

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

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CONTACT:

Hamilton Strategies, Media@HamiltonStrategies.com, Beth Bogucki, 610.584.1096 ext. 105, or Jeff Tolson, ext. 108

In today’s hectic world, AHG girls learn to live ‘RESTfully’ with innovative new Patch Program

‘As girls trace God’s fingerprints through His Word, they can see one important principle — rest — that is often neglected in our busy society,’ says AHG Founder Patti Garibay

CINCINNATI, Ohio — Despite a life of leisure being a sign of high society in the past, modern American culture has grown to [highly value busyness and high stress](#). More than half of Americans are juggling more than one task at any given time, [according to one study](#), with over 60% of adults claiming that their busy lifestyle hinders them from enjoying life to the fullest. Unfortunately, this attitude towards work and busyness can be easily passed down to the next generation, ensuring that many of today’s children have an unhealthy relationship with busyness and fail to prioritize rest.

American Heritage Girls (AHG, www.americanheritagegirls.org), one of the world’s largest Christian scout-type organizations, is proud to announce the launch of a new Patch Program, “*Living RESTfully*.” This innovative new Patch Program is designed to show girls the value of taking a rest and admiring the world around them, using service-related fun activities to engage girls in caring for all aspects of God’s creation. Throughout the program, girls will learn to **R**espect the Creator, **E**dify mankind, **S**ustain animal life, and **T**end to natural resources — REST.

“There is one consistent thread intertwining each created being — God’s command for rest,” said Patti Garibay, AHG founder and executive director. “God provided this example when He rested on the seventh day after creation. He established periods of sabbath rest for man, animals, and land in the law passed down through Moses. In today’s culture of busyness, speed, and ambition, rest is often one aspect of caring for creation that is sorely neglected. Through this patch program, a girl will learn AHG’s guiding biblical principles of creation care and discern ways with her family and Troop to address conservation topics through education and service-related activities.”

The “*Living RESTfully*” Patch Program includes thought-provoking questions designed to spark internal reflection and renewal, interactive activities, and carefully curated Bible verses chosen to teach girls the benefit of resting in Christ. The “*Living RESTfully*” Patch Program joins several other outdoor Patch Programs intended to encourage girls to value God’s wonderful creation.

“From the beginning of creation, God has called mankind to care for the Earth and its inhabitants sustainably and upliftingly,” said Garibay. “As girls trace God’s fingerprints through His Word, they can see one important principle — rest — that is often neglected in our busy society. We at AHG are proud to encourage girls to take a pause in today’s hectic world and see God’s design throughout His creation.”

Tune in to this week's [Raising Godly Girls \(RGG\) podcast](#) and "Raising Godly Girls" one-minute [radio feature](#) to hear more about teaching girls how to care for creation through the "Living RESTfully" Patch Program and encouraging them to enjoy God's earth through the outdoors and camping.

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.](#)