



Colorado State Court Catholic Daughters of the Americas®

NEWSLETTER

March 2019

MARCH

Message from State Regent



DATES TO REMEMBER

Colorado State Convention
Wheat Ridge
June 7 - 9, 2019

Colorado State Workshop
Colorado Springs
June 26-28, 2020

National Convention
Dallas, Texas
July 15-19, 2020

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Members,

Lent is upon us. It is time to start thinking about the new life which is going to start growing soon. It is also a perfect time to pray. Pray as you plan what you will grow. Pray as you are getting the tiny seeds started. Pray that they will grow to a large plant with food enough to feed your family and maybe a few friends. Pray as you prepare the soil outside. Pray that you have gotten enough fertilizer or soil enhancements into your garden. Pray that the weather will work with you and not against you. Pray as the time to plant your seedlings outside, that they will live, that the birds and squirrels and other animals will find enough food elsewhere, and leave your little seedlings along, that they might be given a chance to grow. And all the while you are praying about your garden for just you, your family and friends, why don't you include your community, your county, your state, your country and those of the world who have so much less than you, that they might be able to grow enough food for their families and community. After all, aren't we all Sisters and Brothers to Christ, Sons and Daughters of God? My prayer for you is to have a very prayerful Lent and a wonderful experience in your faith while preparing for Easter.

It is also time for Financial Reviews!! Be sure to get them scheduled with your State Representatives as soon as you can. Try to make sure that you have your checks made out for your State Dues & that they are being mailed to the 1st Vice State Regent, Barbara Barnes, along with a copy of your review paperwork.

Bonnie Valcik, Colorado State Regent



March is famous for "Leprechauns" with their Pots of Gold & all the pretty green shamrocks. St. Patrick, the patron of Ireland, is also celebrated in March by Christians & non-Christians alike. He was born about 389 in Britain or Scotland. Captured at 16 he was carried off to Ireland as a slave. He herded sheep for about 6 years before he was able to escape to France. Then came years of Seminary study. Having achieved the rank of Bishop, he was sent back to Ireland in 432. Irish Chieftains & pagan Druids opposed him fiercely, but he triumphed over them, often through miraculous means. Patrick converted all of Ireland to a faith still renowned for its fervor. In just three decades, he raised the standard of Irish Scholarship, encouraged the study of Latin, established the Cathedral of Armagh, center of church activities in Ireland and brought the country to a closer relationship with Europe. Patrick died about 461, leaving behind a humble, but colorful testament called "My Confession Before I Die." Happy St. Patrick's Day!!



National News

2019 NATIONAL WEBSITE CONTEST

A common lament of the Catholic Daughters is that we can't seem to attract or keep younger members. At the same time, many of us refuse to make some basic changes which would appeal to those younger members, including how we communicate with and provide information to members. The digital age is upon us. We can embrace it or get left behind in its dust.

The status quo in this modern age is that organizations have websites. When potential customers (in our case, potential members) want to learn about an organization, the first thing they do is go to the organization's website seeking information. How many of our courts have websites? Sadly, the answer is 'not many.' So, when that potential member wants to know when and where we meet, the types of activities we have, the projects we've done lately, they look for our website....and often come up empty. The potential member may be left thinking that if this were a worthwhile organization, it would have a website.

The CDA Website Contest goal is to encourage courts to have their own website and to recognize those courts whose websites are 'the best of the best.' Websites are judged on layout, interest, appeal (yes, to those potential members), ease of locating information, creativity in design, freshness of content, information about the court and its history, as well as coverage of local, state, and national news / projects / activities, and links to appropriate sites (such as your Diocesan website and the National CDA website). This is all information which potential members want to know about your court.

If your court doesn't yet have a website, the time is now. Discuss it in your next meeting. Ask members if they have website skills or if they have relatives with those skills. An enthusiastic high school computer class might even want to help your court create its own website. One of the best ways to start may be to approach a younger member – or potential member – and ask her to oversee the project.

If your court already has a website, I hope you will participate in the **2019 Website Contest**. Information about the contest was previously sent out to all State and Territorial courts. **Local and JCDA courts must submit entries to the State Website Chairman by 3/1/2019.** State and Territorial courts must submit their entries to the National Chairman by 4/1/2019. Prizes will be awarded at the July 2019 State Officers Conference.



Pamela J. Poland, National Director
National Website Contest Chairman



EDUCATION CONTEST

National Education Contest and Scholarships
Marialice Sagan, National Director, National Education Chairman

Just a reminder that the **national deadline for all contests is April 1, 2019.** The entries for the student education contest should be at the state level by now following the theme of "Here I am Lord, I come to do your will," or "Doing my best to do good."

Encourage post graduate students to apply for a Father Leonard Bachman graduate scholarship. There are three \$2500 awards. In 2018, there were 24 applicants so odds of getting a scholarship were good. The rules for this scholarship are on the National CDA website. **Remember the deadline is April 1.**

Regents, our State Education Chairman asks that you to make sure your court has an education chairperson and to make sure you get the contest information distributed to each court Education Chairman.

Entries being submitted to the **STATE COURT** chairman should already have been sent out to the Colorado State Education Chairman, Bonnie Valcik. First place entries only should be sent to:

Mrs. Bonnie Valcik valcikb@live.com



Messages from National

EXCERPTS FROM THE MESSAGE FROM NATIONAL REGENT OLGA SAMANIEGO

My Dear Catholic Daughters,

The year is moving so quickly! We just finished the Christmas season, and now we are preparing for Lent. In a way, the fast pace is a blessing. We are being given opportunity after opportunity to turn toward God and to come closer to Him. Life is so hectic that we need to take advantage of our opportunities to receive comfort, healing, and a renewed spirit so that we can continue to work together.

It is the working together on which I would like to focus. As I write this article, I have just returned from the March for Life in Washington, DC. It was truly a magnificent experience, and we left feeling a renewed hope that Roe V Wade will one day be overturned. As we wait, however, what are we doing? As Catholic Daughters, we are working to bring about the Kingdom of God here on earth. We are working to ensure that the lives we are saving are coming in to a safer world. So, we build houses, we work for food banks, we raise money to support seminarians, we work to make schools safer, we provide scholarships, and we hold clothing drives. We work for justice, we work for equality, and, most importantly, we pray. We intercede for God's people, for our country, and for our world.

As Catholic Daughters, we cannot afford to become complacent or to give up. We must continue to offer ourselves for God to use as He desires. There is too much at stake for us to let ourselves grow cold. This Lenten season let the Lord stoke your fire. Let Him renew your resolve and your desire to make the world around you better. You may not be able to solve the world's problems, but you can touch the lives of those around you. You can change things for the better in your parish and in your community. The size of your court doesn't matter; the general age of the members of your court does not matter; all that matters is a determination to listen for God's voice and to do what He calls you to do. You are impressive servants of God!

National Regent Olga Samaniego



EXCERPTS OF THE MESSAGE FROM OUR NATIONAL CHAPLAIN

We Never Walk Alone



This January a group of 63 people from our diocese of Victoria joined a pilgrimage to Washington, DC to participate in the annual March for Life. In Washington we marched with tens of thousands of other people from around the nation. The Catholic Daughters were well-represented on this trip, a non-violent presence to promote the value of every person and challenge our leaders to stand up for a culture of life and respect.

Now we are in the Easter season and my mind goes back to those days. Sometimes we may feel overwhelmed by the challenges we face. I definitely remember feeling during those days in January that sometimes the problems in the world, and even in my own Church, seem so overwhelming. Yet in the midst of the darkness the light of Jesus enters in and offers true hope and healing.

Most Reverend Brendan J. Cahill, S.T.D., National Chaplain

NEWSLETTER CONTEST

Hear Ye Hear Ye! Read all about it!

One of the vital parts of keeping a court strong and productive is good communication.

Communication can be accomplished by several means such as phone chains and emails. Having a court newsletter is essential to keeping everyone informed and up to date on the activities and happenings in your Court, your State and National. A newsletter helps members to stay connected to the court and can encourage more participation and fellowship. It is a real link for members who aren't able to attend meetings for whatever reason and they feel that they are still an important part of your court.

Share your newsletters with not just your members but your State officers and chairmen. Take pride in your work and enter the Newsletter contest. The newsletter guidelines and cover page can be found on our National website. Read the guidelines closely so you are compliant for the proper category for your newsletter. I enjoy reading the many newsletters I receive and look forward to your newsletter being submitted for the contest.

Susan Moné, Second Vice National Regent, Newsletter Contest Chairman

State News

COLORADO STATE BOARD WEB SITE

To learn more about what is going on at the State level, please visit: www.catholicdaughterscolorado.org. There is also a link to the National Board's web site on the state's website or you can go directly to National at: www.catholicdaughters.org.

SEMINARY BURSE

If you are planning on making a donation to the Seminary Burse, it needs to be received by the State Secretary (Barbara Barnes) by Palm Sunday. All monies received from the Courts for the Seminary Burse will be announced for distribution at the 2019 State Convention to the three Bishops of Colorado. The checks will actually be sent out following the convention and the transition meeting of the new State Board.

'But Jesus called them to him and said, "You know that among the gentiles the rulers lord it over them, and great men make their authority felt. Among you this is not to happen. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be your slave, just as the Son of man came not to be served but to serve, and to give his life as a ransom for many.'" —Matthew 20:25-28



ELECTION OF DELEGATES TO STATE CONVENTION



Not all of the names for delegates and alternates have been received by the State Regent for the next State Convention. This list should have been in the hands of the State Regent **no later than February 15, 2019**. The State Regent still needs to inform National of the total number of delegates and alternates **no later than March 10, 2019**. After receiving your list, the State Board will assign "convention duties" for all the convention attendees.

2019 STATE CONVENTION

**"Blessed Virgin Mary, at the cross of her Son, our inspiration"
June 7, 8 & 9, 2019 hosted by Court Sts. Peter & Paul #2669**

The theme of the 2019 Colorado State Convention is "Blessed Virgin Mary, at the cross of her Son, our inspiration". Court Sts. Peter & Paul #2669 has been working very hard to make sure all attending will have the greatest experience ever! The convention will be at the Holiday Inn Lakewood in Lakewood, Colorado June 7-9, 2019.

Each court will have to make their own room reservations at the **Holiday Inn Lakewood, 7390 W. Hampden Avenue, Lakewood, CO 80227**. The room rate is \$134.00 + tax for a standard room (King or two Queens). To be more economical, you can put four ladies in one room so you can split the room rate by four and it will be \$33.50 per person, per night + tax. To make your reservations, the telephone number for the hotel is (303) 980-9200 or (855) 914-1378. Please make your reservations as soon as possible and mention **the Catholic Daughters Convention**.

DO YOU MIND A ROOMMATE FOR THE CONVENTION? Ladies, are you trying to keep your costs down for the Convention? We will have some delegates and/or alternates participating in the Convention that would also like to share a room with someone to keep the costs down. If you are single delegate who needs some roommates, or even a pair. Please contact Bonnie Valcik, the State Regent, if you are in need of a roommate (719-390-8652).

NEW RESOLUTIONS: Your State Regent, Bonnie Valcik, is requesting that all courts submit at least one Resolution at the Convention. A sample of a Resolution will be included with the State Newsletter for the month of April.

MEMORIAL SERVICE: At the State Convention, we will have a Memorial Service for deceased members. Regents, can you begin to gather the information on your deceased members since the last State Convention in 2017. You will have more information in the April State Newsletter.

TWO YEAR REGENT'S REPORT: Local Court Regents are asked to submit a report to the State Convention about the activities the court has done since the last convention. The report should not be long, but it is a sharing what your court has done with your CDA Sisters as well as a sharing of ideas. Please bring 20 copies with you to the Convention and they will be passed out when the reports are being given. If the Regent is not attending, please make sure your report is given to a delegate attending the Convention. If you have questions, please contact your State Supervisor.

DON'T FORGET TO INVITE YOUR COURT CHAPLAINS TO THE CONVENTION.

State News cont.

MORE STATE CONVENTION NEWS

2019 NOMINATING COMMITTEE: Nominations for the 2019 Nominating Committee will be done by roll call of the courts on the first day of the convention and the election takes place the morning of the second day. Each court has the opportunity to nominate a member of the court to serve on the Nominating Committee. Sometimes it takes a long time to get enough nominees – there are 5 members and 2 alternates elected. Please consider nominating someone from your court.

REMINDERS

- 1) Please remember that ALL money is sent to the **State 1st Vice Regent, Barbara Barnes**. This includes dues and all other monies, and ALL New Member forms are sent to her, NOT to the State Regent.
- 2) Recording Secretaries are reminded to send Lucy Gasaway, Newsletter Editor (lvgasaway@mail.com) your court minutes at least two weeks before the end of the month so she can share your Court's activities in our Colorado State newsletter.
- 3) Please plan ahead – the Spring Financial Reviews (for the Senior Courts as well as for the Junior Catholic Daughter Courts) will be here before you know it. Please work with your State Representative so that she can do her best to attend. It is recommended that by the 20th of March (and September), or right after that Court meeting, each local court should email National for a copy of their roster. Upon receipt, the Financial Secretary should immediately and carefully check the roster to determine that National has picked up ALL changes sent in for that six-month period. If some are missing, the Financial Secretary should notify National ASAP, sending a copy of the form the local court originally mailed.
- 4) As many courts make their spring donations, please keep in mind the national projects. It is important to think outside of our little areas and reach out.
- 5) The deadline for the State Education Contest is March 1st to the State Education Chairman, **Bonnie Valcik, valcikb@live.com**
- 6) The deadline for the State Website Contest is March 1st to the State Website Chairman, **Linda Wilger, ljwilger@centurylink.net**
- 7) The deadline for the State Newsletter Contest is March 1st to the State Newsletter Chairman **Linda Wilger, ljwilger@centurylink.net**
- 8) The deadlines for all the above Contest entries to National must be postmarked no later than April 1st.
- 9) The Circle of Love Reporting Forms had to have been postmarked March 1st from the local court chairman to the state chairman.

A DIFFERENT APPROACH TO FASTING

Lenten fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch this Lent. Below are some suggestions you may want to consider.

Fast from anger and hatred. Give your family an extra dose of love each day. Fast from judging others. Before making any judgments, recall how Jesus overlooks our faults. Fast from discouragement. Hold on to Jesus' promise that He has a perfect plan for your life (Jeremiah 29:11). Fast from complaining. When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you. Fast from resentment or bitterness. Work on forgiving those who may have hurt you. Fast from spending too much money. Try to reduce your spending by ten percent and give these savings to the poor. (From The Word Among Us, Lent 2001)



ASH WEDNESDAY IS March 6th Why the Ashes?



Ash Wednesday opens up the season of penitence. "Remember, man, you are dust, and unto dust you shall return." So, says the priest as he makes the sign of the cross with ashes on our foreheads.

The imposition of ashes is also a symbol of penance and sorrow for our sins. The practice of sprinkling ashes on one's head as a sign of penance was customary even in the Old Testament – in the Book of Esther, Mordecai put on sackcloth and ashes (Est 4:1); Job sat in sackcloth and ashes to repent (Job 42:6); all of Ninevah put on sackcloth and ashes to repent after Jonah's preaching (Jon 3:5-6).

Circle of Love - YOUTH

SUPPORTING TODAY'S CHILDREN AND YOUTH

Debbie Lattus, National Director, National Youth & JCDA Co-Chairman

Youth is defined as the period between childhood and maturity. No matter the age of our children, today they are dealing with different challenges than past generations. Social issues face our children and youth today such as bullying through online and texting, gun violence in schools and in public places, mental health issues of depression and anxiety in striving to succeed, peer pressure to participate in drugs and alcohol use, and obesity due to a more sedentary lifestyle and the increased use of social media and video games. We, as a society, must be vigilant in our children's lives by helping them navigate safely through these challenges. We can help our children and adolescents by modeling healthy behaviors and through teaching service to others.

Let's face it, our children love social media! When was the last time they sat down to read a book? Do you as a family read together? I challenge you to participate in Dr. Seuss Day! Celebrated annually on March 2nd, Dr. Seuss Day is a holiday that celebrates the birthday of Theodor Seuss Geisel, the author of children's books: Dr. Seuss. The National Education Association advocated for a day to celebrate reading all over the United States. In 1998, it started Read Across America Day. The decision was made to hold Read Across America Day on the same day as Dr. Seuss' birthday. On Dr. Seuss Day it is customary to read a favorite book with your children. It could be one of Dr. Seuss's books or it could be another children's book author. The older children could read to the younger children. The purpose of this day is to engage our children, young and adolescent, in reading and to get them to read on a regular basis, so if you can't celebrate on the 2nd, choose any day in March!

CDA courts, consider hosting a reading party for JCDA (if applicable) and the children/ grandchildren of court members on Dr. Seuss' Birthday, Saturday, March 2, 2019! Invite the children of the parish. Have a birthday cake...and party hats! If you host, email me pictures of your event at lattusdl@gmail.com.

Teaching service to others at a young age can help reinforce healthy behaviors. Volunteering helps a child feel good about herself because she helps others. It teaches teamwork. It provides personal growth and boosts self-esteem. Some suggested activities for CDA courts and JCDA courts to sponsor which support children and adolescents are:

- Sponsor a clothing drive.
- Organize a winter clothes drive to collect coats, hats, scarves, and gloves to be donated.
- Volunteer at a local soup kitchen.
- Donate old eyeglasses to an organization that collects them and distributes them to people in need (Example Lion's Club).
- Collect non-perishable food in your neighborhood to donate to a local food bank.
- Donate newspapers, old towels and blankets to a local animal shelter.
- Raise money to provide a bulletproof vest for a police dog.
- Deliver cookies to the local police, fire and rescue department with a handmade Thank You card.
- Make "care kits" with shampoo, toothbrushes, combs, etc. to donate to homeless shelters.
- Donate art supplies for children in a homeless shelter.
- Make first aid kits for homeless shelters.
- Send cards to soldiers serving overseas.
- Organize a car wash and donate the profits to a charity.
- Donate stuffed animals to children in hospitals.
- Organize a summer reading program in your neighborhood to encourage kids to read.
- Read to residents at a local nursing home.
- Donate used children's books to a school library.
- Recycle old greeting cards into bookmarkers for school libraries.
- Volunteer to help with Vacation Bible School.
- Mow an elderly neighbor's lawn.
- Rake leaves, shovel snow, or wash windows for a senior citizen.
- Clean up a local park.
- Plant a tree for Arbor Day.
- Place a bird feeder and bird fountain in your backyard.
- Start a butterfly garden in your community.
- Care for a neighbor's pet while they are away.
- Build and set up a bird house.
- Become CPR certified.
- Plant flowers in bare public areas.
- Volunteer to clean up trash at a community event.

Now that you know some ideas for children and youth to engage in, look for opportunities that interest your specific CDA court. Do some research to see what projects you can do within your local community. Consider how much time the court can devote to community service. Will it be an ongoing project or a one-time event? Involve the children and adolescents. The goal is to support our children and youth in seeing the benefit of service to others therefore enriching their own lives.

Recognizing the importance of education and supporting our youth, the National Catholic Daughter of the Americas Court awards two \$1,000.00 scholarships to 8th grade students entering 9th grade in the fall of 2019 to a Catholic High School. The application requirements can be found at www.catholicdaughters.org at the bottom of the home page under scholarship applications. Also awarded is a \$1,000.00 scholarship to a JCDA member entering college in the fall of 2019. The application requirements can be found at www.catholicdaughters.org at the bottom of the home page under scholarship applications. All entries must be postmarked no later than April 1, 2019, and mailed to:

Debbie Lattus, Youth/JCDA Chairman
lattusdl@gmail.com



Circle of Love - Leadership

FOUR SUGGESTIONS FOR POSITIVE LEADERSHIP

Sherry Nilles, National Regent-Elect, National Leadership Chairman

1. Rule-making and the heart Every organization needs rules to keep the group running smoothly. Catholic Daughters have the bylaws and Tools of the Trade as their guides. The important word in that sentence is guide. Because this organization is made up of human beings, sometimes it is better to remember that the members are volunteers who willingly give of their time. It is unrealistic to expect a member who is experiencing a distressing time in her life to be at an event or help with that event even though she had been assigned to be there. Anytime you must decide between the policy and the heart, go with the heart.

2. Expenses and training

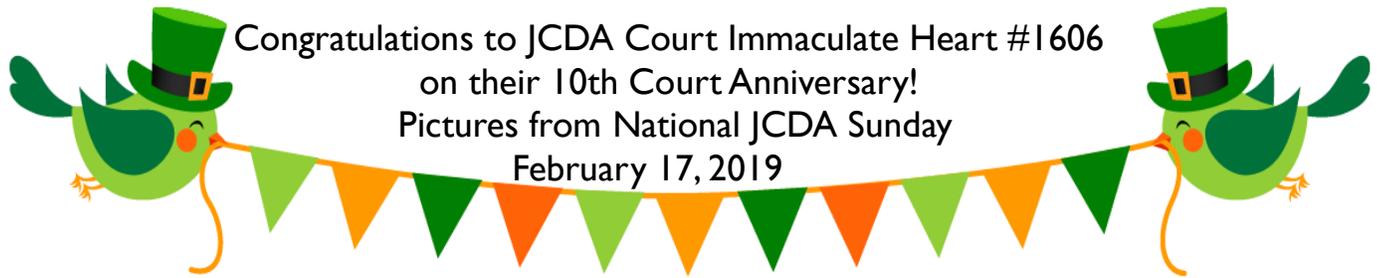
Training for new officers can seem expensive. Yet focusing just on the cost is counterproductive to having officers who are trained and competent in serving their court. Encourage all members, but especially the officers to attend workshops and conventions presented by the state and national officers. Support court officers financially also. Put the cost of travel, lodging and registration in your court budget. Your investment will be rewarded with outstanding officers and members more willing to take on a new office because of this support.

3. Asking all or just a select few

Every court has that one person who can set up the bazaar, do all the advertising, manage the bake sale, and run the lunch stand. She has her clique who works with her and "outsiders" are really not made to feel welcome. Be certain that all members feel they can contribute to this venture. Members who feel insignificant will soon lose interest and could become lost members of the court. New ideas should always be encouraged and welcomed.

4. Controlling or coaching

Asking a member to be a Circle of Love chairman or to be the chairman of an event or project can be rewarding to that member if she is allowed to use her own creative resources. The best leaders will coach the member rather than only pointing out the mistakes that could be or were made. Coaching allows the leader to accentuate strengths and improve weaknesses. Coaching also gives the member courage to tackle another task and grow in their love for our wonderful organization. Continue to be positive and helpful to all members. Enjoy your leadership position.





Bonnie Valcik
State Regent
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We're on the Web
catholicdaughterscolorado.org

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.

Court St. Teresa #980 - Sterling - (Feb) - Deacon Ron spoke about "silent Catholics" with respect to the late term abortion bill passed in NY and reminding all that as Catholics we are called to follow the moral teachings of our church. The court's Keep Christ in Christmas project had a low response but the court felt it was well worth it and will do it again. The court will be hosting a Shrove Tuesday Soup Supper on March 5th.

Court St. Anthony #1248 - Durango - (Feb) - The court is planning a baby shower. The court is drafting a letter to invite all graduating female Catholic students to apply for a \$500 scholarship they will be giving. The court will be supplying food for Ft. Lewis College Newman Club after the 6pm. Mass at the college chapel.

Court Sacred Heart #1606 - Cortez - (Feb) - The court made large cookie/brownie trays to give to the Cortez firefighters, first responders/ambulance, and police in appreciation for their service on Valentine's Day. Gift baskets and gifts were also assembled to give to the JCDA girls and their leaders on Nat'l JCDA Sunday. The court is hosted a Family Game night with potluck Feb. 17th A Lenten Retreat Day is being planned April 6 in the parish hall open to all women of the parish.

JCDA Court Immaculate Heart #1606—Cortez—(Feb) - The girls are hosting a rosary making session March 1st. March 3rd they are having a bake sale to support Heart to Heart pregnancy Center. They are planning a Spring Craft Day at Vista Grande Nursing Home. New officer installation is May 19th at 10:30 Mass.

Court Holy family #1794 - Security - (Feb) - It was announced that NCOSE is sponsoring a "Turn Off TV" day on Feb. 14th. and a new webinar series for parents on Sexploitation the 3rd Wed. every month. The court donated \$100 for Disaster Relief, one of our National CDA charities. The court installed a new member.

Court Madonna of the Mountains #2035 - Lakewood - (Feb) - The court is organizing Prayer Pals for the year. The court made 105 peace rosaries for the State Convention. The court is planning a baby shower in May for the Jeffco Gabriel House, which is sponsored by Catholic Charities. The Denver Marian conference is on May 10-11th and court members were encouraged to attend.

Court STS. Peter & Paul #2669 - Wheat Ridge - (Feb) - The court donated \$1231.72 to the STS. Peter & Paul church parking lot fund. The court made multiple donations totaling \$2500 to Wheat Ridge HS post prom party, STS. Peter & Paul school, to send 2 students to Steubenville of the Rockies, Fr. Raj's parish in India, the emergency lunch fund at STS. Peter & Paul school, & CD players for ESL students at Centro San Juan Diego school.

Court Daughters of St. Monica #2743 - Brighton - (Feb) - The court had a birthday party before the meeting for Deacon Bill. He talked about spending more time focusing on traditions of the church. The court will have a \$500 scholarship for graduating seniors. The court supplies desserts for K of C Friday Fish Frys in Lent.

