



# THE SPIRIT



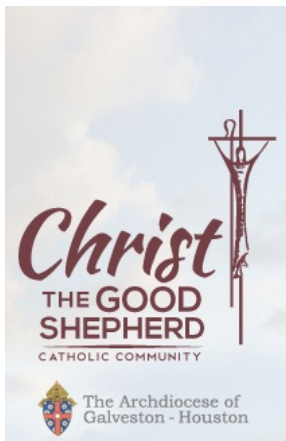
Issue 8

Court Christ the Good Shepherd #2731

18511 Klein Church Rd, Spring TX 77379



Happy New Year!!!



## Officers

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Deborah Maly

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CCGS #2731 Website:

[www.catholicdaughters2731.com](http://www.catholicdaughters2731.com)



## Court News!

### Newsletter Editor:

*Gizelle Williams*

Newsletter Editor

[gnhargraves@gmail.com](mailto:gnhargraves@gmail.com)

281.224.5288



My favorite day of the year is New Year's Day. Although I love resolutions and goals, I love even more, the idea of a fresh start. The beginning of the year is a great time to start new habits (or dispense old ones) even if you do not keep up with them. Growth comes in small packages or large ones...It is a point in time, which creates an opportunity. A Beginning. How will you seize the opportunity this year? Will you try to deepen your relationship with God, and with each other? I pray that each and every one of you seizes your opportunities, strengthens and deepens your relationships, and has the best year yet. Happy New Year!

*Carpe Diem*  
*Make your life extraordinary*

### Legislation:

Jeanne Majeski has resigned and we are now looking for a new Chairperson. Please consider this appointment, as it is a very important position.



## Mass Cards Committee:

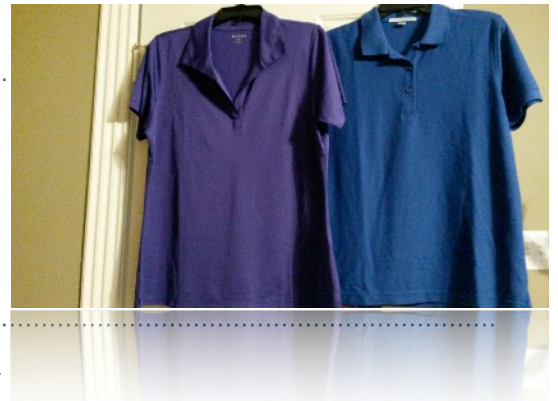


The fee for Mass cards is \$5.00. \$2.50 will be given to the Memorial Scholarship Fund, and \$2.50 will be donated to an organization our parish supports. This amount and the designated charity will be specified in our budget. This is your opportunity to give the gift of prayer, as well as contribute to the Memorial Scholarship Fund and a charity approved by our court. Please contact Peggy O'neil, 281-440-0286, or email at [cda2731masscards@gmail.com](mailto:cda2731masscards@gmail.com), with mass card requests and/or questions.



## T-Shirts!

T-Shirts are here!! If you ordered a T-Shirt, please be sure you pick it up at the January 4 meeting.



## Website:

**CCGS Court 2731 website:** It is: [www.catholicdaughters2731.com](http://www.catholicdaughters2731.com)

**Texas CDA Facebook site:** <https://www.facebook.com/groups/texascd/> Please check out this site, even if you are not a Facebook fan. I have found some great information on it!

## Opportunities! Need a Chair and/or committee members:

- ✦ **PUBLICITY** - Chairperson, plus 1-2 members
- ✦ **LEGISLATION** - Chairperson, plus 1-2 members
- ✦ **Circle of Love** - Chairperson, need someone to keep a log of members' volunteer hours

### Need Members:

SUNSHINE - Linda Zakrzewski, needs 1 member

MEETING PRAYERS - Mary Jane Brewster, needs 1-2 members

MEMBERSHIP / TELEPHONE - Vice Regent Charlotte Prieve, needs 3-4 Members

STANDING RULES - Sheryl Andrews, needs 2 members

**CAMERA PERSON** - We really need someone who can commit to taking pictures, during the meetings and at activities. If they cannot be present, they should be able to appoint someone in their absence.



"If you are what you should be, you will set the whole world ablaze!" - St. Catherine of Sienna

**Events:**

Please note the Memorial Mass for Infant Loss is January 3rd, not the 4th as reported in the bulletin.

# St. Gianna's Hope



## Memorial Mass for Infant Loss

January 3, 2018 at 7pm  
Prince of Peace Mary Chapel

For families who have experienced the  
loss of an infant from miscarriage  
or early infant death

Reception to follow immediately after Mass

Please bring a stuffed animal which will be passed  
on to children through our Outreach Ministry.

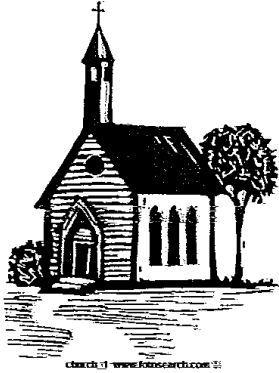
Hosted by: Catholic Daughters of the Americas Court of the Holy Family #2597



19222 Tomball Pkwy  
Houston, TX 77070  
281-469-2686  
www.pophouston.org

More info:  
Mary Jane Albert  
281-381-0309  
maryjalbert@sbcglobal.net

Please consider attending the CDA Spiritual Retreat "BE BOLD!"



**CDA Spiritual Retreat**  
 "Be Bold!"

"On the day I called, You answered me;  
 You made me bold with strength in my soul."  
 Psalm 138:3

**Olga Samaniego, Retreat Presenter**

**Saturday January 27, 2018**  
**10:00 a.m. - 3:00 p.m.**  
**St. Anthony School Cafeteria**  
**Wallace & Bowie Intersection**  
**Columbus, Texas**

Complete the reservation form and submit with payment to  
**Darice Miksch, 1154 Dee Allen Road, Columbus, Texas 78934**  
 by **January 17, 2018**.  
 Make check payable to Darice Miksch, with "Retreat" in memo line.

Sponsored by District 37 - DD's Darice Miksch and Christine Moore  
[dtm54@hotmail.com](mailto:dtm54@hotmail.com)    [cnm5389@gmail.com](mailto:cnm5389@gmail.com)

.....cut here.....

**Reservation Form for Retreat and Lunch**

Court Name and # \_\_\_\_\_ District # \_\_\_\_\_

Regent \_\_\_\_\_ Email Address \_\_\_\_\_

<u>Name</u>	<u>CDA Member</u>	<u>Guest</u>	<u>\$15/Person</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
<b>Total \$ Due</b>			_____



"On the day I call, You answered me; You made me bold with strength in my soul." - Psalm 138:3

Dr. Ray Guarendi is a father of ten, clinical psychologist, author, professional speaker, and national radio and television host. His radio show, "The Dr. Is In" can be heard on over 440 stations and Sirius XM channel 130. His TV show, "Living Right With Dr. Ray" is aired in 140 countries.

## **"BACK TO THE FAMILY" - "BACK TO THE CHURCH"**

# **Dr. Ray Guarendi**

**Saturday, March 3, 2018**

**8:00am-3:30pm**



**8:00am-Mass, 8:45am-Registration** (light breakfast available)

**Morning Session-"Laughter: The Sanity of Family"**

**Afternoon Session-"The Logic of Being Catholic"**

**Tickets are \$30, includes Lunch**

**To purchase tickets, go to:**

**<https://membership.faithdirect.net/events/org/665>**

**For more information, e-mail: [cgs.ticketing@gmail.com](mailto:cgs.ticketing@gmail.com)**

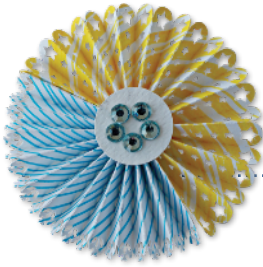
**Hosted by Christ the Good Shepherd Catholic Community, Spring, TX**



*"The family that prays together, stays together, and if they stay together they will love one another as God has loved each one of them. And works of love are always works of peace." - St Mother Teresa*

A good time was had by all who attended the December 7th meeting and social!



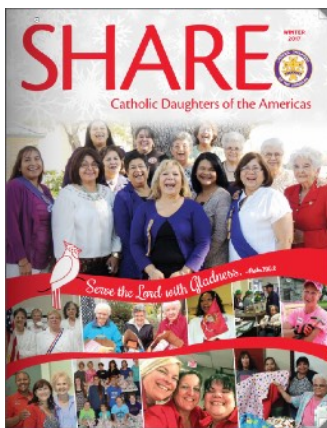


### National News:

**National Convention** will be held July 17 - 22, 2018 in Sioux City, South Dakota. Our court will not be sponsoring attendance, however anyone can attend who would like to. The deadline for advance registration is June 15, 2018.

**Contests!** Deadline to enter contests is March 1, 2018. Please see <http://catholicdaughters.org> for more information about the requirements to enter. Links are below, click in the table, click on the title, then 'go to page':

- [Membership Contest](#)
- [Website Contest](#)
- [Education Contest Forms](#)
- [Education Contest Forms Spanish](#)
- [National Newsletter Contest](#)
- [2017 CDA Award Winners](#)



Click link below to see the Winter issue of SHARE, if you did not receive a hard copy in the mail:

[http://www.nxtbook.com/nxtbooks/colorfx/share\\_winter2017/](http://www.nxtbook.com/nxtbooks/colorfx/share_winter2017/)

(NOTE: you must have 'flash' to view)



National December 2017 Newsletter:

[http://www.catholicdaughters.org/Qtr\\_Newsletter/2017\\_12/QuarterlyNewsletter\\_December2017.pdf](http://www.catholicdaughters.org/Qtr_Newsletter/2017_12/QuarterlyNewsletter_December2017.pdf)

National CDA Website:  
[www.catholicdaughters.org](http://www.catholicdaughters.org)

Texas CDA Website:  
<http://www.texascda.org/#loaded>

Please note the Fall and Winter quarterly newsletters have not been posted.

*"Let us remember the past with gratitude, live the present with enthusiasm, and look forward to the future with confidence." - St John Paul II*



## Circle of Love:

Each month, we will be publishing a full page description of one spoke of the Circle of Love seven point program.

This month, please see [Quality of Life](#):



Each member has a definition of "Quality of Life." Generally, the term relates to something that is valued as a positive addition to everyday life. This term is also a part of the **Circle of Love Program** that encompasses a number of social awareness issues. Please continue to support the programs that each local court has sponsored and studied over the years. Women have led the way and have educated themselves about social issues and social justice topics that affect families and neighborhoods, communities, and the world. Catholic Daughters of the Americas are "stewards" of all that surround us.

Quality of Life encompasses the following areas:

### Family Life Issues:

- Domestic Abuse: spouse, the elderly and children
- Exploitation of women and children through human trafficking
- Supporting agencies and organizations with monetary, clothing, food, and time e.g. Habitat for Humanity, Tutwiler Clinic, Big Brothers/Big Sisters, Foster Parents/Grandparents, Food Shelf, Caregivers, Homeless Shelters or Half-way houses.
- Local pre-schools, public and private schools are in need of volunteers. Visit with the administration as to needs and respond as Catholic Daughters.
- Loss of family income because of job loss or health emergency provides Catholic Daughters with an opportunity to supply food, clothing, day care support and supportive assistance with updating a resume and helping an individual seek new employment.
- Visit any family who has a member in the Armed Forces and offer assistance. "Adopt" a service man or woman by letter or email and a package of special treats from home thanking them for their dedication to our country.

### Restoration of Family Values:

- Support Pro Life Organizations, activities and legislation for the unborn, the disabled and/or the elderly.
- Support Morality in Media with an annual membership sent to the National CDA office, participate in the fall annual WRAP (White Ribbons Against Pornography) Campaigns and the Turn Off TV Day or similar programs in the community.
- Teach a child prayers such as the Hail Mary, Our Father, the Rosary (Holy Cross Family Ministries), and share personal stories of spiritual journeys to strengthen a young person's faith and values.

*"Since love grows within you, so beauty grows. For love is the beauty of the soul." - St. Augustine*



## Quality of Life - 1

## Family Health Issues:

- Volunteer time at a long-term care facility by visiting individuals who are often alone with no outside contact. Remember these individuals with small gifts, personal items, holiday cards or a homemade favorite treat. Bring young people to visit.
- Visit individuals who are confined to their homes. Offer to run errands, take them to Mass or a doctor's appointment, or to do light housework for them.
- Invite a speaker to a meeting to learn about Care-giving, Hospice, Parkinson's, AIDS, etc. to expand knowledge and to seek opportunities for involvement

## Community Issues:

- Establish contact with local government officials and support organizations such as the Red Cross and The Salvation Army. Become trained and involved in emergency response at the time of natural or other disasters.
- Recognize the uniqueness of each community and its social issues. Rural life, Veteran's Homes and Hospitals, Group Homes, and Prisons offer numerous opportunities to reach out and offer support in the name of CDA.

## Worldwide Issues:

- Communication technology has made the world smaller making CDA members instantly aware of and able to respond to disasters, political unrest and their effects on populations in distant parts of this earth.
- Support Project Handclasp, Adopt a Child, Catholic Charities, Catholic Relief Services, Covenant House, Habitat for Humanity International, Smile Train, Mother Teresa, and missionaries who dedicate their lives to assisting all over the world achieves CDA's mission.

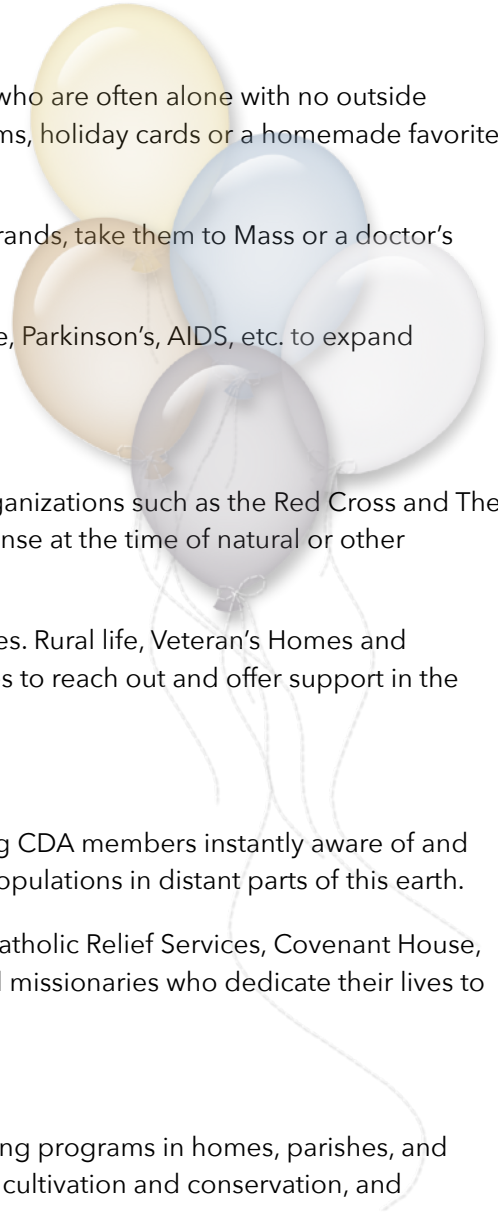
## Protection of our Earth:

- Protection of the earth by participating (or implementing) recycling programs in homes, parishes, and schools. Study all recent coverage on global warming, fresh water cultivation and conservation, and environmental issues.
- God commands His followers to be stewards of the earth. One resource of interfaith collaboration is the website, Congregations Caring for Creation, [www.c3mn.net](http://www.c3mn.net). Under the button, Green Building, Grounds and Operational Resources, is a list of 40 Simple Action Ideas.
- Contact local utility companies who may provide a complimentary (or at a nominal charge) energy audit of your home or church properties.



## Quality of Life - 2

- Use of efficient light bulbs, caulking, equipment blankets for added insulation, switching to zoned heating and cooling, or the use of motion sensors for lights in rooms that are used infrequently will reduce energy usage.



- Recycling waste generated in buildings, schools and offices is one easy action. Provide labeled containers for aluminum cans, steel food cans, plastic bottles and papers. Share newspapers and magazines with group homes, nursing homes etc.
- Check state's regulations for recycling. Many times aluminum cans and plastic bottles have deposits that can be a fund raiser for the court.
- Greeting cards can be recycled. Cutting the design and greetings into new card stock can provide a great social time for CDA members. With a new envelope, sell the cards as another way to make money and practice recycling.
- Designate the program of one meeting annually to study the environment and the effects of global warming, fresh water usage, and pollution concerns. Invite the city or county environmental services director to a meeting to study the issues in the community and take proactive roles in protection of these valuable resources.

*"Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors, we borrow it from our Children."*

- Ancient Indian Proverb

As Catholic Daughters of the Americas, we need to study and educate ourselves and model conservation of all natural resources assuring future generations of a similar quality of life.

Health & Wellness:

- Examine personal and family life styles and history for heart disease, obesity, and diabetes to increase awareness and establish goals for health and wellness.
- Women, often the nurturers and caretakers for family and friends, when challenged with a health issue, frequently ignore their own body's signals!
- Coronary heart disease, which causes heart attack, is the leading cause of death for American women. Nearly twice as many women in the United States die of heart disease, stroke, and other cardiovascular diseases as from all forms of cancer, including breast cancer.
- The American Heart Association ([www.americanheart.org](http://www.americanheart.org)) identifies several factors that increase the risk of heart disease and stroke. The more risk factors a woman has, the greater risk of having a heart attack or stroke. Some of these risk factors can't be controlled but can be modified to lower the risk. These risks include
- Increasing age – As women grow older, their risk of heart disease and stroke begins to rise and keeps rising with age.

*"That person staring back at you when you look in the mirror...that's your competition." - Clyde Lee Dennis*



## Quality of Life - 3

- **Sex (Gender)** – Each year about 46,000 more women than men have strokes, and about 60 percent of total stroke deaths occur in women.
- **Heredity (family history)** – Both women and men are more likely to develop heart disease or stroke if their close blood relatives have had them. Race is also a factor. African-American women have a greater risk of heart disease and are more likely to die of a stroke.
- **Previous heart attack or stroke or TIA (transient ischemic attack, "mini- stroke")** Women who've had a heart attack are at higher risk of having a second heart attack or stroke. A TIA is a risk factor and predictor of stroke.

Steps to reduce the risk of heart attack:

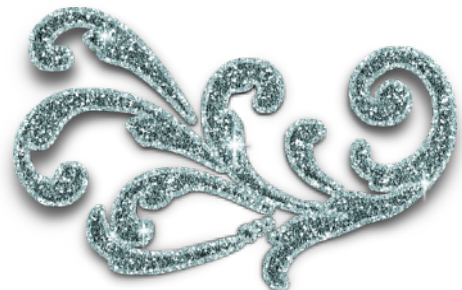
- **Don't smoke or use tobacco.** Many hospitals and clinics have support programs. Ask for help to quit smoking!
- **Get active.** Moderately vigorous physical activity can reduce risk of fatal heart attack. Walk more.
- **Eat a heart-healthy diet.** Eat more vegetables, fruits, and whole grains. Eliminate saturated and trans fats from cooking and eating.
- **Maintain a healthy weight.** Obesity is a condition in which excess fat has accumulated in the body usually considered to be more than 20% above the recommended weight for height and age. Women can help reduce obesity in their families. Weight loss may improve blood pressure, triglyceride and cholesterol levels, improve how the heart works and blood flows, and decrease inflammation throughout the body's joints. Reducing body weight by 10% can decrease blood pressure, lower blood cholesterol level, reduce risk for diabetes, and keep the heart healthy.
- **Get regular health screenings.** High blood pressure and high cholesterol can damage the cardiovascular system. Seeing the doctor regularly helps identify these problem areas.
- Get the whole family involved:
  - ♣ Take the stairs instead of elevators.
  - ♣ Park a few blocks away from the destination or at the far end of the parking lot.
  - ♣ Walk the last few blocks to any appointment instead of riding the bus all the way.
  - ♣ Go for walks together.



## Quality of Life - 4

Develop activities and programs within the local court:

- Consider organizing a weight-loss program within the court.
- Do some stretching or walking exercises at the meetings.



- The local clinic or hospital marketing department is an excellent resource for current material and speakers on health & wellness topics.

Dedicate the month of October to awareness of cancer and February to heart health.

### **Live longer and be healthy!**

#### Personal Identity Theft:

Every six minutes in this country, someone's identity is stolen and billions of dollars are lost annually to those who illegally obtain and use personal data information. As mothers, grandmothers, aunts and friends, we should be aware that even children's identity can be stolen and exploited.

- Never carry a social security card or birth certificate. Never volunteer this information over the telephone.
- Never freely give pin numbers or computer passwords to anyone requesting this information.
- Clarify the reason with anyone requesting for personal information. Oftentimes, retailers and banks will ask for the last 4-digits of a social security number and/or mother's maiden name to identify the specific account or records. Hospitals and clinics use a birth date to access health records.
- Financial information should be stored in a safe, a safety deposit box. Shred unsolicited credit card and insurance information.
- Notify the local police, bank officials and credit card carriers anytime there is a suspicious, unauthorized usage of financial information. If necessary, work with an advocate, trusted friend, family member, or attorney to follow the trail of misuse.
- Request a copy of a current credit report. This can be done from any one of these three agencies:

Equifax: 1-800-525-6285 Experian: 1-800-397-3742 Trans Union: 1-800-680-7289



#### Quality of Life - 5

Consider inviting a member of the city or county law enforcement agencies as a program for a court meeting. They can provide information about instances of local fraud and additional suggestions on protecting personal identity.



## Dates to Remember

### CDA Calendar for January 2018 (Please note additions for February)



Monday, 1-1-18	New Year's Day, Solemnity of Mary Mother of God, Masses at: 10:00 am (English) & 11:30 am (Spanish)  "The Spirit" newsletter sent out to members
Wednesday, 1-3-18	7:00 pm CDA Court of the Holy Family is sponsoring St. Gianna's Hope Memorial Mass for Infant Loss at Prince of Peace Catholic Community "Mary Chapel". All families who have experienced the loss of an infant from miscarriage or early infant death are invited to attend. <b>Please note: date is incorrect in CGS bulletin! Please see the Spirit Newsletter for more information!</b>
Thursday, 1-4-18	9:00 -2:00 "Gathering Place" in CGS fellowship hall. Please contact Jan Papciak at CGS if you are interested in assisting with this ministry.  7:00 pm CDA meeting, Circle of Love recording forms are due
Friday, 1-5-18	8:00 pm First Friday All Night Vigil
Sat/Sun, 1-6 & 7-18	Feast of the Epiphany
Sat, 1-27-18	10:00 am-3:00 pm CDA Spiritual Retreat in Columbus, TX. Information and sign-up will be available at the January meeting.
Thursday, 2-1-18	7:00 pm Mass Service to celebrate 1 year anniversary, followed by a short meeting and reception
Sunday, 2-4-18	9:00 am Mass, Charlotte Prieve and CDA receive the Traveling Crucifix to pray for vocations the following week.

There is one anniversary in January. Happy Anniversary!!

Sheryl Bihler-Lopez & Joe Lopez



"Let no one ever come to you without leaving better and happier." - St. Mother Teresa

## 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.

- ✦ *Be women of Faith*
- ✦ *Encourage Spiritual Growth*
- ✦ *Increase membership*
- ✦ *Promote the motto of "Unity and Charity"*

**The theme for the 2017 - 2019 term is:**

**"Be Not Afraid:" -**

**St John Paul the Great**



The Texas State Court was organized January 25, 1917. Our Mission Statement is a reflection of the CDA motto of Unity and Charity; "The members of the Texas State and Local Courts love Christ and His Church. We are dedicated to leading others to Christ and to His service through active participation in the Catholic Daughters of the Americas."



## ***Catholic Daughters of the Americas Court Christ the Good Shepard #2731 Meeting Minutes, December 7, 2017***

*Call to Order by Charlotte Prieve, Vice-Regent at 7:02 PM*

*Opening ceremony*

- *Opening Prayer by Mary Jane Brewster*
- *Pledge to US Flag and Texas Flag said by members*
- *Silent Roll Call of Officers by Sheryl Andrews - Gloria Riley was absent*

*Good of the Order Book – Mary Jane Brewster passed among the members*

*Introduction of Guests – No guest present*

*Reading of Minutes & Approved with corrections by Sheryl Andrews, Recording Secretary*

*Treasurer's Report by Veronica Arnold (see attached)*

*Bills were presented to the Court by Sheryl Andrews, Recording Secretary*



GoDaddy invoice was \$120.94 (yearly subscription was \$44.32 and Setup fee was \$76.62). The Court approved \$75.00. The balance due is \$45.94. **A Motion was made by Sheryl Bihler-Lopez to approve the balance due on the GoDaddy.com invoice of \$45.94 to Katherine Lee. Dorothy Mullinox seconded the Motion. Motion was voted on and Approved.**

A bill was presented for Priscilla Hargraves in the amount of \$37.50 for CDA brochures and application forms. **A Motion was made by Sheryl Bihler-Lopez to approve the invoice to Priscilla Hargraves in the amount of \$37.50. Mary Jane Brewster seconded the Motion. Motion was voted on and Approved.**

Charlotte Prieve read a statement from Gloria Riley regarding the Financial Review. Stating the Financial Review was conducted on Tuesday, October 10, 2017. All Officers and the District Deputy were present. Committee members included: Katherine Lee, Jo Alice Street and Karen Doolittle conducted the review. All accounts and books are in order, reconciled and balanced. The next review will be in April, 2018.

### ***Old Business***

- A. Fall Festival – Priscilla Hargraves reported that we raised \$315 for the Fall Festival. Our gift cards were split into two Christmas trees. Seven people volunteered and worked the booth. One person purchased a T-Shirt but was not in our Court and we had one lady sign up to become a member of the CDA.
- B. Anniversary Party – On February 1<sup>st</sup> we will go to 7pm mass as a group before our meeting. We will have a small gift exchange of \$5 after our meeting. We will sign up to bring finger foods to snack on.
- C. Traveling Crucifix – We will attend mass as a group, for those that can come, at the 9am mass on February 4<sup>th</sup> to pick up the traveling crucifix.

### ***New Business***



- A. Circle of Love - Priscilla Hargraves passed out a form for members to write down their volunteer hours for the year. The forms are due at the January meeting.
- B. Facebook Page – Texas CDA has a Facebook page you can join. You can search Texas CDA or [texasCDA@groups.facebook.com](mailto:texasCDA@groups.facebook.com)
- C. T-shirts - Priscilla Hargraves will be collecting money for T-Shirts. She will be turning money in as a group this month. Polos are \$18 and the other shirts are \$15



Installation of a new member: Jean Sanfelippo was installed into the Court.



Welcome



Sheryl Bihler-Lopez said she had a sign-up sheet for snacks so members can sign up to bring snacks to the upcoming meetings.

*Closing Prayer by Mary Jane Brewster*

*Meeting ended at 7:32 pm*



"Do not be afraid of getting lost.... The more we give of ourselves, the more we will find ourselves." - St. John Paul II