the soldiers.

Her faith. Abigail trusted God through hard days. She wrote to John often. On March 31, 1776, while Congress was thinking about independence, she wrote him her most famous words: “in the new Code of Laws which I suppose it will be necessary for you to make I desire you would Remember the Ladies, and be more generous and favourable to them than your ancestors.” She wanted the law to protect wives from harsh husbands.

Why it mattered. Abigail was a wise counselor to John, who became the second President. Their son John Quincy Adams became the sixth President. Her letters show us daily life in the Revolution and the faith of a Christian wife and mother in her own day.

PICTURE STUDY



Abigail Smith Adams (Mrs. John Adams), Gilbert Stuart, 1800-1815 · Oil on canvas · National Gallery of Art, Washington
Wikimedia Commons · CC0

Gilbert Stuart, who painted the famous portrait of George Washington, painted Abigail when she was First Lady and after. Stuart began it in 1800 and finished it years later. Abigail is shown as a wise, steady older woman.

Look closely

- How old do you think she is?
- Find her lace cap.
- What does her face tell you about her?

Talk about it

1. How did Abigail help her country while John was away?
2. What did she ask John to remember?

HANDS-ON: LETTERS HOME

Write letters like John and Abigail.

You will need

- Paper
- A quill or pencil
- An envelope

Steps

1. Pretend you are Abigail in 1775. Write a letter to John about the farm and Bunker Hill.
2. Fold it and seal it with a sticker “wax seal.”
3. A family member writes back as John.
4. Read both aloud.
5. Draw Abigail for your timeline.

Check your work

- I wrote a letter as Abigail.
- I can tell what she saw from Penn’s Hill.

FIELD NOTEBOOK

1. **Timeline card 22: Abigail Adams, 1776.** Draw Abigail writing.
2. Keepsake page: copy “Remember the Ladies.”

Did you know? Abigail was the first First Lady to live in the White House; she hung laundry in the unfinished East Room. John called her his “dearest friend.” More than 1,100 letters between John and Abigail survive.

Goes deeper in. History, “The American Revolution” (coming soon).

For families. Source: Abigail Adams to John Adams, 31 March–5 April 1776, Adams Family Papers, Massachusetts Historical Society (spelling as in the MHS transcription). In context, she asked that husbands not be given unlimited power over wives; the child text keeps to her own concern in her own day rather than modern politics. Bunker Hill 17 June 1775; the Penn’s Hill and pewter-spoon details come from family accounts. Picture: Gilbert Stuart, Abigail Smith Adams, 1800–1815, National Gallery of Art (open access, CC0).

PRACTICE

1. **EASY** Whom did Abigail marry?
2. **MEDIUM** What battle did she watch from Penn’s Hill?
3. **MEDIUM** What did she ask John to “remember” in 1776?

Make it a game • Pewter to Bullets. Players “melt” spoons (pass a spoon down the line) and “pour” them into molds (cups). The fastest line wins.

Scripture. “The heart of her husband doth safely trust in her, so that he shall have no need of spoil.” (Proverbs 31:11, KJV)

John Adams trusted Abigail to run the farm and family while he served his country.

Practice: answers

1. John Adams.
2. Bunker Hill.
3. The ladies, in the new laws.

3.7 SUSANNA WESLEY, MOTHER OF THE WESLEYS

OBJECTIVES

- Tell how Susanna Wesley taught her many children.
- Tell the story of the Epworth rectory fire.
- Know her sons John and Charles Wesley.

Warm-up. Where do you go to pray quietly? Susanna Wesley had a special way: she threw her apron over her head.

Video slot. Video coming. Susanna Wesley, mother of John and Charles Wesley, for young viewers. Search approved channels (a church history channel vetted per video, Torchlighters); preview first.

KEY TERMS

rectory

The house where a minister lives.

Epworth

The village in England where the Wesleys lived.

Methodist

The movement begun by John and Charles Wesley.

hymn

A song of praise to God.

CORE IDEAS

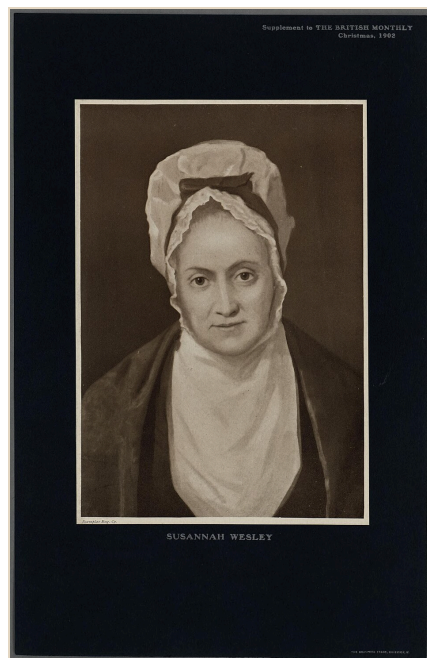
Her times. **Susanna Annesley** was born in London in 1669, the twenty-fifth child of a minister. She married Samuel Wesley, a minister, and they lived at the **rectory** in **Epworth**. Susanna had nineteen children, though many died as babies, as often happened then.

Her choice. Susanna taught her children at home six hours a day. Each child learned to read on his fifth birthday, starting with the alphabet in one day and then Genesis 1. She also spent one hour alone each week with each child to talk about his soul. When she needed to pray in a busy house, she threw her apron over her head, and the children knew not to disturb her.

Her faith. In 1709, the rectory caught fire at night. Little John, five years old, was trapped upstairs. Neighbors stood on each other's shoulders and pulled him out of a window just before the roof fell. Susanna believed God had saved him for a purpose and called him "a brand plucked out of the fire."

Why it mattered. Her son **John Wesley** became a great preacher, riding hundreds of thousands of miles across Britain. Her son **Charles Wesley** wrote about six thousand hymns, including “Hark! the Herald Angels Sing.” The Methodist movement they started reached millions.

PICTURE STUDY



Susanna Wesley, Unknown artist, print published 1902 (after an older portrait) · Photomechanical print · National Library of Wales
Wikimedia Commons · Public domain

This is a portrait of Susanna Wesley, mother of John and Charles. It shows her as a calm, serious woman, as her children remembered her.

Look closely

- What is she wearing?
- What does her face tell you?
- How is this like or unlike Katharina von Bora's portrait?

Talk about it

1. How did Susanna make time for each child?
2. Why did she call John “a brand plucked out of the fire”?

HANDS-ON: APRON PRAYER CORNER

Make a quiet prayer place.

You will need

- An apron, scarf or towel
- A small card

Steps

1. Choose a quiet corner, or use an apron like Susanna.
2. Write a card: "Quiet, please. Praying."
3. Spend five minutes in prayer there.
4. Sing "Hark! the Herald Angels Sing" (by her son Charles).
5. Draw Susanna for your timeline.

Check your work

- I made a prayer corner.
- I can tell the Epworth fire story.

FIELD NOTEBOOK

1. **Timeline card 23: Susanna Wesley, 1709.** Draw the rectory fire and the rescue.
2. Keepsake page: copy "a brand plucked out of the fire" (Zechariah 3:2).

Did you know? Charles Wesley wrote "O for a Thousand Tongues to Sing." Susanna wrote down her rules for raising children in a letter to John, still read today. She died in 1742 in London and is buried at Bunhill Fields.

Goes deeper in. Music, "Hymns of Charles Wesley" (coming soon).

For families. Sources: Susanna Wesley's letter to John, 24 July 1732 (her method of education); John Wesley's Journal; Britannica. Born 20 January 1669 (often called the 25th child of Samuel Annesley); 19 children, about ten survived infancy; Epworth fire 9 February 1709; died 23 July 1742. Picture: 1902 print, National Library of Wales portrait archive (public domain).

PRACTICE

1. **EASY** Name two of Susanna's famous sons.
2. **MEDIUM** How did Susanna show she was praying?
3. **MEDIUM** What happened in 1709?

Make it a game • Shoulder Rescue. Pass a soft toy ("little John") from a high shelf down a line of hands to safety. (No standing on shoulders.)

Scripture. "And the LORD said unto Satan, The LORD rebuke thee, O Satan; even the LORD that hath chosen Jerusalem rebuke thee: is not this a brand plucked out of the fire?" (Zechariah 3:2, KJV)

Susanna used these words about little John's rescue.

Practice: answers

1. John and Charles Wesley.
2. She threw her apron over her head.
3. The rectory burned and little John was rescued from a window.

3.8 LAURA INGALLS WILDER, PIONEER GIRL

OBJECTIVES

- Tell how Laura grew up on the American frontier.
- Know that she became a teacher at fifteen and wrote the Little House books later in life.
- Place the Little House places on a map.

Warm-up. Have you read or heard any of the Little House books? What do you remember?

Video slot. Video coming. Laura Ingalls Wilder historic homes (De Smet, Walnut Grove, Mansfield) for young viewers. Search approved channels (Laura Ingalls Wilder Historic Home and Museum, NPS, state historical societies); preview first.

KEY TERMS

pioneer

One of the first settlers in a new land.

homestead

Land the government gave to a family who lived on and farmed it.

prairie

Wide, flat grassland.

memoir

A true story someone writes about her own life.

CORE IDEAS

Her times. **Laura Ingalls** was born on February 7, 1867, in a log cabin near Pepin, Wisconsin. Her family moved west by covered wagon to Kansas, Minnesota, Iowa and finally Dakota Territory, where Pa took a **homestead** near De Smet.

Her choice. When her older sister Mary went blind after an illness, Laura became Mary's "eyes," describing the world to her. At fifteen, Laura earned a teaching certificate and taught in a little claim shanty school, so that she could help pay for Mary to go to a college for the blind.

Her faith. The Ingalls family read the Bible, sang hymns to Pa's fiddle and kept the Sabbath. In 1885, Laura married **Almanzo Wilder**. Their lives had hardships: drought, fire, illness and the death of a baby son. In 1894, they moved to Mansfield, Missouri, and built Rocky Ridge Farm.

Why it mattered. When Laura was in her sixties, encouraged by her daughter Rose, she began writing the story of her childhood. *Little House in the Big Woods* came out in 1932, followed by seven more books. They tell, in a story form, how a family lived by hard work, courage and love. Laura died at Rocky Ridge in 1957.

PICTURE STUDY



Laura and Almanzo Wilder, Unknown photographer, 1885 · Photograph · Laura Ingalls Wilder Historic Home and Museum
Wikimedia Commons · Public domain

This photograph was taken around the time Laura and Almanzo married in 1885, in Dakota Territory. Laura was eighteen.

Look closely

- What are they wearing?
- How is this picture different from a painting?
- Why did people not smile in old photographs?

Talk about it

1. How did Laura help her sister Mary?
2. Why did she write her stories down?

HANDS-ON: LITTLE HOUSE MAP

Map Laura's family travels.

You will need

- A map of the United States to copy
- Colored pencils

Steps

1. Mark Pepin, Wisconsin (Big Woods).
2. Draw the wagon trail to Kansas, then back, then to Walnut Grove, Minnesota, Burr Oak, Iowa, and De Smet, Dakota Territory.
3. Mark Mansfield, Missouri, where she wrote the books.
4. Draw a covered wagon on your map.
5. Draw Laura for your timeline and finish your Trail C timeline.

Check your work

- My map shows Laura's travels.
- I can tell how Laura helped Mary.

FIELD NOTEBOOK

1. **Timeline card 24: Laura Ingalls Wilder, 1932 (first book).** Draw Laura in a sunbonnet.
2. Keepsake page: finish your page of heroine quotations from this trail.

Did you know? Pa's fiddle is kept at the museum in Mansfield, Missouri. The Little House books are stories based on Laura's life; some events are changed or combined. Laura wrote a newspaper column for farm wives for many years.

Goes deeper in. Explore Hospitality and Home, Trail C (pioneer cooking), and History, "The Westward Movement."

For families. Sources: Laura Ingalls Wilder Historic Home and Museum; Pamela Smith Hill, ed., *Pioneer Girl: The Annotated Autobiography* (2014); Britannica. Born 7 February 1867; first teaching certificate December 1882 (age 15); married 25 August 1885; Rocky Ridge 1894; Little House in the Big Woods 1932; died 10 February 1957. The Little House books are under copyright and are summarized, not quoted. Families may wish to know that some books contain period attitudes toward American Indians; read with a parent.

PRACTICE

1. **EASY** Where was Laura born?
2. **MEDIUM** Why did Laura teach school at fifteen?
3. **EASY** What was her first book?

Make it a game • Pa's Fiddle. A grown-up plays a hymn or folk tune. When the music stops, everyone freezes like a statue in a pioneer chore pose.

Scripture. “And let the beauty of the LORD our God be upon us: and establish thou the work of our hands upon us; yea, the work of our hands establish thou it.” (Psalm 90:17, KJV)

The Ingalls and Wilder families trusted God to bless the work of their hands.

Practice: answers

1. In a log cabin near Pepin, Wisconsin.
2. To help pay for Mary to go to a college for the blind.
3. Little House in the Big Woods (1932).

TRAIL 3 BADGE QUIZ

The badge quiz is optional. Read each question aloud; the child may answer by talking, pointing or drawing. Four right out of five earns the first badge; three right out of four earns the second. Badges and the certificate are earned by doing the stops, not by scores.

Badge quiz 1 (Stops 1-5)

1. Whom did Katharina von Bora marry?
2. What did Lady Jane Grey say the Bible would teach?
3. Where did Elizabeth I speak to her army?
4. What Christian name did Pocahontas take?
5. Who wrote "It was His own, it was not mine"?

Badge quiz 2 (Stops 6-8)

6. Who wrote "Remember the Ladies"?
7. Which mother prayed under her apron?
8. Which pioneer girl taught school at fifteen?
9. Put Pocahontas, Abigail Adams and Laura Ingalls in order.

TRAIL CERTIFICATE: MY HEROINE TIMELINE (TRAIL C), QUOTATION KEEPSAKE AND CERTIFICATE

Add your eight Trail C cards to your heroine timeline, from Katharina von Bora (1525) to Laura Ingalls Wilder (1932).

Read aloud your keepsake page of heroine quotations.

When the timeline and keepsake are done, a parent signs the Trail C certificate.

- **Timeline:** Eight women in order with dates.
- **Quotations:** At least four quotations copied neatly with names.
- **Truth:** Certain and uncertain parts of stories told apart.
- **Care:** Neat and labeled.

Answer key

1. Martin Luther.
2. To live and to die.
3. Tilbury.
4. Rebecca.
5. Anne Bradstreet.
6. Abigail Adams.
7. Susanna Wesley.
8. Laura Ingalls.
9. Pocahontas, Abigail Adams, Laura Ingalls.

HEROINES TRAIL D: NURSES, HYMN-WRITERS AND MISSIONARIES

The last trail of the Heroines track meets eight women of the 1800s and 1900s who served Christ in hard places: Florence Nightingale, Clara Barton, Harriet Tubman, Fanny Crosby, Amy Carmichael, Gladys Aylward, Corrie ten Boom and Elisabeth Elliot.

This is the  **Scout** level, for ages 7 to 9. War, slavery, the Holocaust and the deaths of missionaries are told plainly and truthfully but gently, with no graphic detail. A parent should read Stops D3, D7 and D8 first.

The trail finishes the **heroine timeline** and ends with the child's own **Heroine Notebook** report on one woman from any trail. Five stops earn the **Heroine Scout badge, part 1**; eight earn part 2 and the **Trail D certificate**.

BEFORE YOU BEGIN

- Listen to a story of about five minutes and tell it back.
- Find Europe, Asia and the Americas on a globe.

MASTERY CHECKLIST

- ☐ I can place the eight women of this trail on a timeline.
- ☐ I can tell how each served others for Christ's sake.
- ☐ I can sing or say part of a Fanny Crosby hymn.
- ☐ I can find India, China, the Netherlands and Ecuador on a map.
- ☐ I wrote a Heroine Notebook report.

OPTIONAL BOOKS AND RESOURCES

- **Corrie ten Boom, *The Hiding Place* (1971)** (<https://www.corrietenboom.com>): Under copyright; for parents and older children. Summarized only.
- **Torchlighters animated biographies (Christian History Institute)** (<https://www.torchlighters.org>): Episodes on Amy Carmichael, Gladys Aylward, Corrie ten Boom and others; preview each.
- **Florence Nightingale Museum, London** (<https://www.florence-nightingale.co.uk>): Pictures and stories of the Lady with the Lamp.

4.1 FLORENCE NIGHTINGALE, THE LADY WITH THE LAMP

OBJECTIVES

- Tell how Florence Nightingale nursed soldiers in the Crimean War.
- Know why she was called “the Lady with the Lamp.”
- Tell how she changed hospitals by keeping them clean.

Warm-up. Wash your hands carefully for twenty seconds. Florence Nightingale knew that cleanliness saves lives.

Video slot. Video coming. Florence Nightingale for young viewers. Search approved channels (Florence Nightingale Museum, Simple History, BBC Teach vetted per video); preview first.

KEY TERMS

Crimean War

A war (1853–1856) in which Britain and France fought Russia.

Scutari

The place near Constantinople where the British army hospital was.

sanitation

Keeping places clean to stop sickness.

statistics

Numbers collected to show what is happening.

CORE IDEAS

Her times. Florence Nightingale was born in 1820 in Florence, Italy, to a wealthy English family. At sixteen, she wrote that God had called her to His service. In those days, nursing was not thought a proper job for a lady, but she trained as a nurse anyway.

Her choice. In 1854, during the **Crimean War**, newspapers reported that wounded British soldiers were dying in filthy hospitals. Florence led thirty-eight nurses to the army hospital at **Scutari**. There were rats, no clean water and few supplies. More soldiers died of sickness than of wounds.

Her faith. Florence and her nurses scrubbed, cooked, washed and fed the men. At night, she walked the long rows of beds carrying a lamp to check on each soldier. The men kissed her shadow as she passed. A newspaper called her “the Lady with the Lamp.”

Why it mattered. After the war, Florence used **statistics** and charts to show that clean hospitals saved lives. In 1860 she started a school for nurses at St Thomas’ Hospital in London. Nursing became an honored work, and hospitals around the world changed.

PICTURE STUDY



The Mission of Mercy: Florence Nightingale Receiving the Wounded at Scutari, Jerry Barrett, 1857 · Oil on canvas · National Portrait Gallery, London
Wikimedia Commons · Public domain

Jerry Barrett went to Scutari to sketch the real hospital and people. Florence stands in the middle, calm and in charge, while nurses, doctors and soldiers move around her.

Look closely

- Find Florence in the center.
- Find the nurses helping.
- How does the painter show she is the leader?

Talk about it

1. Why is this painting called “The Mission of Mercy”?
2. What did Florence do for the soldiers each night?

HANDS-ON: LAMP AND CHART

Make a lamp and a simple chart.

You will need

- Paper, a paper cup and tissue paper (or a flashlight)
- Graph paper

Steps

1. Make a paper lamp with yellow tissue “flame,” or use a flashlight.

2. Walk around the dark room checking on “soldiers” (stuffed animals).
3. Make a bar chart: count the dirty and clean dishes in your kitchen.
4. Talk about how Florence used numbers to show that clean hospitals save lives.
5. Draw Florence for your timeline.

Check your work

- I made a lamp and walked the rounds.
- I made a simple chart.

FIELD NOTEBOOK

1. **Timeline card 25: Florence Nightingale, 1854.** Draw the Lady with the Lamp.
2. Write: “Cleanliness saves lives.”

Did you know? Florence Nightingale made a new kind of chart, sometimes called a “rose diagram,” to show why soldiers died. International Nurses Day is held on her birthday, May 12. She was the first woman given the Order of Merit (1907).

Goes deeper in. History, “The Victorian Age” (coming soon).

For families. Sources: Florence Nightingale Museum; Britannica; Mark Bostridge, Florence Nightingale (2008). Born 12 May 1820; call from God recorded 7 February 1837; arrived at Scutari November 1854 with 38 nurses; “The Lady with the Lamp” from The Times and Longfellow’s poem “Santa Filomena” (1857); Nightingale Training School 1860; died 1910. Barrett’s The Mission of Mercy (1857), NPG London.

PRACTICE

1. **EASY** What was Florence Nightingale called?
2. **MEDIUM** Where was her army hospital?
3. **MEDIUM** What did she show with her charts?

Make it a game · Rounds with the Lamp. In a darkened room, one child carries the “lamp” and must visit every “bed” (pillows) without bumping into furniture. Others count the visits.

Scripture. “Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me.” (Matthew 25:36, KJV)

Florence visited the sick, as Jesus taught.

Practice: answers

1. The Lady with the Lamp.
2. At Scutari.

3. That clean hospitals saved lives.

4.2 CLARA BARTON, ANGEL OF THE BATTLEFIELD

OBJECTIVES

- Tell how Clara Barton brought supplies and care to Civil War soldiers.
- Know that she founded the American Red Cross in 1881.
- Find the Red Cross symbol.

Warm-up. Make a list of what you would put in a first-aid kit. Clara Barton carried wagonloads of supplies to soldiers.

Video slot. Video coming. Clara Barton and the American Red Cross for young viewers. Search approved channels (American Red Cross, NPS Clara Barton National Historic Site, Smithsonian); preview first.

KEY TERMS

Civil War

The war between the Northern and Southern states (1861–1865).

Antietam

A great battle in Maryland in 1862.

Red Cross

An organization that helps people in war and disaster.

supplies

Things needed, such as bandages, food and medicine.

CORE IDEAS

Her times. **Clara Barton** was born in Massachusetts in 1821. As a girl, she nursed her brother David for two years after a bad fall. She grew up to be a teacher and then a clerk in Washington, D.C. When the Civil War began in 1861, wounded soldiers poured into the city.

Her choice. Clara collected bandages, food and medicine and took them to the battlefields herself, which few women did. At the Battle of **Antietam** in 1862, she arrived with a wagon of supplies when the doctors had run out. While she gave a soldier water, a bullet passed through her sleeve. A surgeon called her “the angel of the battlefield.”

Her faith. Clara served soldiers from both sides with kindness. After the war, she ran an office that helped find missing soldiers and answered thousands of letters from worried families. In Europe, she learned about the International **Red Cross**.

Why it mattered. In 1881, Clara Barton founded the **American Red Cross** and led it for over twenty years. It helped people after floods, fires and storms, as it still does today. She was still helping at disasters when she was nearly eighty.

PICTURE STUDY



Clara Barton, Mathew Brady (studio), about 1865 · Photograph · National Portrait Gallery, Washington;
Library of Congress
Wikimedia Commons · Public domain

Mathew Brady was the most famous photographer of the Civil War. His studio took this picture of Clara Barton near the end of the war.

Look closely

- What is Clara wearing?
- Does she look gentle, strong or both?
- Why might photographs be important in a war?

Talk about it

1. Why did the surgeon call her an angel?
2. How does the Red Cross help people today?

HANDS-ON: RED CROSS KIT

Make a family first-aid kit.

You will need

- A small box
- Bandages, tape and wipes
- Red paper

Steps

1. Cut out a red cross and glue it on the box.
2. Fill the box with bandages, tape and wipes, with a grown-up's help.
3. Practice cleaning and covering a "scrape" on a doll.
4. Write a list of what is in the box.
5. Draw Clara for your timeline.

Check your work

- My kit is ready.
- I can tell how Clara helped soldiers.

FIELD NOTEBOOK

1. **Timeline card 26: Clara Barton, 1881.** Draw Clara with her wagon of supplies.
2. Draw the Red Cross symbol.

Did you know? The Red Cross symbol is the Swiss flag with its colors reversed, honoring Switzerland, where the Red Cross began. Clara Barton's home in Glen Echo, Maryland, is a National Historic Site. She helped find more than 22,000 missing soldiers.

Goes deeper in. History, "The Civil War" (coming soon), and Horses Trail C, "Traveller."

For families. Sources: NPS Clara Barton National Historic Site; American Red Cross; Britannica. Born 25 December 1821; Antietam 17 September 1862 (the sleeve incident and Dr. James Dunn's "angel of the battlefield" are from her accounts and Dunn's letter); Office of Missing Soldiers 1865-68; American Red Cross founded 21 May 1881; president until 1904; died 1912. Wounds are not described.

PRACTICE

1. **EASY** What was Clara Barton called?
2. **MEDIUM** At which battle did a bullet pass through her sleeve?
3. **EASY** What did she found in 1881?

Make it a game · Supply Wagon. Teams load a wagon (a box) with "supplies" (soft items) and pull it across the room to the "field hospital."

Scripture. "As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith." (Galatians 6:10, KJV)

Clara Barton did good to soldiers from both sides.

Practice: answers

1. The angel of the battlefield.
2. Antietam.

3. The American Red Cross.

4.3 HARRIET TUBMAN, CONDUCTOR TO FREEDOM

OBJECTIVES

- Tell how Harriet Tubman escaped from slavery.
- Tell how she led others to freedom on the Underground Railroad.
- Know her faith in God's guidance.

Warm-up. Go outside on a clear night (or look at a picture) and find the North Star. Harriet Tubman followed it to freedom.

Video slot. Video coming. Harriet Tubman and the Underground Railroad for young viewers (gentle). Search approved channels (NPS Harriet Tubman Underground Railroad, Smithsonian NMAAHC); preview first.

KEY TERMS

slavery

When people are owned by others and forced to work without freedom.

Underground Railroad

Secret routes and helpers that brought enslaved people to freedom. It was not a real railroad.

conductor

A guide on the Underground Railroad.

North Star

The star that shows which way is north.

CORE IDEAS

Her times. **Harriet Tubman** was born into **slavery** in Maryland around 1822. Her name then was Araminta Ross. She worked hard from childhood. As a teenager, she was badly hurt when an overseer threw a heavy weight, and afterward she had sudden sleeping spells all her life.

Her choice. In 1849, Harriet escaped. She walked about ninety miles north by night, following the **North Star**, until she reached Pennsylvania, a free state. She said she felt like she was in heaven. But she would not stay safe while her family was still enslaved. She went back again and again.

Her faith. Over about eleven years, Harriet made about thirteen trips south and led about seventy people to freedom, including her parents. She prayed constantly and said she went only where God sent her. She said, "I never ran my train off the track and I never lost a passenger."

Why it mattered. During the Civil War, Harriet served the Union army as a nurse, scout and spy. In 1863, she helped lead a raid on the Combahee River in South Carolina that freed more than seven hundred people. In old age, she cared for the poor and elderly in Auburn, New York, until she died in 1913.

PICTURE STUDY



Harriet Tubman, Harvey B. Lindsley (photographer), about 1871-1876 · Photograph · Library of Congress
Wikimedia Commons · Public domain

This photograph of Harriet Tubman was taken in Auburn, New York, after the war. She stands straight and steady.

Look closely

- How does she stand?
- What do you notice about her face?
- How old do you think she is here?

Talk about it

1. Why did Harriet go back again and again?
2. Why was she called “Moses”?

Safety first. Parent: please read this stop first. It tells of slavery, war or the deaths of Christians truthfully but without detail. Decide whether your child is ready, and be ready to answer questions.

HANDS-ON: FOLLOW THE NORTH STAR

Find north by the stars and make a star map.

You will need

- Black paper
- A white crayon or star stickers

Steps

1. Draw the Big Dipper on black paper.
2. Draw a line from the two “pointer” stars at the end of the cup up to the North Star.
3. Label the North Star.
4. On a clear night, find it with a grown-up.
5. Draw Harriet for your timeline.

Check your work

- I drew the Big Dipper and the North Star.
- I can tell how Harriet followed it.

FIELD NOTEBOOK

1. **Timeline card 27: Harriet Tubman, 1849.** Draw Harriet under the North Star.
2. Write her words: “I never lost a passenger.”

Did you know? People called her “Moses,” because she led her people out of slavery as Moses led Israel. She sang hymns as secret signals to the people she was guiding. She was the first woman known to lead an armed raid in the Civil War.

Goes deeper in. History, “Slavery and the Civil War” (coming soon).

For families. Sources: NPS Harriet Tubman Underground Railroad National Historical Park; Kate Clifford Larson, *Bound for the Promised Land* (2004), whose research gives about 13 trips and about 70 people led directly (older books say 19 trips and 300). Born about 1822; escaped 1849; Combahee River Raid 2 June 1863 (over 700 freed); died 10 March 1913. The “passenger” quotation is from an 1896 suffrage meeting report. The head injury is told without detail. Photograph by H. B. Lindsley, LOC.

PRACTICE

1. **EASY** What star did Harriet follow?
2. **MEDIUM** About how many trips did she make, and how many people did she lead?
3. **EASY** What was she called, like a leader in the Bible?

Make it a game · Hymn Signals. A “conductor” sings a line of “Swing Low, Sweet Chariot” to mean “come forward” and hums to mean “hide.” Travelers move or freeze by the signals.

Scripture. “And the LORD said, I have surely seen the affliction of my people which are in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows;” (Exodus 3:7, KJV)

Harriet trusted that God saw the suffering of the enslaved, as He saw Israel in Egypt.

Practice: answers

1. The North Star.
2. About 13 trips and about 70 people.
3. Moses.

4.4 FANNY CROSBY, THE BLIND HYMN-WRITER

OBJECTIVES

- Tell how Fanny Crosby became blind and stayed joyful.
- Know that she wrote thousands of hymns.
- Sing “Blessed Assurance.”

Warm-up. Close your eyes and listen. What can you hear? Fanny Crosby could not see, but she heard and remembered wonderfully.

Video slot. Video coming. Fanny Crosby and “Blessed Assurance” for young viewers. Search approved channels (a hymn history channel vetted per video); preview first. A recording of the hymn sung by a church choir is also good.

KEY TERMS

hymn

A song of praise to God.

blind

Unable to see.

memorize

To learn by heart.

assurance

Being sure.

CORE IDEAS

Her times. Fanny Crosby was born in New York in 1820. When she was about six weeks old, an eye illness was treated wrongly, and she became blind. Her father died soon after, and her mother and grandmother raised her. Her grandmother described the world to her and taught her the Bible.

Her choice. Fanny decided not to be sad. At eight, she wrote her first poem: “Oh, what a happy soul I am, / Although I cannot see! / I am resolved that in this world / Contented I will be.” As a girl she **memorized** large parts of the Bible, including whole books.

Her faith. Fanny went to the New York Institution for the Blind, and later taught there. She wrote more than eight thousand hymns, often composing them in her head and dictating them. One day in 1873, her friend Phoebe Knapp played her a new tune and asked what it said. Fanny answered, “Blessed assurance, Jesus is mine!”

Why it mattered. Fanny’s hymns, like “Blessed Assurance,” “To God Be the Glory” and “Rescue the Perishing,” are still sung around the world. She spent many years helping the

poor in New York's missions. She said that if she could, she would not choose to have her sight, because the first face she would see would be her Savior's. She died in 1915.

PICTURE STUDY



Fanny Crosby, Unknown photographer, late 1800s · Photograph · Library of Congress
Wikimedia Commons · Public domain

Fanny Crosby often wore small dark glasses in photographs. In this picture she is an older woman, still writing hymns.

Look closely

- Find her glasses.
- How old do you think she is?
- Does she look happy?

Talk about it

1. How did Fanny show contentment?
2. Why would she want to see her Savior's face first?

HANDS-ON: HYMN BY HEART

Learn a Fanny Crosby hymn.

You will need

- A hymnal or printed words of "Blessed Assurance"

Steps

1. Read the first verse and chorus of “Blessed Assurance.”
2. Learn the chorus by heart: “This is my story, this is my song, / Praising my Saviour all the day long.”
3. Sing it with your family.
4. Close your eyes and sing it again, as Fanny would have.
5. Draw Fanny for your timeline.

Check your work

- I learned the chorus by heart.
- I can tell Fanny’s story.

FIELD NOTEBOOK

1. **Timeline card 28: Fanny Crosby, 1873.** Draw Fanny and Phoebe at the piano.
2. Copy Fanny’s first poem.

Did you know? Fanny Crosby used about two hundred different pen names so hymn books would not be filled with only her name. She was the first woman to speak before the United States Senate (1844). She met several Presidents.

Goes deeper in. Music, “Hymns of the Faith” (coming soon).

For families. Sources: Fanny Crosby, *Memories of Eighty Years* (1906), which gives her childhood poem and the account of her blindness; Britannica; Hymnary.org. Born 24 March 1820; “Blessed Assurance” 1873 with Phoebe Palmer Knapp; died 12 February 1915. The figure of over 8,000 hymns and about 200 pen names are standard. Her 1844 address was to a joint session of Congress (often reported as the Senate).

PRACTICE

1. **EASY** Could Fanny Crosby see?
2. **MEDIUM** About how many hymns did she write?
3. **EASY** Name one of her hymns.

Make it a game • Blind Hymn Guess. A grown-up hums a hymn tune. With eyes closed, players guess the hymn.

Scripture. “I will bless the LORD at all times: his praise shall continually be in my mouth.” (Psalm 34:1, KJV)

Fanny praised God all her life, though she could not see.

Practice: answers

1. No, she was blind from a baby.

2. More than 8,000.

3. "Blessed Assurance," "To God Be the Glory" or "Rescue the Perishing."

4.5 AMY CARMICHAEL OF DOHNAVUR

OBJECTIVES

- Tell how Amy Carmichael went to India.
- Tell how she rescued and cared for children at Dohnavur.
- Find India on a map.

Warm-up. Look at your eyes in a mirror. What color are they? Amy once prayed for blue eyes, and later saw a reason God said no.

Video slot. Video coming. Amy Carmichael for young viewers. Search approved channels (Torchlighters “The Amy Carmichael Story,” a church history channel vetted per video); preview first.

KEY TERMS

missionary

A person sent to tell others about Christ.

Dohnavur

A village in South India where Amy made a home for children.

sari

A long cloth wrapped as a dress, worn by Indian women.

Tamil

The language spoken in that part of India.

CORE IDEAS

Her times. Amy Carmichael was born in Northern Ireland in 1867. As a girl, she prayed that God would change her brown eyes to blue, and was disappointed when He did not. As a young woman, she ran a Sunday school for poor mill girls in Belfast, called “shawlies.”

Her choice. Amy felt God calling her to be a **missionary**. After a short time in Japan, she went to India in 1895, and she never came home again. She wore a **sari**, learned **Tamil** and traveled from village to village telling about Christ. Her brown eyes helped her blend in; blue eyes would have stood out.

Her faith. In 1901, a little girl named Preena ran away from a temple where children were being kept and mistreated. She came to Amy. Amy learned that many children were in danger, and she began to rescue them. At **Dohnavur** she made a large family home, where the children called her “Amma,” which means mother.

Why it mattered. Over fifty years, the Dohnavur Fellowship cared for more than a thousand children. In 1931, Amy was badly hurt in a fall and spent most of her last twenty years in

bed. She used that time to write books, letters and poems that encouraged Christians all over the world. She died in 1951.

PICTURE STUDY

Amy Carmichael with children at Dohnavur, Unknown photographer, about 1920 · Photograph · Dohnavur Fellowship (via Commons)

No photograph is printed here, because we could not confirm the rights to the photos we found. With a grown-up, look at old photographs of Amy and the Dohnavur children on the [Dohnavur Fellowship](#) website. She dressed like the women around her.

Look closely

- Find Amy.
- What is she wearing?
- How many children can you count?

Talk about it

1. Why did Amy dress like Indian women?
2. How did God use her brown eyes?

HANDS-ON: AMMA'S FAMILY TREE

Make a family tree for Dohnavur.

You will need

- A large paper
- Green and brown paint or crayons
- A thumb (for prints)

Steps

1. Draw a big tree trunk and label it "Amma."
2. Make thumbprint leaves for the children of Dohnavur.
3. Write "More than 1,000 children" at the top.
4. Find India and Dohnavur (near the southern tip) on a map.
5. Draw Amy for your timeline.

Check your work

- I made the family tree.
- I can tell why Amy's brown eyes helped.

FIELD NOTEBOOK

1. **Timeline card 29: Amy Carmichael, 1901.** Draw Amy in a sari with children.

2. Write: “God said no to blue eyes, for a reason.”

Did you know? Amy asked that no stone mark her grave; the children put a birdbath over it with the word “Amma.” She wrote about thirty-five books. She ruled that no one should be paid to come to Dohnavur and that she would never ask for money, only pray.

Goes deeper in. Geography, “India” (coming soon).

For families. Sources: Elisabeth Elliot, *A Chance to Die: The Life and Legacy of Amy Carmichael* (1987); Dohnavur Fellowship; Britannica. Born 16 December 1867 at Millisle; India 1895; Preena 1901 (the temple-child danger is told without details); fall 1931; died 18 January 1951. The brown-eyes story is from Amy’s own telling. Photograph public domain via Commons (age to be checked).

PRACTICE

1. **EASY** Which country did Amy Carmichael go to?
2. **MEDIUM** What did the children call her?
3. **MEDIUM** Why were brown eyes a blessing?

Make it a game • Find Amma. One child is “Amma,” hiding with a shawl. Others look for her. When found, everyone runs home to “Dohnavur” (the couch).

Scripture. “God setteth the solitary in families: he bringeth out those which are bound with chains: but the rebellious dwell in a dry land.” (Psalm 68:6, KJV)

God used Amy to set lonely children in a family.

Practice: answers

1. India.
2. Amma (mother).
3. She could blend in with Indian women.

4.6 GLADYS AYLWARD, THE SMALL WOMAN

OBJECTIVES

- Tell how Gladys Aylward got to China.
- Tell how she led children across the mountains to safety.
- Find China on a map.

Warm-up. Have you ever been told you could not do something? Gladys was told she was not fit to be a missionary.

Video slot. Video coming. Gladys Aylward for young viewers. Search approved channels (Torchlighters “The Gladys Aylward Story”); preview first. (The 1958 film is a loose retelling.)

KEY TERMS

parlourmaid

A house servant who cleaned and served at the table.

Yangcheng

A town in the mountains of north China where Gladys worked.

inn

A place where travelers stay for the night.

refugee

A person who flees danger.

CORE IDEAS

Her times. Gladys Aylward was born in London in 1902 and worked as a **parlourmaid**. She longed to tell people in China about Jesus. But a mission school said she was not able to learn Chinese, and turned her down.

Her choice. Gladys saved her wages and, in October 1930, set out alone by train across Europe and Russia, with her Bible and a few coins. She reached **Yangcheng**, where an older missionary, Jeannie Lawson, ran an **inn** for mule drivers. They called it the Inn of the Eight Happinesses and told Bible stories to the guests each night.

Her faith. Gladys learned Chinese after all. The local ruler asked her to visit homes to stop the old custom of binding little girls’ feet. She took in orphans. She even calmed a riot in a prison by walking in and speaking quietly. The people called her Ai-weh-deh, “the virtuous one.”

Why it mattered. When war came to China in 1940, Gladys led about a hundred children on a long, hard walk over the mountains to safety. They had little food and she grew very ill, but

they prayed and sang, and all arrived safely. Her story was told in the book *The Small Woman*. She died in Taiwan in 1970.

PICTURE STUDY

Gladys Aylward, Unknown photographer, mid-1900s · Photograph · Via Commons (license to be checked)

No photograph is printed here, because we could not confirm the rights to the photos we found. With a grown-up, look at photographs of Gladys online, for example on [her Wikipedia page](#). She wore Chinese clothes, as the people around her did.

Look closely

- What is she wearing?
- How does she look?
- How is she like Amy Carmichael?

Talk about it

1. How did God prove the mission school wrong?
2. What helped the children keep going over the mountains?

HANDS-ON: MOUNTAIN JOURNEY

Map and act out the mountain journey.

You will need

- Pillows or cushions (mountains)
- A map of China to copy

Steps

1. Make a “mountain” path of pillows across the room.
2. Lead your “orphans” (stuffed animals or siblings) over the mountains, singing a hymn.
3. Find China on a map and mark Yangcheng (Shanxi province) and the Yellow River.
4. Talk about how God kept them safe.
5. Draw Gladys for your timeline.

Check your work

- I led the journey.
- I found China on a map.

FIELD NOTEBOOK

1. **Timeline card 30: Gladys Aylward, 1940.** Draw Gladys leading children over mountains.
2. Write the name of her inn.

Did you know? Gladys was less than five feet tall. She became a Chinese citizen in 1936. The journey with the children took about four weeks.

Goes deeper in. Geography, “China” (coming soon).

For families. Sources: Alan Burgess, *The Small Woman* (1957); Britannica; OMF. Born 24 February 1902; not accepted after a probation term at the China Inland Mission school (about 1929); left London 15 October 1930 by the Trans-Siberian railway; naturalized 1936; the trek with about 100 children in 1940 (often given as 1938); died 1 January 1970 in Taipei. The prison riot story is from Burgess and her own talks. War is told without detail. The 1958 film *The Inn of the Sixth Happiness* differs from the facts.

PRACTICE

1. **EASY** What was Gladys’s job in London?
2. **MEDIUM** What was her inn called?
3. **MEDIUM** How many children did she lead to safety?

Make it a game • Eight Happinesses. Each player names one happiness (joy, peace, kindness...) and tosses a ball to the next. Can you name eight?

Scripture. “But God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty;” (1 Corinthians 1:27, KJV)

God chose a small parlourmaid to do a great work.

Practice: answers

1. A parlourmaid.
2. The Inn of the Eight Happinesses.
3. About a hundred.

4.7 CORRIE TEN BOOM AND THE HIDING PLACE

OBJECTIVES

- Tell how the ten Boom family hid Jewish people during World War II.
- Tell how Corrie and Betsie kept faith in a prison camp.
- Know Betsie’s words about God’s love.

Warm-up. Look around your home. Where could someone hide if they needed to? The ten Booms built a secret room.

Video slot. Video coming. Corrie ten Boom and the Hiding Place for young viewers (gentle). Search approved channels (Corrie ten Boom House Museum, Torchlighters “The Corrie ten Boom Story”); preview first.

KEY TERMS

Haarlem

A city in the Netherlands where the ten Booms lived.

Nazis

The rulers of Germany in World War II, who persecuted and killed millions of Jewish people.

the Hiding Place

A secret room built behind a wall in Corrie’s bedroom.

Ravensbrück

A prison camp in Germany.

CORE IDEAS

Her times. **Corrie ten Boom** was born in 1892 in **Haarlem**, in the Netherlands, and became the first woman watchmaker in the country. She lived above the family watch shop with her father, Casper, and her sister Betsie. Every day they read the Bible and prayed for the Jewish people.

Her choice. In 1940, the **Nazis** took over the Netherlands and began to arrest Jewish people. The ten Booms chose to help. A builder made a secret room behind a false wall in Corrie’s bedroom: **the Hiding Place**. Many Jewish people and resistance workers hid there or were helped by them.

Her faith. On February 28, 1944, the family was betrayed and arrested. Father ten Boom died soon after in prison. The people in the Hiding Place were never found and later escaped. Corrie and Betsie were sent to **Ravensbrück**. There they hid a small Bible and held secret worship for the other prisoners. Betsie said, “There is no pit so deep that He is not deeper still.”

Why it mattered. Betsie died in the camp in December 1944. Soon after, Corrie was released. After the war, she traveled to more than sixty countries telling about God's love and forgiveness. She even forgave a guard from the camp when he asked her to. Her book *The Hiding Place* has been read by millions.

PICTURE STUDY



The Corrie ten Boom House, Haarlem, Photograph, modern · Photograph · Barteljorisstraat 19, Haarlem
Photo: Jane023 · [CC BY-SA 3.0](#) · [Wikimedia Commons](#)

This is the ten Boom house and watch shop in Haarlem, now a museum. The Hiding Place is in Corrie's bedroom at the top of the house.

Look closely

- Find the shop window.
- Count the floors. Which is the top?
- Would anyone guess there was a secret room?

Talk about it

1. Why did the ten Booms risk their lives?
2. What did Betsie say about God's love?

Safety first. Parent: please read this stop first. It tells of slavery, war or the deaths of Christians truthfully but without detail. Decide whether your child is ready, and be ready to answer questions.

HANDS-ON: SECRET ROOM IN A SHOEBOX

Make a model of the Hiding Place.

You will need

- A shoebox
- Cardboard
- Tape and markers

Steps

1. Draw Corrie's bedroom inside the shoebox.
2. Tape a cardboard "false wall" near one end, leaving a narrow space behind it.
3. Cut a small low door that can be hidden.
4. Tell the story of the ten Booms with your model.
5. Draw Corrie for your timeline.

Check your work

- I made a Hiding Place model.
- I can tell Betsie's words.

FIELD NOTEBOOK

1. **Timeline card 31: Corrie ten Boom, 1944.** Draw the watch shop.
2. Copy Betsie's words.

Did you know? The ten Boom house in Haarlem is now a museum; you can see the Hiding Place. Corrie was honored by Israel as "Righteous Among the Nations." She was born and died on the same date, April 15 (1892 and 1983).

Goes deeper in. History, "World War II" (coming soon).

For families. Sources: Corrie ten Boom House Museum; Yad Vashem (Righteous Among the Nations, 1967); Corrie ten Boom with John and Elizabeth Sherrill, *The Hiding Place* (1971), which is under copyright and summarized. Arrest 28 February 1944; Casper died 9 March 1944; Betsie died 16 December 1944; Corrie released late December 1944; born 15 April 1892, died 15 April 1983. Betsie's words are widely quoted from the book ("There is no pit so deep that He is not deeper still"). Camp conditions are not described.

PRACTICE

1. **EASY** Where did the ten Booms live?
2. **MEDIUM** What was the Hiding Place?
3. **MEDIUM** What did Betsie say?

Make it a game · Watchmaker's Shop. A grown-up sets several clocks or watches to different times. Players race to put them all right, like watchmakers.

Scripture. "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty." (Psalm 91:1, KJV)

Corrie and Betsie trusted that God was their true hiding place.

Practice: answers

1. Haarlem, in the Netherlands.
2. A secret room behind a false wall in Corrie's bedroom.
3. "There is no pit so deep that He is not deeper still."

4.8 ELISABETH ELLIOT AND THE WAODANI (1956)

OBJECTIVES

- Tell what happened to the five missionaries in Ecuador in 1956.
- Tell how Elisabeth Elliot went to live among the people who killed her husband.
- Find Ecuador on a map.

Warm-up. What does it mean to forgive? Can you think of a time someone forgave you?

Video slot. Video coming. Elisabeth Elliot and the Ecuador missionaries for young viewers (gentle). Search approved channels (a church history channel vetted per video; Through Gates of Splendor documentary clips with parent preview); preview first.

KEY TERMS

Ecuador

A country in South America on the equator.

Waadani

A people of the Amazon rainforest in Ecuador (also called Huaorani).

missionary aviator

A pilot who flies missionaries and supplies.

forgive

To let go of a wrong and not pay it back.

CORE IDEAS

Her times. **Elisabeth Howard** was born in 1926 to missionary parents. She studied Greek so she could translate the Bible. In **Ecuador**, she married **Jim Elliot**, also a missionary, in 1953, and they had a baby daughter, Valerie.

Her choice. Jim and four friends, including the pilot Nate Saint, wanted to reach the **Waadani**, a people in the rainforest who had never heard of Christ and who were feared by their neighbors. In January 1956, the five men landed on a sandy river beach. Days later, on January 8, all five were killed by Waadani men. Jim had once written, “He is no fool who gives what he cannot keep to gain what he cannot lose.”

Her faith. Elisabeth did not hate the Waadani. She kept praying for them. In 1958, she and her three-year-old daughter, with Nate Saint’s sister Rachel, went to live among the Waadani, in the very tribe where the men had died. She learned their language and showed them God’s love.

Why it mattered. Many Waadani became Christians, including some of the men who had killed the missionaries. Elisabeth wrote the book *Through Gates of Splendor* and many

others, and spoke on the radio for years. She often said, “Do the next thing.” She died in 2015.

PICTURE STUDY



The Curaray River, Ecuador, Photograph, modern · Photograph · Amazon rainforest, Ecuador
Photo: Captain Phoebus at English Wikipedia · [CC BY 2.5](#) · [Wikimedia Commons](#)

The missionaries’ little plane landed on a beach beside the Curaray River, in rainforest like this. There are no roads; rivers and small planes are the way to travel.

Look closely

- What do you see along the river?
- How would you travel here?
- Where might a small plane land?

Talk about it

1. Why did Elisabeth go to live among the Waodani?
2. What does Jim Elliot’s saying mean?

Safety first. Parent: please read this stop first. It tells of slavery, war or the deaths of Christians truthfully but without detail. Decide whether your child is ready, and be ready to answer questions.

HANDS-ON: MY HEROINE NOTEBOOK REPORT

Write a report about one heroine from any trail.

You will need

- Your Field Notebook
- Your heroine timeline
- Colored pencils

Steps

1. Choose one woman from any of the four trails.
2. Write four sentences: her times, her choice, her faith, and why it mattered.
3. Draw her picture and add a verse that fits her life.
4. Read your report to your family.
5. Add Elisabeth Elliot to your timeline and finish the whole Heroines timeline.

Check your work

- I wrote a four-part report.
- My timeline is complete.

FIELD NOTEBOOK

1. **Timeline card 32: Elisabeth Elliot, 1958.** Draw Elisabeth and Valerie in the rainforest.
2. Copy Jim Elliot's saying.
3. **Heroine Notebook report** (see Hands-on).

Did you know? One of the Waodani men, Mincaye, later became a Christian and a close friend of Nate Saint's son Steve. Jim Elliot's journal was published after his death. Elisabeth Elliot wrote more than twenty books, including one about Amy Carmichael.

Goes deeper in. Geography, "South America" (coming soon).

For families. Sources: Elisabeth Elliot, *Through Gates of Splendor* (1957) and *Shadow of the Almighty* (1958), under copyright; summarized. The five (Jim Elliot, Nate Saint, Ed McCully, Pete Fleming, Roger Youderian) were killed 8 January 1956 on the Curaray River ("Palm Beach"); the manner is not described. Elisabeth, Valerie and Rachel Saint went to live with the Waodani in October 1958. Jim Elliot's saying is from his journal (28 October 1949). Elisabeth born 21 December 1926; died 15 June 2015. Parents: please preview; the deaths are named but not described.

PRACTICE

1. **EASY** In which country did the missionaries work?
2. **MEDIUM** What did Elisabeth do in 1958?
3. **MEDIUM** What was Elisabeth's simple advice?

Make it a game • Do the Next Thing. A grown-up calls out simple tasks one by one (fold a towel, put a book away, hug someone). Players do only "the next thing" until all are

done.

Scripture. “But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;”
(Matthew 5:44, KJV)

Elisabeth loved and served the people who killed her husband.

Practice: answers

1. Ecuador.
2. She went to live among the Waodani.
3. “Do the next thing.”

TRAIL 4 BADGE QUIZ

The badge quiz is optional. Read each question aloud; the child may answer by talking, pointing or drawing. Four right out of five earns the first badge; three right out of four earns the second. Badges and the certificate are earned by doing the stops, not by scores.

Badge quiz 1 (Stops 1-5)

1. Who was the Lady with the Lamp?
2. Who founded the American Red Cross?
3. Who said, "I never lost a passenger"?
4. Who wrote "Blessed Assurance"?
5. Who was called "Amma" in India?

Badge quiz 2 (Stops 6-8)

6. Who led about a hundred children over the mountains in China?
7. Who built a Hiding Place in Haarlem?
8. Who went to live among the Waodani?
9. Put Florence Nightingale, Corrie ten Boom and Harriet Tubman in order.

TRAIL CERTIFICATE: MY HEROINE NOTEBOOK REPORT AND TRACK CERTIFICATE

Add your eight Trail D cards to finish your heroine timeline.

Read your Heroine Notebook report to your family.

When the report and timeline are done, a parent signs the Trail D certificate.

- **Timeline:** All the women of the trails you finished, in order.
- **Report:** Four parts: times, choice, faith, why it mattered.
- **Verse:** A fitting KJV verse copied exactly.
- **Care:** Neat and labeled.

Answer key

1. Florence Nightingale.
2. Clara Barton.
3. Harriet Tubman.
4. Fanny Crosby.
5. Amy Carmichael.
6. Gladys Aylward.
7. Corrie ten Boom's family.
8. Elisabeth Elliot.
9. Harriet Tubman (1849), Florence Nightingale (1854), Corrie ten Boom (1944).