



AMERICAN
HERITAGE
GIRLS®
FAITH | SERVICE | FUN

If you have any questions about the AHG Catholic Faith Awards please contact Julie Goodwin, AHG National Catholic Relations Specialist, at goodwinj@ahgonline.org



AMERICAN HERITAGE GIRLS
NATIONAL CATHOLIC COMMITTEE

The American Heritage Girls National Catholic Committee (AHG NCC) is pleased to announce **the new Catholic Faith Awards** for American Heritage Girls!

The AHG Catholic Faith Awards were created for Catholic American Heritage Girls to learn more about their faith and develop a stronger relationship with Christ. The Catholic Faith Awards were developed for each of the AHG Program Levels. In each Level girls will gain a greater understanding of the AHG Oath, Mission, and Creed. The AHG Catholic Faith Awards received the nihil obstat with permission to print from the Archdiocese of Cincinnati.

Catholic Faith Awards for American Heritage Girls

Tenderheart (ages 6-9) — Deus et Familia Mea (God and My Family)

Deus et Familia Mea guides Catholic Tenderhearts through an awareness of who they are as children of God in the family of the Catholic Church. Girls will learn about the Holy Mass, sacraments, traditions and history of the Catholic Church with fun, hands-on activities. Tenderhearts are encouraged to explore and perform works of charity for their families and neighbors.

Explorer (ages 9-12) — Deus et Patria Mea (God and My Country)

Deus et Patria Mea allows Catholic Explorers to learn about various saints representing the United States of America. Explorers enrich their faith by exploring Catholic elements that are most important to those saints, including the Eucharist, Corporal Works of Mercy, and missionary work. Deus et Patria Mea is thought-provoking, hands-on, and will foster a desire in Explorers to serve Jesus Christ through His Holy Church.

Pioneer (ages 12-14) — Deus et Civita Mea (God and My Community)

Deus et Civitas Mea guides Catholic Pioneers to examine service in their community through Sacred Scripture and Church Tradition. Girls learn the importance of preparing to serve through prayer and learning about people who exemplified service in their lives. Pioneers put what they have learned into practice by serving others and by reflecting on the impact of their service.

Patriot (ages 14-18) — Femina Integritatis (Woman of Integrity)

Femina Integritatis encourages Catholic Patriots to internalize and immerse themselves in what it means to be a Catholic Woman of Integrity. Prayer and discussion are essential elements of this study with opportunities for outings and engaging speakers. Through study of the Holy Sacrifice of the Mass, Our Blessed Mother, the lives of the saints, and the sacraments, Patriots discern God's call for their lives after high school.

Each AHG Catholic Faith Award Program is divided into Segments: one Segment for each year of the Level. The AHG NCC developed the Catholic Faith Awards to be worked on each year. As Christ is the center of the AHG Program, it is important for the girls to have a consistent teaching of the faith for a better comprehension of the fullness of the faith.

