



Spirit of North Dakota

This is a *Special Edition* of the ND CDA Newsletter.
The State Board wants you, the North Dakota CDA members,
to know all of you are in our thoughts and prayers.
May God bless all as we go through this pandemic.

State Regent — Laurel Ann Dukart

My Dear CDA Sisters,

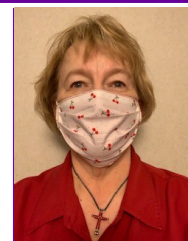
In this difficult time of social distancing, please continue to keep connected in whatever way you can. Some of us are experiencing more time together, others more time alone. Whichever it is - life is different.

Remember to daily thank God for giving us this time to contemplate on what is important in life. Each of us is called by God in a different way to do what we can.

I want to share some things people are doing (these are things I heard from someone, from the

radio/TV, saw on the news or internet; etc.)

- *pray a special prayer at the same time each day
- *continue to go to Mass - on TV, on the internet, on your cell phone
- *go to confession if you can
- *visit Jesus in the tabernacle, if your church doors are open
- *pray the Rosary, again
- *make home school a Catholic home school
- *sing like no one is listening, dance as if no one is watching
- *get your spring cleaning started / done
- *read a 'real' book
- *start a new hobby



*call an old friend

We are sending a few of our favorite prayers - may they help brighten the days ahead.

Please stay safe! Take care of yourself - mind, body and spirit.

Happy Easter!
Alleluia!
He is Risen!

In Unity and Charity,
Love, Laurel Ann

ALLELUIA!
ALLELUIA!
ALLELUIA!



ALLELUIA!
ALLELUIA!
ALLELUIA!

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Mission Statement

Catholic Daughters of the Americas
strives to embrace the principle of faith
working through love in the promotion
of justice, equality and the
advancement of human rights and
human dignity for all.

State Chaplain — Fr. Franklin Miller

Dear Catholic Daughters,



During these puzzling and uncertain times, it is so important to be close to the Lord in prayer. "Seek the Lord and his strength; seek his presence continually" (Psalm 105:4). As you know, the Lord is "the way, the truth and the life." It is important to call upon him to help sort through all the information on Covid-19 so that decisions made are appropriate regarding the welfare of ourselves and our families. We also call upon the

Lord to help us be safe so that we stay well and not unwittingly pass the virus onto others. Let us call to mind often our Lord's words; "Do not let your hearts be troubled or afraid" (Jn 14:27b).



I assure you of my prayers and may God bless you!

Sincerely yours in Christ,
Fr. Frank Miller
CDA State Chaplain

Check out iBreviary.org for:

Liturgy of the Hours; Missal; Readings; Prayers; etc.

HOLY EUCHARIST

The devotion for the month of April is the **Holy Eucharist**. It's difficult for Catholics not to partake in physically receiving the Precious Body and Blood of Our Lord, Jesus Christ.



Until we can once again gather together in our churches and receive the Holy Eucharist, we can be comforted that we have this Spiritual Communion Prayer.

Spiritual Communion Prayer with Our Lord anywhere:

My Jesus, I believe that You are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You Sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

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of the Americas®**

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Prayer to

Saint Michael the Archangel

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do Thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen

National Supervisor — Emily Guilherme



Happy Holy Week!

This Holy Week seems to be much more difficult than previous years. I saw a meme on Instagram that said, “This is the Lentiest Lent I have ever Lented in the history of Lenting” and it made me chuckle because I felt it resonate right down to my soul. Most of us have sacrificed and given up more this year than in most years prior to 2020, and we gave up more than we planned. Perhaps it is in the midst of quarantine that some of you went back on your Lenten sacrifices; several bishops even

gave dispensations for various Lenten sacrifices because of this unprecedented pandemic time. Some of you have made it to the finish line with all your Lenten sacrifices intact. I applaud you! For those of you who haven’t, don’t worry. As St. Teresa of Calcutta reminds us, “God does not call us to be successful; He calls us to be faithful.”

This week we are going to experience liturgies that we’ve never encountered before; we’re going to celebrate Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday in isolation. For many of us we will be unable to gather



with family and friends. I know this prospect feels bleak; for many of us it is bordering on heartbreak. But it is through this lens of suffering that we can understand Jesus’ suffering more acutely. We can desire Christ’s Body and Blood in the Eucharist more ardently. We can more closely understand Christ’s feeling of desolation and despair as He agonized in the garden completely and utterly alone; we can lament at His feet with Mary as we lament our separation from our loved ones; and we can wait with hopeful anticipation that comes with the dawn of Easter morning for an end to this social distancing and quarantine.

I wish all of you a blessed and safe Holy Week. Be well.

1st Vice State Regent — Mary Baer



My dear Catholic Daughter Sisters,

Where does a person begin, there are so many things I would love to say but not sure what to say or where to start. One thing I have noticed through this trying time is that it has become harder to come up with what to say; there is always a word or two that is at the tip of my tongue, but it takes forever to come out.

Please try to make the best of your circumstances. I am a teacher and virtual teaching has put a new meaning to the learning curve for me. Thank goodness though for the technology we do have, and I am grateful to be able to see and visit with my students via the computer. I am grateful

for the opportunity to attend daily mass via Facebook Live. I have also enjoyed staying home and not having to be on the go (don’t get me wrong I enjoy going to meetings and events, but it has been okay to slow down for a bit). I am just trying to make the best of this situation.

One day as I was scrolling through Facebook, I saw a post about taking time out to pray the same time everyday and the post suggested everyone should pray at 7 pm. I took this suggestion, set a daily alarm to 7pm and now my husband and I stop whatever we are doing and pray together.

I will now be saying a rosary every evening at 9pm by request of the Holy Father for the protection of our families.



Prayer is what is going to get us all through this difficult time. Please pray for guidance for our government officials.

In closing I would like to share this “Prayer for Covid-19”:



We come to You, dear Lord to ask for Your compassion to flow to us. Heal all those who have been infected. Strengthen their bodies and immune system so that they will recover. To those who have been exposed, spare them. May their bodies remain strong so that they will not be overcome by the virus. We pray that those who stay at home be safe and not in any way be infected. We pray for Your special protection to all medical staff, those people who are directly dealing with the patients. Protect them at all cost. Sustain them Lord during these very difficult and demanding situations. Amen

2nd Vice State Regent — Bonita Erickson

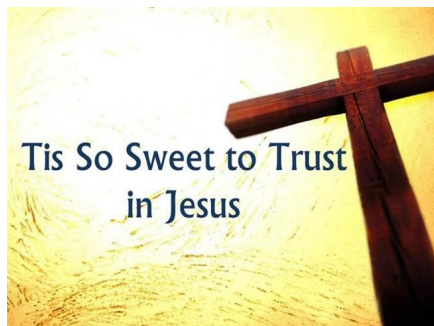


Greetings
to all!

I wanted to share this recent message from Chris Stefanick. He is an internationally acclaimed speaker, author and founder of the organization, Real Life Catholic.

"As uncertainty, anxiety, and fear grab hold of the world, I want to

remind you **how** to regain and retain your **peace**. **Jesus Christ!!!!** Take a minute .Even right now and remind yourself who God is! Focus on His abso-



lute strength and His unlimited love for you.

Put your trust in Him.

You know how the story ends. The light of what is to come shines in dark times, changing them here and now. Remember that He can handle.... anything. **For God all things are possible."**

I am praying for you! Keep me in your prayers as well!

Bonita Erickson
ND CDA 2nd State Vice-Regent

State Secretary — Sue Judd



Sisters in Christ,,

During this time of fear and struggle, not knowing how long this will last or what to expect, we do have hope. We know that God loves us and that he is always with us.

We also know that God has a plan to bring good from all this chaos. Let us trust in Him fully. Jesus is

the light of the world and we want to keep focused on that light. Jesus says, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." (Mt 11:28-30) In Jesus, we find consolation, encouragement and the words of eternal life.



Please keep praying for all those who are suffering from the coronavirus and all who have died from it. And for all who are suffering in any way or need our prayers for any reason. May God hold you and your families in the palm of His hand during this difficult time and may you have the peace, love and joy of Jesus during this Easter season.

May God bless you all!!

Love and prayers,
Your State Secretary, Sue Judd

State Treasurer — Deb Johnson



Trust
in the
Lord!



That's what I am reminded of each and every day since coming home from Arizona visiting our boys. Am I a non-symptomatic carrier? Self-quarantines make you: slow down, pray, be with family and cook, back to the ba-

sics in my book. Let us be thankful for this! My Mom who turns 80 this month doesn't seem to care. She is bored and would prefer visits versus phone calls, do I dare? **Trust in the Lord!**

As we struggle with not attending church, may we all double our prayers and stay safe. Trust in the Lord!

Thank you to all who have prayed about getting involved in your Courts and "said yes" when your

nominating committee called! These are uneasy times! May we as North Dakotans rise to the challenge in our homes and Courts.



Trust in the Lord, Be safe and Have a Blessed Easter!

In Unity and Charity ...

Deb Johnson
State Treasurer



fill the hearts of your faithful
and kindle in them the fire
of Your love.

SEND FORTH YOUR SPIRIT
and they shall be created.
AND YOU SHALL RENEW
THE FACE OF THE EARTH.

P
R
A
Y
to



YOUR GUARDIAN ANGEL
ALWAYS!

The Memorare



Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Prayer by: Anne Wuolu, member Ct. St. Gerard #2518, Valley City

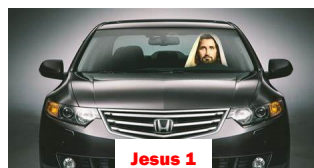
In response to a cry for help from a friend, Anne wrote the following short prayer. She kindly allowed it to be shared.

Dear You,

God loves you so much. We're not in control. Jesus is bringing us to the Garden of Gethsemane with Him. We are with Him there and He is with us. He sees us now there. He created time and space, so all is present to Him. We suffer with Him. I do know His love. You and I are madly in love with Him. That's why our hearts are crushed and broken as He is in the Garden. Let's walk with Him in His Passion, but remember that Easter happened and continues. I know He loves us. Your prayers are definitely working. Let us give our entire selves to His will as He did in the Garden. Let us begin to trust Him, continue to pray and let Him do the rest; let Him be in control. Let us together know we are loved beyond what we can imagine. To this we pray and give our lives over to Him. Let us trust Him that He will work in ways we cannot understand. May His love abide in us and bring us peace. Keep looking at His face.

Love, Peace, Joy and Prayers, Anne

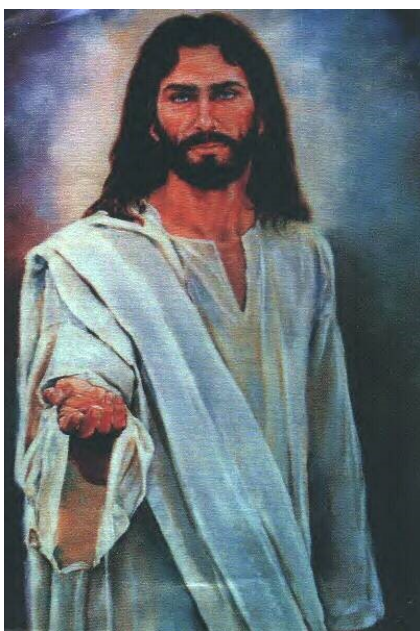
P.S. Jesus is driving. We just need the courage to hop in and ride along.



St. Corona
Martyred c.165
Memorial - 14 May

O Saint Corona, who fearlessly gave your life to bring comfort to the suffering, we beg your intercession during this time of pandemic. By your holy martyrdom you gave us an example to follow, that we may lay down our lives for one another. May you intercede for us all, that we may imitate your compassion and courage. May Almighty God, whom you so faithfully loved and served, grant us every grace and protection from the ravages of disease. May we not give in to anxiety or fear which would cause us to lose confidence in God's divine providence. Amen.

-Pedro de la Cruz



The Surrender Novena

by Laura Durant

O Jesus, I surrender myself to You, take care of everything!

The Surrender Novena is a perfect novena for those who struggle with anxiety and the need to be in control. And, as I understand these two things intimately, I have found it tremendously helpful in surrendering all to Jesus and letting Him take care of everything!

Day 1

Jesus to the soul: *Why do you confuse yourselves by worrying? Leave the care of your affairs to Me and everything will be peaceful. I say to you in truth that every act of true, blind, complete surrender to Me produces the effect that you desire and resolves all difficult situations.*

O Jesus, I surrender myself to You, take care of everything! (10 times)

Day 2

Jesus to the soul: *Surrender to Me does not mean to fret, to be upset, or to lose hope, nor does it mean offering to Me a worried prayer asking Me to follow you and change your worry into prayer. It is against this surrender, deeply against it, to worry, to be nervous and to desire to think about the consequences of anything. It is like the confusion that children feel when they ask their mother to see to their needs, and then try to take care of those needs for themselves so that their childlike efforts get in their mother's way. Surrender means to placidly close the eyes of the soul, to turn away from thoughts of tribulation and to put yourself in My care, so that only I act; saying, "You take care of it."*

O Jesus, I surrender myself to You, take care of everything! (10 times)

Day 3

Jesus to the soul: *How many things I do when the soul, in so much spiritual and material need turns to Me, looks at Me and says to Me; "You take care of it, then close its eyes and rests." In pain you pray for Me to act, but that I act in the way you want. You do not turn to Me; instead, you want Me to adapt to your ideas. You are not sick people who ask the doctor to cure you, but rather sick people who tell the doctor how to. So do not act this way, but pray as I taught you in the Our Father: Hallowed be Thy Name, that is, be glorified in my need. Thy kingdom come, that is, let all that is in us and in the world be in accord with Your kingdom. Thy will be done on Earth as it is in Heaven, that is, in our need, decide as You see fit for our temporal and eternal life. If you say to Me truly: Thy will be done, which is the same as saying: You take care of it. I will intervene with all My omnipotence, and I will resolve the most difficult situations.*

O Jesus, I surrender myself to You, take care of everything! (10 times)

Day 4

Jesus to the soul: *Do you see evil growing instead of weakening? Do not worry; close your eyes and say to Me with faith: "Thy will be done, You take care of it." I say to you that I will take care of it, and that I will intervene as does a doctor; and I will accomplish miracles when they are needed. Do you see that the sick person is getting worse? Do not be upset, but close your eyes and say, "You take care of it." I say to you that I will take care of it, and that there is no medicine more powerful than My loving intervention. By My love, I promise this to you.*

O Jesus, I surrender myself to You, take care of everything! (10 times)

Day 5

Jesus to the soul: *And when I must lead you on a path different from the one you see, I will prepare you; I will carry you in My arms; I will let you find yourself, like children who have fallen asleep in their mothers' arms, on the other bank of the river. What troubles you and hurts you immensely are your reason, your thoughts and worry, and your desire at all costs to deal with what afflicts you.*

O Jesus, I surrender myself to You, take care of everything! (10 times)

continued on page 7

Prayers

Day 6

Jesus to the soul: *You are sleepless; you want to judge everything, direct everything and see to everything and you surrender to human strength, or worse—to men themselves, trusting in their intervention; this is what hinders My words and My views. Oh how much I wish from you this surrender, to help you; and how I suffer when I see you so agitated! Satan tries to do exactly this: to agitate you and to remove you from My protection and to throw you into the jaws of human initiative. So, trust only in Me, rest in Me, surrender to Me in everything.*

O Jesus, I surrender myself to You, take care of everything! (10 times)

Day 7

Jesus to the soul: *I perform miracles in proportion to your full surrender to Me and to your not thinking of yourselves. I sow treasure troves of graces when you are in the deepest poverty. No person of reason, no thinker, has ever performed miracles, not even among the saints. He does divine works whosoever surrenders to God. So don't think about it any more, because your mind is acute and for you it is very hard to see evil and to trust in Me and to not think of yourself. Do this for all your needs; do this all of you and you will see great continual silent miracles. I will take care of things, I promise this to you.*

O Jesus, I surrender myself to You, take care of everything! (10 times)



Day 8

Jesus to the soul: *Close your eyes and let yourself be carried away on the flowing current of My grace; close your eyes and do not think of the present, turning your thoughts away from the future just as you would from temptation. Repose in Me, believing in My goodness, and I promise you by My love that if you say, "You take care of it." I will take care of it all; I will console you, liberate you and guide you.*

O Jesus, I surrender myself to You, take care of everything! (10 times)

Day 9

Jesus to the soul: *Pray always in readiness to surrender, and you will receive from it great peace and great rewards, even when I confer on you the grace of immolation, of repentance and of love. Then what does suffering matter? It seems impossible to you? Close your eyes and say with all your soul, "Jesus, you take care of it." Do not be afraid, I will take care of things and you will bless My name by humbling yourself. A thousand prayers cannot equal one single act of surrender, remember this well. There is no novena more effective than this:*

O Jesus, I surrender myself to You, take care of everything! (10 times)

Pray to Mary Our Patroness



O Mary,
You always shine on our path
as a sign of salvation and of hope.
We entrust ourselves to you, Health of the Sick,
Who at the cross took part in Jesus' pain, keeping your faith firm.
You, Salvation of the Roman People,
know what we need,
And we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to feasting
after this time of trial.
Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who has taken upon himself our sufferings
and carried our sorrows
to lead us through the cross,
to the joy of the resurrection. Amen

Under your protection, we seek refuge, Holy Mother of God.
Do not disdain the entreaties of we who are in trial,
but deliver us from every danger,
O glorious and blessed Virgin.

Spirit of North Dakota

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