



February 2023

Colorado State Court Newsletter Catholic Daughters of the Americas



Message from our State Regent—Linda Peck

My Dear Sisters in Christ:

Ash Wednesday, the beginning of Lent, falls on February 22nd this year. While it may not be a Holy Day of Obligation, it is an important day of penance that should include abstinence, sacrifice and most of all prayer.

Don't know what to give up for Lent? (This is the sacrifice part.) Some suggestions include, giving up animal products, social media, ordering take-out or alcohol. Or maybe you want to increase your faith in God by meditating in prayer more often, praying the rosary daily, or partaking in a Bible Study or class through your church.

Me? I am giving up video games – I like the RPG (Role-Playing) games. Yes. I know. It is absolutely insane. A woman my age hooked on video games. It is a good thing they did not have these things when I was a kid, or I would have been totally addicted!

Seriously, this is the time of year when we all need to reacquaint ourselves with our Lord, God and King, Jesus. As someone once said, "Easter is the only time of year when it is safe to put all your eggs in one basket." Let's take advantage of this Easter by walking another mile on our Faith Journey, which will bring us closer to Christ.

Christ's Peace & Blessings,
Linda Peck
Colorado State Regent

MISSION STATEMENT:

Catholic Daughters of the Americas strive 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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Dates to Remember

- St. Valentine's Day— February 14
- JCDA Sunday— Febru- ary 19
- Shrove Tuesday (Mardi Gras)—February 21
- Ash Wednesday— February 22

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Message from our National Representative First Vice National Regent—Essie Walker



My Dear Sisters,

As we can see, the month of January went by really fast. I hope you had the opportunity to review the past year and to reflect on the present.

As we approach the Lenten Season, now is a good time to focus on personal and family prayer. Prayer will help us to grow a deeper relationship with Him. It will also, improve our spiritual well-being by eliminating all that is unnecessary and allows us to become more mindful of how God is working in our lives. Now is the time to take inventory of our spiritual life and grow in it. During the Lenten season, take time to have that personal conversation with God.

The State Board, Committees and the Host Courts are working tirelessly to ensure that we all have a great time at your 2023 National State Convention. A huge thank you goes out to each of them. We look forward to seeing you there. The convention will be spiritual, informative and fun. Please continue to adhere to the dates and guidelines in the Call to Convention.

Please take a moment and check out the CDA Website and the CDA store. There is information listed that can be utilized by all CDA members. There is a new CDA scarf in the store for purchase. Please check it out. Have you purchased the new By-Laws?

Please keep our Junior CDA Courts in prayer as they celebrate JCDA Sunday on February 19, 2023. Has your local court considered a Junior Court?

Again, thank you to Court Holy Family #1794 and Court Our Lady of Peace #2728 for sharing your Newsletter. I always enjoy reading about the many activities the members are involved in.

Always remember, you are the most valuable resources within this organization. May we continue to grow spiritually, as we perform our good works as Catholic Daughters.

Please continue to pray for our sick and shut-inn's and for one another.

Blessings,

Essie

We are on the web at:
Catholicdaughterscolorado.org

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A PRAYER FOR HEALING

Merciful God, we entrust to your tender care those who are ill or in pain, knowing that whenever danger threatens, your everlasting arms are there to hold them safe. Comfort and heal them, and restore them to health and strength. Give skill, sympathy, and resilience to all who are caring for the sick, and your wisdom to those in research. Strengthen them with your Spirit that, through their work, many will be restored to health; through Jesus Christ our Lord. Amen

FOR HEALTH AND HEALING:

Court Mount of the Holy Cross #941—Please pray for the health of Judy Cole who is suffering from undiagnosed stomach pain. Prayers of recovery for Prescilla Lopez, Kathleen O'Connor and Rosemary Engard after surgeries; for cancer recovery for Shirley Doran and improved cancer results for JoAnn Hendrickson. Strength for Kaitlyn & Chris King after the loss of baby Mila during pregnancy and for Kaitlyn's health. Prayer that God gives all mothers and wives strength, especially Mauren. For the repose of the soul of James Brady and prayer for Sean and Amy to follow God. Prayers for the safety of people in the Ukraine, our Priests, their families and for all CDA members.

Court Sacred Heart #1606—For the health of Cathy & Rich Patch who had COVID; Mattie & Chris Quintana; Barb Reed for "chest thing"; Rhiannon for worries regarding schooling (tuition); for Michael Sparks & Kayla Garcher—religious formation.

Eternal rest grant unto them, O Lord, and may perpetual light shine upon them.

Prayer to St. Valentine

O glorious advocate and protector, St. Valentine, look with pity upon our wants, hear our requests, attend to our prayers, relieve by your intercession, the miseries under which we labor, and obtain for us the divine blessing, that we may be found worthy to join you in praising the Almighty for all eternity: through the merits of Our Lord Jesus Christ. Amen.

If your court has a member, or the close relative of a member, that has died, or is seriously ill, please email that information to brownrr30@yahoo.com so that it may be posted.



National Charity Spotlight

Human Life International

Human Life International (HLI) is a United States based Roman Catholic anti-abortion organization. It is one of the largest anti-abortion organizations in the United States. It is also the largest international pro-life organization in the world. It has affiliates and associates in over 80 nations worldwide and has sent representatives to approximately 160 locations.

Through their global mission Human Life International is-

1. Training local leaders and make a lasting impact on communities around the world through doctors and teachers.
2. Helping families choose life by providing counseling, healthcare and other resources to expecting mothers in crisis.
3. Going beyond abortion by bringing Christ's teaching on life and family to the world including chastity, marriage, end of life issues and more.

Human Life International truly builds a pro-life culture.

For more information and resources, please visit <https://www.hli.org/>



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Local Court News

Please make sure your court is emailing a copy of their minutes to **brownrr30@yahoo.com** so that we can share your local news with the rest of the courts in our state.

Court Daughters of St. Monica #2743: Their court donated and delivered pies and homemade brownies for a sit down client dinner for Marisol Health. They were happy and thankful for the donation & delivery! They also host a Pro-life prayer vigil at Planned Parenthood the 2nd Thursday of the month.

Court Holy Family #1794: They plan to sell “Cookies for Canines” around the weekend of Feb 11th & 12th to benefit the State Charity, Canine Companion. All money raised that weekend would go directly to the charity.

Court St. Anne #1622: Their court is planning a St. Francis Dinner on January 22, 2023. They will also have a blind white elephant auction and “grab bags” for the kids.

Mount of the Holy Cross #941: Members will sign up for their Christmas party potluck, which is on December 14, 2022. They will bring gift bags to deliver to the homebound and 50 year members.

Court St. Anthony #1248: They plan to have an Epiphany Luncheon in January; specific date & location TBD.

Court Sacred Heart #1606: Their parish is planning a Mardi Gras Celebration on February 21, 2023. They reported on their Angel Tree project—they were able to assist 31 people!

Courts Sts. Peter & Paul #2669: They plan to participate in a “spiritual adoption” campaign and they will distribute prayer cards & forms at all their masses for two weekends. They will also join the KOC on the 2nd Saturday of each month at the abortion center @ 9:00am.

Court Mt. of the Holy Cross #941: They are planning a bake sale in January on 14th & 15th and on 28th & 29th to help fundraise for State Convention expenses.





STATE NEWS—CANDIDATES FOR STATE OFFICE

Candidates for State Office:

Anyone who wishes to be considered as a candidate for state office by the Nominating Committee must submit her name and office sought by February 15, 2023. All positions are open for nomination. Candidates must submit five (5) copies of each of the following:

1. A statement of qualifications
2. A statement of endorsement from your local court signed by a majority of the officers
3. A current picture
4. Signed consent to serve statement

Send all packets for the nominating committee to Nominating Committee Chairperson, Anne Jessop, 33 E. Andrews Lane, Cortez, CO 81321. Email address: ziastar@yahoo.com
Packets must be postmarked prior to February 15, 2023.

The statement of endorsement and the consent to serve form will be attached to this email.



The Importance of the Lenten Season

Lent is the 40 days, not including Sundays from Ash Wednesday to the Saturday before Easter. Lent is often described as a time of preparation and an opportunity to go deeper with God. This means that it is a time for personal reflection that prepares people's hearts and minds for Good Friday and Easter.

Some of the main things people focus on during Lent are prayer, fasting (abstaining from something to reduce distractions and focus more on God), and giving, or charity.

Prayer during Lent focuses on our need for God's forgiveness. It is also about repenting, or turning away from our sins and receiving God's mercy and love.

Fasting, or giving something up, is a very common practice during Lent. The idea is that giving up something that is a regular part of life, like eating dessert or fast foods or scrolling through Facebook, can be a reminder of Jesus' sacrifice. That time can also be replaced with more time connecting with God.

Giving money or doing something good for others is another way to respond to God's grace through generosity and live. Maybe spending time volunteering or donating money you would normally use to buy something for yourself, like your morning coffee, is a good way to draw closer to God.

Jesus sacrificed Himself on Good Friday to bear the punishment for all of our sins and wrongdoings in order to offer us forgiveness. He was raised from the dead on Easter Sunday to give us an opportunity to have a relationship with Him for eternity. How great is that??

Spending time during Lent in prayer, by fasting and giving of yourself can make His sacrifice on Good Friday and His resurrection on Easter even more meaningful.

