



The Rising Dawn

New York State Catholic Daughters of the Americas®

March 2022

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Please submit any suggestions, comments, compliments and news items to **State Regent Theresa Duran** at tduran@optonline.net

Visit CDANYS.org and CatholicDaughters.org for more news and information about the Catholic Daughters of the Americas®. Join us on Facebook at Catholic Daughters New York State and watch our new YouTube Channel, just go to youtube.com and search NYS Catholic Daughters.

Living Lent With Justice, Mercy, & Humility

THERESA DURAN, STATE REGENT



My Dear Sisters,

What was life before pandemic? We had meetings and fundraisers and fun...and tried to recruit new members.

As **State Chairman of Family Mary Lynn Borst** says in her article within, this pandemic has been like a long Lent!

Lent is a time to shed old practices that have kept us from growing in the Lord and a period of looking forward to the New Life of resurrection and hope. As we enter the Season of Lent, I think back on my Lenten practices over the years.

I can remember my days of youth: eating a bag of Doritos and a drinking a milkshake at 10pm on Shrove Tuesday to “get it all in” before the fast of Ash Wednesday and the “giving up” of Lent.

I remember days of early adulthood (even middle age!) using Lent and a reason to go on a diet or give up alcohol – things I should be doing anyway – and not really fasting from those things for the “holy” reason of the season.

Not to be too hard on myself, I also remember the years when I learned to give more, rather than give up.

I can’t help but think that our theme of **Seek Justice, Love Mercy & Walk Humbly With God** really is the perfect theme for Lent also.

In Lent, we are called to fast, to give alms, to ramp up our prayer life...

When we fast from discrimination, indifference or judging others, we are

seeking justice.

When we donate to a worthy charity – whether it be financially or physically – we are living mercy.

When we rededicate our days (and nights) to praying the rosary, doing the Stations of the Cross, reading our bible, or listening to a Facebook prayer service we are walking humbly with God.

Think about the method we use to teach children about sacrifice during Lent: give something up. Most of us reading this are too old to just give up chocolate chip cookies for Lent and think that satisfies our obligation.

Maybe now, as adults there are other things we need to give up: obstinacy, prejudice, selfishness, even self pity...

When I was a child, I was given a mite box on Ash Wednesday, a little tube with a dime slot on the top, so I could donate to “the Missions.” Now, perhaps, we can make an extra effort to donate a little more to our Court, or the local food bank or thrift store either monetarily or with volunteer hours.

As a teenager, I attended daily mass each morning in Lent – well, that one is still a good idea – but maybe we can add to that. Join us nightly at 8pm on the Catholic Daughters NY State Facebook page for pray. Maybe even volunteer to lead one evening!

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Fasting In Lent

REV. RALPH SOMMER, STATE CHAPLAIN

There was no Stop n' Shop in the middle ages. No electricity, no refrigeration - except for the ice and snow of the winter months. It makes you wonder how people had enough food to live on. Forget fresh fruits and vegetables. There would have been root vegetables (potatoes, carrots, beets) and grains, and cabbage keeps pretty well all winter. To preserve food, they would have used salt, smoke and pickling. And if you had enough hay to feed livestock, you could keep them through the winter and butcher them when needed. Most families had live chickens as a source for eggs and meat. But once the food was eaten (or spoiled, or eaten by mice, rats, or other vermin) there was no more food. No more food. No Shop Rites. No Wegmans.

So what did people do? They died. Starved to death. Or, in a malnourished condition, they succumbed to disease.

What saved whole communities was the Lenten practice of fasting. If I "gave up" eating as much food as I'd like, if I abstained from killing an animal for meat, I would be able to stretch out the food supply for another month 'til spring arrived and there'd be new crops, new lambs, etc. And if, by cutting back on what I ate, I could share the little I had with others in my family and neighborhood, they could survive the winter too.

Fasting requires a choice to be unselfish, to deny something in myself in order to do good for others. And in a society where death came quickly to so many, the temptation would be to look out only for one's self. It was survival of the fittest. But when parishes started introducing Lent as a time of fasting, they were giving spiritual encouragement to people to be less selfish - and the by-product of "giving up" in Lent was that lives were saved. Indeed whole neighborhoods were saved

from starving to death because they all made a faith commitment to fast and to share.

Today fasting is not as essential to the survival of our families. It's actually a luxury because it's a choice we have. Too much of the world (including those who live in New York) doesn't have the luxury of "giving" up food. They just go hungry many days of the year. But for many of us fasting has become a way in which we can say to God, "Look at how good I can be for forty days! See, I'm really lovable."

Fasting becomes like a proof of our self-control. And when we succeed in giving up the smoking or the calories or the swears, we beam inwardly and imagine God smiling on us a little more broadly this year. When we fail, we kick ourselves for our failures, and throw this year's broken resolution on the heap of our past failures.

So we need to be reminded this Lent: God doesn't love us any more or less if we succeed or fail at fasting. God loves us with an unconditional love. God smiles at our very existence and on the days that we fall down God, like any loving parent watching a child fall when trying to walk, speaks one word to us....."UP!"

"Ashes, ashes we all fall down," so goes the song. And every time we fall down, God says "UP!" - and reaches out a hand and pulls us to our feet to try again. So let's get over this idea of our being failures when we break our fasting. Let's get up and get on with fasting. It's meant to be an unselfish choice that is life giving. So whether we're fasting from fear or from food, from sarcasm or sweets, let's rediscover the life-giving reasons we engage in fasting in the first place.



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There are so many ways that we can "ramp up" living our theme of Seeking Justice, Loving Mercy & Walking Humbly with God during this Lenten Season. And maybe, just maybe, when the Lord is resurrected once again on Easter Sunday, we as CDA members, as CDA Courts can be similarly resurrected and return to the vibrant life we enjoyed before the pandemic began.

Let's let this Lent be the end of pandemic life and let's get back to the business of CDA!

In Unity & Charity,

A handwritten signature in black ink, which appears to read "Theresa". The signature is fluid and cursive, with a long, sweeping underline.

He is not here
RISEN

Are You Listening?

CONNIE BREINDEL, FIRST VICE STATE REGENT



As I sat and listened to a recent homily given by the deacon, he reminded us that **God doesn't call the qualified, He qualifies the called.** I pondered that line and thought back to my September article talking about stepping up to be an officer in your court. That article also talked about the *Perfect One being crucified* but the point of the article was that we shouldn't be afraid to make mistakes because we all do and suggesting that you think and pray about becoming an officer.

Now, let's look at the homily quote again, **God doesn't call the qualified, He qualifies the called.** Think about the Apostles that were chosen by Jesus. Were they qualified to be the leaders of the church? They were fishermen, tax collectors, and laborers – hardly leaders; yet, when the time came, they led. Imagine if any one of them didn't step up, where would we be now? Would

there be a need for this article? They stepped up because God was with them, and God is with us too. He never leaves us!

Elections take place in the next few months and officers are needed for a court's survival. Will it be you? It is very sad to hear about a court disbanding because they don't have anyone that will step up to lead. Being part of this great organization is something you don't want to take for granted. Know that when you decide to take on the role of a court officer, you will have the support of your state officers in any every way needed. **We are here for you.**

On a side note, thank you all from the bottom of my heart for your words of encouragement, cards, and prayers for me while I am recovering from my latest knee surgery. Ladies like you make it much easier to go through. I can't wait to be out and about with you all, without pain.

STEP RIGHT UP!

REGENTS:
Please share
this with ALL of
your members

Don't wait for someone else to do it. Don't make the current officers break our Bylaws by serving more than 2 terms in office. Don't let your court come to the brink of disbanding. Don't let the devil win!

Do you agree that the Catholic Daughters of the Americas is a necessary and relevant organization? Do you agree that it is the most precious gift you have received? Do you agree that your sister CDA members deserve a place to join together, in unity and charity, in sisterhood, in the Church?

Don't worry about being judged: be bold, forge new roads, try new events, don't worry about doing it the way it was always done. Your ideas are needed. You are needed

New local officers will be elected this year. Why not you? You don't need to do it alone! Support is out there. Call any State Officer with questions.

Now is the time. Your Court is the place.

It's time for YOU to step up.



Will This Be A Normal Lent?

EMILY GUILHERME, NATIONAL REGENT-ELECT

My Sisters in New York State,

Lent is upon us! Can you believe it? It's already time to begin fasting, giving alms, and pray even more. The "normal" thing we usually hear is to "give something up" for this Lenten liturgical period. But, since "normal" is no longer a part of many of our lives, I'm going to suggest something we hear too rarely: instead of giving up something for this Lent, let us turn our eyes upon what can be added to our spiritual walk, so we may bring God's love to others and bring ourselves to His altar and join more authentically in Communion with Him.

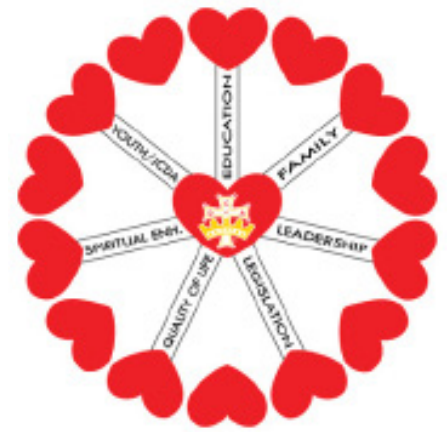
This can look different for each of us; perhaps it's serving in a homeless shelter, food pantry, or pro-life center. It could also be helping an elderly neighbor that needs your help with household chores they're no longer able to do by themselves. Perhaps by clean out your closets and giving to those who may not have enough to wear, we may clothe Christ in disguise. Any one of the Corporal Works of Mercy that can bring the love of Christ to our world is an excellent addition to your lives.

I encourage you to also increase your own spiritual journey by daily scripture study or beginning a Lenten Divine Mercy Chaplet. Create a nightly tradition with your family by praying a Rosary together each night and teach your children how to pray and love Jesus Christ and His mother. Our world is desperately seeking meaning, and our kids are the first place we need to begin.

We need to start something good in ourselves that continues long after this Lenten journey is over. May the Mercy and love of God be upon you and your families as we travel from Lent into Holy Week, and may we experience the Resurrection in our families, friends, and workplaces.

I hope to see many of you in Puerto Rico at our National Convention. Until then, my love and prayers to all.

In Unity & Charity, Emily



2022 Circle of Love Reporting Forms

We know that the past two years have been hard on all of our courts. Events were postponed, meeting were canceled, members lost interest and funds were not raised. But please, you have been working hard, don't think your court hasn't done something worth reporting. We are sure that you have done your best to participate in the programs of CDA in some way.

If perhaps it has been impossible to meet yet, or haven't been able to hold any events, prayer services or fundraisers, please STILL FILL OUT ALL forms and submit to the proper State Chairman; wweven if it has to say "No activity possible," this way we know you are still there!

All NYS Chairmen need to receive these before the NYS March 1, 2022 deadline so they can get winners to the proper National Chairman by the National deadline.

Watch for NY State winners to be announced in the June issue of **The Rising Dawn**.



Mission Statement of the Catholic Daughters of the Americas®

The purposes of the organization are to participate in the religious, charitable and educational Apostolates of the Church. Catholic Daughters of the Americas

engages in creative and spiritual programs which provide its members with the opportunity to develop their God-given talents in meaningful ways that positively influence the welfare of the Church and all people throughout the world.

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.

I think it's safe to say that all of our families have been affected by Covid-19, which we have been dealing with now for two years. For some, there has been loss of a family member, either due to the virus or to other causes. For others, the family has been adversely affected by job loss, remote learning, quarantining, or recovering from having the virus itself! On the flip side, however, I have heard many stories about how the past two years has had some silver linings for families! More time together, playing games, cooking, praying, completing jigsaw puzzles, having zoom calls that would likely never have been a thought prior to March 2020, and more.

Sometimes I look at these past two years as a very long Lent. Lent is defined as a period of penitential preparation for Easter. Forty days, or 6 weeks, of preparation. A time for self-reflection, prayer, fasting, almsgiving. Those forty days can

often feel like a long time. Who would have ever thought that our time dealing with the pandemic would be two years? More than 700 days! For many, it has been extremely difficult and challenging. Families have found themselves on opposite sides of the vaccine and/or mask debates. Families at times have been unable to attend events, both happy and sad, due to restrictions and even the fear or risk of infection. There have been struggles with work and school and childcare challenges. It certainly has been a penitential time!

As with all things, when we turn our concerns over to the Lord, He is by our side. One of my favorite bible verses is Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ

Jesus." Let's take this time of Lent 2022 to continue to pray for an end to this pandemic. Let us, despite our own struggles, look to help people who need our assistance. Let us rally with our families to put aside differences and work together to strengthen our family ties. Let us remember all the joys that we had during the times of extra togetherness and strive to continue to seek out our families and enjoy more special times together.

As we've talked about before, families aren't all blood related. We have parish families, work families, neighborhood families, and many others. Reach out to members of your families. Don't assume that you know how they are doing but, rather, ask with sincerity how they are and if there's anything you can do to help them. Together we can draw strength to persevere through the rest of this pandemic and come out victorious, as our Lord did on Easter Sunday.

Important Notice:

If you have not already done so, please submit your Court's **Intent to Attend Convention** form to State Regent Theresa Duran no later than March 15, 2022.

This is not a convention registration form, and no Delegate or Alternate names are required to be listed. It simply let's us know if you are planning on attending the Catholic Daughters National Convention in Puerto Rico, July 20-24, 2022.

Knowing how many from our state will be attending the convention helps us plan for events like the State Dinner and any other meet ups that might occur.

National Convention News

If you are planning to attend the National Convention and have not yet reserved hotel rooms, don't despair.

Please contact me at tduran@optonline.net and I will forward the email from National Regent Sherry Nilles that shows the two hotel options.

I strongly suggest you reserve rooms as soon as possible. They can be canceled (with enough notice) if you decide not to attend.

Lent: A 40 Day Springtime for the Soul

MARY WESTERMANN, OSF, STATE EDUCATION CHAIRMAN

**"If winter comes, can spring be far behind?"
—Percy Bysshe Shelley**

As I write this, we are deep in the throes of winter (snow is on the ground and it was 4 degrees when I woke up this morning), but by the time you read this, we will be in the season of Lent with spring to follow shortly behind. While doing research for this article, I discovered the word Lent translates from an Old English word "lencten" which means "spring" or "to make longer or greater in length". Days get longer and warmer during this time. In a real sense, Lent can be a 40-day springtime for the soul. Similar to the notion of spring, Lent is a period marked by melting, awakening and growing. It is a time of planting, nurturing and signs of God's care for us. Lent asks us to pray, reflect, perform acts of service and self-denial, show compassion, repent our sins, fast and abstain, donate to charity or do something unexpected. I think St. Mother Teresa of Calcutta said it best: **As Lent is the time for greater love, listen to Jesus' thirst... 'Repent and believe' Jesus tells us.**

Springtime is also the time for the Education Contest and Circle of Love reports to be judged and awarded. Thanks to all Courts who have sent in education entries and/or their Circle of Love education reports. Stay tuned for this year's winners which will be announced in an upcoming **Rising Dawn**. Please feel free to contact me (mewoll@aol.com or 845-297-5250) if you have any education questions. If I don't have an immediate answer for you, I will be sure to get you one.

May this Lent be one of peace and renewal for each of you and your Courts as you follow our Lord's call to give of yourself and serve others. God bless you. Continue to stay well and safe.

**"UNLESS THERE IS GOOD
FRIDAY IN YOR LIFE,
THERE CAN BE NO
EASTER SUNDAY."
—FULTON J. SHEEN**



NYS CDA Scholarships

JOANNE LEONARDI, STATE CHAIRMAN OF SCHOLARSHIPS

As a High School teacher, the coming of spring signaled many things, the warmth of the sun, the joy of longer days, and the true onset of **Senioritis** (sen-i-or-i-tis) defined as; a supposed affliction of students in their final year of high school, characterized by a decline in motivation or performance. It signifies the excitement that builds as the students get acceptance letters to Colleges/ Universities and now need to decide where they should commit. It also signifies the time has come to sit down and apply for all of the available Scholarships to help pay for the aforementioned Colleges and Universities! Thankfully the Catholic Daughters of the Americas can help with that!

Each year our NYS Court offers three \$1,000 scholarships to deserving graduating seniors who are dependents of Catholic Daughters, who plan to attend, and have been accepted to, college. The **2020 NYS CDA Scholarship** application is now available. A copy was included with the December 2021 issue of **The Rising Dawn**.

Please spread the word to all members who have children eligible to apply. Scholarship winners will be awarded according to the written essay and record of applicants service to the Church, their school or their community. All interested applicants should follow scholarship instructions with care and submit their application to:

**Joanne Leonardi
32 Johnson Avenue North
Kings Park, NY 11754**

by the April 15, 2022, deadline.

If you have any questions, please do not hesitate to call me at 631-379-1585.

Praying Through Lent

LUCILLE KOCH, STATE CHAIRMAN OF SPIRITUAL ENHANCEMENT

The season of Lent is upon us once more.
What does your Court have planned this year?

Here are some suggestions based upon things
we have done in my home Court:

1. Request that members arrive to your meeting place a little early so that everyone can pray the Rosary before the meeting begins. This sets a great tone for the meeting, is very comforting and our Court has found that it puts us all in 'a better place'. There is truth to the saying "the family that prays together, stays together" and we are definitely a family. For Lent, the Sorrowful mysteries might be most appropriate. Before beginning, ask members if they would like to share their needs and worries with their sisters to be offered during the prayer.
2. Perhaps at the time reserved during the meeting for spiritual enhancement, the court may pray the Stations of the Cross. If you meet in church, that is perfect. If you meet in a hall or small room, you can post the stations on the wall. As a group, follow the stations and allow a different member to lead the prayer at each station.
3. Have a prayer service and offer your Lenten sacrifices at the foot of the cross. Sing a few of your favorite Lenten hymns, take a few minutes for silent reflection and give members time to jot down their intentions/sacrifices on paper. Then, one by one, bring these intentions to a crucifix placed in the front of the room, spend a moment or two at the cross and then deposit the slip in a paper bag at the foot of the cross. At the conclusion of the service, seal the bag and have a volunteer bring it home, and burn the bag in a fireplace or outdoor fire. Video the prayer service (an example of a prepared service is on the next page) on the Court's Facebook page at an appointed time for members to see and pray along with the leader.
4. Be sure to remind all members that I will be leading the Novena of Chaplets of the Divine Mercy beginning on Good Friday evening and continuing to Divine Mercy Sunday. Each day the chaplet is offered for a different group. It is a wonderful novena and I urge all members to partake of the graces offered by our Lord Jesus Christ to those who pray this beautiful Chaplet.

I'm sure there are many things you have done and continue to do as a Court during Lent. I'd love for you to write to me and let me know. Perhaps next year your ideas will be here.

I pray that we will use our time well during Lent and that the Lord will bring us to a joy filled Easter.



DIANE MEORE,
STATE CHAIRMAN FOR 1903 SOCIETY

Ten years ago, then New York State Regent **Penny Martin** announced a pledge for New York State to contribute \$1903 each year for ten years to the 1903 Society. Sadly, we have fallen a bit behind in our promise. We have all experienced that wonderful "ahhh" moment when we pay off a credit card, a car loan or a mortgage – let's see if we can create that same feeling for New York State CDA!

In the past several months NYS received two (very generous!) full pledges of \$1903 each which has greatly reduced our financial obligation. If every court sent \$25 this quarter, we could easily pay off our pledge and experience that "ahhh" moment and turn our attention to raising money to build a home with Habitat for Humanity.

We know that fundraising has been very difficult or non-existent for the past two years for most courts, but if your court agrees to making a small gift to fulfill our pledge, please send a check payable to *Catholic Daughters of the Americas* and send to:

Diane Meore
NYS 1903 Chairman
143 Toleman Road
Washingtonville, NY 10992

Don't forget the 1903 Society in your annual budget. A multi-year pledge in honor of a court officer or in memory of a deceased member makes a wonderful gift.

Service for Burning Prayer Offerings

(See State Chairman of Spiritual Enhancement Lu Koch's article on the previous page)

Presider: In the name of the Father and of the Son and of the Holy Spirit. AMEN.

The Peace of the Lord with you.

Assembly: And with your spirit.

Presider: We come together today to raise these prayers up to You Lord. On these prayer slips are written words of hopes, words of fear, words of praise and words of thankfulness. As the Psalmist prayed so long ago we pray to You today: May our prayers be set before You like incense; may the lifting up of our hands be like the evening sacrifice. May the smoke of these prayers of God's people rise up before You.

(The presider then places the prayer slips in the metal container or fireplace. After the slips begin burning the Word of God is proclaimed)

SCRIPTURE READING (Psalm 139:1-12)

Reader: A reading from the Book of Psalms

LORD, You have probed me, You know me: you know when I sit and stand; You understand my thoughts from afar. You sift through my travels and my rest; with all my ways You are familiar.

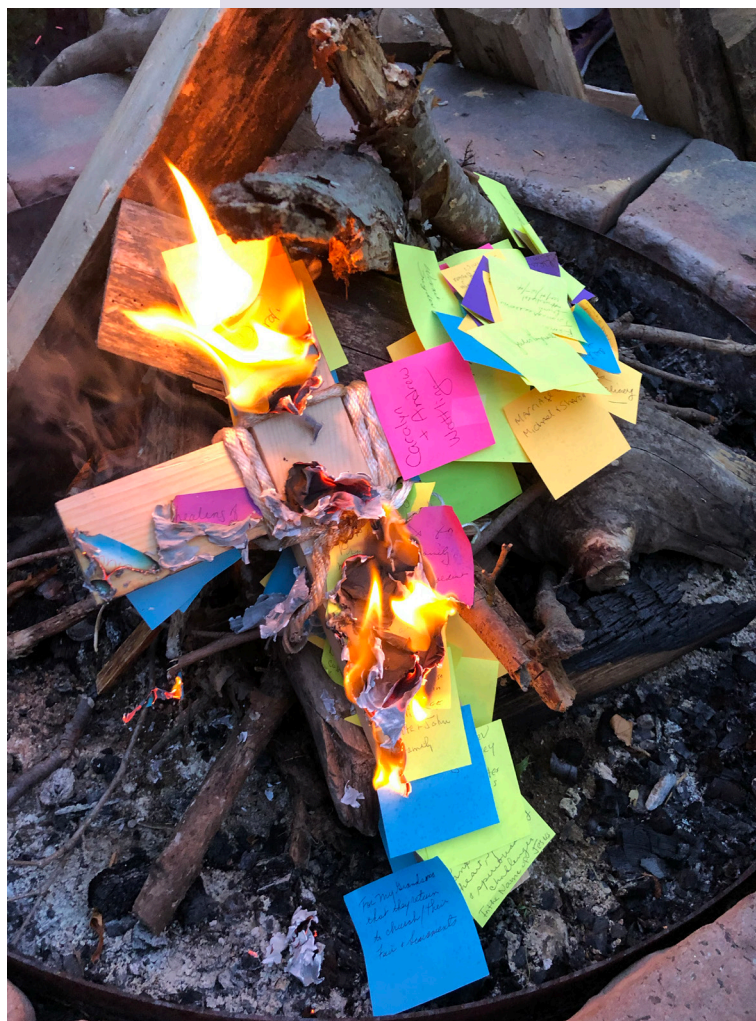
Even before a word is on my tongue, LORD, You know it all. Behind and before You encircle me and rest Your hand upon me. Such knowledge is too wonderful for me, far too lofty for me to reach.

Where can I go from Your spirit? From Your presence, where can I flee? If I ascend to the heavens, You are there; if I lie down in Sheol, there You are. If I take the wings of dawn and dwell beyond the sea, Even there Your hand guides me, Your right hand holds me fast.

If I say, "Surely darkness shall hide me, and night shall be my light" — Darkness is not dark for You, and night shines as the day. Darkness and light are but one.

The Word of the Lord.

Assembly: Thanks be to God



The Lenten Journey

TINA BIGELOW, SECOND VICE STATE REGENT

Spring Greetings, my dear Sisters in Christ. I am writing this article with excitement for the arrival of spring, the preparation for the Lenten Season, the planning stages of our **2022 Pray & Play Retreats** and the anticipation of what is to come for our trip to **National Convention** in Puerto Rico.

Of the 4 journeys that I just mentioned, the preparation for the Lenten journey is of the utmost importance. Like the other 3, it will take intentional planning so that I can obtain and reap the benefits in the journey. What will the travel plans be? Will it be *Walking with God through the Bible in a Year Program*, will I “spend” extra time helping at the food shelf, leading the Facebook prayer services, visiting the sick and lonely, and/or going to daily mass? Will my entertainment be to dine out at a Lenten Soup & Bible Study group, watch a series of biblical stories, and/or attend a Christian concert?

Whatever the decision, it will be made with intention and commitment so that I can grow in my relationship with God.

At the September 2021 meeting of **Sts. Kateri and Andre #2663, Morrisonville, Circle of Love Chair Janet Altman**, encouraged members to join their weekly Bible Study using **Fr. Michael Schmitt’s Bible in a Year** program. After the meeting, I explained that I was not able to attend as it was during my work hours so she directed me to the Ascension Press website where I could find a way to participate in this program. Her excitement and testimony about this program inspired me to search and download his podcast immediately.

In the introduction, Fr. Mike explains “that we will encounter God’s voice and live life through the lens of scripture using the Great Adventure timeline by reading from the book of Genesis (January 1st) to Revelation (December 31st), and discovering how the story of salvation unfolds and how we fit into that story.”

Just one day of listening, had me hooked, because his reflection of scripture for that day brought me a profound wealth of understanding, appreciation and a desire to dig deeper into my relationship with God and from that point on, I have not missed a day. I am now back to the beginning, gaining a profound and complete understanding of the Old Testament and how it lays the foundation for the New Testament.

As a young teenager, I had a desire to read the bible but tended to skip the Old Testament because I just did not understand it and what I did understand did not comfort me or my curiosity. Later on in years, I attended different bible studies that opened new doors of understanding, but I was still not fulfilled.

I can honestly say that there is always something said in these daily podcasts where I do encounter God speaking to me and how that story of salvation fits into my life one way or another. I love how the “The narrative books of Scripture repeatedly show us how even the “giants” of the Faith experience brokenness.” (Fr. Michael). Such as when Abraham, tried to start his royal dynasty through Hagar, instead of trusting and patiently waiting for God to do it in His own timing through Sarah.

Father Mike goes on to say “that when we fail, we can learn what it is to be loved in our failure, to learn that our failure doesn’t disqualify us. Abraham’s failure to trust did not disqualify him from the covenant. And our failure does not disqualify us. God continues to call us back to himself even if that road is hard to understand.”

I can remember on one of my Lenten journeys that I was successful through the whole journey by not eating any sweets throughout the 40 days. Wow, what an awesome feeling that it was. However, on Easter, this overzealous pride of accomplishment allowed me to celebrate by binging on sweets. It wasn’t until I felt sick and gained 5 pounds from that “celebration” that I realized I defeated the whole purpose of conquering the Lenten journey with success. I now go into Lent with the purpose of becoming a better version of myself – physically and spiritually – so that I can have a healthier relationship with God and to continue this new path after Lent; so I can continue to step up my level of goals and accomplishments, instead of having to start all over again each year.

As part of your Lenten journey, I hope you will consider joining in my excitement by participating in one of the Daily Bible in a Year programs and/or the Catholic Daughters of NY State Facebook Prayer services every Monday through Friday at 8:00 pm. “Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts. Prayer in action is love, love in action is service”. (St. Teresa of Calcutta)

May your Lenten Journey be filled with Prayer and Encounters with God’s word.

Living The Beatitudes

KATHY KNOTT STATE CHAIRMAN OF YOUTH/JCDA

This season, I would like to focus on the Beatitudes and the role they most certainly play in the lives of the JCDA girls and the youth involved with our CDA Courts.

It is often stated, when you touch the life of a child you do good forever. What we say to the young women is important. We teach them the 10 Commandments, share rules of life with them, and give guidance in their decision making. However, what really influences them is not what we say but what we do ourselves in our own daily routines. They watch us, look up to us and want to be like us.

BLESSED ARE THE MEEK Do we show patience with our elders? Mostly yes, but what about when they repeat and repeat the same lame questions or tell us the same stories over and over again...ever get caught rolling your eyes? Haven't we scolded our kids for doing that!

BLESSED ARE THE PEACEMAKERS Often do we give in to road rage?

We get busy getting stuff done and may also just want to push people out of our way. Our girls will never need to push others as they are doing what Jesus would do.

BLESSED ARE THE MERCIFUL Be kind when the teenagers push your buttons and they sure can!! Jesus showed us how to "kill them with kindness". It works every time.

BLESSED ARE THOSE WHO HUNGER AND THIRST Let the girls work on the CDA projects with you, even add their own dimension to the activities. Then they will be able to feel the rewards. Don't we always feel like we receive more than we give.

BLESSED ARE THOSE WHO MOURN How about having the girls bake something for a widow or widower to return the "sweetness of life" to them. Let the girls deliver the cake along with their hopeful smiles as only they can do.

BLESSED ARE THE POOR IN SPIRIT Many girls in our communities have never experienced the satisfaction

of doing works of charity nor the rewards we find in the generosity of being kind to strangers. Help them to assemble "Birthday Boxes" for the poor, or "Pampering Packages" for unwed mothers to be. You will see the richness of satisfaction on their faces.

BLESSED ARE THE PURE OF HEART Indeed this is our girls, pure and innocent. They will carry on our future in the fashion we teach them now. Help them unleash their gifts and blessings.

As the girls amaze you with their spirited energy be sure to take a moment to capture the occasions on camera. Then write a short memo and send it to our NYS Worthy Regent to pass along to us. Whistle a happy tune while you work. All of a sudden you will be enjoying yourself!



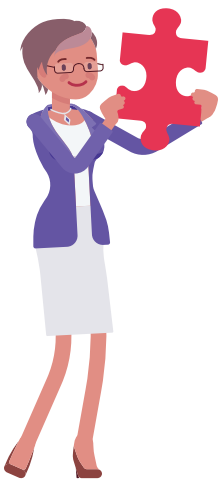
Chapter Three of Leadership 101 for CDA

HELENE SHEPARD, STATE CHAIRMAN OF LEADERSHIP

True leaders don't create followers, they create more leaders. —Tom Peters

Every good workman knows that a job can't be properly done without the right tools. So, it is time to put some new tools in your Leadership toolbox.

They are: Delegation, Positivity and Responsibility.



Delegation: As leaders in training, this is sometimes the hardest tool to employ because it requires, patience, understanding and many times, forgiveness. It appears easier and faster to do things yourself and then they will “be done right!”

How does this help other members grow? It is a risky proposition but the rewards to the members and courts are great.

How then, does one go about delegating? It is very simple if you check the following steps:

- Get to know the abilities, strengths, and interests of your members.
- Decide what activities or duties from the Circle of Love can be delegated.
- Share the goal of the activity with the members.
- Coach them along the way while also providing praise and guidance.
- Set the timeline of the project.
- Let them know that you trust in their ability to complete the activity.
- Collaborate with them if necessary.
- Evaluate and share the outcome of the activity.
- Thank them and praise them for their work.

As a result, the members will have ownership in the court and its activities. This leads to success, while it lightens the burden of the leader and definitely demonstrates trust. As a leader you are still involved in overseeing the quality and timeliness of the work while not having the entire burden on your shoulders.

Positivity: It is possibly the most important skill that leaders need to focus on to be successful. Setting the tone in a court can be challenging, particularly as the pandemic has upset the mood and optimism of our courts.

- Model optimism in your own outlook
- Recognize publicly the work and efforts of the members
- Encourage positive thinking.
- Empower your members.
- Smile!



Responsibility: Be aware that even though you have delegate certain roles to others, you, ultimately, are responsible for the workings and morale of the court. You are the architect of the edifice in which they will work, play and prosper.

- You are responsible for training members, setting strategies and monitoring progress towards goals.
- Good leaders should have strong communication, problem solving, and organizational skills.

Try implementing these skills with your next court project and you will see that your job is much easier. The members involved will be satisfied and happy. This is good for the morale of the court.



Please send me feedback about your leadership projects, I am excited to hear about the wonderful work you are doing!

In closing I want to quote Ronald Reagan: **The greatest leader is not necessarily the one who does the greatest things. He is the one that gets people to do the greatest things.**

God bless each of you for your dedication and your leadership in New York State. A Blessed Lent and Glorious Easter.

AROUND THE STATE



Juniors Celebrate Baptism

On January 24th, 2022, JDCA Court Ave Maria #832, Kings Park, had the wonderful opportunity of recreating a mock sacrament performed by Father Thomas. Father explained to the girls how Baptism is the religious rite of sprinkling water onto a person's forehead or of immersion in water, symbolizing purification or regeneration and admission of the Christian Church. Since Baptism is usually performed on young children and babies, most of the girls have no memory of their own Baptism. This event helped them learn what happened at their Baptism and why this sacrament is so important. They were grateful to have had this amazing opportunity.

A Simple Act

With so much violence against police officers making headlines, member **Betty Macholz** proposed a demonstration in their support. She made some calls, asked for help making posters, and had about a dozen members of St. Anthony of Padua Parish and Court Morning Star #899, Northport, gather at the local Post Office.

It was a sunny but cold and windy Saturday at noon and there was a lot of traffic as the members faced Larkfield Road in East Northport. Displaying posters they said aloud the Rosary, asking Mary to protect our men and women in blue. Cars moved by slowly trying to see what was going on. People passed on foot in and out of the open Post Office and made positive comments. Many drivers gave us a thumbs up or tooted their horns. There were no negative comments and we all felt gratified. Members reported how good it felt showing support to the police and the community.

SOS! Send Other Stories

Please submit stories and photos by May 1st for our June issue. Submit to tduran@optonline.net to share your story with the state! Let us know about successful fundraisers, impactful events and community involvement.

PRAY
AND PLAY
RETREAT WEEKENDS

June 10-12

Camp Guggenheim, Saranac Lake

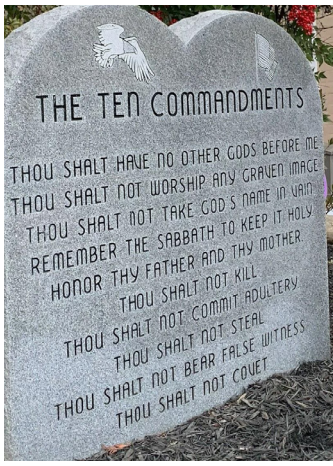
Aug 5-7

**Immaculate Conception Seminary,
Huntington**

Sept 23-25

**Christ The King Retreat House,
Syracuse**

See enclosed flyer for details.



Thou Shalt Not Kill!

EILEEN PETERSON, STATE
CHAIRMAN OF LEGISLATION

Directly behind the United States of America Supreme Court Building in Washington D.C. is the stone monument in this picture. The photo was

taken January 21, 2022 during the March for LIFE. You can see the Fifth Commandment clearly: ***Thou shalt not kill!***

We have lost over 63,000,000 American babies to the legalization of abortion in 1973 (Roe v Wade).

We have made great advances in medical technology such as 4D ultrasound and the field of neo-natology verifies the fact that an unborn baby feels pain during the abortion procedure. Millions of women and men have sought help in ministries that validate their loss and bring healing and hope due to post-abortion trauma.

By late June or early July, the United States Supreme Court is expected to announce its decision in the famous Dobbs abortion case. At issue is the Mississippi law that seeks to protect babies after 15 weeks of pregnancy.

Faithful Catholic citizenship calls on each one of us to stop unjust laws and laws that violate the dignity of the human being, born or unborn.

I urge you to pray fervently, fast if possible and keep informed! The USCCB and Human Life Action are both great resources for staying updated.

Sign up for action alerts at humanlifeaction.org or contact **Brian Duggan** at (240) 478-0794 or bduggan@nchla.org

St. Mother Teresa of Calcutta said: ***“Never let anything so fill you with sorrow as to make you forget the joy of Christ risen.”***

We are an Easter People. We know God wins. As we prepare this epic battle of the Culture of Life vs the culture of death, state by state, we believe each and every beating heart has value and worth and ***Thou shalt not kill!***

Shedding Light

PATTI DRIVANOS, STATE SECRETARY

***“While I am in the world,
I am the Light of the world.” —John 9:5***

I find myself thinking about light a lot right now. The days are getting longer so we have more daylight. The season of Lent is upon us so we are looking inward to shed light on the dark parts of our hearts and lives. Our Courts have just completed their **Circle of Love** forms which shines light on the good works we do. Hopefully, we see the light at the end of the tunnel with COVID and begin a return to lighter, happier days.

We all need to be a beacon of light in our world. Courts will soon be holding elections and the New Officers will be a light to their court.

Please pray and ponder if you are being called to be an officer. Each of us has many talents and we should consider how those gifts can light up our courts. Pray for our new officers and support them as they lead us to be rays of light and hope in the world. Regents will begin working on court calendars to schedule projects and events which will give further witness to Christ’s light in the world.

Our District Deputies will start to schedule the Spring Financial Reviews with their Courts. Please work closely with your DD so the Financial Review can be completed in a timely fashion.

Invoices for Spring dues will soon be showing up in your Regent’s mailbox. Please do not change the number of members you are being accessed for. These numbers come from the National Office and are based on what has been reported to them by March 31. If there is a discrepancy, please check to make sure they have received your updates and when they were received. All checks should be made out to *Catholic Daughters of the Americas* and have two signatures.

Please do not hesitate to let me know if you have any questions or concerns.

Happy New Year: Bounce Into 2022!

CHRISTINA R. PACKWOOD, STATE CHAIRMAN OF QUALITY OF LIFE

Whoa! I don't bounce too well! Oh no!

The instructor said to get one of the big blue bounce balls and take a seat. Oh no, oh no!

No chair? Just a big blue ball—I sit on top and immediately roll backwards and pray — I can sit up—Yes!

I decided to improve my life by joining a small **Hometown Fitness Gym**. Twelve people per class and we will cover six weeks of bounce ball, pickle ball, modified volleyball, dodge ball, and basketball. Then on the 7th week, I will be *on the ball* to a new life experience of being able to bounce anything *round* or have nightmares about doing this.

The year is just beginning, we try to regroup ourselves into a “new me,” maybe loose a little weight, gain some strength to cope with our fast-moving lives or at least catch up. What you decide

on is a personal choice, as for me it's

chair yoga and meditation on Marian prayers.

It's easy for some people to keep it all together, but most have to take a step back and say, “What can I really do now that my age is climbing the old ladder?”

I looked at my past and remember all the fast-moving things I tried like Zumba, kick-boxing, white water rafting, 50 mile bike rides, those were the days. Ok, reality check, my life is now in the “Mature Stage” and I could really hurt after 15 minutes of the *bouncing big blue ball* gig – so what to do ?

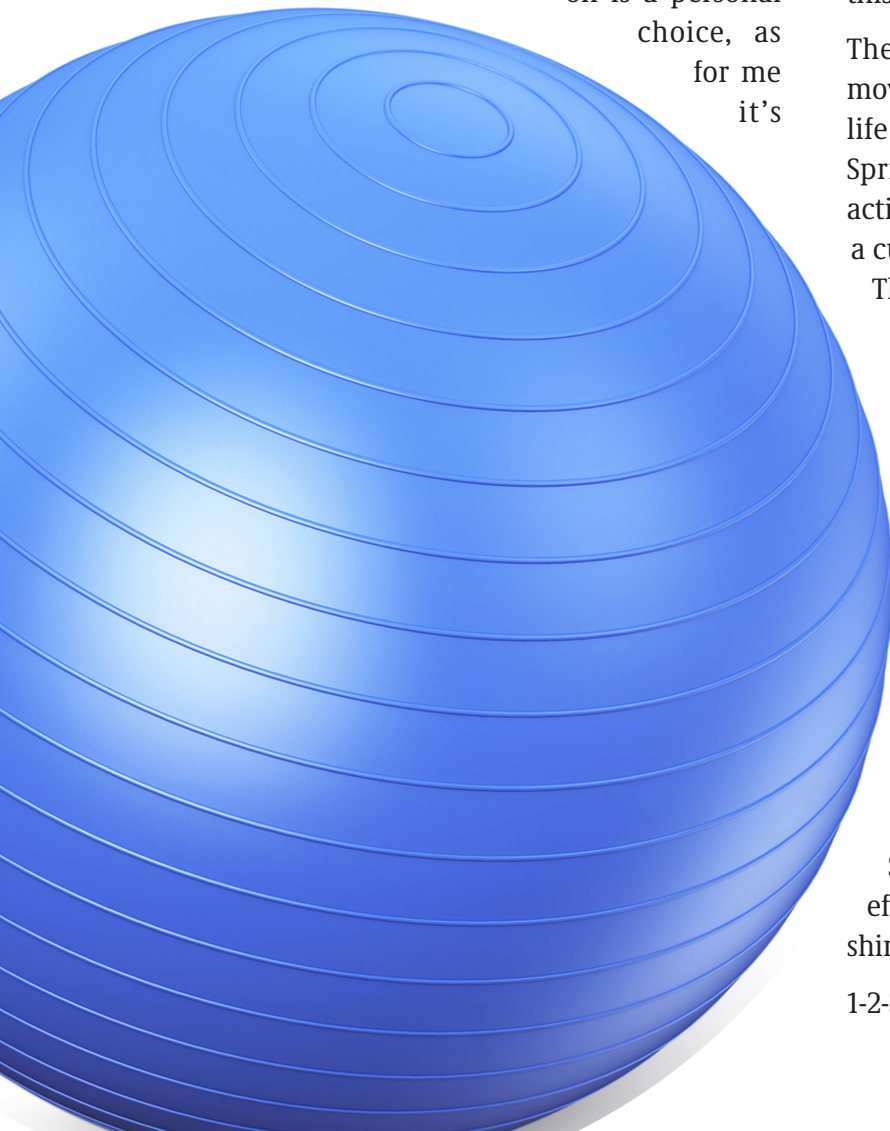
It's time for me to call upon the Holy Spirit for guidance, like can I find something to do that is logical for me or you, that will give me peace and joy in life? I ponder on my acquaintances that have a healthy lifestyle. doing so many fun group adventures. They hike, cross-country ski, take dance lessons, senior exercise classes and yes, even chair yoga with prayertime attached to it – yup! I chose this route.

These things of healthy exercise, communication, movement, fresh outdoor adventures are all a quality-of-life experience that any of us can enjoy. Winter and Spring are times of renewal and after you do these activities, you come back home, relax with a good book, a cup of your favorite beverage before tomorrow comes.

Then you go out to meet your knitting, quilting or reading group or out to work or to a volunteer site to carry on with your good life. Yes, think back to last year of all the things you did to improve your life and the lives of others to survive another Pandemic year. This year take time to call a friend, one of your CDA sisters or a relative and ask if they would like to go “Bounce on a Big Blue Ball” to keep their inner self healthy. You are the one who can help others to feel good about themselves, remember CDA Sisters = Can Do Anything.

HAPPY NEW YEAR to all of you wonderful NYS Catholic Daughters and now take the time to prepare for our Lenten season and a beautiful Easter Season in anyway you choose to give your time and efforts in the parish you belong. Let your Quality of Life shine for others – Easter Blessings to all !

1-2-3 Bouncy bounce !



Living As Holy Children Of God

JUDY STERLING, STATE TREASURER

It seems the seasons are passing by quickly, and I am glad the sun is setting later and later each day! Before we know it, Spring flowers will be popping up. I am in the planning stages of my garden now, and can't wait to get the kids back outside again to play! I am also thrilled to think we will be able to gather again and visit with my Catholic Daughter Sisters! As we now prepare for Lent, I looked up in my Catholic Dictionary to see just what is written about Lent and the meaning. We all know its 40 days of fast and penance, excluding Sunday's, and begins on Ash Wednesday, ends on Easter Saturday. It is to remind us of Our Lord's forty

day fast in the desert. We are encouraged to concentrate on Our Lord's Passion and death. I read a poem called "The Hand of Jesus", and I was thinking if I would have taken the hand of Jesus during his death. Probably not.

We Catholic Daughters need to take the Hand of Jesus so He may ask us to reach out to people that no one else cares about; to care less about stuff and more about people; to go places that we really don't want to. He may ask us to be last so another can be first, to see with our hearts and not just our eyes – we need to take the hand of Jesus so that nothing will ever be the same.

When cleaning through some drawers (a good thing to do in winter), I found a paper on improving our contact with God through prayer: **Living as Holy Children of God.**

There are 5 steps and only takes 10 minutes. This is going to be my Lenten promise to do every day, not to just give up something during Lent that I would probably do again.

Step 1: Invite God into your space for 1 minute

Step 2: Sit in silence for 2 minutes

Step 3: Talk to God for 3 minutes

Step 4: Listen to his voice in silence for 3 minutes

Step 5: Give thanks to God for 1 minute – express thanks for His time.

I would like to thank the Courts who have been sending newsletters to me, I enjoy reading about all the activities everyone is doing, and pray for continued success!

I wish for all of you a Holy Blessed Easter, and look forward to seeing you this year!

The Protocol Of Coming Together

CHARILLA S. CONNER, STATE CHAIRMAN OF PROTOCOL

Praise the Lord, Spring is almost here! One of the most obvious signs is the approach of Easter and all the holy times involved in the celebrations.

Before the COVID-19 invasion, my Church used to have a pot-luck dinner then Stations of the Cross. Several of the people I'd seen at Mass but didn't know very well. At first it was intimidating, so I'd just be quiet, watch and especially listen. What a glorious experience to not just listen with my ears but with my heart. This is but another way we use protocol in our daily and weekly contacts. Greeting the fellow Catholics, remembering their names, making room at the tables for their contribution and "come sit by me". It's the small "right" ways we

interact and be part of God's solution.

Then there's Lent. Again, at my Church & CDA Court, we try to make it more spiritual in our personal and parish activities. There many ways to fast: from negative thoughts & actions, to make time for more prayer in the many forms; for doing social concern efforts; even giving up a favorite food to offer up that repentance for prior sins. At my Church, we do "40 Cans in 40 Days" for the local food banks. We sent out reminders to members to bring their contribution to Mass on the weekend or to the Parish Center at meeting nights.

And so, I wish you a holy, spiritual, blessed and "protocol" filled Lent and Easter. Praise the Lord.

**May the Risen Christ
fill your heart with joy,
bring you hope and
bless you with love
this Easter Season
and beyond.**

**In Unity & Charity,
Theresa, Connie,
Tina, Patti, Judy,
& Fr. Ralph**



Rising Dawn Subscriptions

In our continuing efforts to save both money and trees, we continue to seek those who would be interested in receiving *The Rising Dawn* via email as opposed to in their mailbox.

An electronic version is not only more economical and environmentally friendly, it also means you receive the issue at least one week earlier than the mailed version since printing, stuffing and delivery takes time.

While only one printed version is sent to each court unless they purchase additional subscriptions, the email version can be sent to any and all members of CDA in NYS. An electronic version is also posted on the website at cdanys.org.

Please send your request to **Theresa Duran** at tduran@optonline.net and you will be added to the email version subscription.

To receive additional printed subscriptions to **The Rising Dawn**, please send \$10 (checks made payable to Catholic Daughters of the Americas) to Theresa at 31 Triangle Pl., Freeport, NY 11520

Important Dates

MAR 4TH	ANNIVERSARY OF THE PASSING OF PAST STATE REGENT PENNY MARTIN
MAR 13TH	DAYLIGHT SAVINGS TIME BEGINS
MAR 17TH	ST. PATRICK'S DAY
MAR 19TH	ST. JOSEPH'S DAY
APR 10TH	PALM SUNDAY
APR 14TH	HOLY THURSDAY
APR 15TH	GOOD FRIDAY
APR 17TH	EASTER SUNDAY
APR 24TH	DIVINE MERCY SUNDAY
APR 30TH	BIRTHDAY OF PAST STATE REGENT MARY ZIESIG
MAY 1ST	JUNE RISING DAWN DEADLINE
MAY 3RD	BIRTHDAY OF PAST STATE REGENT MARY IMPELLIZERI
MAY 8TH	MOTHER'S DAY
MAY 26TH	ASCENSION THURSDAY
MAY 30TH	MEMORIAL DAY
JUN 1ST	BIRTHDAY OF PAST NATIONAL REGENT HELENE SHEPARD