

# American Heritage Girls in the Catholic Church



American Heritage Girls is a Christ-centered non-profit character development youth ministry program for girls ages 5-18, dedicated to its mission of building women of integrity through service to God, family, community, and country. AHG programming focuses on six program emphases: Life Skill Enhancement, Girl Leadership, Teamwork, Character Development, Social Development and Spiritual Development.

## The Facts for American Heritage Girls in the Catholic Church:

- \* A Catholic AHG Troop operates under the auspices and authority of its Chartering Organization (ie: parish), molding the ministry according to the Roman Catholic Church teachings + traditions.
- \* Catholic AHG Troops are encouraged to celebrate the fullness of the faith, while equipping girls with leadership skills, teamwork, and character development to live their faith.
- \* The AHG National Catholic Committee supports existing members who are part of a Catholic AHG Troop, as well as the Catholic AHG members not in a Catholic AHG Troop, ensuring that all Catholic AHG members are growing in their faith.

Together, the Church and AHG work to help girls grow in their faith and love for God while learning to live their faith everyday in relevant and meaningful ways. This is accomplished through the volunteer work of faith-filled Catholic adult mentors who facilitate the AHG program.



# Benefits

- AHG is a youth ministry, starting at an early age that engages the girl from kindergarten through high school, encouraging them to be active members of the Catholic Church, making it less likely that they stray during the college and post college years.
- AHG is an outreach to the community, fostering relationships with unchurched families or families that are discerning to “come home”.
- As negative and often Godless societal messaging is enveloping girls, AHG gives the girls the tools to build the foundation of their faith, growing in virtue, equipping them with the courage to counter the secular culture.
- AHG builds on previously taught core values of Catholicism, extending their time within the parish family umbrella. AHG also provides leadership training to both volunteers and girls, helping to develop future leaders that can help lay the foundation for the next generation.
- Service is integral to the AHG program, which helps girls “put legs on their faith”, while encouraging girls to become lifelong givers.
- In addition to the diocesan youth protection course, AHG requires all leaders to take KEYS (AHG youth protection) every two years, equipping Leaders with additional tools to help protect children and keep them safe. In addition, all Leaders are background checked.
- National Federation for Catholic Youth Ministry (N.F.C.Y.M.) Religious Program and the NCCS Footsteps of American Saints, Marian Activity Series, and Rosary Series programs are encouraged for all Catholic AHG members.

**American Heritage Girls is family-friendly and faith-based – perhaps the AHG Oath says it best:**



I promise to Love **God**,  
cherish my **family**,  
Honor my **country**  
and serve in my **community**.



**AMERICAN  
HERITAGE GIRLS™**  
FAITH | SERVICE | FUN

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