

*****NEWS RELEASE*****

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MARCH IS WOMEN'S HISTORY MONTH

Girl power through God's power; *American Heritage Girls* founder redefines female empowerment

Patti Garibay: 'The full value and strength of a woman is only understood through the lens of Christ'

CINCINNATI, Ohio — While the concept of “girl power” seems to be fairly innocuous, *American Heritage Girls* (AHG, www.americanheritagegirls.org) Founder and Executive Director Patti Garibay identified a stronger source of power that young girls should focus on — God. AHG, one of the largest Christian, scout-type organizations in the world, has been providing powerful, Christ-focused programming to help girls develop leadership skills, build relationships, and get outdoors for almost 30 years.

Garibay stated, “Girl power. Two words that seem to have fueled the world's understanding of women in culture in recent decades. Female empowerment is, at its core, about helping girls and women recognize their worth. Seems innocent enough, right? If only it were so simple.

“‘Girl power’ on its own is a flawed movement. It places all its meaning in the human understanding of man and woman, embracing concepts of cultural feminism as the sole source of worth. But we know as Christians that humankind's purpose doesn't come from earthly sources — it's of God. Just as worth does not come from intelligence, appearance or wealth, it also doesn't come from the idea of feminine validation.”

American Heritage Girls promotes the telling of God's story through her story — the story of every girl member both active and graduated through AHG's unique Christ-centered program. In the face of a [rapid mental health decline](#) for young girls across America, AHG leaders promote a loving, interactive relationship with Christ.

Garibay continued, “‘Girl power’ comes not simply from gender or cultural validation, but through Christ's desire for all people in the Kingdom, and the immense responsibility that we, as Christians of either gender, must reflect such a profound love as His. A girl's mission in life not only includes the many accomplishments she's sure to achieve, but also the great joy in offering up her life's success in praise to God. What a calling!

“When a girl is wholesomely fostered and encouraged in the light of Christ, she is truly unstoppable. She recognizes the great power she has through the gifting of the Holy Spirit and in praying over the plan God has for her. She has real ‘girl power’ because really, it’s deeper than that. It’s God’s power.”

Garibay concluded, “The full value and strength of a woman is only understood through the lens of Christ. Paul writes in his letter to the Ephesians: ‘I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge — that you may be filled to the measure of all the fullness of God,’ (Eph. 3:16-19).”

To read more of **Garibay’s** thoughts on “girl power,” [see her previous OPED](#).

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “**Raising Godly Girls**” one-minute [radio feature](#) to learn about building a bedrock faith.

American Heritage Girls was founded in 1995 by a group of parents who wanted this faith-based, scout-type character development program for their daughters. At **AHG**, girls ages five to 18 meet together as [a single Troop](#) at the same time and then break out into Units by Levels. This gives **AHG** girls the important social experience of interacting with friends and godly mentors of various ages; members also learn leadership skills within a group setting. **AHG** Troops are located in [local communities](#) across the nation. If none exists in a given area, families can bring the **AHG** Program to their own area. An **American Heritage Girls** Troop Development Coach is available to provide resources to potential Charter Organizations and other families to form [a new Troop](#). To hear more about the purpose, mission, and vision of **AHG** from **Founder and Executive Director Patti Garibay**, [click here](#).

Today, there are [Troops](#) in all 50 states and girls being served in 15 countries around the globe. Girls can join a Troop at any time; if a Troop is not available nearby, they can become a [Trailblazer](#) and enjoy the **AHG** program alongside their parent. A variety of Christian denominations are also represented as [Charter Organizations](#) for Troops. Thousands of volunteer members across the country are helping girls grow in their faith, cultivate a heart for service, enjoy the great outdoors, and have more fun than they can imagine.

AHG offers various resources under [“Raising Godly Girls,”](#) including a weekly podcast, one-minute radio features, a blog, and guides for parents. All “**Raising Godly Girls**” platforms and materials offer guidance and biblically-based advice on various topics affecting girls today, such as bullying, identity, anxiety, and body image issues. “**Raising Godly Girls**” provides parents, educators, and faith community leaders with tools, resources, and Scripture-based advice to help raise girls after God’s own heart.

AHG’s new podcast, [“Raising Godly Girls,”](#) features fresh episodes every Tuesday, Thursday, and Saturday. Subscribe and follow on any major podcast platform or visit [raisinggodlygirls.com](#). Additionally, the [“Raising Godly Girls Minute” with Patti Garibay](#) airs on 1000+ Christian radio stations across the country.

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To schedule interviews with **Patti Garibay**, founder and executive director of **American Heritage Girls**, contact Media@HamiltonStrategies.com, Beth Bogucki, 610.584.1096 ext. 105, or Jeff Tolson, ext. 108.

To inquire about airing the [“Raising Godly Girls Minute” with Patti Garibay](#), contact [Michael Hamilton, 610.584.1096, ext. 101](#).