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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.

**MARCH 2020**



**REGENTS MESSAGE**

Greetings,

This month I would like to borrow some of the words from CatholicCulture.org's message – **A Time of Penance and Promise.**

During the month of March as we look out over the barren landscape, some plants and trees are beginning to show evidence of new life that winter has concealed from our eyes. The Church's vibrant new life has been obscured also by the penitential season of Lent. But that life is indisputable, and will bring forth on Easter as Christ's coming from his tomb.

During this month we continue our journey to the Cross with our acts of penance; we go from the suffering of Good Friday to the Joy of Easter Sunday.

Let us not tire of doing our good works and penance, but continue with enthusiasm on our way to Easter and the renewal of our Baptismal Rites. May our Lenten observance be a joyful journey – and not a forced march.

God Bless you all on your journeys!!! Your State Regent Nancy





*A Word from Fr. Peter DeFazio, Chaplain*

## A Brief Lenten

### Reflection

The 40 days of Lent come from the 40 days Jesus spent in the desert before starting his public ministry. Jesus went into the desert to pray and we too, in an effort to grow in our love and knowledge of Jesus Christ, can enter into a figurative desert to pray during Lent. During this period of increased discipline, we have an opportunity to more closely conform our lives with that of Christ's.



The number 40 is repeated in the Bible but ultimately points to Jesus Christ. In the Old Testament, there are 40 days of rainfall when the earth needed cleansing and renewal. Both Elijah and Moses at different times spent 40 days in the presence of God. In Exodus, Moses and the Israelites journeyed in the wilderness for 40 years—which is a prefigurement of Jesus 40 days in the wilderness, being tempted by Satan but overcoming the evil one.

People these days are always talking about physical detoxification and bodily cleansing. Can we do a spiritual cleanse during our 40 days with Jesus this year? Starting February 26th, Ash Wednesday and concluding during Holy Week? To do it we need God the Holy Spirit, just as St. Luke reminds us: “Filled with the Holy Spirit, Jesus returned from the Jordan, and was led by the Spirit into the desert for forty days...” (Luke 4:1-2)

Jesus says in John 14:26: “But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you.” We have received the same Holy Spirit at Baptism and at Confirmation. He will help us to remember what we’ve been taught about living as disciples of Jesus Christ.

In Lent, it is helpful for us to be aware, to remember, that we *are* temples of the Holy Spirit. Our Lenten disciplines should help to make us more fitting dwelling places for the Spirit—allow the Holy Spirit to work in us, overcoming our self-centered temptations, which can be traditionally described as *the world, the flesh, and the devil*.

Saint Paul, in Galatians 5:13-26 describes this process of inner transformation in which we overcome the works of the flesh (immorality, impurity, hatreds, rivalry, jealousy, acts of selfishness, dissensions, factions, occasions of envy, excess drinking, sexual sin, etc.) and put on the fruit of the Spirit (love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control). In overcoming these temptations we learn in

a deeper way to “live by the Spirit” (Gal. 5:16); be “guided by the Spirit” (Gal. 5:18); and, live in the Spirit” and “follow the Spirit” (Gal. 5:25).

Every Ash Wednesday we hear the words of St. Paul: “Behold, now is the acceptable time; behold, now is the day of salvation!” (2 Corinthians 6:2) Lent is this time and this opportunity for each one of us.

And here is an ambitious thought: The goal is not just to abstain from sin for the duration of Lent but to root sin out of our lives forever.

This conversion of heart cannot be achieved without our Heavenly Father as our goal, filled with the Holy Spirit, and conforming our minds and hearts to our Lord, Savior and perfecter of our faith, Jesus Christ.

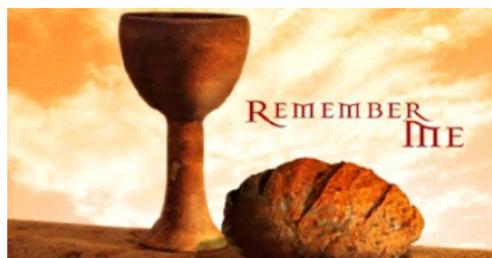
Frequent Confession—preferably every other week—and Holy Communion—preferably daily—and the renewed disciplines of prayer and fasting, mindful of days of fasting and days of abstinence from meat, help us to be more open to the Holy Spirit than ever before. Through the work of the Holy Spirit, we can love God better, we can love our fellow human beings, and ourselves better.

Here are five key things to remember:

- Prayer. Pray daily including the Rosary
- The Bible. Read at least some Scripture daily, especially the Gospels. Use the Gospel reading of the daily Mass for meditation.
- Go to Mass, daily if possible. Receive Jesus in the Eucharist, food for your soul.
- Fast at least one day per week—but two if you are physically able to do it.
- Go to Confession, preferably every other week during Lent.

### **Prayer**

Almighty and Everlasting God, You have given the human race Jesus Christ our Savior as a model of humility. He fulfilled Your Will by becoming Man and giving His life on the Cross. Help us to bear witness to You by following His example of suffering and make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son. - Amen



## GREETINGS FROM OUR NATIONAL SUPERVISOR



Greetings,

Since the Lenten season is approaching, now is the perfect time for us to prepare our hearts for the celebration of Easter.

It is time for us to focus on our personal and family prayer. Prayer will help us to grow a deeper relationship with God and family. It will also help us to eliminate all that is unnecessary and allow us to become more mindful of how God is working in our lives.

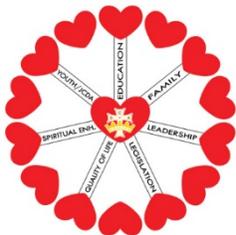
Now is the perfect time to take inventory of our spiritual life and grow in it. May each of you and your families continue to be blessed. *Essie*



### A MOMENT FOR SPIRITUALITY & REFLECTION

By Jean Rousseau – Spiritual Enhancement Chairman

“It is necessary that at the beginning of this fast, the Lord should show Himself to us in His mercy. The purpose of Lent is not only expiation, to satisfy the divine justice, but above all a preparation to rejoice in His love. This preparation consists in receiving the gift of His mercy.....a gift we receive insofar as we open our hearts to it, casting out what cannot remain in the same room with mercy. Then we will confidently await His mercy. Our peace and joy in Lent are a guarantee of grace.” -Thomas Merton



### CIRCLE OF LOVE -

This month our Circle of Love will focus on Spiritual Enhancement – Our Chairman is Jean Rousseau.

Spirituality is a must!!! Not only with CDA, but in our everyday lives. Without bringing Jesus and Mary into our meetings we will lose members; it is important to help our members nourish and develop their relationship with God and to increase their desire to serve.

We should always begin and end our meetings in prayer.

We should have a little prayer space with a statue or picture of our Patroness Mary and decorate it with the theme of the month or season, be it with a cross, candle or flowers – be creative and change it up!!!

Some ideas to increase spirituality are: Retreats, prayer services, special Catholic Daughter masses, meditations and reflections, a memorial mass for deceased members, rosaries, May crowning, involvement in church ministries or religious education, a priest appreciation mass and breakfast and many more.



There are so many ideas – remember it is important that your spirituality helps your members to understand they are truly a sisterhood and that they need to be there for one another before they can be there for others.

## **NATIONAL NEWS**

### **NATIONAL CONVENTION** –

National Convention will be held in Dallas, Texas July 15 – 19, 2020. Delegate forms should have been received by all Regents and need to be postmarked no later than March 15 and sent to National and a copy to State Regent Nancy Meehan. These need to be filled out even if no one is going.

### **STATE CHAIRMEN** –

A reminder that newsletter, education contest webpage and Circle of Love forms are all due to National postmarked no later than April 1<sup>st</sup>. If you need help with the process please contact State Regent Nancy Meehan.

## **“Massachusetts in Action”...**

### **STATE NEWS**

### **LOCAL COURTS** –

Local courts be sure to send in your newsletter, education contest and Circle of Love forms to the appropriate State Chairmen postmarked no later than March 1<sup>st</sup>.

### **LOCAL OFFICER NOMINATIONS** –

At your March meeting you should have your nominating committee in place. Slate of officers are presented to your Court Regent and she should in writing 10 days prior to the May meeting notify all members of the proposed slate. A copy should also be sent to State Regent Nancy Meehan.



**GAMBIT** –

Congratulations to our February Gambit winners! Prizes of \$10 (2), \$15 (2), \$25 (1) and \$50 (1) will be mailed to the winners. Entries are still coming in. If you haven't joined Gambit yet, contact your court Gambit chairman. Tickets are \$20 for entry into all the remaining drawings - March, April and May, with extra prizes in May. Proceeds fund our Scholarship and Education activities.

**LOCAL NEWS** –

**CT. OUR LADY OF PRESENTATION #1543** –

Court Our Lady of Presentation had a guest speaker, Blanca Ocampo, who gave a talk and slide show on her Orphanage in Columbia. The court voted to adopt the orphanage as a monthly charity. They also held their collection of Pennies for the Unborn.



**COURT MAPLEWOOD #510** –

Court Maplewood #510 will be celebrating their 100<sup>th</sup> Anniversary April 19<sup>th</sup>.

**COURT ST. JOHN EUDES #987** –

Court St. John Eudes awarded three Educational Scholarships of \$500.00 each.



Emily White  
Major: Architecture  
Keene State College



Lauren True  
Major: Hospitality  
University of Mass Dartmouth

Janet Wisti, CDA # 987 Scholarship chairwoman



Heather Gould  
Major: Finance  
La Salle University

Many courts are now doing their Penny Collections, Baby Showers and planning various spring events, including St. Patrick's Day and Lenten Dinners & Stations of the Cross.

Please send in what you are doing and a picture or two to be featured in future newsletters.

## JCDA HAPPENINGS



On JCDA Sunday February 16<sup>th</sup> the State Board had the pleasure of celebrating with our newest JCDA Court St. Bernadette #2396 of Brockton who were instituted on September 7, 2019.

A beautiful Mass was led by Father Michael and a special blessing was given the young ladies. We then had a nice reception in the hall where the girls were presented by State Chairman Annette Johnstin and the JCDA Sunday proclamation was read and presented to the court by State Regent Nancy Meehan. The girls recited a beautiful prayer to St. Bernadette and gave us a special rendition of our Pledge of Allegiance to name some of the activities of the morning. Court Advisor Marcia Hoyle Walkama of our Senior Court Our Lady of Lourdes is doing a wonderful job with girls who range from ages 6 to 13 and hopes to expand the court. Great Job Marcia!!!





### **CAMPUS BEAT**

Campus Court at Stonehill College update from Regent Emily Daversa



“A few of us went on the senior retreat! It was an amazing weekend of reflection and fellowship! We read a few chapters of Reaching Out by Henri Nouwen (we each got a copy of it), reflected a lot on our Stonehill experience and faith journeys, watched With Honors (a fantastic, thought provoking movie), among other things. In addition, I think all of us, if not most of us, are helping to plan/lead the interfaith women's spirituality retreat and/or the Christ Encounters Retreat.”

Regent Emily Daversa, Recording Secretary Meghan Curran, Vice Regent Kendra Adams



### **PRAYER CORNER**

The Holy Father's intentions for the month of March are for Catholics in China: We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

The month of March is also dedicated to St. Joseph. We also celebrate St. Patrick and the Feast of the Annunciation.

Please keep in your prayers all of our CDA Sisters and their families and friends; especially Sheila Kanan who is being treated for a critical infection and for the souls of Catherine “Jeanne” Di Biase, Mary Cartwright and Mary Smith – May they rest in peace.

Jesus, Mary & Joseph Pray for Us - Amen



### **In Unity & Charity**

**Nancy, Pat, Pauline, Carol, Alicia & Father Peter**



*“Serving the Lord through Our Faith, Actions & Love”*