



Spirit of North Dakota

State Regent – Laurel Ann Dukart

Happy Thanksgiving!

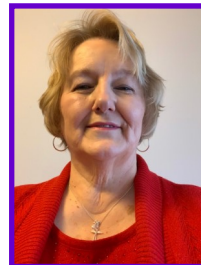
I am wishing that everyone enjoys a wonderful Thanksgiving with family and friends. This year as I **Thank God** for all He has lovingly given, I will thank Him for all the special CDA ladies (and men) in my life - especially my ND State Board.

This **Advent**, as we ready ourselves to celebrate the birth of our Lord and Savior Jesus Christ, may we imitate the Virgin Mary, His Mother and our Patroness. May we love one another a little more; may our thoughts and actions reflect our Catholic beliefs; may we be the one(s) to stand up for what is right and just; may we help make our world a little brighter.

Keeping Christ in Christmas: I am humbled to announce: the **Nativity Scene Event** on December 5, 4:00-4:30 p.m. in the Memorial Hall of the ND State Capitol. The Nativity Scene will be placed to the west of the Christmas Tree. With the assistance of the Thomas More Society and the American Nativity Scene, the ND Catholic Daughters are honored to be sponsoring the event. (details on page 6) I hope many of you are able to attend this event.

Save-the-Date - March 21, 2020 for the Spring Retreat: The Fall Retreat that was cancelled due to weather, is rescheduled as a Spring Retreat on Saturday, March 21, 2020. (Venue to be determined.)

LOVE
ONE
ANOTHER



Details to follow in a future regent's letter. ***Thank you** to members of Ct. St. Cecelia #362 and Ct. Immaculate Conception #322 for their time and efforts given to the canceled fall retreat.

*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.”*



Grateful to God



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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



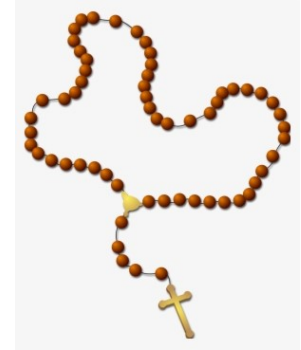
“Praise our God, all you his servants, and all who fear him, small and great” (Rev. 19:5b).

The month of November is noted for the remembrance of the faithful departed, especially the souls in purgatory. “The Church gives the name Purgatory to this final purification of the elect, which is entirely different from the punishment of the damned. The Church formulated her doctrine of faith on Purgatory especially at the Councils of Florence and Trent. The tradition of the Church, by reference to certain texts of Scripture, speaks of a cleansing fire (Cf. 1 Cor 3:15; 1 Pt 1:7) (*Catholic Catechism of the Catholic Church*, 1031).”

It is always a great joy every year to celebrate a Memorial Mass for the deceased members of the Catholic Daughters. The reading of the names always brings back joyful memories of so many Catholic Daughters who worked so diligently and served so graciously with many years of dedicated service. “*Blessed are those servants whom the master finds vigilant on his arrival*” (Lk 12:37a). Now they live in eternity and they experience fully the kingdom of God. “The king will say to those on his right, ‘*Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world*’” (Mt. 25:34).

Living today, in a complicated and precarious world, there is an ever-increasing need for a more profound and intimate relationship with our blessed Lord. “*Behold, I stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me*” (Rev. 3:20).

Please seriously consider the recitation of the holy rosary as an everyday devotion. “*The Rosary is my favorite prayer. A marvelous prayer! Marvelous in its simplicity and its depth. In the prayer we repeat many times the words that the Virgin Mary heard from the Archangel, and from her kinswomen Elizabeth*” (Saint John Paul II).



May the Lord continue to bless all of you as you lovingly serve your sisters in Christ. “*Rejoice and be glad, for your reward will be great in heaven*” (Mt. 5:12a)

National Office Directory & Duties

Office Manager

Martha Hambousie
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Orders, Stat & Local Court officer lists

Kelly Miller (cdofanatl@aol.com)

Handles all new courts, reprieves, disbandments, and banners

Gloria Linley (cdaroster@aol.com)

Handles rosters, financial reviews, and Gold/SS jewelry orders.

Alyssa D'Angelo (cdadues@aol.com)

Handles all payments and invoices/dues

Gigi Barreca (cdafiles@aol.com)

Handles all the membership information, additions, transfer, renewal applications, and deletions.

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Handles shipping

Tom Panas (cdashare@aol.com)

Handles SHARE questions

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Chaplain, Rev. Franklin Miller
(franklin.miller@fargodiocese.org)



**Catholic Daughters
of the Americas®**

Find us on facebook and the web:

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

www.northdakotacatholicdaughters.org

Welcome New Members

Ct. St. Ann #261

Terri Smith
Karla Kraviec
Rebecca Trangsrud (T)
Erin Wilmes (T)

Ct. St. Mary #268

Melvine Reiersson

Ct. Immaculate Conception #322

Diane Gladowski
Sister Kathleen Atkinson

Ct. St. Therese #958

Marvelle Stancel

Ct. Sacred Heart #1908

Sister Anne Germaine Picard

Ct. St. Gerard #2518

Kiersten Baughman

Ct. Holy Cross #2718

Kay S. Phelan
Annette Moss
Barbara Badinger (T)

National Supervisor — Emily Guilherme



To the North Dakota Catholic Daughters,

It seems like the weeks keep speeding by and we will soon enter the season of Advent and we will be preparing for Christmas. Like Mary, we await the coming of Jesus Christ into our lives. May we join with our Blessed Mother to anticipate Christ's arrival

and may we fall deeply in love with Him and reflect His love to everyone we encounter.

Advent is the season of great preparation in our lives; not just for holiday parties and wrapping presents for our loved ones, but to clean out the things in our hearts that separate us from God. Take this time to reflect on what bad habits we need to break, or the people we should seek reconciliation with. Don't let this Advent be a "typical, normal" Advent. Make it extraordinary by letting the Holy Spirit fill you. Then, the peace and love

of Jesus Christ will overflow in you and on to everyone else you love.



I wish all of you and your families a wonderful and truly blessed Advent and Christmas, as well as God's many blessing for you in the New Year.

With gratitude in His grace,
Emily Guilherme

1st Vice State Regent — Mary Baer



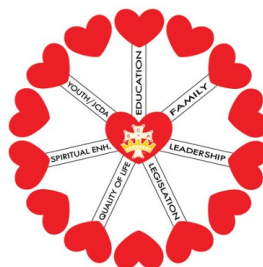
The *Circle of Love Program* is who we are as Catholic Daughters. It is how we witness our faith. It is how we serve. It is "our" program; everything we do

as Catholic Daughters falls into a spoke of the wheel. Each spoke is bound together by the common interest: Love. The seven points indicate the needs of the Church and community best served by the Catholic Daughters.

It would be nice if courts could have a chairman for each of the spokes, if this is not possible it is strongly encouraged that Spiritual Enhancement at least have one and that every court is involved with that spoke. This summer at the State Officer's Workshop we were given a few ideas under each spoke; I would like to share these ideas with you. You may already be doing some of these things but maybe the ideas will give you something new to try.

Family: Family day of prayer, support to single parent families, family retreat, working and playing together, Sunday's are family day.

Leadership: Leadership training, mentoring other members, building confidence, bring out the talents in members, communication skills, respect all ideas.



Legislation: Catholic Advocacy Day, help in polling places, drive people to polling places, contact senators or representatives on public policies related to human dignity and justice, speakers to explain current bills.

Quality of Life: Help in shelters, help in food pantries and soup kitchens, obtain speakers perhaps on

women's health issues, hold baby showers for expectant mothers, help in prolife centers, prison ministries.

Spiritual Enhancement: Retreats, prayer services, plan special CDA masses, meditations and reflections, memorial service for deceased members, rosaries, May Crownings.

Youth/JCDA: Work with JCDA leaders, mentor existing JCDA courts, develop a JCDA Court. This program nurtures personal and spiritual growth and promotes service to others through activities and experiences for young people not just JCDA.

Education Contest/Scholarship: Encourage and promote the education contest and scholarship opportunities. The Education Contest/Scholarship Program is for both youth and adults and it provides an opportunity to share God-given talents and pursue further education.

2nd Vice State Regent – Bonita Erickson



*Celebrate!
Listen!
Believe!*

Recently my court has experienced membership losses due to death. On thinking of these members, I reflected on the CDA Sunday presentation given this fall. These things grabbed my attention:

The Catholic Daughters of the Americas is one of the oldest and largest Catholic women organization in the world. Wow! We are an organization 115 years old!! We think we are such a small group but we aren't. Just think we are in Puerto Rico, Guam and Peru.

The Catholic Daughters are unique! So true. Our members have very unique personalities. They have unique talents and gifts. And they are unique because God created them that way.

The Catholic Daughters are deeply spiritual! Many of our members find a relationship with God through attending daily Mass, through hours of Adoration, through being an Eucharistic Minister of Holy Communion, through being a Sacristan, through bible studies, and through being a reader of the daily Mass readings. Our members surround themselves in doing God's work and frankly they do it all so well. They are amazing!!

Catholic Daughters enjoy each other's company at meetings. I used to wonder about this one. Going over standing rules or trying to make a big decision sometimes things get heated. But really all and all we DO enjoy each other's company at meetings. We enjoy that unique fellowship with each other. We catch up with each other's daily busy lives.

Sharing our gifts, our talents and our knowledge at times is truly wonderful.

We are a very wonderful group of ladies that truly do amazing things so well! We take ourselves for granted at times so we forget to realize how truly AMAZING we are



In closing, I would like to share these song lyrics with you:

Celebrate **God** with *your hands*.

Celebrate **God** with *your voice*.

Celebrate **God** in *all that you do* and **He** will be with you.

Listen to **Him** with *your eyes*.

Listen to **Him** with *your heart*.

Listen to **Him** as *He speaks with you* and **He** will be with you.

In Loving Memory

Ct. St. Ann #261

Millie Garske
Betty McNeely
Pearl O'Gorman

Ct. St. Mary #268

Estella Garcia **passed away on her 99th birthday, 64-year member*
Ann Bingham

Ct. Immaculate Conception #322

Catherine Seidler
Phyllis Smith

Ct. St. Catherine #323

Cecelia Betchner
Frances Jaeger

Ct. Marquette #677

Elsie Marek

Ct. Little Flower #1193

Beatrice Schall
Marie Selensky

Ct. Queen of the Prairies #1965

Edna M. Rose
Maryann Hall
Geraldine Waltz
Olga Feil

Ct. St. Gerard #2518

Dovie Iverson
Joan Falstad



Forever Missed!



*May they rest in Peace
Amen, Alleluia!*

Have you asked a Catholic lady to become a Catholic Daughter lately?



CDA -CDA - CDA



If yes, way to go!

If no, what is keeping you from doing so?

There is someone out there,
wanting to join,
wanting to know more about CDA,
waiting to be asked.

Will you be the one to ask her?

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

State Secretary – Sue Judd



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On December 1st our Advent Season begins, which is the start of a new liturgical year for the Catholic Church. Many of us think Advent is part of the Christmas celebration, but it is not. Advent is actually a time of preparation, a time for us to prepare our souls for the Lord's coming.

What is a way that we and our families can come together to prepare for our Lord's coming? The Advent Wreath.

The Advent wreath is a circle that has no beginning and no end which symbolizes God the Father and eternal life. It holds four candles, one for each of the four weeks of Advent. As each one is lit, the flame is a reminder that Christ

is "the light of the world." (John 8:12)

There are three violet (purple) candles and one rose (pink) candle. Each representing 1,000 years, together symbolizing the 4,000 years that humanity waited for the Savior. Violet is a liturgical color that represents a time of penance, sacrifice and prayer. We light a violet candle, the first, second and fourth Sundays of Advent. Rose is a liturgical color that represents joy, so we light the rose candle on the third Sunday which is Gaudete (Rejoice) Sunday. We are rejoicing because our wait for Christmas is just about over.

Each candle traditionally has its own meaning. The first candle is called the "Prophet's Candle," symbolizing Hope, and reminds us that Jesus is coming. The second candle is called the "Bethlehem Candle," symbolizing Faith, and reminds us of Mary and Joseph's difficult journey to Bethlehem. The third candle is

called the "Shepherd's Candle," symbolizing Joy, and reminds us of the joy the world experienced when Jesus was born. The fourth candle is called the "Angel's Candle," symbolizing Peace, and reminds us of the message of the angels, "Glory to God in the highest; and on earth peace to men of good will."



So let us get out our Advent wreaths and as the Church lights a candle at Mass each week, light a candle at home connecting our parish family with our own family. Let us prepare and contemplate the coming of our Lord and Savior Jesus Christ.

State Treasurer – Deb Johnson



Walk!
Talk!
Pray!

Hello from the treasurers office!

We are now 3 plus months into a new CDA year, hope all is going well with you all.

From May thru October you have generously given \$1,187.62 to our new State Charity: FOCUS.



This summer we had the opportunity to attend the National workshop in July. It is always spiritually healing for me to spend time with other catholic daughter sisters. There was a lot of information we were hoping to bring back to you, until Mother Nature "snowed" on our workshop/retreat. One of the talks that stood out to me was "Quality of Life". In our courts we do so many great things for others, but this was focusing on us as members. If we are not happy/healthy CDA members, how can we ever promote our organization to others? So you are allowed to "Focus on Yourself" this year!

Physically: take a walk, make extra trips to the laundry room/basement, clean house or dance like nobody's watching

Mentally: talk to a priest, see a Dr. or spend time with friend/CDA sister not at a meeting.



Spiritually: pray while walking, attend extra adoration or Mass-pour out your heart, your fears, your woes-give it to God to work on let it go. For when we follow him, serve him, thank him and live for him we can't help but be happy/healthy members! All those around us will want what we have...May your year be filled with *Spirituality!* May God bless you!

In Unity and Charity
Deb Johnson, State Treasurer



“Keeping Christ



in Christmas”



For the first time ever the North Dakota State Capitol will have a Nativity scene next to the state Christmas tree in Memorial Hall. North Dakota Catholic Daughters of the Americas is organizing the display.

The Nativity Scene will be lit during an ecumenical celebration at 4 pm, Thursday, December 5. A traditional celebration for the entire family includes group singing of Christmas carols.

The program will include:

- * Al Jaeger, ND Secretary of State
- * Rev. Frank Miller (will bless the Nativity Scene)
- * Pastor Kurt Chaffee

* St. Mary Central High School Concert Choir

Please come and bring your families. It is important that we show our support of the Nativity scene because we want to make this an annual event.

There are many to thank for helping to make this display possible:

*The American Nativity Scene, providing the Nativity scene [Jesus in manger, Mary, Joseph and Angel]

*The Thomas More Society, working with the American Nativity Scene to secure our freedom of religion in the public square.

*The State Board, for unanimously deciding to sponsor the Nativity Scene Event.

*Delores Freidt and Court Immaculate Conception #322 members, for their time, and efforts on this project.

The State Board hopes to see many of you at this Nativity Scene Event.



THIRST Conference - ND CDA Booth

October 25-27, at the 2019 THIRST Conference in Bismarck, the ND Catholic Daughters sponsored a booth. It was wonderful to meet new women of North Dakota and share our love for CDA with them. We enjoyed visiting with many of our current members who stopped by. “Thank you” to those who as-

sisted in the booth: Renea Sticka Past State Regent, Barb Nelson Regent Ct. St. Catherine #323, Bonita Erickson 2nd State Vice Regent, Sue Judd State Secretary and Laurel Ann Dukart State Regent. Not pictured: Fr. Frank Miller State Chaplain and Bonnie Quast member Ct. St. Cecelia #362.



Bonita Erickson 2nd Vice State Regent and Laurel Ann Dukart State Regent



L-R: Barb Nelson, Bonita Erickson, Laurel Ann Dukart, Renea Sticka, and Sue Judd

Forty Days for Life

The CDA Courts of North Dakota participated in the 40 Days for Life national campaign September 25 to November 3. CDA members prayed, fasted and held peaceful vigils together and individually. Some were able to be part of the sidewalk campaign in front of the abortion facility in Fargo.



Bonita Erickson 2nd Vice State Regent with North Dakota couple on sidewalk

Local Court News

Court St. Gerard #2518, Valley City

The Catholic Daughters of St. Catherine's parish honored parish members who are involved in abortion sidewalk counseling and the prison ministry with a reception on October 20. The Catholic Daughters thanked them for their work in helping the prisoners learn about Jesus Christ. We thanked the sidewalk counselors for their work in reaching out to women and men.



L-R front: Nancy Orthman, Lila Harmsen, Bev McAllister.

L-R Back Msgr. Dennis Skonseng, Lee Isensee, Myron Jabs, and Deacon Jim McAllister.

Not pictured: Doran Chandler, Ralph Dyrness, Dean Scoulaar, Gary Johnson, and the late Deacon Carl Orthman.



Lila Harmsen
not pictured:
Bill Harmsen

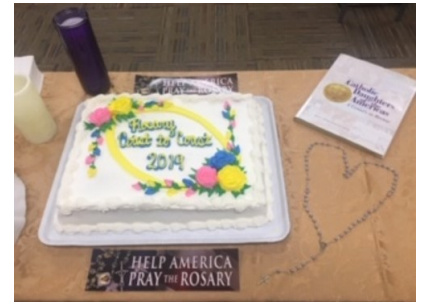


Court Holy Cross #2718, West Fargo

Court Holy Cross CDA #2718 joined with Catholics around the world to pray the rosary for the Rosary Coast to Coast. On Oct 13, CDA #2718 invited Catholics from parishes in Fargo to join us for prayer. 66 people prayed together and enjoyed fellowship at a reception following prayer. This is the second year we've joined together for the Rosary Coast to Coast day.



**Rosary
Coast to Coast
2019
HELP AMERICA
PRAY the ROSARY**



Court Marquette #677, Grand Forks

During the month of October [Monday through Friday at 1:00 p.m. at St. Mary's Church], Court Marquette #677 invited people from the community to join them in praying the Rosary asking our Blessed Mother to intercede for us, especially for the intentions of world peace and for the respect and dignity for human life. Members took turns leading the decades. We were blessed to be joined by people from as far as California and Washington states. One Wednesday, after praying the rosary with us, the 3rd grade classes from Sacred Heart School, East Grand Forks, MN, joined Fr. James Gross and learned more about the Joyful, the Luminous and the Glorious mysteries depicted in the St. Mary's Church stained glass windows.



Fr. James Gross, Pastor of St. Mary's Church GF, and 3rd grade classes from Sacred Heart Catholic School. EGF.



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“THE VOICE OF CDA”

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Grand Forks ND 58201

Current Resident Or

Deadline for next newsletter:

January 31, 2020



Catholic Daughters
of the Americas®

Save-the-Date

Nativity Scene Event

“Keeping Christ in Christmas”

Thursday, December 5th / 4:00-4:30 p.m.

North Dakota State Capitol / Bismarck, ND / Memorial Hall

Sponsored by the North Dakota Catholic Daughters - - - Details on Page 6

