

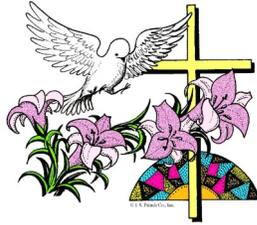


Spirit of North Dakota State

Volume 11, Issue 1 - - - Spring Edition 2023



State Regent - Mary Baer



My Dear Sisters in Christ,

This is the last newsletter before the 53rd Biennial State Convention. As I write this there are so many thoughts going through my mind, wondering what I should be sharing with all of you at this time. I will give it my best attempt.

Remember that any member in good standing can attend convention. You do not need to be a delegate or an alternate. Contact your court regent or myself for a registration form. Registrations are due by March 31 without being charged a late fee. All registrations must be received by April 14 for meals and attendance.

If possible, make your trip to Belfield an adventure and take in the sites along the way; this will only work if you are lucky enough to have Thursday to do this. Some possible ideas would be to tour some of

the churches in the towns you drive through. Stop at the Assumption Abbey in Richardton, their website says a monk is in the gift shop from 1-3 pm and at other times, simply go to their Visitor’s Center and they can get a monk to meet you there. Stop and see the University of Mary in Bismarck. Take a little detour along the Enchanted Highway; Medora and the South Unit of the Theodore Roosevelt National Park are only 18 miles West of Belfield. These are just a few suggestions; I am sure you have many of your own wonderful ideas!

There will be an hour of registration at St. Bernard’s Parish Center, 404 3rd Ave NE on Thursday night from 7:00 – 8:00 p.m. Registration will be held Friday morning from 8:30 – 10:45 a.m. There will be a tour of St. John’s Ukrainian Catholic Church on Friday morning at 10:00 a.m. Anyone interested in the tour is asked to meet at St. Bernard’s Parish Center at 9:30 a.m.

There are some good places to eat while visiting in Belfield: at the intersection of Hwy 85 and Interstate 94 there is Trapper’s Kettle whose hours are 7:00 a.m. – 8:00 p.m. and Trapper’s Pizzeria (takeout or order at the Rendezvous Lounge, they have pizza and

cont. on pg. 3

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CDA Motto

Unity and Charity



CDA 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 - Rev. Shane Campbell



A few weeks ago at Sunday Mass we heard from Jesus's Sermon on the Mount in which He lays out His Gospel blueprint. He teaches us that God's ways certainly are mysterious. Those who are first are actually last and those who have the most will end up with the least. There is an ironic twist to God's wisdom and this is no more evident than in the Beatitudes. The Beatitudes are the paths along which true Christians should travel and embody the heart of the Gospel and define what it means to be Christian.

The Beatitudes have dramatic implications for how we structure our lives and treat others. They are definitely a matter of personal holiness, but only when accompanied by action. The Beatitudes are all about putting things in right relationship.

How do we love our neighbor? Consult the Beatitudes! Loving our neighbor as ourselves cannot be reduced to simply praying for them or wishing them well. Loving our neighbor means that what I desire and want for myself I desire and want for my neighbor. In addition, it means that my actions and lifestyle must work to achieve those goals. The kingdom of heaven begins here. What we do here must mirror the life to come.

We need faith. We need love. But we also need to know how to translate all of this into action. Jesus pulled no punches and clearly told those listening that what they did to ONE of the least of these they did to him. Once we open our minds and eyes, we begin to recognize how even some of the little things we do contribute to the building up the Kingdom of God.



National Office Directory & Duties

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Thelma, handles all PayPal orders, state officer lists, reprieves, disbandments, and charters
thelma@catholicdaughters.org

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INVOLVEMENT

Involvement—the act of being involved. What does it mean to get involved? It means to do things and be a part of an activity or event. There are so many things to get involved with during this month. Valentine’s Day - a day set aside to show your appreciation and love to your loved ones. Get involved - it could be as simple as a “I appreciate you and everything you do” to someone who doesn’t get appreciated for the little things in life that we tend to take for granted. President’s Day is February 20th. Get involved - write letters to those who make the rules that affect you and your loved ones. Let them know whether you support and/or agree with their voting history and/or their way of thinking. This is from the President to your local town board. Lent starts with Ash Wednesday on February 22 this year. Get involved - give up something really hard - for me chocolate/desserts, or do something extra that you normally wouldn’t do such as attend daily mass, visit the sick, etc.

Most state boards are putting in hours of planning for their own state convention. Get involved - attend those conventions - if not as a delegate, then as an alternate, or just as an attendee. We can’t sit on our hands - we have to get involved. What greater way to learn what is going on in your state or meeting new Catholic Daughter sisters across your state. Run for a state office or for the next nominating committee. “I wish I could” doesn’t get anything done unless you get involved and run for those different committees and offices. Remember when you point a finger at someone, you have three fingers pointing back at you. Stop pointing those fingers and get involved.

Get involved. Whether it be Love, Leadership or Lent - get involved. There is no time like the present. Attend and get involved with your state convention. Don’t offer criticism without a solution. How can you come up with a solution if you don’t get involved. I hope to see your enthused involvement at the upcoming state convention.

Be involved!!

Barb Ward
National Director



Hello CDA Sisters,

Our spirits get just a little brighter at this time of year. As the sun gets closer and melts the piled up snow; at least on the east end of the state. Spring is getting closer! It was nice to visit Mary in Belfield to get Raffle tickets ready. 50 degrees and hardly any snow felt like a vacation.

We would like to do a statewide baby shower at the convention this year. Wouldn’t that be a great way to wrap up our 2 years for the Women’s Care Center as our State Project? Let’s shower them with gifts to help support those mothers who choose life over death for their babies! Everything collected will be divided between the 3 centers. Whether you like to shop or sew, let’s shower them with love!

As we get ready for our own Lenten journeys, remember Jesus continues to choose ordinary people like you and I to be His voice, hands and feet. May we be the light that shines bright to bring others to know His love.

Have a Blessed Lenten Journey, Celebrate Easter and take a road trip to Belfield! Hope to see you at the convention.

Love and Prayers,
Deb Johnson
1st Vice State Regent



State Regent (cont. from front page):

other appetizer baskets) whose hours are 4:00 p.m. – 9:00 p.m. or Burley’s Roughrider Bar and Steakhouse downtown whose hours are 11:00 a.m.–10:00 p.m. There are also two great coffee shops who also offer some breakfast selections: one is just north of town on Hwy 85 called Java Gypsy’s 5:30 a.m. – 2:00 p.m. and downtown on Main Street is the Cup 9:00 a.m. – 4:00 p.m. Be sure to check out the Gift Shops at Trapper’s Kettle and The Cup as well.

I am looking forward to seeing as many of you as possible at the convention in May. It is always so uplifting to gather for a faith and fun filled weekend with each other.

May you all have a blessed and reflective Lent!
Mary

2nd Vice State Regent-Sue Judd-Dyrness



Dear Sisters in Christ,

I am hoping many of you will come to the State CDA Convention in Belfield this May. It is a wonderful time to get to meet new friends, old friends, and to just be with like-minded women (Sisters in Christ).

I would like to share with you the dress attire for the convention. It is **business casual** which means you can choose from dress pants or a knee-length or longer skirt and a blouse to a dress that comes at least to the knee. We ask that you do not wear jeans. Appropriate shoes include sandals, flats and boots, but you should avoid flip-flops and tennis shoes. It is a good idea to dress in layers, so if you are cold you can add a layer or if too warm you can take a layer off.

Friday is red, white, and blue day in honor of those who have and continue to fight for our many freedoms we have. So please wear something red, white, and blue on Friday.

Saturday will be CDA day so wear CDA attire or CDA colors of purple, white, or gold. We usually dress up for the banquet on Saturday night, some like to wear long dresses, but regular length dresses are great too, skirts/dress pants and tops work also.

For those of you that are officers and wear robes, we want to wear our robes with dignity and respect. Please remember to have your robes hemmed so they are 11 inches from the floor with the white shoes that you will be wearing with them. Your dress or skirt must be shorter than the robe, no slacks, capris, or shorts may be worn under the robe. Wearing stockings is optional, but if you choose to, they must be nude or skin tone color. No colored stockings.

When in procession and wearing your robe, nothing should be carried including handbags, cross body bags, camera bags or cell phone carriers. Small stud earrings, not bigger than your ear lobe, are allowed, no dangling earrings or hoops. Also rings and watches are allowed. Nothing should be worn on the outside of the robe like necklaces, pins, or corsages.

Robes are only to be worn for line-up, procession, and ceremony. Carry them nicely to the ceremony locations, please do not wear them while traveling.

I hope this helps you to know what to wear for the state convention. It is also just a friendly reminder for the officers about the robes.

May you have a blessed Lent and Easter and I will look forward to seeing you in May!!!

Love and Prayers,
Sue Judd-Dyrness
2nd Vice State Regent



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Catholic Daughters of the Americas "PUT YOUR NETS OUT INTO THE DEEP: MOVING MOUNTAINS"

2023 NATIONAL FALL RETREAT
RETREAT DIRECTOR: NATIONAL CHAPLAIN FATHER SHENAN BOQUET

Friday, November 10 - Sunday, November 12, 2023

Starting/Ending with lunch at noon on both dates.

Spirituality Life Center
7100 E 45th St. N, Bel Aire, Kansas 67226

\$300.00 includes room & meals. Limited to 65 retreatants.

✠ Gloria Bougie Past State Regent



Gloria Bougie, 86, Fargo, passed away Saturday, January 28, 2023, at St. Catherine's North, Fargo.

Gloria Bougie was born on May 25, 1936, in Sykeston, ND, to Francis Dummer and Elizabeth (Schaack) Dummer.

Gloria graduated from Sykeston High School and the College of St. Catherine's. Gloria was an X-Ray Technician at St. John's Hospital in Fargo, ND, when she met and married Gerald Bougie. Gloria continued to work at St. John's Hospital until she and Gerald had their first son Dean Bougie; three years later, they were blessed with a second son Paul. Gloria and Gerald moved to Jamestown, ND, and after several years of living in Jamestown, the Bougies moved to Fargo, ND.

Gloria went to work for Welu Dental Lab and achieved the certification of a certified dental technician and was employed with Welu for 25 plus years. After she retired from the Welu, Gloria spent time

working for Dayton's and Herberger's. Gloria was an active member of North Dakota Catholic Daughters of the America's and held the position of State Regent from 1992-1994/1994-1996. Gloria was a Soroptimist International, Fargo Chapter member and enjoyed volunteering with the group.

Gloria was an incredible cook; her family members all had their special requests when getting together and no matter if it was one dish or twenty she made them all for them to enjoy. Gloria had special relationships with many friends and family. However, her relationship with her son and daughter-in-laws's nieces and nephews was the one that was incredibly special embracing them as her own grandchildren.

Gloria is survived by her son Paul (Barbara) Bougie, of Fargo, ND.

Gloria is preceded in death by her husband, Gerald; son, Dean; sister, Sister Jean Dummer; father, Francis, and mother, Elizabeth.

In Memory Of

Gloria Bougie

May 25, 1936 - January 28, 2023

You are not forgotten,
loved one
 Nor will you ever be,
 As long as life and memory last
 We will remember thee,
 We miss you now, our hearts are sore
 As time goes by we'll miss you more.
Your loving smile,
your gentle face,
 No one can fill
 your vacant place.

In Loving Memory



Ct. St. Elizabeth

✠ Rosella Rubbelke

Ct. St. Ann #261

✠ Irene Flanagan

✠ Gloria Bougie

✠ Jane Grage

Ct. St. Mary #268

✠ Loretta Gefroh

✠ Delores Stromme

✠ Mary Ann Van Steenvoort

✠ Shirley Uthke

Ct. Immaculate Conception #322

✠ Joyce Anderson

✠ Katherine Combs

✠ Agnes Eckroth

✠ Mary Lingert

✠ Johanna Vetter

Ct. St. Catherine #323

✠ Tana Johnson

Ct. St. Cecelia #362

✠ Lila Lee Kalvoda

✠ Theresa Leingang

Ct. Marquette #677

✠ Leona Czapiewski

✠ Mary Anne Tupa

Ct. St. Therese #958

✠ Jennifer Rose Larson

Ct. Claire #1846

✠ Agnes Vetter

Ct. Cardinal Muench #1852

✠ Grace Wallis

✠ Lorraine Wieser

Ct. Queen of the Prairies #1965

✠ Elaine Hill

*"Eternal Rest Grant
 Unto Them O' Lord!"*

State Secretary - Rita Mastel

State Treasurer - Angela Scheett



The last few months have been a quite busy for me. It all started on November 2nd when I got a call while I was at work from my primary care physician that I need to get to the emergency room as soon as possible because my platelets were 2. I was feeling totally fine, and this number didn't mean anything to me but when she explained that a normal platelet value is 150 to 450 and that this was life threatening, I went right away. I was admitted to the hospital where they gave me platelet transfusions and other medications to help increase my platelet count. It is so crazy to me, I only went to my pcp in the first place just to find out my cholesterol values, I had no other health concerns.

After I was discharged, I had to get labs drawn every few days to monitor my platelet counts. I was diagnosed with ITP (Immune mediated thrombocytopenia). I received transfusions a few days a week and tried different medications to keep my numbers up and try to get them to a normal range, they finally found a medication that was working and giving me minimal side effects and of course it is the most expensive medication out there, but I am thankful something is working. On December 6th they did a bone marrow biopsy, and we had the results sent to Mayo in Rochester to review. They discovered that I have CMML-0 (Dysplastic chronic myelomonocytic leukemia) a rare leukemia. We went to Rochester to meet with a hematology oncologist who specializes in this leukemia. He determined that the ITP (thrombocytopenia) is being caused by the CMML. For now, I can continue with just treating the ITP as long as I am maintaining healthy platelet numbers, I am able to hold off on doing chemo to treat the CMML, the underlying condition. Thankfully this is a slow-moving blood cancer so basically, I am just in watch and wait status right now. I appreciate all your thoughts and continued prayers so very much. Hoping I can manage the symptoms for many years to come.

I would like to thank all Local Courts for their generous donations to the State Project, the Women's Care Centers of Bismarck, Devils Lake and Fargo. With the donation from the State Court, we collected \$2,035 since January 2022. All funds were held so they could be designated for Giving Hearts Day, as we did last year.

At the upcoming Biennial State Convention, collected donations will be allocated for different charities each day. On Friday, the funds from the offertory during Mass will be given to the Dioceses of Bismarck and Fargo for vocations. The offertory during Mass on Saturday will be for the current State Project. On Sunday, donations for the new State Project will be collected during brunch instead of during Mass. I encourage you to discuss these donations during your Local Court meetings to determine how much you would like to give for each offering. Delegates could bring Court checks to the Convention for each of the collections. All Convention attendees are also welcome to donate as individuals.

Once again, I would like to thank you for your support of our State Project, as well as those we have had previously. I look forward to learning about the new one that will be selected at the upcoming Convention.

Angela Scheett
State Treasurer

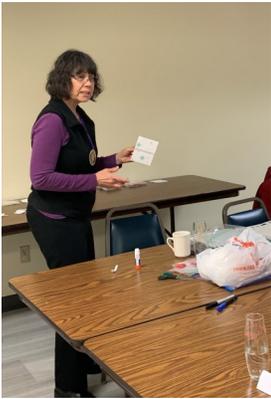


"For God so loved the world, that He gave His only Son, that everyone who believes in Him might not perish, but might have eternal life." - John 3:16

Local Court News

#677 Court Marquette Grand Forks

by Rena Helbling



Rena Helbling
instructing members
on the card-making
process.

At our December and January meetings, we made 38 Winter cards and 26 Valentines that were given to St Anne's Living Center (along with a big bag of women's clothing, scarfs, and other items residents might need).

The staff at St. Anne's liked our CDA-made cards so much, they asked me to lead a Valentine-making class on Friday, February 10th. Around a dozen residents attended, making all the Valentines as they wished.

The residents requested more crafting classes in the future! This will be a great future project (every few months or so) for our Catholic Daughter Court.

Blessings! Rena

"Rena, Thank you for providing all the materials, doing the prep work (with your Cricket) and making crafters out of us all."



Lucy Hanninen

Welcome New Members

Ct. St. Ann #261

Catherine (Cathy) Adams

Vicki S. Richard

Ct. Immaculate Conception #322

Molly Freidel

Barbara Thorson

Mary Uhlman

Dorleen Wolbaum

Ct. St. Therese #958

Andrea Finders

Jennifer Rose Larson

Ct. Cardinal Muench #1852

Barb Buck

Beverly McRoberts

Carman Paquin

Darline Wojtalewicz

Ct. Holy Cross #2718

Lyn Haring

Welcome to the Sisterhood!



Kaaren Pupino, Joan Scheett,
Angela Scheett



Mary Jo Schill



Doris Zidon, Kaaren Pupino,
Virginia Esslinger



Winter Cards (above)



Valentine Cards
(above & right)



Local Court News

#958 Court St. Therese Williston by Kristal Schmit



Christmas tree with the ornaments for Bethel Nursing Home

Greetings! Ct. St. Therese members celebrated with a Christmas party for our December meeting. There was a gift exchange, games and food. It was held at our Regent's house (Wanda Meyer). All members were asked to bring Christmas ornaments that would later be given to the residents at our local nursing home. Our members were also asked to bring a food pantry item. It was well attended and we even had some mother daughter duos in attendance.



CDA group picture at the party



Mothers & Daughters –
Cheri Martin and Kari Rustand
Teresa Anfinson and Sandra Schilke



Ct. St. Therese's annual Christmas bake sale was held on December 10th weekend. The bake sale was very successful. Our Vice Regent (Wendy Paryzek) distributed the left-over baked items to the shut-ins while also bringing them the Eucharistic.



Sandy Jorgenson working at the bake sale



It was **Mardi Gras** time at St. Joseph's Church on January 28th -29th. Ct. St. Therese donated a doll baby bed along with a prayer shawl to the silent auction.

<< Vice Regent Wendy Paryzek with donation to Mardi Gras



Three tips to deepen your relationship with God during the 40 days of Lent: (USCCB)

- 1) Participate in the sacraments, especially Confession if it's been a while.
- 2) Help those in need around you at home, at school, or at the office.
- 3) Sacrifice something that's hard for you. Offer it up for someone you love.

Walk with Jesus this Lent and draw close to Him.

"Let us not allow this season of grace to pass in vain!

Let us ask God to help us set out on a path of true conversion."

Proposed Projects for the Next State Project



by Terry Walter

Court Father Tracy #2121 would like to propose “*Angel 37 Kitchen*” for the State Project for 2023-2025.

Angel 37 Kitchen

The organization was established in 2016 for “Nourishing the Body and Soul.” It is a nonprofit organization whose passionate purpose is to nourish the bodies of individuals and families with food, while filling their soul with serenity and hope. With the gracious support of local business and dedicated volunteers, it is their mission to provide an environment where everyone is welcomed with dignity and compassion, while embracing the simple beauty of community. It’s founder was Tana Johnson, daughter of Claudia and Jim Bosch. Tana began “Angel 37” in honor and memory of her Dad, Jim.

Court Father Tracy feels with selecting “Angel 37 Kitchen” as our next State Project, it will not only continue to serve the people of need, but give all Catholic Daughters in North Dakota the opportunity to honor Tana Johnson, and her parents Jim and Claudia Bosch.



by Lucy Hanninen

Court Marquette #677 is submitting “*Project Ignite Light*” for consideration for the State Project.

Project Ignite Light

“Sharing Light in the darkness of Child Abuse”

Project Ignite Light is a faith-based organization that provides children with "Bags of Hope" that contain important personal items needed when examined at local Children's Advocacy Centers for sexual and physical abuse, neglect, and human trafficking. It isn't uncommon for children to leave investigative doctor's appointments with very little if any dignity. This is in part due to a result of their clothing being taken as evidence of the trauma inflicted on them.

Project Ignite Light was started in Rogers, ND in 2008. It has since grown to help thousands of children each year throughout North Dakota, South Dakota and Minnesota, with the desire to be implemented nationally. Items for the Bags of Hope can be dropped off throughout ND in West Fargo, Devils Lake, Jamestown, Grand Forks, Bismarck, and Minot, thus giving it a statewide focus.



**Catholic Daughters
of the Americas®**





SAVE-THE-DATES

May 5, 6 and 7, 2023
for the
53rd North Dakota State
CDA Convention
“Mother Mary,
Our Perpetual Help,
Our Refuge and
Our Hope”



Hosted by
Court #2148 Our Lady of Perpetual Help
in Belfield, ND



Eucharistic
Adoration

Friday, May 5
9 a.m. - 5 p.m.

St. Bernard’s
Catholic Church

All Masses will be livestreamed:



Vocations Mass

Friday, May 5th at 11:30 a.m. MDT



Memorial Mass

Saturday, May 6th at 11:00 a.m. MDT

Installation Mass

Sunday, May 7th at 8:30 a.m. MDT

Like St. Bernard’s Catholic Church of Belfield on Facebook
or go to their webpage at saintbernardbelfield.com.

53rd Biennial ND State Convention Information

Tentative Convention Schedule:

May 5: 8:30–10:45 a.m. Registration
10:00 a.m. Optional tour of
St. John's Ukrainian Catholic Church



11:30 a.m. Vocations Mass
Lunch (following Mass)
2:15 p.m. Business Session Convenes
Rosary
6:00 p.m. Supper
Auction (following Supper)

May 6: 7:30 a.m. Registration
8:00 a.m. Business Session Reconvenes
Elections to be held during session
11:00 a.m. Memorial Mass
Lunch (following Mass)
Business Session
5:30 p.m. Social Time
6:00 p.m. Banquet Supper

May 7: 8:30 a.m. Installation Mass
Brunch (following Mass)
Tying things up and farewells

Please NOTE:

All times are Mountain Daylight Time.

This is a tentative/general schedule. Changes may occur due to availability of clergy, speakers, etc. Anticipated meal times are indicated above. Each registrant will be given a booklet with a finalized schedule at registration.

Snack breaks will occur during the business sessions, but we recommend / encourage all to bring a cereal bar, piece of fruit, nuts, etc. in case they need a little something to tide them over between meals and breaks. Coffee and water will be provided throughout the day.

Items available for sale prior to the convention.

Image to the right will be on the front of the shirt, either large on the front (sweatshirts/T-shirts) or small on the chest (polos).

The words North Dakota Catholic Daughters will be on the cuff of the sleeve on all shirt options.

North Dakota Catholic Daughters

Short-sleeve Polos - white, yellow or lavender
Long-sleeve Polos - white or silver

Sweatshirts - white

Hoodie Sweatshirts - white, ash or lavender

T-shirts - short or long sleeve

Tumbler or coffee mug - with lid

Local regents have order forms if you wish to purchase any.

****Orders must be sent in by the end of March!**



Host the 2025 State Convention

Any Court interested in hosting the 2025 54th Biennial North Dakota State Convention is asked to write to the State Regent no later than March 31, 2023. Please consider this opportunity to share your talents with the rest of the North Dakota Catholic Daughters. If you feel your court is unable to host, please consider co-hosting. *Thank you for your consideration!*

Reminder to bring with you to convention:

- Auction basket
- Baby shower item(s) for current State project: the Women's Care Centers
- Court scrapbook (it's nice to see all the things local courts have done over the past 2-4 years)
- Court symbol (and written description)
- Door prize(s) (homemade)

Spirit of North Dakota

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Catholic Daughters of the Americas
State Newsletter Editor - Laurel Ann Dukart
2650 26th Ave S #219
Grand Forks ND 58201
dukartcda@outlook.com

Current Resident Or

Deadline for next newsletter:

May 15, 2023



Catholic Daughters
of the Americas®

53rd Biennial ND State Convention Invite

Dear North Dakota Catholic Daughters,

The members of Court Our Mother of Perpetual Help #2148 in Belfield are pleased to be hosting the 2023 ND Catholic Daughters of the Americas State Convention May 5-7, 2023. Our Court and the State Officers are working hard to plan an enjoyable and informational weekend for all who are able to attend. We look forward to gathering with all of you and your guests in May to celebrate the past two years and plan for the next.

In Unity and Charity

Elaine Johnson, Regent

Court Our Mother of Perpetual Help #2148