

FALL 2022

ISSUE NO. 3

DIGNITY

GIRLS' MAGAZINE



WHY I CHOOSE
MODESTY

page 7

DEDICATING YOUR
DAY TO GOD

page 8

BAKE PUMPKIN
CAKE

page 15



DIGNITY

EDITORIAL

Norah Rojas

Lily Ortega

Brigid Froman

GRAPHIC DESIGN & LAYOUT

Norah Rojas

Lily Ortega

CONTRIBUTERS

Giovanna Mallardi

Norah Rojas

Lily Ortega

Noelia Gibson

Claudia Gibson

Lily Rivera

Brigid Froman

CONTACT:

dignitygirlsmagazine@gmail.com



CONTENTS

READ

4

About the Cover

5

3 Saints Who Modeled
Dignity & Modesty

6

Truth Vs. Lie

7

Why I Choose Modesty

8

Dedicating Your Day to God

FASHION

9

Problem - Solution

10

Fashion Feature

11

Outfit Ideas

12

Historical Style

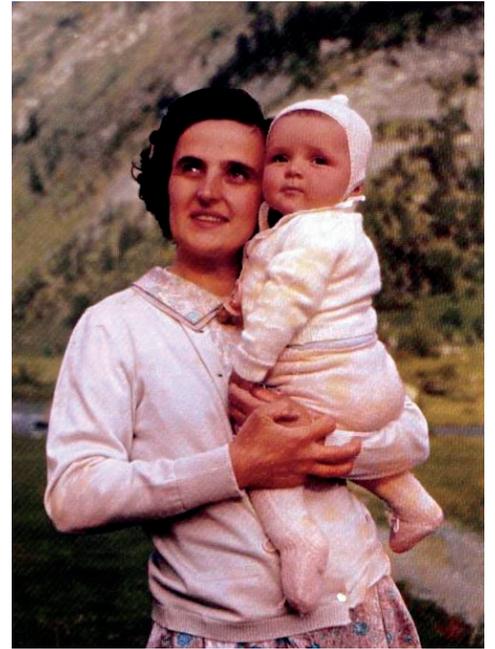
FUN

14

Coloring Page

15

Recipe: Pumpkin Cake



Learn about saints who valued dignity and modesty on page 5.



Read about the beauty of modest fashion on page 7!

Note: many stores/brands featured in this magazine unfortunately support anti-Christian or immoral issues; however, whether you wish to buy from them or from others is a personal choice - they are featured only for the clothing they sell.

About the Cover

By Lily Ortega

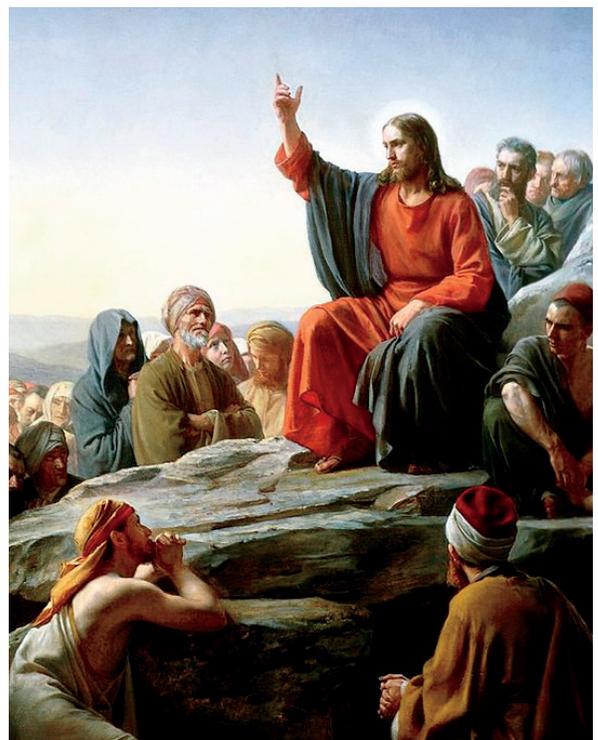


On the cover this month is the Portland Head Light, a historic lighthouse in Cape Elizabeth, Portland, Maine. Completed in 1791, it is Maine's oldest lighthouse, guiding sailors to safety for over 200 years.

St. Thérèse of Lisieux said, "The world is thy ship and not thy home." Similar to the sailors traveling to the coast of Portland, we need a light to keep us from crashing into the rocks and from becoming lost in a storm. This light is the light pouring down from heaven, the light of God our Father, the light of the Resurrected Jesus, the Holy Spirit, of Mary, our radiant Mother, the angels, and of the saints, our best friends who cheer us on while we're here on earth.

Similarly, when Jesus was preaching the Sermon on the Mount, He spoke about light. Matthew 5:14-16 reads: "You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

As heaven is a lighthouse for us, so we are like a lamp for those around us. The lighthouse guides us, and we can inspire our neighbors to accept guidance from the lighthouse, as well as let their own light shine.



To read the full text of the Sermon on the Mount, open up your Bible to Matthew 5-7.

Three Saints Who Modeled Dignity & Modesty

By Brigid Froman

St. Margaret of Scotland

St. Margaret of Scotland was the queen of Scotland in the 11th century. As a queen, she understood the importance of fashion as well as modesty and good taste, and wanted to help her country appreciate beauty in fashion as well.

Read more about St. Margaret's love of style and beauty at: meghanashleystyling.com/home/2018/7/26/the-saint-who-understood-the-importance-of-fashion

Or scan to read more:



St. Gianna Beretta Molla

St. Gianna was a mother and doctor who valued the dignity of human life. In 1961, when pregnant with her fourth child, she was diagnosed with cancer. She was given three options by doctors; two would save her, but not the child, and the third would save the child, but threaten her life. She decided to save her baby, and died a week after delivering a healthy baby girl - who is now a doctor herself.

Read more about St. Gianna at: mycatholickids.com/saint-gianna-beretta-molla-a-heroic-mother/

Or scan to read more:

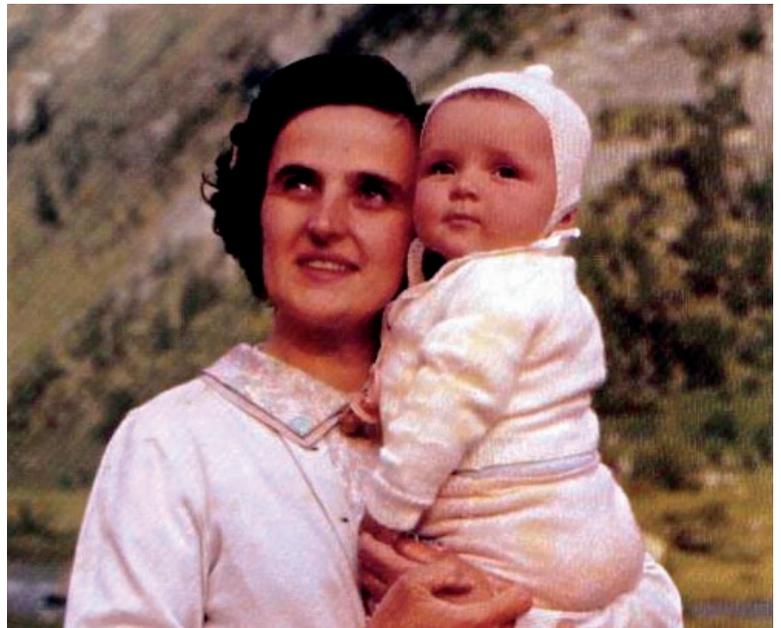


St. Agnes

St. Agnes of Rome gave herself to Jesus at a young age, though many men wanted to marry her. Eventually, she was martyred at the young age of 12-13 due to the fact that she kept her modesty and purity. She is the patron saint of girls and Girl Scouts.

Read more about St. Agnes at: catholic.org/saints/saint.php? saint_id=106

Or scan to read more:



Truth vs. Lie

By Norah Rojas

Lie

Going to confession is not necessary for me because I don't do anything really wrong.

Truth

True healing of the soul comes from confessing your sins.

"Therefore, confess your sins to one another and pray for one another, that you may be healed."

James 5:16

Inspired by the "Truth vs. Lie" cards from Walking with Purpose's "BLAZE Belong" program

Why I Choose Modesty

By Claudia Gibson

This beautiful article on modesty was written by the mother of one of our Dignity contributors. Mrs. Gibson is a faithful Catholic mom of three who strives to bring Jesus to everyone she meets.

I don't think dressing modestly will make me holy or better than anyone else.

In his first epistle St. Peter tells us: "God the Father knew you and chose you long ago, and his Spirit has made you holy. As a result, you have obeyed him and have been cleansed by the blood of Jesus Christ." 1 Peter 1:2 NLT

God the Father, through the priceless sacrifice of his Son, solely out of an everlasting abundance of love and mercy, made us holy. We didn't do a single thing to warrant that. It was all grace! And through our faith in Him, the blood of Jesus cleanses us from sin.

My desire to walk in the holiness that I've been given is only a response to the love and joy of salvation that I carry in my spirit. It is the fruit of a saved soul, of a life transformed, of a mind renewed to who I truly am! I am a daughter of the King and I have come to understand and treasure with what care and love I was created. I want my dress choices to convey the message of love, purity, holiness, and joy that I carry inside.

The Scriptures tell me that in Christ, I am free from the law. Yet, every time I use my free will to choose modesty, I believe that I

am being a witness of His work of grace and love. I want to honor His sacrifice and mercy in everything I do.

I want to point out that we should never judge each other regarding our apparel. We are all on a journey to salvation and holiness. We should pray for each other and love each other so we can be sensitive to the promptings of the Holy Spirit in our fashion choices and everything else!

And dressing modestly does not have to be a burden. We can ask the Holy Spirit to guide us and He can direct us to find appropriate apparel choices that fit our God-given personality. If He makes the lilies of the field so glorious, He can do the same for me and you!

"And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

Matthew 6:28-30, 33 NLT



DEDICATING YOUR DAY TO GOD

By Lily Rivera
& Noelia Gibson

Sometimes you might say, "I don't have time to pray." or "I don't have time to go to church." The truth is, there is always time for God because He comes first before anything or anyone. We all know that there are 24 hours in a day. Whether it's going to Mass or reading the Bible at home, it doesn't have to be an especially long time but enough to develop a stronger relationship with God.

Prayer doesn't have to be complicated. You can talk to God about anything, and He will listen. If you're asking God for something and you haven't received an answer yet, it doesn't mean He is ignoring your prayers, it might just not be the right time. You need to be persistent when you're asking God, like it says in Mathew 7:7: "Ask and it will be given to you, seek and you will find, knock and the door will be opened to you."

God gave us all a gift but some of us haven't discovered it yet. It might be singing, art, helping people and so much more. If God gave you a gift of singing, then you can use that gift by worshiping God. Either if you are listening to or singing Christian music, it is great way to connect and worship God.

Whether you are going to Church or Mass, Praying, reading the Bible, or praising God, these are all great ways to dedicate some of your time to God.



problem - solution

BY LILY ORTEGA

Improve your new outfit with these modesty tips!

PROBLEM

You need new athletic shorts for everyday, but they're all either really short or really tight.

Solution

You could either wear uniform-style looser shorts, wear a pair of bike shorts with a longer tunic - length top, or even try a skort. In cooler weather, try jogging pants.

PROBLEM

There are so many pretty tops at the store... but they're all cropped or too short.

Solution

You could try wearing a tank top or camisole in a complimentary or matching color underneath it.

PROBLEM

You are shopping for a special occasion dress in the Junior's section, but they are all low-cut, skin-tight, or super short.

Solution

Try pairing a formal blouse with a dressy skirt, or if possible, shop in either Girls' clothing or Women's clothing instead of Juniors' - the options are usually more modest.

Fashion Feature: Lounge

Curl up for a movie and popcorn in these comfy fall finds!

Please note: original prices are listed throughout issue, though featured clothing will most likely be discounted. Also, some items may be online only.



Thereabouts Long Sleeve
Knee Length Robe
in Beaujolais Star
jcpenney.com, \$40



Epic Threads Scoop Neck
Twist Front Sweater
in Vanilla Bean Heather
macys.com, \$46



Pumpkin Spice Sleep Tee
Set, in Petal
sugarandjade.com, \$36.95



Buffalo Plaid Hoodie
Nightgown
sugarandjade.com, \$39.95



Thereabouts V Neck Long
Sleeve Cardigan
in Bombay Brown
jcpenney.com, \$36



Isotoner Recycled
Microsuede Mallory
Womens Slip-On Slippers
jcpenney.com, \$36

OUTFIT Ideas



- 1.** Zunie Long-Sleeve Waffle-Knit Cardigan, in Heather Gray, dillards.com, \$32 **2.** Jumping Beans® Core Tee, in White, kohls.com, \$12 **3.** Legging Jeans, in Reflectblue Wash, childrensplace.com, \$29.95 **4.** Bearpaw Koko Snow Boot, in Grey, dsw.com, \$84.99 **5.** Speechless Big Girls Long Sleeve A-Line Dress, in Navy Burgundy, jcpenny.com, \$58 **6.** Leggings, in Tidal, childrensplace.com, \$9.95 **7.** St. John's Bay Doral Riding Boots Block Heel, in Taupe, jcpenny.com, \$85 **8.** Plaid Button Down Shirt, in Black 2, childrensplace.com, \$32.95 **9.** SO® Favorite Long Leggings, in Black, kohls.com, \$14 **10.** GBG Los Angeles Adlea Bootie, in Black, dsw.com, \$49.99

HISTORICAL STYLE: THE 1910S

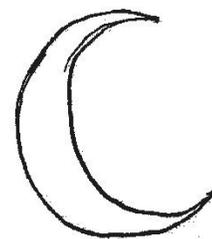
1910s teen girls' fashion features:
Long, high-waisted A-line skirts
Lacy blouses, or "shirtwaists"
Laced or buttoned heeled boots



1910s teen girls' hairstyles feature:

For younger teens: a back braid or long wavy/curly hair with a bow; for older teens, hair in a bun, often with complex braids and waves





Your word is a

lamp for my feet,

a light

for my path

Psal 119:105





Pumpkin Cake

Ingredients:

Pumpkin Cake:

- 2 cups canned pumpkin
- 1 cup granulated sugar
- 2/3 cup light brown sugar , packed
- 1 cup oil , vegetable or canola
- 4 large eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger

Cream Cheese Frosting:

- 1/2 cup butter , room temperature
- 8 ounces cream cheese , room temperature
- 3 1/2 cups powdered sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

Instructions

- Preheat oven to 350 degrees F. Grease a 9x13 inch pan with non-stick cooking spray.
- In a large mixing bowl combine sugars, eggs, pumpkin puree, oil and vanilla.
- In separate bowl combine flour, baking soda, baking powder, spices and salt.
- Add dry ingredients to bowl with the pumpkin mixture and stir to combine.
- Pour batter into prepared pan.
- Bake for 30-35 minutes, or until a toothpick inserted in center comes out clean. Allow to cool completely before frosting.

Cream Cheese Frosting:

- Beat butter and cream cheese together until light and fluffy, 2-3 minutes. Add powdered sugar, mixing well for 2-3 minutes. Mix in vanilla and cinnamon.

Recipe courtesy of www.TastesBetterFromScratch.com