

Volume XIII - Issue 4

You are the salt of the earth. You are the light of the world.

Spring 2024

State Officers 2023-2025

Margaret Giordano State Regent 1530 Hollywood Dr. Lancaster, PA 17601

717-381-6742 margarettgiordano.cdapa@gmail.com

> Lisa McCann First Vice State Regent 114 Hibiscus Dr. Wilkins Township Turtle Creek, PA 15145 412-519-8762 cdapalisa@gmail.com

Jeanette Kitch Second Vice State Regent 15197 Ridge Rd. Meadville, PA 16335 814-573-6709 jkitch18@outlook.com

Pamela Callahan State Secretary 109 Jenjo Dr. Bellefonte, PA 16823 814-571-0207 pamc.pacda2021@gmail.com

Michelle Russo State Treasurer 802 Bayard St. Bristol, PA 19007 215-459-0771 Micheller.pacda1097@gmail.com

Shirley Hall Immed. Past State Regent 901 West 15th St. Tyrone, PA 16686 814-931-0657 shirleyhall901@gmail.com

Susan Moné National Regent-Elect 2550 S. Ellsworth Rd., Unit 535 Mesa, AZ 85209 480-969-0447 smone2164@gmail.com

Rev. Norbert Suresh State Chaplain St. John Neumann Parish 601 E. Delp Rd. Lancaster, PA 17601 717-524-8376 norbert.suresh@gmail.com

www.cdapa.com www.catholicdaughters.org

This 'n That...

Margaret Giordano, State Regent

I wish all of you a Prayerful Lent, a Blessed Easter, and a Happy Season of Spring!

By now:

- Contest entries should have been sent to State Chairmen
 Circle of Love Reports should have been sent to State
- Chairmen

Thank you, Local Courts and Chairman for adhering to the March 1st deadlines.

Remember:

♦ The Second Call to the National Convention should be out soon, if not already. See the 2022 CDA Bylaws, ARTICLE XIII, LOCAL COURT NOMINATIONS AND ELECTIONS, pages 39 and 40.

- Local Court Nominating Committees should be elected at the March meeting
- * The Slate for Local Court Officers shall be announced at the April Meeting
- Election of Local Officers takes place at the May Meeting

SPRING DUES AND REVIEWS

Contact the National Office to get an updated court roster by mid-March, so you can verify your number of members and make any corrections, if necessary.

Spring Financial Reviews are to be completed in April and submitted to National and State by May 1, 2024. (Regents, please contact your assigned District Deputy to figure out a date that works for her, your officers and your financial review committee).

♦ National and State dues billings will be issued in April and should be paid in a timely manner. No vote is necessary to pay dues.

Reminder:

Special Court Anniversary Celebrations—Thank you to those courts who have advised me of the date, so I can mark my calendar. If I can possibly make it, I will! I look forward to hearing from more courts, too!

Diocesan Meetings and Events—Please advise me of these dates ASAP, so I can mark my calendar. I hope to attend at least one!

THANK YOU for all your spiritual and charitable works in the name of Catholic Daughters of the Americas.

-Email Margaret Giordano: margarettgiordano.cdapa@gmail.com

CDA Mission Statement

Catholic Daughters of the Americas strives to embrace the principle of faith working through love in the promotion of justice, equality and the advancement of human rights and human dignity for all.



Table of Contents

Regent's Message front page		
Mission Statement front page		
State Officers front page		
Newsletter Schedule 2		
National News2-3		
60th Biennial Natl. Convention2-3		
He Pointed His Finger at Me3		
State Chairmen4		
State Officers' Messages4-5		
Court Chatter6-9		
Reminders9		
Long-Time PA Charity9		
March for Life10		
Spiritual Enhancement10		
State Website 11		
Youth Message11		
Parliamentary Procedures12		
New! Facebook Page12		
Leadership12		
Prayer Requests12		
Lottery/10-Week Raffle Winners 13		
Spiritual Intention Report14-15		
Chaplain's Message back page		

Newsletter Schedule Quarterly Publications

Fall: September-November Winter: December-February Spring: March-May Summer: June-August

Submission Deadlines

Fall: August 1 Winter: November 1 Spring: February 1 Summer: May 1

Peggy Guckin, PND Public Relations

203 Harmony Ct. Bensalem, PA 19020 215-638-9217; cell 215-570-3574 mmg721@aol.com

Marge Bradley

Editor/Publisher State Newsletter 1400 Ted's Way Duncansville, PA 16635 814-505-5025 mkobradley@verizon.net

NATIONAL NEWS

Daily Lenten Prayers

Emily Guilherme, National Regent

Dear State and Local and Territorial Regents,

The National Board will host a Daily Lenten Service, starting on Ash Wednesday, Febuary 14. Please see below for times in your time zone.

11:30 a.m. PST

12:30 p.m. MST 1:30 p.m. CST 2:30 p.m. EST

We are using the Magnificat 2024 Lenten Companion. Order books from CDA National store—\$5 includes shipping.

Looking forward to this Lenten Journey with my CDA Sisters.



"Faith as small as a mustard seed can move mountains." Matthew 17:20

Holy Cross Family Ministries - National Charity

Many of you know that the Holy Cross Family Ministries (Fr. Patrick Peyton Center) has been a National Charity since 1977. Back in 1948, Fr. Peyton sought the support for his Crusade for Family Prayer. CDA answered the call to promote Family Rosary in homes and parishes.

In 1952, Fr. Peyton again turned to the Catholic Daughters to help finance the cost of \$25,000 for his new venture in radio.

Holy Cross Family Ministries broke ground on November 2023 to expand the center and to have a dignified resting place for Venerable Patrick Peyton, a beautiful Lourdes Grotto and a Rosary Garden.

The National Board has made a pledge of \$100,000 over a four years, for the Marian Statue in the Lourdes Grotto, to the "We Prayed a Campaign for Family Prayer," which marks 75 years since our initial support. Because of your generous donations, we have already sent our first \$25,000.

Please continue to support this ministry with donations from your state, local, territorial courts, individual members and families. If you are not able to donate, please pray for this campaign that it is successful and for the Glory of God.

Please visit their website http://www.hcfm.org to see the blueprints for the new center. Fr. Fred Jeng, President of the Center, will be attending our Convention and is so looking forward to meeting the Catholic Daughters.

First Call to Convention was sent out in early January and all information and forms are also on our website: **catholicdaughters.org** and you will be receiving updated information in March.

60th Biennial National Convention - August 14-18, 2024

Convention Headquarters - Hilton Hotel Hilton New Orleans Riverside Two Poydras St., New Orleans, Louisiana 70130 Reservations: 800-445-8667 (Reference "Catholic Daughters of the Americas 2024") For discounted rate of \$155.00, plus taxes, per night reservations must be made by Monday, July 12, 2024

All meetings and Masses will be held at the HOTEL Pre-Convention workshops and concert: Tuesday, August 12 Opening Convention Mass: Wednesday, August 14 Meeting Days: Wednesday, Thursday, Friday and Saturday, August 14-17 Closing Banquet: Saturday, August 17 *continued next page*

Catholic Daughters, Pennsylvania State Court + Spring 2024

Please check First Call for all information: Resolutions, Calling all Voices of Angels, program book ad, Walk/Run and Woman of the Year nomination.

MARDI GRAS! LET'S PARTY! Hosted By Lousiana State

We hope to see many Pennsylvania members at the Convention Party

> Friday Fun Night - Mardi Gras August 16, 2024 Wear all your PURPLE, GOLD and GREEN Along with your BEADS and BLING!

What Brought Me into CDA? Susan Moné, National Regent-Elect

PA National SupervisorA s I am writing this article



As I am writing this article, I have just celebrated my 47th anniversary as a Catholic Daughter of the Americas in Court Our Lady of the Desert #2164.

I am the only remaining charter member of my court. I look back on a wonderful journey with such a special and unique group of sisters.

Growing up, my grandmother, my aunt and my mother were members of Court Bellevue #655, Bellevue, PA so I grew up watching all of them give freely of their time and talents to the CDA in service to our parish, community, our country and our world.

As an adult, my life took turns that kept me too busy to join CDA. After moving to Mesa, Arizona, my mother and a couple friends missed their eastern courts and so started a new court. The time had come for me to join along-side my mom who transferred her membership.

For me it isn't so much what brought me to CDA but what has keeps me there. My membership has been a continuation and great source of growing in the faith I learned from my parents, enriched by my Catholic school educations, and for the past 47 years growing by the inspiration and support of so many beautiful women of faith and compassion working together to serve Our Lord.

I am so proud to be a Catholic Daughter. I encourage each of you to think back on why you joined CDA and then, what are the reasons that you continue as a member. Be proud of your membership and share it with other women who may be searching and be the instrument to guide them to want to join CDA and share in the blessings of being a CDA member as a part of our organization, in Unity and Charity.

God bless you for all you do for CDA and I pray you continue growing in your faith.

-Email Susan Moné: smone2164@gmail.com

He Pointed His Finger At Me

They asked me to be an officer of CDA I said "Oh no, I couldn't do that— My plate is already full."

I said, "I'm just a small-town girl— Someone else may do better, you see." He said, "My disciples were simple folk." And He pointed His finger at me.

I said, "My family demands all my time— So the happier they will be."

He said, "You'll grow in patience and love." And He pointed His finger at me.

I said, "I can't. For I get so nervous, So nervous I can scarcely see." But He promised He would calm my fears,

As He pointed His finger at me.

"But in CDA there is so much to do, And with them I do not always agree." Tolerance and understanding He promised, As He pointed His finger at me.

I said, "My talents are few— A leader I'll never be." He said, "But they shall be multiplied." And He pointed His finger at me.

I said, "I'd like to use my leisure time To gain popularity."

He said, "God's love is more important than man's." And He pointed His finger at me.

> So I said a prayer and answered, "YES," To this fine opportunity. My life has been blessed in many ways Since He pointed His finger at me."

If you are called, the Lord's work to do, Say, "Yes, I give all to Thee." And you, too, will be glad as I have been glad, That God pointed His finger at me. —Duchess Collins, Past National Director, Texas

Grand Ole Lady Trip

Winner: Terry Schoolcraft of Peacham, VT Congratulations, Terry! Enjoy your trip to the Big Apple!

Pennsylvania State Chairmen 2023-2025

Court Development Susan Sharer email: sesharer@aol.com

Membership Janet Oesterling email:jmoest@yahoo.com

Education Jo Ann Lynn email: joann.lynn@yahoo.com

Facebook Page Suzanne Garnett email:suzannegarnett@hotmail.com

Family Robin Krofcheck email: resk6387@gmail.com

Leadership Judy Poltanis email: judypoltanis@outlook.com

Legislation Angela Deemer email: fredandangela@comcast.net

Quality of Life Mary J. Snyder email: mary219snyder@gmail.com

Spiritual Enhancement Chris Curto email: chriscurto66@gmail.com

Youth Annette Fisanick email: amfisanick@hotmail.com

State Parliamentarian Patricia Gildea email: pagildea1@gmail.com

Public Relations Peggy Guckin, PND email: mmg721@aol.com

State Newsletter Editor Marge Bradley email: mkobradley@verizon.net

Newsletter Contest Gloria Kissel email: gabe236@comcast.net

State Website Pattie Fromknecht email: web@cdapa.com

State Choir Director Theresa Shields email: teachermom1952@gmail.com

State Cantor Mary Dively phone: 814-330-9290

My Journey to CDA Office

Margaret T. Giordano, State Regent My Dear Pennsylvania CDA Sisters,

od works in mysterious ways. Sometimes it's very Jsimple. Other times it may come as a surprise.

My mother asked me to join our Lancaster CDA Court Queen of Peace #1023 when I was in my twenties. My two daughters had started school, and I was attending college to finish my teaching degree. I enjoyed being with the



ladies—praying and doing charitable works. The next thing I knew, I was asked if I was willing to be an officer. Like Our Holy Mother Mary, I said "Yes." I was voted into office and ran through the ranks serving in all offices.

One year, I was elected to the State Nominating Committee. The chairman asked me if I would run for office. I said I would be willing to run for state treasurer. I relinquished my position on the Nominating Committee and acquired the necessary paperwork including a letter from my local court regent and officers recommending me for the state office. At the Seven Springs State Convention, I was elected as state treasurer!

I have enjoyed serving in every office, and each day I pray to do God's Will and to be open to God's Word as was Blessed Mother Mary, our Patroness.

We have so many things to pray for...Each day I pray for you; please pray for me, too! In Unity and Charity, God be with you.

-Email Margaret Giordano: margarettgiordano.cdapa@gmail.com

If a Single Working Mother Can Do It...So Can You!

Lisa McCann, 1st Vice State Regent



My journey in CDA began 20 years ago. After many years of my dear mother encouraging me to join her as a member of Court Westinghouse #759, I finally did. At the second meeting I attended, we were visited by the State Regent, Letty Calvetti. Letty's purpose in coming to Turtle Creek was to keep the court from disbanding due to no members stepping forward to fill court officer posi-

tions. My mother told me to keep my head low and hope that other members would step up. Letty had a wonderful persuasive nature.

My children were the third generation of our family to attend our Catholic school. My youngest, Vincent, was in 7th grade and they had just announced that the school would be closing at the end of the current year. He would not graduate from St. Colman School. I was heartbroken over this fact. It now was very upsetting to me to be told that the Catholic Daughters court would also be closing down after 83 years.

The CDA situation was something I could do something about and after asking a few questions of the State Regent and with the CDA angel of God tapping me on the shoulder, I became the court's vice regent, and I turned to my mother and told her she would be becoming the new court treasurer!

One of the beautiful things about CDA is the wealth of procedural help that is there for us along with the help of supervisors and training sessions. Leadership is a responsibility and a blessing. Local courts will soon be electing new officers. I encourage all members to feel that touch of the CDA angel and



step up to keep YOUR court going strong. If a single working mother of three children can do it, so can you. —Email Lisa McCann: cdapalisa@gmail.com

We wish you and all your family a fruitful Lent and Blessed, Happy Easter!

Catholic Daughters, Pennsylvania State Court + Spring 2024

I Have Never Regretted Saying, "Yes!"

Jeanette Kitch, 2nd Vice State Regent



Tbecame an officer the first year I joined Court Columbia in Oct 1999. My grandma invited my mom and me to join CDA and Altar Rosary. Our secretary became ill and needed to step down so I was asked to fill in for the rest of the year. I said yes but would need help. The regent said she would show me the ropes and answer any questions I had. I liked Kathy and was grateful to help.

When it came time to elect new officers, I was asked to be regent for Kathy; she said she would help me for the first couple of months. I liked it and the ladies seemed to like me. I learned a lot from them. They were very helpful and glad to have new blood and younger members. We even got a couple more new, young members. I liked going to workshops and State and National Conventions.

I met a lot of ladies and learned how they do things, some useful and some not. When it came time for election of officers again, my grandma said, "You know, you can say 'NO,' it is in your vocabulary." I said, "OK," and still became recording secretary again and district deputy and president of the diocesan committee. I don't think Mary or Jesus ever said no to God; I haven't said "NO" yet, and I have never regretted saying "YES."

I hope you will say a pray to Mother Mary and Jesus to ask for their direction to become a local court officer. It really is a very fulfilling job. I have enjoyed my 18 years as a local court officer. I hope you will enjoy two, four, six years or whatever you decide! ——Email Jeanette Kitch: jkitch18@outlook.com

Step Up! We Need You!

Pam Callahan, State Secretary

When I think back to when I first joined CDA, I wasn't planning to be an officer. I was busy with work and kids and life in general. No time to get more involved than I already was. I was part of the RCIA team, I was in the church choir, the kids had sports, etc., etc., the list goes on.

But, with the encouragement and interaction I saw in my CDA sisters, I knew I wanted to do more. Not just on committees, I was doing that already, too. So only six months after being installed in CDA, I found myself saying yes, I will run for an office, to some very persuasive CDA sisters. I felt called



to say yes, it was really a yes to God, not just my CDA sisters. Their compelling argument was, "we need ladies like you to do some of these jobs, we need someone to step up." I took a leap of faith and knew that the good Lord had brought me through all life's trials and tribulations so that I could be ready to step up and accept the great honor of being a Catholic Daughter court officer, which in turn prepared me to become a state officer.

If someone had told me 12 years ago that I would be a local or state CDA officer, I would have said, "No Way!" But here I am, and I absolutely love my job and all the people whom I have met along the way. I truly appreciate those who encouraged me to become an officer. It is a blessing. I hope that if you are able, that you also, "Step Up," and become a local court officer too. We need you! With much love and blessings.

—Email Pam Callahan: pamc.pacda2021@gmail.com

Many Rewarding Opportunities

Michelle Russo, State Treasurer

In the church bulletin, there was a notice inviting Catholic women, age 18 and over, to a Catholic Daughters meeting. When showing up for the appointed meeting time, the members were very excited and graciously welcomed me into the fold. It was after the meeting, December 1998, that I decided to join Court St. Mark #1097 and at that point became the youngest member! The ladies of Court St. Mark #1097 were so happy that I attended a meeting and decided to join this wonderful organization. See, the Catholic Daughters wasn't just "for little old ladies," young ladies are more than welcome to join to carry on the Catholic Daughter motto of "Unity and Charity."

After being a member of Court St. Mark #1097 for three years, I was encouraged by fellow members to think of becoming an officer of the court. "We need more young blood and new ideas." The ladies were very reassuring, upbeat and confident in my abilities to become an officer of the court. So, I embraced the notion, ran for local office and was elected Regent of Court St. Mark #1097 in June 2001.

Holding a local court office offered a stimulating role and provided many rewarding opportunities. In addition, to keep up with the ever-changing times, motivating members to change their thinking in the way of fundraising and serving the community was a welcome challenge. Also, one goal is to inspire more young people to join this remarkable organization, attend monthly meetings, volunteer for fundraisers and eventually run for election to local court office, then State office and finally National office.

Encouragement from other members is very rewarding, boosts your confidence and spurs a change in you. For the good of the order, in unity and charity, worship and praying together helps us to be the best we can be. The support from the ladies of the court meant the world to me and I did not want to let them down. I enjoy the camaraderie, sharing similar values and worshiping together. —Email Michelle Russo: Micheller.Pacda1097@gmail.com



ALTOONA-JOHNSTOWN DIOCESE *Court Rev. Patrick McArdle #448, Bellefonte Court St. Rita #523, Tyrone Court Blessed Madonna #2521, State College Court Good Shepherd #2800, Port Matilda Celebrating Our Lady of Guadalupe* Four courts celebrated the Feast day of Our Lady of Guadalupe, December 12th, at Good Shepherd Church in Port Matilda, home of Pennsylvania's newest Court Good Shepherd #2800. Members will be received on Saturday, March 2nd followed by Institution of Court and Installation of Officers.



Court Prince Gallitzin #2625, Altoona

District Deputy, Sue Ronan, installed Father Carl Spishak (retired priest residing at St. Rose of Lima Church rectory) as their new court Chaplain at a court meeting and reception in his honor on August 14, 2023. Father Spishak has stepped in to fill as Chaplain for the court due to the recent passing of long-time Chaplain Father Timothy Grimme.



HARRISBURG DIOCESE



Margaret Giordano, State Regent, greeting Bishop Timothy Senior at St. Leo the Great Church

HARRISBURG DIOCESE

PA State Officers in Lancaster

State officers met for a board meeting Veterans weekend in Lancaster and went to Mass to celebrate Veteran's Day at St. Anthony of Padua Church.



Pam Callahan, State Secretary; Lisa McCann, State First Vice Regent; Margaret Giordano, State Regent; Jeanette Kitch, Second Vice State Regent and Michelle Russo, Treasurer. Jeanette and Pam are both veterans; we thank you for your service.

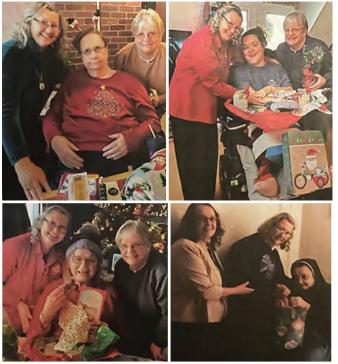
PA State CDA Members Welcome Harrisburg Diocese's New Bishop



Karen Hurley, 2008 CDA Woman of the Year at the National Convention in Albuquerque, New Mexico, and Pennsylvania State Regent Margaret T. Giordano were blessed to have the opportunity to visit His Excellency Bishop Timothy C. Senior, the new Bishop of the Diocese of Harrisburg and tell him about Catholic Daughters of the Americas. Karen and Margaret are both members of Court Queen of Peace # 1023.

Court Queen of Peace #1023, Lancaster Santa's Helpers

Court Queen of Peace #1023 showered some "member shut-ins" with Christmas gifts from the court.



Upper Left: Margaret T. Giordano, Patti Boley, Brenda Goodling Upper Right: Margaret T. Giordano, Carly Long, Brenda Goodling Bottom Left: Margaret T. Giordano, Roberta Stefanow and Brenda Goodling Bottom Right: Mary Clare Selway, Margaret T. Giordano and Spiritual Advisor Sr. Mary Paul Giordano, DM Not pictured: Regent Lee Ann Hrycaj brought Christmas gifts to Janet Bennett

Good News!

Sr. Mary Paul, Giordano, DM Spiritual Advisor, Court Queen of Peace #1023 Past CDA PA Spiritual Enhancement Chairman



Dear CDA Members,

There were only twelve Apostles and Jesus sent them out to convert the whole world. We may be small in number, but we're more than twelve! God sent Moses to lead His people out of Egypt when Moses was 80 years old. That was the be-

ginning of his mission. Age is not a deterrent. Let us join in prayers and good works to bring Jesus to our world!

Makes You Think...

Many folks want to serve God, but only as advisers. It is easier to preach ten sermons than it is to live one. When you get to your wit's end, you'll find God lives there. Opportunity may knock once, but temptation bangs on your front door forever. God Himself does not propose to judge a man until he is dead. So why should you!

More Court Chatter philadelphia archdiocese

Court St. Dominic #2222, Philadelphia Celebrating 175th Anniversary of St. Dominic Church

Unity and Charity



Rev. Brian T. Connolly, Parochial Administrator of year-long celebration for St. Dominic Parish's 175th Anniversary is pictured here. On January 21, they celebrated their First Hall of Fame event. Honored were officers and members of Court St. Dominic #2222; Mary Lou Borawski was honored as first Hall of Fame inductee for her many years of service to the church.



Left to right: Colette McCaffrey, Past State Secretary; Nancy Borie; Maryann Voystock, District Deputy; Lynn Montemuro; Terry Rapko; Lynn Kelly; Angela Rudd; Joanne Tanner; Fr. Brian Connolly; Marianne MIdora; Jeanette Cardinal; Mary Lou Borowski; Tawanna Coates; Alberta Brown; Gerry Lohn; Maria Rosario; Valerie Ortega. Many members were unable to attend, all were missed especially Past Treasurer, Joanne Walker, and Recording Secretary, Eileen Myer. Not in the photo and not to be forgotten, Financial Secretary, Sue Dougherty, who was busy helping in the kitchen.

Court St. Ephrem #2230 Bensalem

IV with sale of Boscov's Friends Helping Friends Day Passes. Funds raised help in our many projects: **St. Margaret of Costello Maternity Home:** a shelter for women in crisis pregnancies and support through child's first years of life; **A Woman's Place:** provides safety to those in crisis; **St. Ephrem School, Caring for Friends:** collecting items and assembling Breakfast Bags in summer and filling Christmas Mugs for the homebound; **Seaman's Church Institute:** monetary donations, knitted scarves and helping to pack Ditty Bags for the seamen; **Mary's Cupboard:** donations to food pantry, collecting jars for laundry detergent; monetary donations to the **Sisters**



Sitting: Laura Tertel, Dolly Maronski, Regent; Carol Parsons, Treasurer; Vickie Williams-Dougherty; standing: Jennifer Wrazen, Rose Medash, Financial Secretary; Barbara Jackson; Joanne Marie Hayes; Pat Lafferty; Madeline Walsh; Anne Albertson; Kathy MacElroy; inset: Peggy Guckin

CDA Philadelphia Courts Packing Ditty Bags at Seamen's Church

Philadelphia courts once again packed ditty bags at Seamen's Church. Over 3,000 bags were packed and distributed to men and women as they arrive on the ships. Many courts donate and made up their bags with 10 to 12 items.



embers are very busy during the year with two bake sales, and

Left to right: Jeanette Cardinal, Dolly Maronski, Alice Murray, Colette McCaffery; sitting: Mary Ann Morley and Peggy Guckin

More Court Chatter PITTSBURGH DIOCESE

Court Bellevue #655, Bellevue Outreach Ministry

Court Bellevue #655, is proud to have partnered with Christ Our Savior Parish outreach ministry. The ministry was created at Thanksgiving 2020. Meals are delivered six times each year to parishioners of Christ Our Savior Parish and Most Holy Name, to seniors who are 70

and older. The group cooks the meals, packages and delivers them personally. Since its beginning, the ministry has delivered over 2,000 meals.

Court Bellevue has provided treat cups and bags for several of these dinners including Easter, Thanksgiving and Christmas. This is truly a wonderful ministry, and we at Court Bellevue are so happy to be able to

help in a small way. We filled 150 treat bags to go with the Christmas meal. Our Vice Regent, Karen Smay-Brown, was the coordinator of this project.

Court Bellevue #655 Bellevue, Bingo

A fter a hiatus due to COVID, Court Bellevue #655 has resumed helping with bingos at some of our local assisted living homes. Regent Maria Faller is shown here with some of the residents of Mt. Assisi Place, where we

have been helping with bingos for the past several months. We also provide some of the prizes, which you see in the photos as well.





Reminder all National and State Charities donations are sent to Pam Callahan, State Secretary (form can be found on our website: cdapa.com).



Spiritual Intention donated monies go to North American College. A family

member or friend may also use these cards. Your intentions and kind donations are sent to Margaret Giordano, State Regent.

2024-2025 CDA Lucky Lottery Calendar stubs and checks are sent to Lisa McCann, State First Vice Regent; "All checks are made payable to Catholic Daughters." All returns by May 11.

SCRANTON DIOCESE

Court St. Martin #418, Honesdale Cross Catholic's Box of Joy Program



Linda Malinoski and Judith Poltanis as they arrive at the Drop Off Center, Owego, NY. The CDA Court has participated annually in Cross Catholic's Box of Joy Program. This year 54 boxes were filled by members.

A Long-Time PA State Pro-Life Charity Dear Friends,

The Carmelite Community of the Word has maintained a twinning relationship with the Little Sisters of the Incarnation in Haiti for over 35 years. Over the years and through many trips to visit them, we have



been able to support their ministry to the people of Haiti. This support has been possible through a number of fundraising efforts on their behalf and from generous donors and volunteers who have made our Hands & Hearts Haiti Ministry possible.

Unfortunately, the last five years and the escalating violence in Haiti has made it impossible for us to visit with our Sisters. The situation in Haiti is dire. The Sisters cannot travel within the country for fear of being kidnapped. Their access to food and medications is very compromised both for themselves and especially the children they serve. They have experienced being confronted by gang members at their own convents. We hear little of this terrible situation in the media. We have a personal relationship with them which makes it impossible for us to accept the lack of support given to Haiti by the nations of the world.

We have been able to provide some needed financial support and get it safely into the Sisters' hands. In order to continue that on-going support, I am asking that you consider supporting our efforts to help our Little Sisters.

As has always been the practice, all donated funds are directed for use by the Little Sisters. I thank you in advance for your willingness to consider our request.

Sr. Marilyn Welch, CCW

March for Life

Margaret T. Giordano, State Regent

was very blessed again to be able to attend National March for Life events in Washington, DC. !

Immediate Past State Regent Shirley Hall and I traveled and roomed together. Thursday, January 18, we spent the day with the National CDA Officers and Directors as well as CDA members from New Mexico and New York, then went to the National Shrine of the Immaculate Conception. The Vigil Mass was so beautiful and so inspiring.

Friday, January 19, Second Vice State Regent Jeanette Kitch, who came to DC for the day on a bus, joined me and the CDA group on our cold and snowy, but wonderful, March for Life.

Saturday morning, we heard a moving legislative speaker, Royce Hood, of the Law of Life Summit. Then we were privileged to watch a preview showing of the movie "Cabrini." This was exciting to me as I remember from my childhood a statue my mother had of St. Francis Cabrini.

In the afternoon, Shirley and I went with a couple others to the St. John Paul II Shrine. I was excited to read this message that the Pope had announced to his young listeners during the 2002 World Youth Day in Toronto:

The world you are inheriting is a world which desperately needs a new sense of brotherhood and human solidarity...It needs you to be the salt of the earth and the light of the world.

I say, "The world also needs a new sense of sisterhood in unity and charity. It needs you, CDA members, to be the salt of the earth and the light of the world."

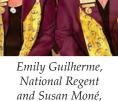
> —Email Margaret Giordano: margarettgiordano.cdapa@gmail.com



State Regent







National Regent-Elect Emily Guilherme, National Regent and Msgr. Rossi, Rector, Basilica of the National Shrine of the Immaculate Conception

Photo credit: Tom Pans, CDA National Publicity Chairman



CDA Members on the Move for Life

Turn Off Your Phone and Pray

Chris Curto, State Spiritual Enhancement Chairman



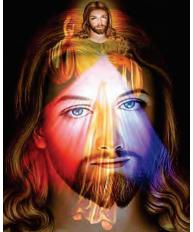
am honored to be a part of this great organization. A big prayer goes out to our Pennsylvania State Regent, Margaret Giordano. May God bless her and give her spiritual direction as she continues in this endeavor.

It is the beginning of a New Year, and also that time to prepare our hearts for Lent and walk through the

Stations of the Cross with our Lord-to finally wait for him to Rise up again and give us the hope for which our hearts yearn.

Jesus sometimes asks us to put things down so that we can spend alone time with Him. Sometimes, it is not easy as we are parents, grandparents and caregivers. We are so busy with life that we can forget to make time to pray. Turn off your phone—pray and spend time with Him who loves you-He who sustains you and carries you when you need him the most.

Eternal God, in whom mercy is endless, and the treasury of compassion inexhaustible, look kindly upon us, and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence, submit ourselves to Your Holy Will, which is Love and Mercy itself. Amen. Jesus, I Trust in



You. May God Bless each and everyone one of you! —Email Chris Curto: chriscurto66@gmail.com

State Website *Pattie Fromknecht, State Web Designer*



As I write this, the Season of Lent is just around the corner—beginning February 14th. I wish everyone a prayer-filled, contemplative time during Lent and the Triduum...as we prepare for our Risen Lord on Easter Sunday, March 31st.

Our state has its own donation form, which includes space for local

court donations to our Pennsylvania State Court pro-life projects, followed by donations to our national projects and national charities. Pennsylvania local courts should use this form and send it, along with one court check, for all three groups of donations, to our Pennsylvania state secretary. The form can be located here: https://cdapa.com/forms/donation-form.pdf. You will know you are using the correct Pennsylvania State Court donation form by looking in the bottom right corner where it says "Revised: August 12, 2023 at 11:28 AM."

Our national website has the forms we need to keep our court records in order. Many you can find by visiting https://catholicdaughters.org/ and at the very top, select forms. Forms of particular importance for court membership records are: Request Court Roster, Application for Membership, Local Court Officers/New Officer List, Information Correction Form, Dual Membership, Transfers, Renewal, and Membership Deletion Report.

Financial Review forms are also available, in the forms section, on national's website. Depending on the review cycle, these are due to the national office and the state (secretary-and-regent) by April 30th and October 31st. You can mail them via USPS or by email. As explained in our Bylaws (Article IV Dues Section 2 National and State Dues—page 5), membership dues are based on the number of members recorded at the national office as of March 31st and September 30th and is billed on or about May 15 and November 15 and is payable within thirty (30) days. A good practice to follow is written in our Tools of the Trade (aka Procedures Manual) which is to "Periodically request a membership roster from the National Office to compare with court records for accuracy and address any discrepancies."

Ideally, courts will request a copy of their local court roster in mid-February and again in mid-August, in order to have time to update the national office and state court with their local court membership records, prior to the six-month billing date. This is optimal in that if a member joins or drops during the year, local courts are not paying for them once in a 12-month period, but rather a 6-month period—thereby giving time for membership adjustments to be reflected in the biannual bill.

Requesting a roster is easy and can be obtained by national board members, state officers, district deputies, regents, and financial secretaries by visiting: https:// catholicdaughters.org/request-court-roster or by sending an email to cdaroster@aol.com or to gertrude@ **catholicdaughters.org.** When reviewing your roster be sure to note that all of your officers and court chaplain/spiritual advisor are listed as holding their specific office; that dual/secondary members are shown as such (in the second local court they join, not in their original court, where they are just listed as a member); and that all of their contact information is current and formatted correctly. Then, once your review is complete, use the appropriate form to add, delete, correct...the information, sending it to the national office-and-to our state regent, state secretary, your court's district deputy, keeping a copy for your own records.

Are you in need of your own copy of our bylaws? Copies of our bylaws, along with quite a bit more, can be purchased from our Catholic Daughters store! You can even pay for your order using PayPal! Visit **national's website at https://catholicdaughters.org** and select "Store" from the main menu. Keep in mind, our bylaws change every two years, during every national convention; as such, a new bylaws book will be published after our 60th Annual National Convention, August 14-18, 2024, New Orleans, Louisiana. These books are typically available a month or two after the national convention.

-Email Pattie Fromknecht: cdapa.com@gmail.com

Get the Youth Involved

Annette Fisanick, State Youth Chairman



Hi! I'm Annette Fisanick, and I'll be serving as the chairperson for Youth/JCDA. I've been a member of Our Lady of Victory #722, Harrisburg, for six years. When I took this chair, I looked at our Circle of Love and thought about what we as Catholic Daughters could do for our youth. The youth of our parishes are our fu-

ture. How can we enhance their lives?

Today, we're witnessing a generation that is no longer affiliated with any particular religion. According to the U.S. Conference of Bishops, "among millennials, only 16% of Catholic young adults identify with Catholicism." Catholic Daughters need to focus on connecting with our youth and rekindling their participation in our religion. How can we do this? Get them involved!

Here are some ideas:

- 1. Encourage moms of teens to bring their children to our meetings;
- 2. Contribute to communion and confirmation classes;
- 3. Engage families through prayer services;
- 4. Contribute to competitive sports teams;
- 5. Provide spiritual prayer handouts for children and teens; and
- 6. Sponsor youth retreats.

This is just a short list. I'm sure that you have even more ideas. What can your court do? Catholic Daughters are counting on you to help spread the love to help our young people navigate these difficult times.

-Email Annette Fisanick: amfisanick@hotmail.com

Parliamentary Procedures' Pointers Patricia Gildea, State Parliamentarian



Transition 2024-26 **Local Court Officers** What's in the Works??

t the May meeting, each local **CDA** court will have election of officers for 2024-26. When the election takes place at a court meeting by plurality vote or by motion, if there is only one nominee for an office,

each officer shall assume the office to which she has been elected, with or without installation, thirty (30) days after her election (Bylaws: Article XIII, Section D-Elections, page 40).

What's Next??

Set meeting date for the NEW 2024-2026 corp of officers WITH the outgoing officers. Each outgoing officer brings all data pertaining to her office (Courts, Section 7-Duties of Local Court Officers, pages 35-39):

- Responsibilities, instructions, minute books, ledgers, reports
- Bank books and statements, forms, info from National
- State courts and Diocesan Committee, Bylaws book, which outlines duties of each office (Article XII, Local)

Each outgoing officer explains duties she performs:

- Displays books, documents, etc. Each new officer now knows the responsibilities of her sister officers.
- Develop tentative list of committee chairs, with at least two other members on each committee.
- Call each for her commitment to serve.
- Review upcoming events, develop tentative yearly calendar, consider new project/program to present as an Officers' Recommendation at next court meeting.
- Be "on call" to help a sister officer! Always here to help.

—Email Patricia Gildea: pagildea1@gmail.com

Welcome, Suzanne! State Facebook Page

Suzanne Garnett

State Facebook Page Chairman Tational has added Facebook to the



2024, Suzanne Garnett has graciously accepted the position of PA State Facebook Page Chairman. All contest and and Circle of Love entries are to be postmarked by March 1st and sent to State Chairmen. Please be sure to check the newsletter or website as there

are new chairmen. -Email Suzanne Garnett: suzanneagarnett@hotmail.com 2019 Manton St., Philadelphia, PA 19146 215-510-4755

The Leader Within **Iudith Poltanis** State Leadership Chairman

Each of us is the sum of our expe-riences! That fact brings a unique perspective on how we lead others and how we perceive leadership qualities in others. When it comes to being a leader, there are no round or square



holes for the pegs. Leaders use many diverse means to delegate and direct approved actions within their courts. Leadership is a skill and/or tool which must first be recognized within the person themselves. Without recognizing the leadership skills within oneself, how can others be expected to follow you?

All CDA members are capable of leadership roles within their respective courts, whether it be as a court officer or head of a committee, such as a card party, bake sale, anniversary dinner, etc.

The CDA national office provides to each member the opportunity to utilize the TOOLS OF THE TRADE manual which is made available on its website. Encouragement must be made to CDA members to review the TOOLS OF THE TRADE and be familiar with the Local Court segment of the manual. Courts should make opportunities available to members like a mini-workshop for members to learn what the duties of each office entails and how the court interacts with the State court. Now is the time for such activities, as the terms for current officers are expiring.

Engage CDA members in court activities and use the member's skills to the advantage of the court activity. Leaders delegate and listen to the members who are assigned with their parameters to manage. Leadership styles differ, and if all members are respectful of each other, then the objective of the activity will be accomplished without conflict.

Your assignment is to observe and encourage your court members to volunteer in ways that will enrich their experience within the court and potentially have the member say YES to a leadership position at any level.

-Email Judy Poltanis: judypoltanis@outlook.com

Prayer Requests

Please keep Fr. Timothy F. O'Sullivan, Past State Chaplain 2013-2017, in your prayers. On January 3rd, he received his miracle when someone in his parish called to donate their son's kidneys. Their son had had a massive stroke and was brain



dead. Fr. O'Sullivan received a call that they were compatible; off to NY and surgery the following morning. He will be at his sister's house till after Easter recuperating. Get well cards may be sent to 504 Beach Ave 127 St., Belle Harbor, NY 11694. Also keep Connie Dronette in vour prayers as she recouperates from shoulder surgery. Connie fell after the March for Life in Washington, DC. Get well cards may be sent to: Connie Dronette, Second Vice National Regent, 610 Pitre Street, Sulphur, LA 70663.

Catholic Daughters, Pennsylvania State Court + Spring 2024

Nov. Lottery Winners Carolyn Payne June Ross Mary Catherine Wydra Diane Mahonev Callie Todhunter Kathleen Byron Michael Duley Norman Stout Donna J. Cunningham Mary Hallahan Frances A. Rhoa Joyce Morgan Barry & Marsha Critchfield Of Our Lady #647 Svlvia Fox Svlvia Fox Don Eaise Geraldine Dreese William Hall Sue Tracanna Theresa Zameraski Ien Kocher Judy Wood Marianne Rook Pat Gawryla Audrey Albaugh Court Butler #443* Andy Koleno Sarah Ambrose Linda Soltis Deborah Reese *\$100 winner

Nov. Selling Court

Roses of Mary #2766 Callistus #66 Our Lady of Victory #588 Sylvia Fox SO Lisa McCann Monessen #776 Ave Maria #650 Easton #358 St. Rita #523 St. Gianna Molla #2764 Our Lady of Victory #722 SO Lisa McCann Sylvia Fox Sylvia Fox Svlvia Fox Rev. Patrick McArdle #448 IPSR Shirley Hall Greene County St. Leo #356 IPSR Shirley Hall Prince Gallitizin #2625 St. Callistus #66 Blessed Madonna #2521 Columbia #2 Butler #443 St. Gerard Majella #2751 Callistus #66 Rev. Patrick McArdle #448 Blessed Madonna #2521

Jan. Lottery Winners Sheila Garcia

Lois C. Martin Cynthia P. Greco Blaine Galonski Grace Schall Marcie Cochran* Peter Avellino Ioann Cistone Martha & Haylee Opalinski Lambing #314 Vince Dougherty Janet Hill Ron Faller Ierome Pleiss Laraine McGinnis Edward Tomczak Robert F. Walter CarolAnne Ferreira John Paul Daniele Janice Koutch Monna George Emily Fromknecht Pat Ġawryla Mary Marzen Laura Rumbol Anna O'Neill Brother Andrew McCarty Mary Jo Kitko Lisa Mavero Sylvia Fox Anthony Mariana Mary Leonard *\$100 Winner

Jan. Selling Court

Westinghouse #759 New Kensington #860 Washington #1651 Patricia #998 Our Lady of Victory #722 SO Lisa McCann Our Lady of Victory #588 Holy Trinity #1336 Westinghouse #759 Svlvia Fox Bellevue #655 Easton #358 Washington #1651 Holy Trinity #1336 SR Margaret T. Giordano Oueen of Peace #1023 Bellevue #655 Our Lady of Victory #588 Joan of Arc #716 State Chair Pattie Fromknecht Blessed Madonna #2531 Ryan #911 Sylvia Fox St. Veronica #111 St. Francis de Sales #2617 St. Victoria #646 SO Lisa McCann Svlvia Fox SO Lisa McCann St. Catherine of Siena #1992

Dec. Lottery Winners

Nancy J. Lebano Mary Anne Mariana Sarah Mastrull Diane Figg Brenda Goodling Ioanne Walker **Ruthie Farrah** Grace Schall Barbara A. Auman Emilia Bertugli William Ajay Bertha Allen Janice Koutch Lois C. Martin Pat Gawryla Linda Facchine Bob & Theresa Fromknecht Anna Marie Dougherty Geraldine Dreese Ted Fleming Shirley Kuszajewski Dominic Campagna Mary Lyons Jose Rodriguez Audrey Albaugh Ryan McCartney **Joanne Tanner** Dorothy Costulas Mary Jane Becker Nicole Taglieri Betty Manno* *\$100 winner

Dec. Selling Court

Queen of Peace #1023 SO Lisa McCann St. Mark #1097 Lambing #314 Queen of Peace #1023 St. Dominic #2222 Lambing #314 Our Lady of Victory #722 St. Mary #95 Greene County #1923 Prince Gallitzin #2625 Ave Maria #650 Our Lady of Victory #588 New Kensington #860 Blessed Madonna #2521 St. Leo #356 State Chair Pattie Fromknecht Westinghouse #759 Rev. Patrick McArdle #448 SR Margaret T. Giordano Conception #35 Holy Trinity #1336 St. Catherine of Siena #1992 Sylvia Fox Ćolumbia #2 Westinghouse #759 St. Dominic #2222 St. Veronica #111 Mystical Rose #2628 SO Lisa McCann St. Leo #356

10-Week Sunday Raffle Ticket Winners November 7, 2023 - January 9, 2024

Winners/Selling Court	Date	<u>\$ Won</u>
Dawn Peden	11/7/23	100
Ct. Lambing #314	11/7/23	25
Mary Porter	11/14/23	100
Ct. Uniontown #505	11/14/23	25
Teresa Bayly	11/21/23	110
Ct. St. Martin #418	11/21/23	25
Ann Sellers	11/28/23	100
Ct. St. Rita #523	11/28/23	25
Debbie Davidson	12/5/23	100
Ct. St. Bernard #339	12/5/23	25
Madeline Walsh	12/12/23	500
Ct. St. Ephrem #2230	12/12/23	25
Elizabeth Weber	12/19/23	100
Ct. St. Dominic #2222	12/19/23	25
Constance Tuomi	12/26/23	100
Ct. Dolores de Mater #1675	12/26/23	25
Barbara Minor	1/2/24	100
Ct. St. Bernard #339	1/2/24	25
Lee Ann Hrycaj	1/9/24	100
Ct. Queen of Peace #1023	1/9/24	25

Catholic Daughters of the Americas®
Pennsylvania State Court
Spiritual Intention Mass Card
The Mass is offered at Misericordia Chapel, York, Pennsylvania at 10:30 A.M. on the third Sunday of the month. Proceeds benefit the Pontifical North American College in Rome, helping the Seminarians who are studying there.
For:
From:
Intention:

<u>Blessed Christmas and Joyous, Healthy New Year</u> All Catholic Daughters of the Americas Requested by: Margaret T. Giordano CDA PA State Officers

> All My Family, Friends, and Neighbors Requested by: Margaret T. Giordano

Fr. O' Sullivan Officers and Members of Court St. Ephrem #2230 Requested by: Peggy Guckin, Past National Director

> Wishing You a Blessed New Year, Filled with Good Health and Peace

All Our Members
Requested by: Court Queen of Peace #1023

All Catholic Daughters of the Americas Requested by: CDA PA State Officers

<u>Happy Anniversary</u> Jeffrey and Caron Leath Gillespie Requested by: Margaret T. Giordano

<u>Happy Birthday</u>

Janet Bennett Karen Mastriania Pat Jacobs Paulette Manzella Brenda Goodling Requested by: Court Queen of Peace #1023

State Spiritual Intention Report

This report shows the many people whom we have included in our Spiritual Intentions in December 2023, January and February 2024. Donations are forwarded to the National office to benefit the North American Pontifical College in Rome and are much appreciated by the seminarians there. Please consider using our Intention cards in the future. Send Spiritual Intentions to Margaret Giordano, State Regent. Her address is on the front page of this newsletter. Thank you!

<u>Happy Birthday</u>

Julius Kreider, Grandson Arabella Noel, Great Granddaughter Colin Kerr, Grandson-in-Law Michael Hoskins, Grandson Matthew Christian, Nephew and Godson Celeste Eckman, Friend Since Childhood Kim Burgess, Grandson Dr. Thomas Henry Giordano, Brother Requested by: Margaret T. Giordano

Jeanette Kitch, Second Vice State Regent Michelle Russo, State Treasurer Requested by: Your Sister CDA PA State Officers

> National Regent-Elect and National Supervisor Susan Mone' State Chaplain Father Norbert Suresh Requested by: CDA PA State Officers

<u>Happy Feast Day!</u>

Sr. Mary Paul Giordano, DM Requested by: Margaret T. Giordano

<u>Get Well Wishes/Good Health/Improved Health/</u> <u>Speedy & Complete Recovery</u>

Father Timothy O'Sullivan Requested by: Peggy Guckin, Past National Director CDA PA State Officers and Members

Mike Mastriania Karen Mastriania Requested by: Court Queen of Peace #1023 Margaret T. Giordano <u>Get Well Wishes/Good Health/Improved Health/</u> <u>Speedy & Complete Recovery</u>

Connie Dronette, 2nd Vice National Regent Requested by: Court Queen of Peace #1023 CDA PA State Officers and Members Peggy Guckin, PND

Michelle Russo Pam Callahan Requested by: Your Sister CDA PA State Officers

All Those Experiencing Illness and/or Surgery Requested by: CDA PA State Officers

Howard Merritt, Father of Betty Barker, Texas Court Our Mother of Peace and Unity #2487 Requested by: Margaret T. Giordano

<u>O Lord, Hear Our Prayers</u> All Those on Our Prayer List Requested by: Court Queen of Peace #1023

In Memory/Rest in Peace

Paul Joseph Scruppi, Sr. Requested by: Lisa Intrieri-Fellner, Court St. Rene #1868

Sandi Sultzbach, Mother-in-Law Donna Kaylor, My 3rd Grade Teacher Requested by: Margaret T. Giordano

Sandi Sultzbach Carlo Midora, Father of Marianne Midora, Regent, Court St. Dominic #2222 Richard Woodford, Husband of Alice, PR of Court Holy Trinity #1336 Requested by: Peggy Guckin, Past National Director

> Charlene MacDonald, Past Regent, Court Washington #1651 Requested by: Court Washington #1651 Laraine McGinnis, Past State Regent



The Soul's Flight Louis Janmot 1814-1892; RestoredTraditions.com

In Memory/Rest in Peace

Giovanna Dinello, Charter Member Requested by: Court Washington #1651

Rita Smith Wade-El Agatha Gerz Requested by: Court Queen of Peace #1023

Trudy Teesdale Requested by: Brian & GiGi Petticrew

All Our Deceased Catholic Daughters Requested by: CDA PA State Officers

With Sympathy Fred Gerstacker III Anthony G. Angelini Requested by: Lisa Intrieri-Fellner, Court St. Rene #1868

The Sultzbach Family Requested by: Margaret T. Giordano

Michelle Russo Lisa McCann Requested by: Your Sister CDA PA State Officers

Thank You!

To All Who Donate and Participate in Our Baby Shower for A Woman's Concern Requested by: Court Queen of Peace #1023

Catholic Daughters of the Americas Peggy Guckin, PSR, PND 203 Harmony Ct. Bensalem, PA 19020



Return Service Requested

Put on the Whole Armor of God

Rev. Norbert Suresh, State Chaplain



Dear Friends in Jesus Christ, ent is a season when we face the reality that our baptismal identity is always being put to the test, when we remind ourselves of the struggle we are always engaged in to be faithful to the call of our baptism.

If remaining faithful to His baptism was a struggle for Jesus, it will certainly be a struggle for us. You could say that Lent is a season when we look temptation in the eye as it were, when we try to

identify the particular ways in which we are being pulled away from the path the Lord is asking us to take. It is a season when we try to grow in



our freedom to say 'no' to the subtle, and not-so-subtle, seductions of everyday living. It is a time when we take an honest look at ourselves, and at the direction our lives are taking.

This is not something we can do overnight. The season of Lent is nearly seven weeks long. We are given time, because when it comes to getting the basics right, like who we want to be and how we want to live, we need time.

In the wilderness, Jesus faced an assault on what was deepest and best within Him, but He did not face that assault alone. He had resources to combat the spiritual assault. According to the Gospel (Lk 4:1-13), Jesus entered the wilderness "filled with the Holy Spirit." When he was

St. Michael Vanquishing Satan Raphael Sanzio da Urbino - 1483-1520

Spiritual Armor: Prepare your shields, both large and small, and march out for battle! Harness the horses, mount the steeds. Take your positions with helmets on! Polish your spears, put on your armor! Jeremiah 46:3-4

Stand with feet shod with the gospel of peace: 1 Corinthians 10:12-13 Belt of Truth: Ephesians 6:14 Breastplate of Righteousness: Proverbs 2:7-8 Helmet of Salvation: Isiash 59:16-17; 1 Thesalonians 5:8 Sword of the Spirit-The Word of God: Hebrews 4:12-13 Shield of Faith: Psalms: 35:1-3, 9 and Psalms 18:32-35 You therefore must endure hardship as a good soldier of Jesus Christ. No one engaged in warfare entangles himself with the affairs of this life, that he may please Him who enlisted him as a soldier. 11 Timothy 2:3-4

at His most vulnerable, the Spirit was at work in His life. He also had the resource of the Scriptures, the word of God. He lived off every word that came from the mouth of God, and that word helped to keep Him faithful when He was put to the test.

> We have the same resources at our disposal in our own testing times. The word of God is given to us to keep us spiritually alive, and the Holy Spirit is always at work deep within us, directing us towards what the Lord wants for us. We also have the resource of the community of believers. We are hearing a lot about armaments at the moment, but all of this is our spiritual weaponry.

> In one of his letters Saint Paul exhorts us, "Be strong in the Lord...put on the whole armor of God, so that you may be able to stand against...the spiritual forces of evil."

—Email Fr. Suresh: norbert.suresh@gmail.com