

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

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AHG encourages outdoor adventure to facilitate a deeper connection with Christ

‘Christ often used nature to teach His followers, and we can still find His Spirit out in the wilderness,’ says AHG Founder Patti Garibay

CINCINNATI, Ohio — As technology tightens its grip on humanity, experts agree that it is more important than ever before for families — particularly children — to get outside and enjoy nature. [Many researchers find](#) that kids who play outside are happier, better at paying attention and less anxious than kids who spend more time indoors. Spending time outside actually has [a significant spiritual component](#) as well. As children interact with nature and explore God’s creation, they can develop a deeper understanding of the Creator as well as Scripture, anchoring their faith in the truth of God’s Word.

American Heritage Girls (AHG, www.americanheritagegirls.org), one of the nation’s premier scout-type organizations for girls ages five to 18, has been encouraging outdoor play to build spiritual depth for three decades. With progressive programming designed to develop a girl’s character through service to God, family, community and country, **AHG** skillfully partners friendship, family and fun to create a unique girl-focused, Christ-centered outlet.

“The art of outdoor play seems to be lost in today’s world,” says Patti Garibay, AHG founder and executive director. “So many kids, especially teens, fill their free time with screen time. They get sucked up in the black hole of social media algorithm suggestions and before you know it, they’re glued to the screen. At AHG, we encourage time in the great outdoors to foster a sense of wonder for creation, and therefore its Creator.”

Garibay recently sat down on **AHG’s** podcast, [Raising Godly Girls \(RGG\)](#), with Eryn Lynum, a certified Master Naturalist, educator, and author who has made it her mission to connect families with their Creator through the beauty and wonder of His creation. Lynum and **Garibay** dive deep into the importance of outdoor adventure, a key component of *American Heritage Girls* programming. Lynum explains how time in nature can build confidence, reduce stress, and foster spiritual growth, even when it challenges girls to step outside their comfort zones.

“The outdoors can be a powerful tool for girls to learn both resilience and spiritual lessons,” says Garibay. “Christ often used nature to teach His followers, and we can still find His Spirit out in the wilderness.”

AHG girls often use their love for the outdoors to give back to their communities. [AHG Stars and Stripes Award](#) recipient Grace Leitzel used her project opportunity to build a picnic table and benches for her local park. This service project is an opportunity for girls to plan, lead and implement a major undertaking all by themselves, developing their skills in organization, communication, time management and project management.

“It was worthwhile coming up with a detailed plan and following the plan,” said Leitzel. “Shortly after I completed my project, someone posted in the neighborhood group asking, ‘Is this cute new picnic bench area (next to the trail) open to the public, or is it on private property?’ It was very rewarding to see that it had made an impact!”

AHG’s new “[A Raising Godly Girls Guide to Caring for Creation](#)” equips parents and loved ones to provide their girls with the tools to spend time in and care for God’s creation while never losing sight of their greatest responsibility: sharing the Gospel and glorifying the Creator.

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “*Raising Godly Girls*” one-minute [radio feature](#) to learn more about how girls can foster their faith in Christ, moving away from technology and spending time outdoors in His creation.

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 parents. 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.](#)