



CATHOLIC
DAUGHTERS
OF THE
AMERICAS

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.

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Unity and Charity

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The Voice of the Lakes

MINNESOTA STATE
CDA NEWSLETTER

MARCH 2024
VOLUME 2024—ISSUE 1

Regent's Reflections Monica Capra, State Regent

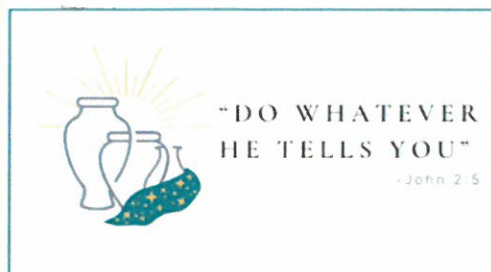
Dear Sisters,

Lent is upon us. A time for slowing down so we can reflect on Jesus' great love for us. A time for change as we try to become better at loving Jesus and loving others. As part of my Lenten practice, I am reading a book called 'The Hidden Power of Kindness' written by Fr. Lawrence Lovasik and it is changing my life. I first saw the book when our Court was on a summer tour and visiting historic churches in the area. At one of the churches, we were greeted by the Sisters of the Franciscan Clarist Congregation who invited us into their home for fellowship after our tour. This book was sitting on their coffee table and as I paged through the book, I knew I wanted my own copy. So, I purchased several copies with the idea of starting a book study, but you know things go, I never got around to reading it! I gave the book to my son for Christmas, and when he saw the blue butterfly on the cover, he gave me the "really, mom?" look. But he read it anyway. Then he proceeded to purchase fifteen copies; one for each of the young men he had in Bible study! The book challenges us to "Love one another as I have loved you," — John 15:12. We have all heard those words of Jesus before, but have we really thought about them as we go through our daily lives? Jesus loved us so much that he gave his life for us. He died for you and for me. And he loved even those who put him to death. And how do I treat others when they are unkind or hurtful? I usually respond with sharp words or resentments. This book is helping me to grow in the virtues of humility and patience so that I can learn to bear others' offenses with kindness. I can tell you this is going to take a lot of practice!

As Easter approaches, let us remember with joy the great hope that Jesus gives us through His Resurrection. The hope of eternal life! Let us also remember the commandment Jesus gave us as we strive to love others as He has loved us. I continue to pray for you all! May you have a blessed Easter!



Your Sister in Christ,
Monica Capra

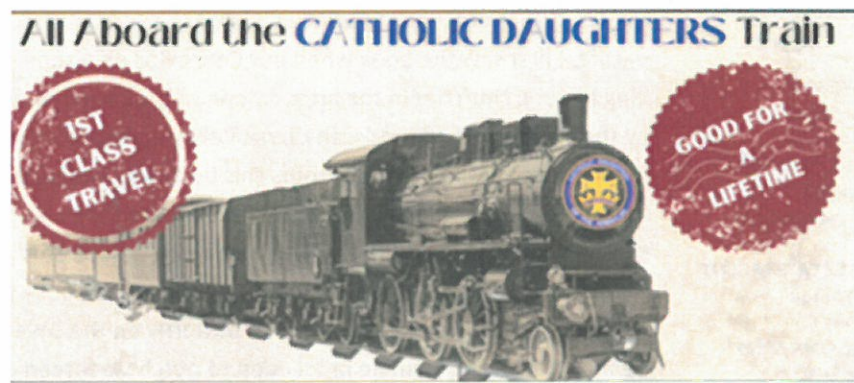


Please keep our First Vice State Regent, Cathy Nelson, in your prayers as she continues with her medical treatments. We pray for strength and healing!



Congratulations Court St. Mary-Peter #1864 for being awarded the 2024 Habitat for Humanity Grant!!

Membership



New Members since September 1:

Court St. Joan of Arc #1291 – 6
Court St. John #1371 – 3
Court St. Mary-Peter #1864 – 2
Court St. James #1820 – 1

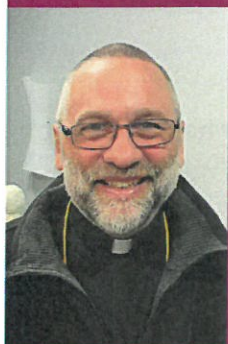
Court Owatonna #1180 – 5
Court Winona #191 – 2
Court Holy Rosary #1916 – 2
Court Sacred Heart #1424 - 1

We asked some of our newest members how they came to join Catholic Daughters. This is what they said:

Mary: I joined because I have reached a stage in my life when I have a little more time and I wanted to become more involved with the church.

Barbara: I joined after a friend invited me. She had been asking me for about five years!

Teresa: My court put on an event at church that I attended. I enjoyed the event and the ladies, so I decided to join.



**State
Chaplain,
Deacon
Paul**

Dearest Catholic Daughters,

I pray all is well with you and your families as this season of Lent wraps up and we get ready to celebrate Our Lord's Resurrection from the dead. We are so loved by this gift of redemption from our God. Lent has always been a time for me to slow down and reflect on my old self and how I have changed with the help of God's mercy and forgiveness. The change has been slow and steady with the help of others along the way, many graces, and blessings.

Each one of us has a need for daily conversion as we put on our new self, that is our Christian identity, for what Jesus did for us by dying on the Cross and rising from the dead. The promise of everlasting life gives us a confidence to live life differently, an invitation to others from our joy and peace, the source of our love and kindness. Our unity and charity move us into actions that are contrary to what our society says is important, yet doing these things that are important to God and building up His kingdom.

There is much darkness in the world today and we often witness great calamity and suffering all around us. Especially when we see and feel it from our loved ones that have no longer have time for God and Church anymore. We must not lose hope or despair, instead turning to our God in prayer and asking Him to do the work in people's hearts. The important thing is to ask, keeping our relationship with God strong. This is how we become lights shining in the darkness to proclaim the Good News.

The world today is Friday, that awful yet necessary Good Friday when there is remembrance of the darkness, the pain and suffering that our Lord endured to show us the greatest love of all, to lay down one's life for one's friends. And it doesn't end there because Easter is coming afterwards when He rises from the dead and returns home to the Heavenly Father. I encourage you to be captured in this truth and be light to inspire others to be continually transformed; to live and love differently all in thanksgiving for the love of our Savior! – Amen.

God bless you all! – Deacon Paul

Growing Spiritually as a Family During Lent

Ash Wednesday falls on February 14th this year. Consider celebrating both St. Valentine's Day and Shrove Tuesday {also known as Fat Tuesday} while keeping Ash Wednesday as a day of fasting and abstinence. During Lent we are asked to fast, pray, and help the poor. There are many activities that can be done as a family.

Some suggestions:

- Assisting with the collection of food or helping at the Food Shelf shows others how much we care and value them.
- Encourage your family to give something away every day during Lent.
- Promote positive thinking and gratitude for all the gifts we have been given.
- Fast from negative talk and bad habits
- Look at ways to continue spiritual growth and commit to becoming a better version of yourself.
- Plan for family prayer time/ sharing thoughts or concerns without distraction.
- Eat meals together and encourage everyone in the family to help prepare it. Observe the rules for fasting as required.
- Spend some time in silence and reflection. Let God know what you need.
- Share an act of love and kindness every day. Send a note to a friend or family member with a positive, inspiring message. You never know how you will touch a heart when it's needed most.
- Attend Mass and Stations of the Cross as a family.
- Develop a deeper, more personal relationship with God during Lent. Ask what he is calling you to do and then LISTEN for His response.

I hope that you will encounter God's love and grace during this special time. Hold your family and friends close and pray for them by name.

Mary Pufall, Family State Chair

Reminders:

March 1st—deadline for Circle of Love/Non-Circle of Love Reports

Local Court Newsletter and Website entries to the State Chairs

Local Court Regent annual report to State Regent

Local Education contest winners to Margee Keller

March 15th—Election of delegates/alternates and forms sent to the National Office and the State Regent

Note: We will NOT be sharing a bus with South Dakota to New Orleans-research found it was cheaper to fly



Education

The purpose of education is to promote quality education to our children and adults through classroom activities, scholarships, literacy programs, and education beyond high school.

We should continue to promote programs or activities that assist members to learn about CDA, its history, its charitable projects, and charities, as well as the programs on the spokes of the Circle of Love.

Some other ideas:

Have you ever considered being a tutor in your local schools?

Volunteer to be a reader to children in your local library?

In May, it is Teacher Appreciation Week (May 6-10). You can honor the teachers, the support staff, the librarian, the school nurse, the school cooks, the school janitors, and bus drivers. The list is endless. Just a simple thank you card, a fruit basket, cookies, chips, etc. It is just the thought that counts.

Thanks to all who sponsored the Education Contest in your local schools. Just a reminder that the deadline to submit is March 1st. Also, thanks to those who submitted your Education report.

I am serving as your State Chair for Education. So, if you should have any questions or concerns, please contact me: Margee Keller, 301 Maple St, Crookston MN 56716 Cell 218.349.4566 Email: margeekeller@hotmail.com

Local Court News



Ct St. James #1820 shared an 'Egg Bake Benefit' for the Sisters. They were blessed with many guests from several local churches. As part of the day they sold plants with names and entertained the guests with music. The Sisters were a wonderful addition to the brunch.



Pictured above: MaryJean, Evie, Steph, Jan, Terese, and Viv

On November 27, 2023, **Ct St. Mary Peter #1864 Mazeppa Bellechester** had a special evening and program for Advent. Sue Hinrichs planned our program, *Advent by Candlelight*. Tables were set with linen, china, silverware, and wine glasses with a centerpiece of Advent wreaths and candles. The evening started with dinner of homemade lasagna, salad, and dessert. The evening continued with Advent blessings, prayers, scripture reading, and singing "O Come, O Come Emmanuel." It was a beautiful start to the Advent season.



Above: Left side of table: Anne Varner, Jan Ryan, Nancy McNamara, Theresa Buck. Right side of table: Wanda Schafer, Louise Gerken, Shirley Gregory, Pat Swenson

Tuesday, Nov 14, 2023 **Ct St. Mary Peter #1864 Mazeppa Bellechester**, played Bingo at Goodhue Living, a senior living facility in Goodhue. Court member Nita Gadiant recently moved into Goodhue Living so our court wanted to do an activity with Nita to help with the transition. Court member Marlys McNamara organized Bingo with the Goodhue Living activity director. We had eight members, five residents and four visitors who played and received prizes of fruit, juice, soda and Kleenex for each Bingo!



Ct Madonna #839 in Wilmont celebrated their 100th anniversary with mass and a meal served by the parish's Knights of Columbus on November 19, 2023. Our membership has seen its highs and lows, just like many of the courts statewide. In 1954 our court boasted a number of 135 members. In 1996 we had a record of 21 new members and our membership boomed to 81 at the time. As of today, Court Madonna has about 90 members and a young JCDA court – which, for a town with a population of roughly 320 people is quite spectacular! Court Madonna has a longstanding tradition of family memberships, which we hope will continue to keep our court alive and thriving in the years ahead. Thank you to our sisters, state representatives, and national representatives who traveled to be with us and those who sent us the lovely cards and gifts! We are blessed to be part of this sisterhood and look forward to many more years with you!

Pictured right is Phyllis Schettler, who joined CDA on December 10, 1948 - just one day after Court Madonna's 25th anniversary, so in doing the math - that makes her a 75 year member!!



Pictured below are the members of Minnesota Catholic Daughters of the Americas that were in attendance for the 100th Anniversary celebration on November 19, 2023 in Wilmont, Minnesota





Pictured left are 60+ year members of **Court Madonna #839, Wilmont**. Back left to right: Carol Balster, Clara Fuerstenberg. Front left to right: Phyllis Schettler, Lois Bullerman, Barb Springman, and Donna Bertrand.

Celebration of Milestones & New Member Ceremony

On December 18, 2023, **Ct St. Mary Peter #1864 Mazeppa Bellechester** celebrated Milestones and New Member Ceremony. The evening started with Mass presided by Father Dale E. Tupper and Court Chaplain Deacon Paul Tschann. Court Regent, Linda Kazmierczak, recognized Zonda Befort for celebrating 60 years as a Catholic Daughter. Zonda joined Catholic Daughters on November 18, 1963. Court member Joan Hannasch, who was unable to attend, celebrated 70 years as a Catholic Daughter. Joan joined Court St. Rose of Lima #6 (Carroll, Iowa) on November 15, 1953. New members Bobbie Losure, Callie Markson, Mary Oswell, Wanda Schafer, Pat Swenson and Rachel Tschann took the pledge and were welcomed to the court.



Pictured left:

Front row – Pat Swenson, Wanda Schafer, Mary Oswell, Zonda Befort, Bobbie Losure, Callie Markson, Rachel Tschann

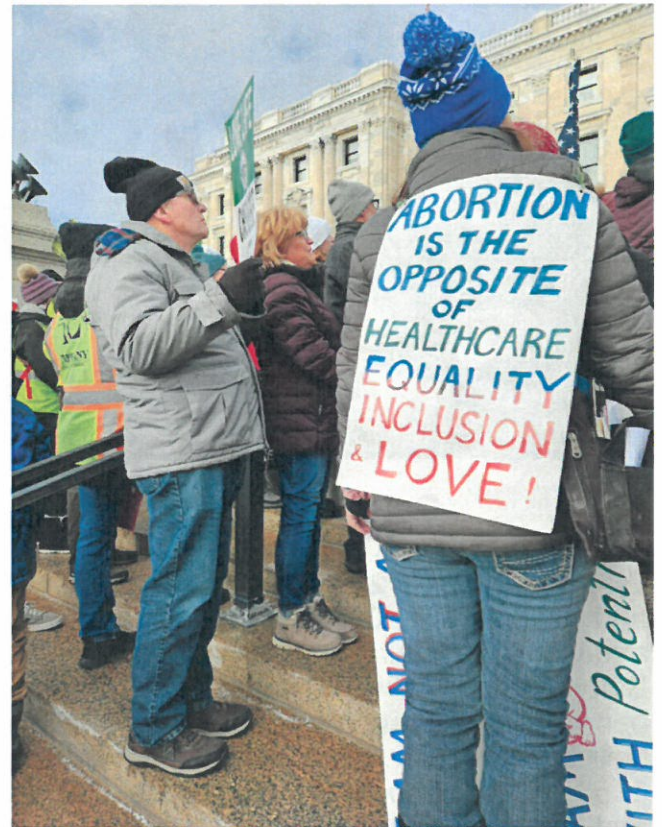
Second row – State Regent Monica Capra, District Deputy Beth Arendt, Regent Linda Kazmierczak, Vice-Regent Jeanette Richardson, Recording Secretary Pam Befort, Financial Secretary Patrice O'Reilly, Treasurer Donna Bautch, State and Court Chaplain Deacon Paul Tschann

Ct St. Joan of Arc #1291, Marshall

CDA members attended the rally at the MN State Capital on January 22nd for the **51st anniversary of the Roe v. Wade decision**. Since Roe was overturned, the Republican party has been relentless about attacking abortion rights and introducing extreme bans in states across the country.

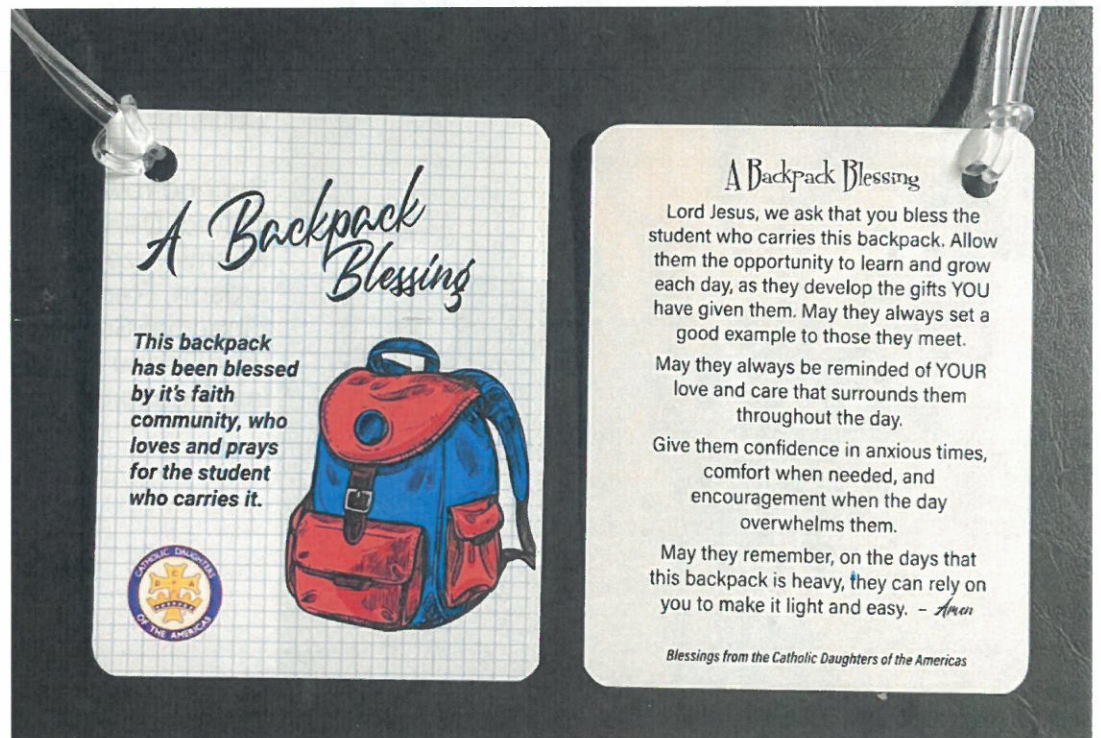


Attending the Rally: Lori Timmerman, Leanne Olsem, Greg and Diane Louwagie



Ct St. Joan of Arc #1291, Marshall

We gifted over 450 Backpack Blessing Tags to students in our area; Holy Redeemer School, St. Edwards School, St. Mary School, etc. These were printed on a sturdy plastic with a hole for a plastic strap to be attached to the Backpacks. Fr. Dennis Labat blessed them and several CDA members volunteered to help distribute them to all the students. Our message for the children was to know: **"God is with them and to help guide them."**



Our CDA Court had many volunteers offer to call Bingo at an Assisted Living Home while the Activity Director is on a medical leave for 3 months. We also have been busy with Fund-raising: a no work Bake Sale, a Culver's Greeter, and selling 420 Cinnamon Caramel rolls after church on Sunday January 21st. Our court is gifting a large monetary donation to the **Holy Redeemer 7th and 8th grade students** for their trip to Washington DC and New York in May. Another donation is going towards an **Ultra Sound Machine** to be used at Birthright.



Left: Jan Krogman, Bingo caller

Below: Residents of Assisted Living Home



Ct St. Margaret Mary # 605, International Falls

held their Roses for Life fund raiser for our Prolife center, Northern Options for Women, the weekend of January 13 & 14. The multicolored roses were sold after both Masses. Proceeds were given to Northern Options for Women. Workers who put the roses together and sold them are from left to right Sharon Everett, Julie Hindman, Georgie Kacik, Sandy Sakry, Mary Wilson, Linda Vellieux and Donna Hayes.



Local Court News continued.....

Below: **Ct St Charles #1791** CDA members gathered items for Birthright.



Right: Deb Rowekamp and Tina Lewis chaired the CDA Sweet Treat Sale

Below: **Ct St Charles #1791** CDA members gather has they wait for the "Sweet Treat "sale to open and Santa Clause to arrive for a fun day.





Left: Brenda Hansen and Vicki Gathje present turkeys that CDA received from Jenn-O to the local Food Shelf.

Below: CDA members pose with the 94 Christmas pails that were filled and delivered to local residents for some Christmas cheer.



Left: JoAnn Small and Theresa Nunemacher served beverages at the CDA sponsored "Pancake Breakfast."

Below: Court St Charles CDA hosted "500 Card Parties" for six Sundays starting January 21 for community members to join in a fun activity and a tasty lunch.



Ct Holy Rosary #1916, Detroit Lakes -100th Birthday of a member



Holy Rosary Court # 1916 would like to honor our CDA member Leatrice Wirtz. Leatrice has been a CDA member since 1986. But more than that she has been a member of Veteran of Foreign Wars (VFW) for as long as she can remember. She has also been a member of the Legionnaires just as long. Leatrice turned 100 years young this year. So forgive her if the dates aren't there. Her children held quite a birthday party for her at our church. Catholic Daughters helped serve the lunch. It was her special day. Over the years, Leatrice has combined CD with her patriotic ideals. She was invited to a Catholic Daughter meeting to show how a USA flag is to be folded and she came in complete dress with white gloves and all. She was extremely respectful of what she was doing. She explained what each fold meant. She also carried the flag in our Northwest Water Carnival parade for about 50 years. She said it needs to be carried. She did this into her eighties. She was in charge of going to the elementary and high schools to explain the essays the students should write on patriotism. She found judges to judge them. Students received awards. Leatrice is our true Legislative Honor this year. Her patriotism is very prevalent. Leatrice still attends Holy Mass. She is an excellent example for our Holy Rosary Court. She is our rock in our Detroit Lakes community and in our Holy Rosary Church.

In January four ladies from Ct Holy Rosary #1916 spent an afternoon making valentines to send to Mount St. Benedict in Crookston. This is the diocese retirement center for 24 nuns. They also made valentines for Court members that are not able to get out much. At our January meeting the valentines were signed and addressed, for each nun, by the members present. We did this last year and they were greatly enjoyed by the nuns. We received many thank-you cards and valentines from them. Our court also sends a charitable giving donation to them for a party or to be used for their enjoyment.



Ct. St. Bernard #886, Lismore hosted a baby shower with all donations going to the Helping Hands Pregnancy Center in Worthington. The center provides Christian-based counseling while educating and supporting women during pregnancy. Court members and parishioners donated diapers, wipes, lotions, blankets, clothing, and additional baby items for the clients at HHPC. The court also made a cash donation to the organization. Donations were plentiful and the court was not disappointed. In the photo, court members Ellen Henning, Steph Diekmann, Deb Lenz, Lisa Diekmann, Mary Metz, Pearl Wieneke, Brenda Lynn, Jen Brake, Julie Brake, Lydia Diekmann, and Jan Weidert gather around the gifts. Thank you for your generous donations!



Ct. St. Bernard #886-Lismore, along with the Council of Catholic Women donated gift certificates to be used for groceries and clothing to the Adrian Elementary school as part of both organization's Christmas Giving Projects. Pictured are CDA and CCW members Jen Brake, Deb Lutmer, and School counselor Jordan Pater.



Upcoming Court Anniversaries

Court St. Charles #1791, St. Charles—65 years—3/8/1959

Court Holy Rosary #1916, Detroit Lakes—60 years—4/5/1964

Court St. Bernard #886, Lismore—100 years—6/24/1924

Ct St Rita #409, Perham honored Sigrid Winjum for her 50 year membership. Regent Leanne Stoll presented Sig with flowers and a 50 year CDA pin at the December meeting. Sig said a few words of thanks to our members and even got a bit emotional when she shared how much being a Catholic Daughter has meant to her. Her certificate arrived in the mail the next day! Congratulations and thank you for all of your contributions!



Ct St. Rita #409, Perham members enjoyed an Advent potluck followed by a fun gift game after their December meeting.





Ct St Rita #409, Perham sponsored the Respect Life mass at St. Henry's church on January 18th. A parish family expecting, and an elder member presented roses to the altar at the offertory signifying life from conception to natural death. Father George Michael (Court Chaplain) gave a beautiful homily with a message that life is a gift! Students from St. Henry's Area Catholic School read petitions about respect for life.

Protect Life prayer cards were handed out by CDA members after mass.



Ct St. Anne #1840, Medford

Christmas Bags and Happy \$\$ Dollars gift giving



Above: The December meeting of Court St. Anne, members prepared 35 Christmas bags filled with prepackaged food, fruit, and candies, and Christmas cards. All were taken and delivered by court members to shut-ins and people who have lost loved ones this year. The extra food was taken to St. Vincent DePaul as court members were very generous with their donations.

During the year Court St. Anne #1840 collects happy dollars at each meeting as we share things that are positive in our lives. At Christmas time we take those dollars and do out-reach to someone in need in our community. We chose to support the Mitch Olson family, as the father was lost in a terrible farming accident by Morristown in November leaving behind his pregnant wife, and young family ages 4, 3, and 1. We delivered 4 Christmas bags along with \$200 worth of gift cards for gas and groceries. Other court members made additional donations of money to the family.



Left and below: St Charles JCDA hosted a "Daddy/Daughter Dance on February 3, 2024. What a Fun evening it was for all.



Left: JCDA Court St. Teresa of Calcutta in Perham, were recently able to elect officers for the first time since quarantine, as they were finally able to add enough members. They were also happy to be chosen as the winners of the first-ever JCDA Photo Challenge in January, which consisted of taking twelve different photos. Congratulations girls!

Upcoming Anniversary

JCDA Ct St. Cecilia, Slayton

5 years—8/10/2019



Minnesota Catholic Daughters

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Newsletter Guidelines:

- Story should be 50-125 words
- Include who, what, when, where, and why in your story
- Include Court name, number & city
- If submitting photo, attach it as a .jpeg file to email with article-give photo a caption & identify each person
- Deadlines to submit articles:
July 10—Nov 10—Feb 10
- Include your name, court, phone and/or email so we can contact you if we need more information.

Welcome to our New Members

Ct. St. Mary Peter #1864, Mazeppa-Bellechester

Mary Oswell

Ct Owatonna #1180, Owatonna

Jackie Evans, Jen O'Conner, Paula Rue, Kris Tucker

Ct. Sacred Heart #1424, Waseca

Kristin Strand

Ct. St. James #1820, St. James

Stephanie Paul

Blessed Be Their Memory

Ct. Joan of Arc #691, Blue Earth

Marine Hoffman, Kathleen Greenfield

Ct. Winona #191, Winona

Dorothy Losinski, Joann Ziegeweid

Ct. St. Mary #509, Moorhead

Grace Fridgen, Joan Parrie

Ct. St. Bernard #886, Lismore

Henrietta Lais, Brenda Loosbrock

Ct. Plainview #497, Plainview

Rita Jacobs

Ct. Joan of Arc #1291, Marshall

Barb DeVos, Phyllis Nagel, Jean Neisius

Ct. Holy Rosary #1916, Detroit Lakes

Roseanne Genz

Ct. Sacred Heart #1424, Waseca

Katie Pfeifer

Ct. St. Cecilia #2025, Red Lake Falls

Barbara DeHaan, Jean Plante

Ct. St. James #1820, St. James

Rose Winters

Ct. St. Peter #1601, St. Peter

Audrey Odland, Bernice Youngman

Eternal rest
grant unto
her Oh
Lord,



...and may
perpetual light
shine upon
them.