

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

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This Lenten season, *AHG* challenges families to embrace a liturgical way of life

*'We can't force our daughters into having faith, but we can shape the way they view what it means to be faithful,' says **AHG's Rachael Culpepper***

CINCINNATI, Ohio — In today's hectic lifestyle, the first thing that seems to be sacrificed on the altar of household life is quality family time, such as dinners or game nights. [The American College of Pediatricians reports](#) that over the past three decades, family time at the dinner table and family conversation have declined by more than 30%, much to the chagrin of most parents. Not only can family time be a good opportunity to develop social and emotional skills, but it also provides a unique chance to develop a strong sense of faith and reverence.

This Lenten season, *American Heritage Girls (AHG, www.americanheritagegirls.org)*, the nation's premier Christ-centered scout-type organization for girls ages five to 18, encourages families to make the most of this holy time and embrace a more liturgical way of living. As many Christians around the world enter a time of reflection, repentance and renewal to prepare their hearts for the hope and joy of Easter Sunday, *AHG* urges parents to teach their girls about the value of their faith and the importance of living a godly life.

*"Raising your girl to be reverent is a tricky task," said **AHG Executive Director Rachael Culpepper**. "We can't force our daughters into having faith, but we can shape the way they view what it means to be faithful. To be reverent is to be respectful. Taking the time to involve and explain to your daughter what and why something is happening during your Sunday service can help her feel engaged and feel ownership of her faith."*

The organization explains that the Lenten practice of fasting, particularly when shared as a family, is a meaningful way to elevate a girl's faith journey this Easter season. *AHG* encourages families to view fasting primarily as an opportunity for the Holy Spirit to purify the soul and redirect the heart posture back to a Holy God.

*"Whether the 'give-up' includes sweets, screen time, social media, caffeine, meat, gossip, or any other thing that distracts a Christian's heart from the things of God, 'give-ups' must be replaced with a direct line to the Father through Scripture, prayer, worship and such," notes **Culpepper**.*

On an upcoming episode of *AHG's [Raising Godly Girls \(RGG\) podcast](#)*, host Melissa Bearden touches on the importance of pausing the chaos of daily life for Lent with baker, author and teacher Kendall Vanderslice. Together, they explore how baking can help families slow down, cultivate meaningful rhythms and invite daughters into life-giving faith practices.

“While making a sacrifice is a meaningful way to reflect on the atonement, what we give up isn’t meant to sanctify us — it’s how we use our sacrifice to honor God,” said Culpepper. “There is nothing more important than impressing on our girls the amazing sacrifice God made for the sake of us, His children. Romans 12:1 tells us ‘...to offer [our] bodies as a living sacrifice, holy and pleasing to God — this is [our] true and proper worship.’ With this mindset, we can live in a state of holy sacrifice every day.”

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “Raising Godly Girls” one-minute [radio feature](#) to equip, affirm and strengthen parents and loved ones to disciple their girls in everyday moments this Lenten season.

About American Heritage Girls: Marking the organization’s 30th anniversary this year, [American Heritage Girls](#) was founded in 1995 by a group of parents who wanted a faith-based, scout-type character development program for their daughters. At *AHG*, girls ages five to 18 meet together as a unified group and then break out into Levels. This gives *AHG* girls the important social experience of interacting with friends and Godly mentors. Girl Members also learn leadership skills within a group setting. *AHG* Troops are located in [local communities](#) across the nation. If one does not exist in a given area, families are encouraged to start an *AHG* Troop. An *American Heritage Girls* Troop Development Coach is available to provide resources and support. To hear more about the purpose, mission and vision of *AHG* from *Founder and Executive Director Emeritus Patti Garibay*, [click here](#).

Today, there are 70,000 members and 1,300 [Troops](#) in all 50 states, with girls being served in six 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. [Charter Organizations](#) include a variety of Christian denominations, Christian schools and Catholic outreach. 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](#) featuring fresh episodes every Tuesday, Thursday and Saturday, [“Raising Godly Girls Minute” with Patti Garibay](#) one-minute radio feature airing on 1000+ Christian radio stations nationwide, a blog, and e-books 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.

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To schedule interviews with *Patti Garibay*, executive director emeritus of *American Heritage Girls*, or *Rachael Culpepper*, executive director of *American Heritage Girls*, contact Hamilton Strategies, 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.