

## WHO WE ARE

LAOH Juniors are Irish-American Catholic girls inclusive ages of 5 and 18 who are interested in their Irish heritage and who want to make a difference.

The “Juniors” are affiliated with the Ladies Ancient Order of Hibernians (LAOH), a national organization of Irish Catholic Women.

The LAOH offers Junior Divisions for girls who are Irish by birth, adoption or descent.

Parent or Guardian membership in the LAOH or AOH is not required.



## WHAT DO JUNIORS DO?

Juniors take part in division meetings and are involved in a broad range of fun activities where they learn about the history, customs, music, dance and songs of their Irish heritage.

They engage in Catholic action projects and charitable works aimed at helping their Church and community.

Possible activities include

- food drives, car washes
- making and selling crafts for LAOH bazaars and fundraisers
- visiting nursing homes, veterans’ homes, schools and other sites to show their Irish pride
- tending memorial gardens
- marching and bearing flags in St. Patrick’s Day Parades, at special Masses, and other events sponsored by adult divisions

- travel to sites to learn about Irish history and enjoy local attractions.
- participating in the National LAOH Scrapbook
- entering Irish History Writing Contests

As they work together, the girls create friendships, learn important values, and build leadership skills.



## MOTTO

*“Friendship, Unity  
and Christian Charity.”*

## PATRON SAINT

The Juniors’ Patron Saint is St. Brigid of Kildare, a role model of prayer and charity toward all.

## **HOW DO I JOIN?**

For more information about joining a Junior Division of the Ladies Ancient Order of Hibernians, Inc. contact:

Cathy Reinholdt

creinholdt@msn.com or  
marylandlaoh@gmail.com

NOTE: All adults working with Junior Divisions are trained in the "Protecting God's Children" program through their local Diocesan office.

**WE CAN'T WAIT  
TO MEET YOU!**



**IRISH-AMERICAN  
CATHOLIC WOMEN**

**AND**

**GIRLS**

**ON THE GO!**

*Céad Míle Fáilte*

*A HUNDRED THOUSAND  
WELCOMES!*

**LADIES**

**ANCIENT**

**ORDER OF**

**HIBERNIANS, Inc.**



**JUNIOR DIVISION**