



Spirit of North Dakota

State Regent — Laurel Ann Dukart

Hello All,

Winter - one of the things I like about winter (besides the cold and short days) is that it reminds me of Lent. The part where we rely on our faith, believing in the resurrection (that spring will come - even when we're in the middle of a good old North Dakota blizzard.)

Contemplating my preparations for Lent, I remembered a Table Topics question I was asked at a recent Toast Master (TM) meeting. [Table Topics gives each member at the TM meeting an opportunity to speak at the spur of the moment on a topic of the Table Topics Master's choosing.] The question was, "If you were a teacher, what subject would you teach?" After starting with *'I never imagined myself a teacher, my sister was the teacher / counselor in our family.'* . . . much to my surprise I concluded with, **"I would teach by example. I hope my words and actions always express my**

Catholic faith." I have my parents (Lawrence and Anna) to thank for teaching me my Catholic values. That God created all in His likeness, that He loves each one of us (His lambs), and that how we treat others is how we are actually treating Him. I often observed how my parents treated everyone they met with respect and dignity, how they saw good in everyone, how they never spoke ill of another, and how they put love in all they did. My siblings and I were very blessed to have them as our parents.

**Christ suffered
for you leaving you
an example**

to follow
1 Peter 2:21

I hope to take this thought throughout Lent, to set an example in my thoughts, words and actions that someone might learn to have faith and follow Jesus Christ and his teachings.



Reminder of the upcoming elections for nominating committee, followed by the elections of Local Court officers. I am requesting of everyone to prayerfully consider running for one of these. If you are unable to run this two-year term, please think of your CDA sisters and encourage those you know have the talents to fill one of these roles well to consider running.

**May you enjoy
a Holy Lent and
a Blessed Easter!**

**In Unity and Charity,
Laurel Ann**



**"May the Holy Spirit
grant you the gifts
you most need and
those you will make the
best use of."**

Inside this issue:

State Chaplain's message	2
National & State Contact Information	2
National Supervisor's message	3
First Vice State Regent's message	4
Second Vice State Regent's message	4
State Secretary's message	5
State Treasurer's message	5
State News	6
Local Court News	6-7



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,

The month of February, as we live today, means Valentine's Day, Ash Wednesday and the beginning of Lent. Valentine's Day or St. Valentine's Day is traditionally the day on which "lovers" do something special for each other. Let us do something extra special for Jesus this year!

Ash Wednesday, the first day of Lent, is February 26th. It is the day of the imposition of ashes on the forehead of believers; the implication is that there will be a measure of change in our lives when Lent is completed. The old ways will give way to a bright new future; "as you go, proclaim the good news, 'The

kingdom of heaven has come near'" (Mt. 10:7). The ashes received on the forehead is a reminder of our mortal (fallen) condition and the need of Christ in our life. It is God's grace given to us that brings about the change in our condition. "So if anyone is in Christ, there is a new creation; everything old has passed away; see, everything has become new" (2 Cor. 5:17).

As result of the graces received in our Lenten practices, we become a new person in Christ. Our Lord said, "I came that they may have life, and have it abundantly" (Jn 10:10b). "By devoting more time to prayer, we enable our hearts to root out our secret lies and forms of self-deception, and then to find the consolation God offers. He is our Father and he wants us to live life well" (*Lenten Message 2018*, Pope Francis). Real change occurs in our hearts and minds as we accomplish the ascetical practices of Lent;

prayer, penance and almsgiving.

The Catholic Daughters of the Americas motto, "Unity and Charity", is an apt reminder of the importance of penance, prayer and almsgiving. "United" as sisters in Christ; we collectively – with the Church - do penance together, we pray together, and we perform acts of charity together. All is done to be "lovers"; "to lead a life worthy of God, who calls [us] into his own kingdom and glory" (1 Thess. 2:12).



May you have a blessed Lent, which leads to a joyful and blessed Easter!

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**Catholic Daughters
of the Americas®**

Find us on facebook and the web:

www.facebook.com/ND-Catholic-Daughters-of-the-Americas

www.northdakotacatholicdaughters.org

In Loving Memory

Ct. St. Elizabeth #170

Irene Spratt

Ct. St. Ann #261

Theresa Bellemare

Ct. St. Catherine #323

Bertha Kuntz

Ct. Sacred Heart #1908

Rita Lemer

Ct. Bishop Werhrle

Helen Wilmes

Ct. Our Mother of Perpetual Help

#2148

Dorothy Makowski

*Forever
Missed!*

May

they

rest

in

Peace

Amen, Alleluia!

National Supervisor — Emily Guilherme



My dear sisters,

With the coming of February, we welcome spring to our world again. For those of you CDA sisters not enjoying the sunshine in Southern California, you are more than likely awaiting the warmer temperatures with hopeful anticipation that can come from weeks of grey skies. Yet the promise of my favorite liturgical season creeps ever closer; it is the season of Lent, when we cast aside those things that get in between us and the perfect love of God, our Heavenly Father. With this season comes the question I ask myself every year: What am I giving up for Lent that will make a difference in my faith? What is a worthy sacrifice for the Lord?

One of the young ladies whom I've mentored for years now has a saying: "If the thought of giving up something specific for Lent makes you want to cry, that's the thing you need to fast from." She was referring to her obsession with Netflix. For others, it may be our complaining, shopping, or our penchant for gossip; the things we need to give up should be a challenge; something that leads to our sanctification through redemptive suffering.

Redemptive suffering is intrinsic to our journey as Catholic sisters; this is where we take the suffering we endure through everyday life, whether it's stubbing our toe, or

being annoyed by THAT person, and offering it up for the redemption of the world, a specific person, or for ourselves. Of course, redemptive suffering is also in big things: chemo treatments, kidney stones, the grief we experience after the death of a loved one; we unite our suffering with that of our Lord on the Cross and ask Him to sanctify us, thereby giving our suffering purpose.

My prayer is that each of us dedicate our suffering, whether by the small things we give up for Lent, or by tragedy and triumph, that we let it sanctify us. May we become like Blessed Chiara Badano, who, when she was just sixteen years old was diagnosed with bone cancer, responded by saying, "It's for You, Jesus; if You want it, I want it too."

May we have courage in the face of tragedy, and when suffering arises may we not try to avoid it but ask for the grace and endurance to persevere through it with joy and for Jesus Christ, who suffered and gave all for us.



I pray that each of you have a grace-filled Lenten season and prepare yourselves to venerate His cross on Good Friday and meet the Risen Lord on Easter morning.

**With gratitude in His grace,
Emily Guilherme**

Welcome New Members

Ct. Immaculate Conception #322

Joey (JoAnn) Hicksox
Carrilee Rohrer
Sharon D. Renfrow (R)

Ct. St. Catherine #323

Juleen Roszkowski
Janelle Willett

Ct. St. Cecelia #362

Barbara Volk
Dorothy Stegmiller
Victoria Paulson
Laura Helbling-Schaff

Karen Glasser
Alice Gerhardt
Carlene Friesz
Veronica M. Erhardt
Helen Baumgartner

Ct. St. Therese #958

Peggy Slough

Ct. Sacred Heart #1908

Fr. Kevin Boucher (Court Chaplain)

Ct. Bishop Werhle #1919

Maria Harasty

Ct. Our Mother of Perpetual Help #2148

Kathy Malkowski

Ct. St. Gerard #2518

Sharon Vanorny

Ct. Holy Cross #2718

Laura Preston
RobinAnn J Knudson
Sue Helten
Cassie Hagen
Sadie Drake
Lori J Bachmeier
Linda Marie Callahan Beare (T)



58th Biennial National CDA Convention

July 5-19, 202 Dallas, TX



Local Regents, please inform State Regent Laurel Ann Dukart at dukartcda@outlook.com if you or any of your court members plan on attending.



Save the Date

**52nd Biennial
North Dakota State
Catholic Daughters
of the Americas Convention**

April 30 - May 2, 2021

Hosted by the Members of
Court Our Mother of Perpetual Help
#2148

Belfield, ND



1st Vice State Regent — Mary Baer

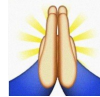
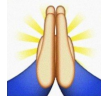
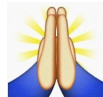


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Finding the time to pray is not always easy, but don't make it any harder than it is. Prayer does not need to be elaborate; prayer does not need to be long; prayer does not have a set of rules to follow. Prayer should come from your heart. Prayer can be recited from prewritten prayers; prayer can be a prayer of forgiveness, a prayer of thanks, a prayer for guidance, a prayer for help, and the list can go on and on.

You do not need a particular physical place to pray. It can be a state of mind, a quiet place in your spirit where you can communicate with Jesus, where He can help you keep

the right perspective. As Matthew states in chapter 6 versus 5-8 "When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on the street corners so that others may see them. Amen I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees you in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him."



Please do not forget prayers of thanks not only for the big things in life but also for all the little everyday things and the trials in your life as well. As Socrates once said, "Beware the barrenness of a busy life." We get so busy that we don't

take time to notice, much less savor, or give thanks for the moments that matter the most. When we do this, our lives become barren. To avoid the pitfall, take Jesus' invitation to "Come with me. We will go to a quiet place."



Two days after I wrote my article the following prayer came up on the National Shrine of Our Lady of the Snows Facebook page. "Kind and gentle Lord, I know I can ask for Your help whenever I need You. But sometimes I get so caught up in the craziness of life that I simply forget to ask. I pray today that I will never be too busy for a quick prayer. Thank You for being understanding and forgiving. Thank You for being with me at all times. Amen."

2nd Vice State Regent — Bonita Erickson



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Have you heard about the Seven Sisters Apostolate? It is an apostolate that ensures that a Holy Hour is prayed each day of the week for the intention of a specific priest or bishop.

It was started in 2011 by Janette Howe in St Paul, Minnesota. For a year she had been offering a Holy Hour once a week for her pastor and was guided in prayer to invite six other women to do so as well.

The Holy Spirit impressed upon

her two specific directives:

1. Each intercessor's weekly Holy Hour should be only for the priest.
2. Each should ask for the priest's deepening devotion to our Blessed Mother.

When Janette talked to her pastor he directed her to start the Apostolate with 7 parishes - 49 women in total. By June, the first Seven Sisters group made their one year commitments. Just eight years later, the Apostolate has spread to over 800 parishes in the United States and it is continually growing.

A group may begin at any time. The normal commitment extends from June to June, the month of the Sacred Heart. With May as a month of discernment to decide if

another year of commitment is possible. However, a group can begin at any time of the year.

With everything happening in the world our priests need lots of prayers to keep focused, strong and to keep going.



If you would like more information you can check the website SevenSistersApostolate.org which includes history, prayers, and locations of the apostolates.

State Secretary — Sue Judd



Greetings from your
State Secretary,



As a Liturgy Coordinator, I would like to share how flowers contain multiple levels of spiritual symbolism in our parish environment. In fact, flowers are the most commonly used decorations in the sanctuary...we also find them around statues and sacred pictures.


However, one rule and guideline regarding flowers is: during Advent and Lent flowers are not to be used because they are penitential seasons.

Actually flowers are forbidden during the solemn season of Lent, except possibly on Laetare Sunday (4th Sunday of Lent), Solemnities, and Feasts. Flowers are meant to express Joy, and that is why they are restricted during the somber seasons of Advent and Lent.

Flowers serve the purpose of reminding us of God's creation and the beauty of His handwork. In the splendor of their colors, in their fragrance, they are revelations of the beauty and goodness of God, symbols of His benevolence, and images of His first true design.



Flowers also remind us of the spiritual life and the virtues we need to develop within our hearts.

Flowers, by reason of their freshness and beauty which they receive from the sun and which they turn towards it, show the innocence and holiness we derive from Christ, the Sun of Justice, and with which we glorify Him as the Sun of our spiritual life. The flowers on the altar signify that the blossoms of grace, prayer and virtue unfold in the supernatural light and in the heavenly warmth which radiates from the sun of the Eucharistic Sacrifice. 

So, the next time you attend Mass and see flowers adorn the sanctuary, I invite you to recall the multiple levels of symbolism and raise your heart to God as you enter into the celebration of the Eucharist.

State Treasurer — Deb Johnson



Will
You
Say
“Yes”?



Are you wondering why you are a Catholic Daughter? Not getting what you hoped for when you joined? Maybe you need to say, Yes! With Court elections just around the corner, this just might be the time to get more involved. When you say, Yes! You

learn more about the organization you joined. (recently or many years ago) You get to know the other officers, building lifelong friendships through leadership and activities of your court.

My favorite part of being a local court officer was getting to know my CDA sisters better.

My second was in Learning to trust in the Lord! I know he will not leave me stranded, he is my strength and guiding light always! I would



say everyone has fears in putting themselves in new and unfamiliar roles. Just think of where we would be if Mary had been too afraid to say, “Yes Lord I will do your will.” Your State Board Members are always ready to answer any questions you might have- Give Us A Call! So I ask you to pray about it, ask questions, put your Trust in the Lord and your CDA sisters!

Will You Say, “Yes”?



Always in Unity and Charity,
Deb Johnson, State Treasurer

National Projects:

- 1) SOAR-Support Our Aging Religious-serving elderly Sisters, Brothers and Priests
- 2) Holy Cross-Family Ministries-promotes and supports the spiritual and wellbeing of the family
- 3) LABOURE-Building the church one vocation at a time
- 4) National Center on Sexual Exploitation-Exposing the connections between all forms of sexual exploitation
- 5) Habitat for Humanity-Helping to build hope and lives one family at a time

National Charities:

- 1) Apostle Ship of the Sea
- 2) Catholic Relief Services
- 3) Covenant House
- 4) Disaster Relief
- 5) Misericordia
- 6) Missionaries of Charity
- 7) Smile Train
- 8) Tutwiler Clinic
- 9) Pontifical North American College
- 10) National Shrine of the Immaculate Conception Washington, DC



Courts are asked to donate \$20 to each project, and select a few charities to support.

This amount is suggested by National but it is always up to your courts finances to do what you can. Checks are made payable to: Catholic Daughters of the America's and sent to the National Office with a note detailing where you want the donations to go.

In unity and charity,
Deb Johnson State Treasurer

State Court News



"Keeping Christ in Christmas"



The Nativity Scene Event took place Thursday, December 5, at the North Dakota State Capitol Memorial Hall.

Sponsored by the ND Catholic Daughters, along with the Thomas More Society and the American Nativity Scene. 200+ attended the ecumenical event.



"Welcome"
Al Jaeger



"Keeping Christ in Christmas" / Blessing the Crèche
Rev. Franklin Miller, CDA State Chaplain

"Homage to Jesus" / Closing Prayer
Pastor Kurt Chaffee →



St. Mary's Central High School
Concert Choir
Conducted by Vicky R. Boechier



Local Court News

Ct. Sacred Heart #1908, Harvey

The Spirit of Christmas and Giving to those less fortunate is alive and well in Harvey!

"We believe that every unborn child has a right to life and that every pregnant woman has the right to give birth with dignity." This is the first sentence in the Mission statement of St. Gianna's Maternity Home in Warsaw, ND.



Pictured CDA members:

From back; Tina Trosen, Julia Ludwig, Joan Grossman, Marie Heil, Carol Weninger, Sr. Anne Germaine, Kathy Grossman, Donna Marthe, Kathy Flagen, Deb Schmidt. Front row; Nancy Selzler, Diane Martin, Susan Waldoch & Mary Hall.

The second sentence of their mission statement says they are dedicated to providing safe shelter, food, clothing, education, and counseling to these pregnant women.

With that thought in mind, the Catholic Daughters of Harvey, Court Sacred Heart, chose to help St. Gianna's home with at least part of their mission-to help with clothing and some of the bare necessities these young women need before and after their baby has arrived.

The St. Cecilia's CDA court (Ct. Sacred Heart #1908) conducted a Baby/Mother shower at St. Cecilia's Church. The response from the parish was amazing. The Mother/Baby lode consisted of; 644 diapers of all sizes, at least a dozen packages of baby wipes, 8 baby blankets (some homemade), 15 outfits, socks, paper products, diaper bags, lap quilts, a robe and a cardigan for mom, personal care products and \$225 in gift cards.

"With God's grace, good things can come from even the most difficult situations— one Mother, one Baby, one Family at a time." (Quote taken from the St. Gianna's Maternity Home Web site).

Ct. St. Mary #268, Devils Lake



Catholic Daughters of the Americas Court St. Mary #268 in Devils Lake along with KC Council #1779 celebrated a Memorial Mass for deceased members in November.

We remembered our deceased members with a short program and prayers for their souls.

Clergy celebrating Mass Very Rev. Fr. Chad Wilhelm and Fr. Pfau, Crt. St. Mary officers: Regent Marylin Aune, Vice Regent Cheryl Hefta, Secretary Brenda Regan, Financial Secretary Rose Windjue Treasurer Charlotte Kitsch, Officers and members of KC Council #1779.



Ct. Marquette #677, Grand Forks



Valentines for Residents of St. Anne's Living Center



Members of Ct. Marquette #677 created home-made valentines for residents of St. Anne's Living Center before their December and January meetings.

Valentines will be given to St. Anne's Living Center residents at their Valentine Party on Friday, February 14.

Pictured: Therese Linnertz; Cecelia Grembowski; Lucy Hanninen; Angela Scheett, Virginia Wilson, Margaret Ruder, Laurel Ann Dukart & Joan Scheett; and Mary Jo Schill.



Ct. Father Tracy, Bowman #2121

Breakfast for "FOCUS":



Ct. Fr. Tracy #2121, Bowman sponsored a Parish breakfast for the State Project: "FOCUS".

< < < < Pictured Kathy Murray & Terry Walter



Earlier this fall, Joanne Fischer, a court member from Marmoth, John Burkes, a deacon in formation and Fr. Paul, parish priest & court chaplain, traveled to Medjugorje. They were invited to share their trip and experiences during the breakfast with the parish communities. With announcements in the bulletin and from the pulpit all were made known of the proceeds from the free-will offering. Through their generous contributions, we were able to give "FOCUS" a donation.

Advent Prayer Tree

Petitions and special intentions were written on paper ornaments and placed on a prayer tree Ct. Fr. Tracy #2121, Bowman, during the Advent season.



Yearly Fundraiser April Calendar Raffle Friendly Reminder

The April calendar raffle tickets will soon be arriving in your mailbox. Please consider buying or selling one or more of your tickets and get them returned to Mary Baer before April 1 so you have as many chances (30) as possible to win during the month of April.

Details will be included in the accompanying letter.

Winners will be listed in the next newsletter.

Good luck to all!

April 2020 						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Spirit of North Dakota

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Grand Forks ND 58201

Current Resident Or

Deadline for next newsletter:

Monday, April 20, 2020



Catholic Daughters
of the Americas®

On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lighting stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; He has risen! Remember how He told you, while He was still with you in Galilee: *'The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.'*" Luke 24: 1-12

Have a Blessed Easter!

