



COURT CEDAR RAPIDS 1768 · ST. THERESE, THE LITTLE FLOWER NEWSLETTER

Events:

Our Court meets on the
2nd Tuesday of the Month
(Sept-Dec; Feb-June)

~ * ~

Our Next meeting is:
Tuesday, October 13, 2026
St. Pius X, Parish Hall

Doors open: 5:30 pm

October is Pro-Life Month

6:00 pm Speaker: Camp Courageous
Director, Craig Stadtmueller
How to help people with disabilities.

6:30 pm Refreshments (Maid-rites, etc.)

October Refreshment Chairs:
Stephanie Guzman & Pam Oldham

Business Meeting: 6:45/7:00 pm
Including a Bazaar Presentation

October Donations Accepted:

Rosary Project: Rosaries (Elaine Boes)

Cleaning Kits: TBA

Comfort Bags: Bath Soap, Brushes,
Emery Boards

Homemade with Heart Bazaar: Safety
Pins; Wax Paper; Plastic Wrap;
Cardboard flats

Guests are always welcome

to attend our meetings.

Need a ride to our meeting?

Call or text

Stephanie Guzman

319-540-7193

slguzman1992@gmail.com



Contact info for our Court
Regent & Newsletter Editor:
Roberta Peters

Email: chrisnbert94@gmail.com

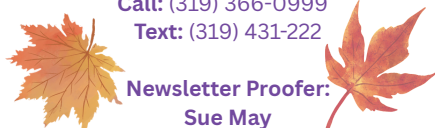
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September 2026

Cedar Rapids, Iowa



Welcome to Court #1768, Virginia Meade!



Virginia Meade established Dual Membership with our Court in August 2026. Her "home" Court is #2368 Queen of the Rosary in McAllen, Texas where she spends most of the year.

Virginia has already seen our Court "in action." Last summer (June 2025) she joined her daughter Karen Meade for the bus pilgrimage to Our Lady of Champion and Holy Hill in Wisconsin. We then had the pleasure of her company at the September 2025 meeting before she returned to Texas. When Virginia travels back to Iowa, she will again join us for meetings and activities.

Virginia, we look forward to your return next Spring!

During the National Convention in July, Virginia extended an invitation to all "snowbird" members from our Court who choose to "fly South" to Texas for the winter. She would love to help you set up Dual CDA Membership with her fine group of ladies. If you want more details, reach out to Virginia. Her contact information is in the new 2026-2027 Program Book.

Catholic Daughter Saturday!

Date: Saturday, October 17, 2026

Location: St. Wenceslaus Church
1224 5th St SE, Cedar Rapids

Time: 8:30 am Mass

Group photo after Mass with the priest (in Church)

Brunch & Years-of-Membership awards in Chihak Hall

Spouses & Guests are Welcome to Join Us!

The following members will be recognized for their years of
membership in the Catholic Daughters:

35 Years: Berta Larkin

5 Years: Rosie Martin, Alexandra McGeary

1-Year: Dolores Hawkins, Bertha Rodriguez,

Billie Burhite, Kelly Brummer, Cathy Taylor,

Marianne Riester, Maggie LaKose, Barb Heishman,

Marla Tursi, Libbie Sellors, Lola Scott, Jeanne Philipp



Host Parish:
St. Wenceslaus
Parish Chairs:
Pat Semelroth
Elaine Boes

*With the Journey in Faith
changes packing Sunday
Masses, we are holding our
yearly event at a new time.
We hope this allows many
of you to join us,
even if just for part of the
morning.*

*Please consider signing up to
provide refreshments at the
September member meeting.*

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.

“Mark Your Calendar!”

Pro-Life Events Begin mid-September.



- **National Day of Remembrance for the Unborn**
 - Saturday, September 12, 2026
 - **Mt. Calvary Cemetary**, 375 32nd St Dr SE, CR
 - 2:00 PM (The programs lasts about 30-40 minutes.)
 - **Elaina Sanders** will share her pro-life testimony.
 - Bring a lawn chair!

- **Pro-Life Rosary, Monday, September 14, 2026**

- Mercy Chapel
- ~11:45 am, after the 11:15 am Mass
- Led by Elaine Boes



- **Iowa CDA Fall Workshop, September 19, 2026**

- Waterloo, IA
- Blessed Sacrament Catholic Church
- 9:30 am - 2:00 pm

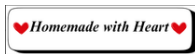
- **Pro-Life Rosary, Monday, September 21, 2026**

- Mercy Chapel
- ~11:45 am, after the 11:15 am Mass
- Led by Elaine Boes



- **“Homemade with Heart” Bazaar Workshop**

- **Monday, September 21, 2026**
- **6:00 - 8:00 pm**, St. Pius X, Parish Hall
- Share Craft ideas and recipes (samples welcome)
- Get inspired for how you can help.
- BYOB and/or A Friend
- You may bring a snack to share BUT this is optional, not mandatory.



- **Pro-Life Rosary, Monday, September 28, 2026**

- Mercy Chapel
- ~11:45 am, after the 11:15 am Mass
- Led by Elaine Boes



- **KMMK Fall Banquet, Thursday, October 1, 2026**

- The Kirkwood Center Ballroom
- 7725 Kirkwood Blvd SW, Cedar Rapids, 52404
- 5:00 - 8:30 PM (see page 4 for more information)
- This is a FREE event, but reservations are needed by Friday September 25th.
- To register: Go to KMMK-FM.org & Select EVENTS, then click on the registration link.

- **Rosary Relay (October 7th)**

- Sign up to pray the Rosary at the time (and location - home, in your car, etc.) that works for you.

October is Pro-Life Month!



- **Pro-Life Speaker** at our October 13th meeting.

- **Camp Courageous** - - Director, Craig Stadtmueller

Yearly Dues (\$28) may be paid at any time, starting September 1st. Check with **Mary Jo Evers** on the status of your dues if you are unsure. Cash or checks may be given to Mary Jo at our meetings. Checks should be made payable to: **CDA #1768**

Or you may mail her a check:

336 Windsor Dr. NE, Cedar Rapids, IA 52402

If you want to **pay online**, see **Regent Roberta Peters**.



♥ **Homemade with Heart** ♥

Saturday, November 14, 2026

9:00 am - 3:00 pm

The excitement continues to grow for our upcoming “Homemade with Heart” Bazaar that will be held on Saturday, November 14, 2026 at St. Pius X Parish Hall.

Many ladies are already working to use their time and talents for a successful fundraiser. We would love to have YOU join us!

Over the last couple weeks, Advertising, Pecans, and the Food subcommittees held meetings to pound out the details. So many ladies have “hidden” talents that are “coming to light” as we discuss the various areas of the Bazaar. This month we will continue our planning stage by gathering for a workshop on Monday, September 21, 2026 in St. Pius X Pastors Hall.

Time: 6-8 pm; We will work on crafts, sharing ideas and getting help if needed. This is also a good time to share recipes. Maybe even bring samples to share.

Additional meetings will be scheduled for the following areas.

- **Volunteer Sign-up** - - mid-September
- **Welcome/Greeters** - - mid to late September
- **Cashiers/Pro-Life Payment Training** - - mid to late September



Should we NAME our Cookie Walk, Cafe, or Baked Goods areas? One suggestion was “Mrs. Kringle’s Kafe.” If you have ideas, please share them with Co-Chair Jean Bean.

Details will be provided as they are available. Please watch for more information in Court Email Updates, the montly newsletters, and separate Bazaar-specific emails over the next 6-8 weeks. Additionally, information will continue to be provided at our September, October, and November member meetings.

Pecan Sale: Customers may start placing their orders now!

Natural and Cinnamon Pecans from Genuine Georgia may be pre-ordered NOW at \$15/bag!

Customers may either use this QR code to go directly to the Pro-Life Payments order link (paying with a Card or their bank account) OR mail in an order. Order forms can be printed from the Court website if needed. (catholicdaughterscr.org)



- Mail-in orders should be put in the mail by Monday, October 19th.
- Mail to: CDA Court #1768, PO Box 1131, Cedar Rapids, IA 52406-1131
- Online ordering will run through Thursday, October 22nd.

Iowa Catholic Daughters of the Americas **2027 State Convention**

SAVE THE DATES:
April 23-25, 2027

With our current membership count - 82 members - we should be able to send (4) Delegates and up to (8) Alternates. In 2025, the cost per Delegate or Alternate was \$160/person, reduced to \$150/person for first-timers and \$140 for the Regent. These fees included meals. Lodging was separate, but necessary as it was held in Sioux City. Recently we have tried to cover hotel expenses, but depending on the number of ladies attending, members would have to help with this expense.

Mariott
Jordan Creek
Des Moines

Iowa
Catholic Daughters
of the
Americas

2026-2027 Program Year

Members joining between April 1st - August 31st have their dues applied toward membership through the next CDA fiscal year. Please note that some members are paid ahead; Mary Jo Evers maintains a list of those members.



If you have any changes or corrections to your contact information (including address, phone or email), please report them to Mary Jo Evers. She will share the updated information with National, State, and Court offices.

Email: eversmaryjo@gmail.com

Cell: (319)389-2568



CDA Circle of Love in Action

Love is not meant to be kept - it is meant to be shared. When we serve others with love, we inspire them to do the same for someone else. One act of kindness can ripple outward, touching many lives in ways we may never even see. A smile, a helping hand, a word of encouragement - these may seem small, but in the great Circle of Love, they become part of something much bigger than ourselves.

As Catholic Daughters, we are called to be informed and active participants in public life. This includes staying educated on current issues, addressing moral and human concerns, and supporting the Church's teachings on life, human rights, justice, and peace.

Summer 2026 CDA National Quarterly

How has Court #1768 Participated in the Circle of Love Program - Legislation



Over the past nine years, our Court has submitted the following projects for the Legislative Spoke of the Circle-of-Love Program:

- **2017-2018 Rosary for Life** - - Every year the 40 Days for Life campaign takes place in the Spring and the Fall, where people across the world are asked to dedicate these 40 days to prayer for the end of abortion. Many people gather in front of Planned Parenthood and other abortion clinics in their towns and cities to pray the Rosary and to witness to all their belief that life is precious and we need to protect the unborn. This report goes on to describe how our Court supports Coalition for Life of Iowa and 40 Days for Life Campaign by praying the Rosary for Life at the Mercy Chapel.
- **2019-2020 WRAP (White Ribbon Against Pornography)** was introduced to the Court in the Spring of 2019. The program was started by Norma Norris of Butler, PA in 1987. She began tying white ribbons to the antennas of cars in her community to bring awareness to the growing problem with hardcore pornography in the area. The report explains the significance of the white ribbons (purity) and how a member of the Court researched and shared information about this growing problem with our Court.
- **2021-2022 March for Life** - - Court #1768 participates in many efforts and events to promote life. One of our members reports at our meetings about the pro-life news in our community and invites Catholic Daughters to be involved. One of these events has been the March for Life that took place on Saturday, January 22, 2022. The report explains the connection of this local March for Life with the National March for Life that takes place in Washington, DC and across our nation.
- What project has our court undertaken to inform others on issues of legislation or impact legislative issues? The next report is due 2/28/2027.



Catholic Daughters of the Americas

62nd Biennial National Convention

SAVE THE DATES: Sheraton Four Seasons
July 26 - 30, 2028 Greensboro, North Carolina

If you would like to attend the next National Convention, please start saving NOW! You will need to pay for your transportation, lodging, meals, and personal expenditures. More information will be provided over the coming months to give you guidance on reaching your goal.

St. Therese, The Little Flower

*Patron Saint of
Court #1768*

*Feast Day:
October 1st*



Feast Day Prayer

O, Little St. Therese of the Child Jesus, as we celebrate your Feast Day, let us reflect on your "Little Way" and let our hearts be filled with the pure love of God.

During your short life on earth, you became a mirror of angelic purity and of wholehearted abandonment to God. Now that you rejoice in heavenly glory, please cast a glance of compassion on me as I leave all things in your hands.

Make my troubles your own. Speak a precious word for me to our Blessed Mother, whose flower of special love you were, whose healing smile awakened you to love.

May you and Mary smile on me and help me to accept the grace of each moment, to appreciate all the ways God is working in my life and in the world. Awaken me to your powerful teaching at the darkest moment of your life that "Everything is grace!" Teach me to appreciate every person, moment, and experience of my life as gifts to learn from and see the hand of God in.

Continue to shower your roses and grace upon me and our world, so in need of healing, hope, and love.

Amen.

Power of Prayer—Rosary for Life

Power of Prayer is held on Wednesday,
2:30 - 3:30 pm at St. Wenceslaus. ~ Elaine Boes



If your schedule allows, please join the Pro-Life Rosary at **All Saints Chapel on Thursday** mornings. See below.

Pro-Life Rosary.

Thursday's After the 8:30 am Children's Mass at **All Saints**
Begins around 9:00 am ~ ALL are Welcome!

Learn More About CDA and Court #1768

Our latest Court Newsletter can always be found on our Court website.

Follow us on Facebook: www.facebook.com/CDAcourt1768

Court #1768 Website: www.catholicdaughterscr.org

Iowa CDA website: www.IowaCatholicDaughters.org

National CDA website: www.CatholicDaughters.org

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“Keep Calm, I’m a Catholic Daughter!”

God is at my side, I can do anything!



“Keep Calm” T-Shirt & Travel Mug; \$15 each; Tote with Zipper, \$5

Shop — Spread the Word Products
at www.spreadthewordproducts.com

If you are looking for some CDA items, may I give you a recommendation?

This company is run by **CDA Sister, Linda Rodriguez in Dallas, TX**. She is a member of Court St. Faustina, #2478 - Dallas.

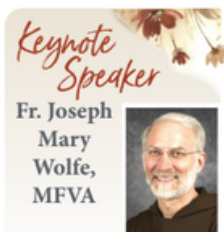
Linda’s booth at the **61st Biennial National Convention** was quite popular. Everything on her line is reasonably priced and good quality. Among the favorites are the “Keep Calm” t-shirt above, “bling” t-shirts, fleece cardigans, and blouses. She also has bags, aprons, tablecloths, and Rosaries, plus much more. You will need to pay shipping and handling (unless you catch her at a Convention). The “Keep Calm” t-shirt will be fun to wear at any of our fundraisers. The Bazaar, Peach & Pecan customer pickup day, Lifesaver Campaign collections. You name it!

Happy shopping!

PLUS Charities/KMMK 88.7 FM
1100 Plumwood Court NE
Cedar Rapids, IA 52402



**The Kolbe
Korner**



PLUS CHARITIES • KMMK 88.7 FM
Fall Fundraising Banquet
Thursday, October 1, 2026
The Kirkwood Center Ballroom, 7725 Kirkwood Blvd SW, Cedar Rapids

Featuring Guest Speaker Fr. Joseph Mary Wolfe, MFVA Chaplain for EWTN and founding member of the Franciscan Missionaries of the Eternal Word <i>Special music by the</i> Eddie Piccard Trio	Schedule of Events 5:00 PM - Registration and Social Hour 6:00 PM - Opening Prayer and Plated Dinner 7:00 PM - Tony and Sue May, OFS, Co-Managers 7:15 PM - Fr. Joseph Mary Wolfe, MFVA From Assisi to the Airwaves: 800 Years of Franciscan Witness and 30 Years of EWTN Catholic Radio: St. Francis, Mother Angelica, and the New Evangelization 8:00 PM - Donating to the KMMK Mission 8:30 PM - Final Announcements and Closing Prayer
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This event is **FREE**, but reservations are needed by **Friday, September 25th**.
To register: Go to KMMK-FM.org - Select EVENTS, and click on the registration link.
If you do not receive an email confirmation, call Sue May at 319-360-3290.

PLEASE PARK IN THE CONFERENCE CENTER LOT, LOCATED ON THE SOUTH SIDE OF THE HOTEL OFF OF KIRKWOOD BLVD. USE THE EVENTS CENTER ENTRANCE RATHER THAN THE HOTEL ENTRANCE.



With the arrival of Fall, many look forward to its warm, inviting treats. Perhaps you enjoy the aroma of pumpkin bread in the oven or sipping a steaming mug of pumpkin spice latte. Either can feel like a “hug for the soul.” But did you know that our beloved “pumpkin spice” blend has roots that reach back nearly a thousand years, to a remarkable saint and doctor of the Church?

St. Hildegard of Bingen (1098-1179) was a Benedictine abbess, visionary, herbalist, composer, and writer whose wisdom continues to inspire both the Church and the world of natural healing. Among her many insights into health and wholeness, she recommended a simple blend of nutmeg, cinnamon, and cloves, which she called the “spices of joy.”

Hildegard wrote that these spices could lift the heart, clear the senses, and soothe sadness. For her, food and medicine were never separate - they were ways God provided both nourishment and healing for body and soul.

If this blend of spices sound familiar to you, nutmeg, cinnamon, and cloves are at the heart of what we now call pumpkin spice. Add ginger and allspice (flavors unknown in Hildegard’s Europe), and you’ve got the modern blend we sprinkle on lattes, pies, and muffins every autumn.

So while St. Hildegard never sipped a pumpkin spice latte, she gave us the foundation of its joyful flavors centuries before it became a seasonal obsession.

A bonus, her feast day is September 17th - a sort of a Fall opener!

(St. Hildegard, Pumpkin Spice, and the Spices of Joy – Grace Filled Lemons)

Recipe: St. Hildegard’s Pumpkin Spice of Joy

Here’s a modern take on Hildegard’s joyful spice blend - perfect for sprinkling into coffee, tea, oatmeal, or baking.

Ingredients:

- 3 Tbsp ground cinnamon
- 2 tsp ground nutmeg
- 2 tsp ground cloves
- 2 tsp ground ginger (modern addition)
- 1 tsp ground cloves (modern addition)

Instructions:

Mix all spices together and store in a small jar.

Use ½ - 1 tsp per cup of coffee, latte, tea, or in recipes calling for “pumpkin spice.”

**** If you want to keep it true to Hildegard, stick to just cinnamon, nutmeg, and cloves - and you’ll be enjoying her original “spices of joy.”**

Prayer of Intercession: *“O Lord, you were generous with your gifts of grace to the virgin Hildegard. By following closely her example and teaching, may we pass from the darkness of this life into your marvelous light. Through Jesus Christ our Lord, Amen.”*

