



Spirit of North Dakota

State Regent—Kathy Kennedy

Oh my gosh, have I got a deal for you! Remember when you attended Fall Workshops in the past and some of you had to travel over four hours to get to Harvey? Well, your State Board does.

That is why this year we are trying something else. Instead of you coming to us, we are going to try to come nearer to you. We have chosen to do three “mini-workshops” across the state in an attempt to cut down on your traveling time. We have chosen courts in the east (Valley City), central (Rugby) and west (Richardton) to host the workshops which will start at 1:00 and run no later than 5:00 p.m. You need only attend one as the material offered will be repeated at each gathering.

These are not intended to be officers train-



ing workshops since all local officers now have at least a year’s experience. Topics that we feel to be pertinent to all members will be presented and we would sincerely like to see as many as possible attend.

A number of years ago, the ND State Board held two workshops (east and west) and there was no better attendance than when we held one. That is why we went back to a solitary workshop location. We’re willing to give it another try and sincerely look for your cooperation and participation in this matter.

National Regent, Shirley Seyfried, had a wealth of information in her fall quarterly newsletter. Ideally, everyone should be getting this information at their monthly CDA meeting. Realistically, for physical, schedule, attitudinal or other reasons not everyone can/does attend the monthly meetings. Therefore, I am briefly relaying some of the National Regent’s information in the state newsletter which we try to get out to every North Dakota Catholic Daughter. For more detailed information on any of these items, please contact your local Regent.

*The CDA store is now open for shopping to any member. You do NOT have to go through a court officer.

* Laboure Society (which monetarily aids those seeking to be in religious formation) is now a National Project.

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Thank You, LORD!

State Chaplain—Fr. Franklin Miller



Dear Sisters in Christ,

Another summer is quickly ending and with it comes the opportunity for another year of formation in the knowledge of what it means to be a disciple of our Lord Jesus Christ. Learning is a never ending aspect of life. Its focus in our lives may change from time to time but it never ends, even in heaven. “By His Revelation, ‘the invisible God, from the fullness of his love, addresses men as his friends, and moves among them, in order to invite and receive them into his own company.’ The adequate response to this invitation is faith (Catholic Catechism of the Catholic Church, 142).” “Faith seeks understanding’: it is intrinsic to faith that a believer desires to know better the One in whom he has put his faith, and to understand better what He has revealed;

a more penetrating knowledge will in turn call forth a greater faith, increasingly set afire by love. The grace of faith opens ‘the eyes of your hearts’ to a lively understanding of the contents of Revelation: that is, of the totality of God's plan and the mysteries of faith, of their connection with each other and with Christ, the center of the revealed mystery. ‘The same Holy Spirit constantly perfects faith by his gifts, so that Revelation may be more and more profoundly understood.’ In the words of St. Augustine, ‘I believe, in order to understand; and I understand, the better to believe (CCC, 158).’”

Spiritual formation of the members of the court should be considered along with all the other activities that are planned for the year. Spiritual Formation is an intentional practice of personal and communal development of spiritual maturity, which disposes a person towards a personal union with Christ. There are many

books, programs, and opportunities available in the Church today to assist us in our spiritual journey. “Train yourself in godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come” (1 Tim 4:7b-8). “For example, by taking a brief passage of Sacred Scripture, especially the Gospels, the Acts of the Apostles or the Letters of the Apostles, or a passage from a spiritual author that brings us closer and makes the reality of God more present in our day; or we can even, ask our confessor or spiritual director to recommend something to us. By reading and reflecting on what we have read, dwelling on it, trying to understand what it is saying to us, what it says today, to open our spirit to what the Lord wants to tell us and teach us. The Holy Rosary is also a prayer of meditation: in repeating the Hail Mary we are asked to think about and reflect on the Mystery which we have just proclaimed. But we can also reflect on some intense spiritual experience, or on words that stayed with us when we were taking part in the Sunday Eucharist. So, you see, there are many ways to meditate and thereby to make contact with God and to approach God; and in this way, to be journeying on towards Heaven” (Pope Benedict XVI, General Audience, Aug.17, 2011).

May the Lord bless you abundantly!

Editor’s Corner—Colleen & Mary



National Supervisor—Vickie Feist



How can summer be over and the fall here already? We met in the end of the spring for a wonderful convention in Fargo where I was so happy to see many friends, old and new. Your state officers went to training presented by the national board in Belleville, Illinois and are ready to get to work on developing new courts in North Dakota as well as helping the current courts to become even stronger, more vibrant, and glowing in the love of Jesus Christ.

If you have a strong, vibrant, and deeply spiritual court already—how about reaching out to help

courts in your area to get the extra shot in the arm they need? Doing activities with other courts can be fun and rejuvenating for all involved. How about getting together with courts in towns around your area to have a CDA Sunday celebration with mass and a luncheon? Or gathering local courts together to have a group memorial service for deceased members in November? A joint Advent Retreat in December? Take turns hosting the events maybe, to make more fun and less work while we all celebrate our Catholic faith in fun and in prayer.

Are you reading this and feeling sad because none of the towns in your neck of the woods has CDA? Well, give the state

board a call and see if a court could be developed in one or more of those towns! The state has new resources and help from the national team available to get those courts started and would love to get a call from you! Your court could be the “big sister” court to help provide encouragement for the new court (no, that DOESN'T mean you have to pay the bills to start the court) and you could have a nearby court by the time you have your Christmas Party and you could invite them to join in your fun!

North Dakota is so full of deeply devoted Catholic women, let's bring our sisterhood of loving unity and charity to them!

State Vice Regent —Laurel Ann Dukart



Membership includes: Renewal; Retention; Recruitment; Revitalization; Court Development and Goal Setting. All are

needed for CDA to increase in North Dakota – everything you do in your Court impacts your recruitment and retention. Let's focus on Retention.

Why worry about retention?

- no members – no courts
- It's easier to keep a member than to get a new one.

Courts know your members: *Take a survey to find out hidden talents your members have – you may be surprised!!

- Know their hopes, fears,

needs, wants, problems and expectations, so you can connect with them.

- Know their interests, skills and passions, so you can develop programs to use their interests, skills and passions.

We all want to feel we are part of the group; be respected, trusted and valued. A simple “Please,” “Thank you,” and “I'm sorry” go a long way in developing and continuing strong relationships.

Remember to include prayer and adoration into your activities: before/after meetings; for special events; etc. – become ‘Sisters in Christ’. Don't forget to make use of your Chaplain/Spiritual Advisor, State Court/Supervisor.

- invite other Courts / State Board to join in your activities

- schedule inspirational speakers / presenters to come to your meetings
- look into retreats members would be interested in attending as a group
- encourage all members (not just officers and chairmen) to attend State workshops and conventions

Retention begins the day a member joins CDA! Courts must:

- meet members' needs
- use members' gifts and talents
- listen to everyone

ND CDA is not just the Board – it is each and every member. Let the Lord set us on fire, share your fire and enthusiasm to get North Dakota blazing with CDA. Let's pray, work and play together to make to make North Dakota CDA strong. Remember it's not *what* we do, but *whom* we serve!

*Input from State Officers' Workshop presentation.

Second Vice State Regent—Mary Baer



It is hard to believe summer vacation has come to an end. Being a teacher the beginning of the school year seems like another "New Year" for me; I set goals for myself just like I do on January 1st. For most courts this also marks the start of a new Catholic Daughter year since many of us take the summer off from meetings. As I was reading my August Guideposts magazine

I came across the following verse from Bob Kerrey, former governor of Nebraska, "Unexpected kindness is the most powerful, most underrated agent of human change. Kindness that catches us by surprise brings out the best in our natures." Once I read that I realized that is going to be my goal for the new school year and the new CDA year. I challenge all of you to make this goal your own as well. Not only will you be making other people happy with random acts of kindness you will be doing something for yourself as well. There

is nothing like giving to lift the soul, and seeing other people pleased and surprised from this is even more of a reward for you. Along with kindness goes a positive attitude, let's not be Negative Nellies.

Let's take on something new or old this CDA year with the right attitude and with "Unity and Charity."



State Treasurer—Sarah Torpen



Every moment in our lives we are faced with decisions that ultimately give you an idea about where our trust lies. God is currently working my trust muscles through and through. Recently my husband and I were faced with a decision that would change the course of our lives. We were told his job was being moved to Bismarck; we had the choice to either move or he would no longer have a job. Go figure... just when we are feeling safe and secure where we are at our world gets shaken a bit. Every day each of us is faced with decisions that will either lead us closer to God or further away. So when faced

with this decision it is to God that we turned to, and ultimately our faith in Him to guide our family. Isn't it truly amazing that He puts in our lives exactly what we need at every given moment? Below is an excerpt from a book entitled *Into Your Hands, Father* by Wifrid Stinissen.

"We have been given new eyes to discover the divine reality, namely, our faith. Faith sees through the outer sheen and penetrates to the substance of things. Many Christians think faith is something that has to do with ethereal world, a gift that enables us to reach another part of reality. It is true that reality becomes greater and wider for one who believes. Faith reveals new areas of reality (the Trinity, angels, and so on), but faith also enables us to see everything we encounter in a completely new way. It

sees the deep dimension of daily events. That is why there is no longer anything ordinary for the believer; nothing is uninteresting or boring. Everything becomes exciting and fascinating."

After reading this I thought to myself that there is truth to this in my current state of life. When I immediately found out about the potential move I was filled with anxiety and fear of the unknown. Through time and most definitely trusting in God, the anxiety has been minimal. Upon reading this I received a new outlook to the move. Instead of approaching it with fear and anxiety, I view it as being "exciting and fascinating." It's a new beginning and a chance to meet more Catholic Daughters. See you in Bismarck!

State Secretary—Bonita Erickson



Where did the summer go? It seems like we were just ending our Catholic Daughters meetings for the summer and now we will be starting again shortly. It has been a busy summer for me as I am sure it has been a busy summer for all of you ladies also.

My desire for you, when you start your CDA meetings again is to be the Catholic Daughters of Christ wherever He is found.

To see the face of Christ on your sister in the parish, who has not felt welcomed, has not been invited, or who perhaps has had a bad experience of CDA in the past.

Invite her to share in the good works that we do, to call forth her talents, and show her the

value she has as an active member of the Body of Christ

We must carry ourselves in such a way that the most memorable qualities impressed upon the hearts of observers by any encounter with Catholic Daughters are those qualities most typical of Jesus Christ Himself.

We must be able to work together, respect each other and love each other

My prayer for you is that you become this kind of women: Women of service, women of humility, women of joy, women of peace, and women of love in Jesus Christ Our Lord.

I wish you all a blessed and joyful year as you serve God together. I know it will be a successful year because when Catholic Daughters work together under the direction of God, you Can Do Anything!

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.

In Loving Remembrance

Mary Lange

Beverly Ewine

Clara Ebach

Laverne Huck

Otilla Koch

Rose Landeis

Katie Sturn

Mary Schneider

Dorothy Brown

Marilyn Stanely

Teckla Jacobson

Delores Stoner

Dianne Heen



State Project—Badlands Choice Clinic

by **Rena Sticka**

The Badlands Choice Clinic was chosen as the state project for North Dakota Catholic Daughters at the 49th Biennial CDA State Convention in April.

Badlands Choice Clinic is a non-profit organization with the following mission statement: Empowering women and the families to make life affirming pregnancy decisions through counseling, education, compassion and aid through the gospel of the Lord.

Due to the population influx in

Dickinson and the surrounding areas in southwest North Dakota, there is an increase of unplanned pregnancies and crisis situations. Also, there is a shortage of foster care in the community. If families are reached early in an unplanned pregnancy situation the percentage of families keeping their babies rapidly increases. This decreases the need for foster families. The services which can be provided by the Badlands Choice Clinic are needed more than ever!

The services provided are: pregnancy testing, limited OB ultrasound pregnancy options information, adoption counseling/referral, STD testing, prenatal/parenting education classes, community resources/referrals, post abortion recovery resources/referrals and an Earn While You Learn program.

Clients are served without regard to age, race, income, nationality, religious affiliation, disability or other arbitrary circumstances. They are treated with kindness, compassion and in a caring manner. They receive honest and open answers. Client information is held in strict and absolute confidence. Accurate information about pregnancy, fetal development, lifestyle issues and related concerns are offered. The clinic does NOT offer, recommend or refer for abortions or abortifacients, but are committed to offering accurate information about abortion procedures and risks.

Money donated by ND Catholic Daughters will help provide necessities for the building office supplies and medical supplies. Presently, the Badlands Choice Clinic is looking to purchase the

Earn While You Learn program and DVD's (cost \$4500) which are used with their parenting curriculum. Subjects covered in this series include prenatal classes, nutrition, parenting, safety, first aid, fathers program, life skills bible study and lots of other wonderful sets of information.

Badlands Choice Clinic is located in Dickinson at 313 3rd Street West in the north portion of St. Patrick's parish and tours for groups are available. Personnel from the clinic are also willing to come speak to your court if you would like. For more information, e-mail badlandschoiceclinic@gmail.com or visit their website at www.badlandschoiceclinic.com.

In addition to monetary support, they ask for prayerful support.

Future Events:

Oct. 3—Mini-Workshop, Valley City

Oct. 4—Ct. St. Mary, Devils Lake, celebrate 100th Anniversary

Oct. 17—Mini-Workshop, Richardton

Oct. 18—National CDA Sunday and Mini-Workshop, Rugby

Oct. 24—Marriage and Family Conference, Fargo

Oct. 28—Ct. St. Elizabeth Ann Seton, Wilton, 40th Anniversary

Oct. 25-31— W.R.A.P week

Nov. 1—All Saint's Day

Nov. 11—Veteran's Day

Nov. 26—Thanksgiving Day

July 20-24, 2016—National Convention, Pittsburgh, PA



Local Court News

Teach our youth to be good Christians

by Sherran Mayer, State Youth Chairman

Happy Fall Catholic Daughters. I am writing this as school has started its new season and all the activities are bearing down on people's time. But what are we as Catholic women doing to bring our children and grandchildren into a closer relationship with our Heavenly Father, our Lord, Jesus Christ, and with his loving mother Mary? How are we teaching them to reach out to other? Are we making time, setting priorities to make sure the children of our parishes are being formed in their faith to stand strong in the love of God? We have religion classes but the time goes so quickly they barely have time to cover anything extra. That is why I am encouraging every court in North Dakota to consider doing one activity with their parish children. Some have the Nativity Christmas program, some parishes have a religious education registration activity day some do activities with the children in formation of the sacraments. There are also programs like Special Olympics, food drives, clothing drives (coats, hats, mittens, blankets, p.j's and etc.), and visiting Nursing Homes. We also have the choice of having Junior Catholic Daughter courts. This is such an excellent way to reach out to community and nation. There are a lot of on-line resources now that can help in preparing a lesson. If your children can find time for sports, music, 4-H, Girl Scouts, and more, why can't we find the time to teach them to be good Christian, God Loving, Catholic young women? What are our priorities?

Coming soon to a court near you!

"Mini-workshops"

presented by your State Officers

at three convenient locations from 1p.m.—5 p.m.

Valley City...Oct. 3

Richardton...Oct. 17

Rugby...Oct. 18

- These workshops are for ALL members, not just officers!
- Come prepared to be educated, inspired, and entertained!
- Contact your local or state regent for more information.

WELCOME NEW MEMBERS

JoAnne Jaszkwiaak
Mary Ann Deichert
Delores Knell
Linda Berger
Josephine Friesz
Mary Beth Jerome
Kim Kaiser
Amy Beehler
Peggy Mondry
Beatrice Vadner
Virginia Kautzman
Helen Koble
Amy Schuweitzer



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Current Resident Or



State Regent cont. from pg. 1

The Disaster Fund, which was a National Project, is now a National Charity.

* The area of Family has been added to our Circle of Love. It replaces the spoke of National Projects and Charities. National Projects and Charities are still a part of CDA, just not one of the areas in the Circle of Love.

* SMALL stud earrings may be worn with ceremonial robes.

* Hosiery is not required to be worn with robes. If worn, colors are to be nude or skin colored.

* 2018 Biennial National Convention will be held in Sioux Falls,

South Dakota.

* Morality in Media is now known as National Center on Sexual Exploitation (NCSE)

* There is an Abortion Pill (RU-486) Reversal program operated by Culture of Life Family Services. Women seeking to reverse RU-486 should call 1-877-558-033 immediately for help.

I close you with these words of Pope Francis for you to ponder: We need to let ourselves be imbued

with the light of the Holy Spirit, to introduce us into the Truth of God...Let us ask ourselves what steps we are taking so that our faith directs our whole existence. Do not be a “part-time” Christian, at certain moments, in certain circumstances, in certain choices. Be Christian at all times! The truth of Christ, that the Holy Spirit teaches us and gives us, always and forever involves our daily lives. Let us invoke the Spirit more often, to guide us on the path of Christ’s disciples.

Next deadline for “The Voice of CDA”

Dec. 1, 2015

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