



AMERICAN HERITAGE GIRLS®

FAITH | SERVICE | FUN

Faith...Service...Fun. These are the values that encompass the American Heritage Girls program. American Heritage Girls has been the premier national character development organization for 22 years for girls ages 5 to 18 that embraces Christian values and encourages family involvement. Troop TX2012 is now in its sixth year at Saint Elizabeth Ann Seton Catholic School. AHG strives to build “women of integrity through service to God, family, community and country.” The American Heritage Girls Program has partnered with the Diocese of Fort Worth to assist and support girls through spiritual development, character development and citizenship, girl leadership skills, life skill enhancement, development of teamwork and social skills while building confidence and discovering their identity in Christ.

Spiritual Development: AHG exists to help girls learn more about God, about how to walk in faith, and the need to seek God’s will in our lives. Our hope is that each and every girl will experience the Lord in all parts of AHG -- the Oath, friends, Leaders, through service, Religious Recognitions programs, and even Badge work! AHG helps girls to live their lives for God!

Character Development: A girl’s character is made up of the values she uses to make decisions. Helping a girl learn to listen to the Holy Spirit inside of her to determine what is right and wrong, and ultimately gain the ability to make sound, moral decisions, is what American Heritage Girls is all about! A girl can develop character values through her family, church, relationship with God, and life experiences. AHG intentionally offers many character-development opportunities, especially through service and citizenship programs.

Girl Leadership: AHG wants every girl to share her talents and ideas to make her Troop the best it can be! AHG’s multi-Level Troop structure offers many opportunities for girls to experience different leadership roles. As a girl ages through the program, her leadership opportunities and responsibilities increase accordingly. These lessons carry through to all areas of a girl’s life: in her home, as a citizen of our country, as a member of her church, and even as a student in school!

Life Skill Enhancement: AHG helps girls acquire skills that will assist them in all areas of life. These skills may include how to use a computer, sew on a button, protect themselves, learn about their ancestors or what it takes to be an astronaut. The Badge program provides opportunities for girls to interact across age groups, as older girls teach younger girls. Each Badge can be earned at three different levels (Tenderheart, Explorer, and Pioneer/Patriot).

Teamwork: Working as a team is important within a Troop, especially when the girls venture outdoors! Spending Troop time in God’s creation is full of fun and excitement as each girl sees nature bear witness to our huge, infinitely creative God. There are challenging surprises around every tree trunk! Challenges can quickly become victories when teamwork is used to problem-solve. Victories help build confidence. AHG helps girls grow in confidence by learning self-reliance in the outdoors.

Social Skills: Girls love having fun with their friends! Many girls say that being with other girls in Troop meetings, field trips, camp-outs and special events is their favorite part of being an American Heritage Girl. Each Troop provides plenty of opportunities throughout the year for every girl to make friends and enjoy spending time with them like a mother/daughter tea, movie night, family fun night, field trips, and marching in a parade!

We meet two Thursday evenings a month at St. Elizabeth Ann Seton. We have different girl units that comprise our Troop: Pathfinder (Kindergarten), Tenderhearts (1st-3rd grade), Explorers (4-6th grade), and Pi/Pa (7th-12th grade). Besides our Troop Meetings we offer many service opportunities both through the church and community monthly as well as Religious Award Workdays for girls earning religious awards through the Diocese.

To learn more about our Organization and Troop, and questions about joining:

American Heritage Girls: www.ahgonline.org

Troop TX2012 Website: <https://ahgtx2012.trooptrack.com/>

Troop Coordinator: Sonja Maxwell maxwellmomof5@gmail.com