



Issue 19

# THE SPIRIT

Court Christ the Good Shepherd #2731

18511 Klein Church Rd, Spring TX 77379

## Court Regent's Message

Priscilla Hargraves, Court Regent

Hi Everyone,

Can you believe we are in March already? It seems like we just celebrated Christmas and New Year's, and here we are approaching Lent!

Have you been thinking about what you are going to "give up" for Lent this year? Sweets, coffee, that glass of wine in the evening?

Well, how about giving up some of your time by adding something to your routine? How about adding something that will really help you grow in your spirituality? Something that will really prepare you for the Easter Triduum and the Resurrection of Our Lord.

Are you a good practicing Catholic and attend Mass every Sunday? How about adding at least one other Mass during the week? Do you pray in the morning, but never have time to stop by the church and spend a little time with our Lord in adoration? Do you pray the Rosary whenever you get around to it? How about praying it at least once a week? Or, if you pray the rosary once a week, how about adding a second rosary during the week? Have you ever attended the Stations of the Cross on Fridays during Lent? Will you attend as many Fridays as possible this Lent? How about the parish Lenten Mission?

Have you been wondering how you could help in various ministries at the church, or at the Hope Center, or NAM, or with an animal rescue group or shelter? Maybe now is the time to take that step, make that call, and plunge right into a volunteer ministry. How about checking out the Ministry Fair on March 9<sup>th</sup> & 10<sup>th</sup> and seeing if there is a ministry where you're being called to help.

We all have plenty to do, but if you're like me, you also waste a lot of time that could be spent in helping others and helping ourselves grow spiritually.

So, I challenge all of us, when we reach the Lord's Resurrection at Easter, will we be able to look back at our Lenten journey and say I have grown in my faith, I have grown in my spirituality, I have grown in my knowing and loving of the Lord. I am ready to be with Jesus during his suffering and death and rise with Him on Easter morning.

I pray we all have a spiritually uplifting Lent!

**Blessings!**





## Clergy Corner

Court Chaplain, Deacon Dub Hargraves

MARCH 2019

As we move into the month of March and the beginning of spring, we begin the Liturgical Season of Lent with our celebration of Mardi Gras on the 5<sup>th</sup> of March and Ash Wednesday on the 6<sup>th</sup>. These celebrations serve as a reminder that this is our opportunity to revisit our Lenten responsibilities and honestly ask ourselves if we are living our Catholic faith. This is **our time** of reconciliation and renewal. We do that by soul searching and asking:

Are we honoring the intentions of Lent? Are we on the path of becoming a more committed practicing Catholic? Are we reaching out to those we have offended, or spoken ill of us with an attempt to be reconciled? Are we paying more attention and giving more time to our family: our spouse, and our children? Is our family praying together each day? Are we giving our employer a full day's work, for a full day's pay? Are we, personally praying more each day?

A good short prayer for God's presence and forgiveness is: "**Lord Jesus, Son of the living God, have mercy on me a sinner**". Let us take advantage of this special time of the year to deepen our relationship with our God. If we are tempted to act inappropriately or say something which we know we shouldn't, or will regret, saying this prayer repeatedly will block that temptation.

Are we being faithful to our responsibility of abstinence and fasting during the Lenten season? (abstaining from fleshly meat on Ash Wednesday and Good Friday (and all Friday's of the year); and fasting on Ash Wednesday and Good Friday (1 full meal with the other two meals equaling one meal). The requirements are from ages "18" through "59".

But, since we are looking at our life over the past year, we **cannot neglect** the question about abstinence and fasting during the rest of the year. Are we following the guidelines of on-going atonement and reparation during the year? The unfortunate answer is: many are not.

Holy Mother church still has the requirements of fasting and abstinence in the Law of the Church (Canon Law 249-253). However, in a letter issued by the USCCB (United State Conference of Catholic Bishops) the following is the expected protocol for Catholics.

In the United States, the USCCB allows the substitution of some other form of penance for abstinence on all Fridays of the year, except for those Fridays in Lent. Thus, the rules for fasting and abstinence in the United States are:

Every person 18 years to 60 must abstain from meat (and items made with meat) on Ash Wednesday, Good Friday, and all the Fridays of Lent.

Every person of age 18 through 59 must fast on Ash Wednesday and Good Friday.

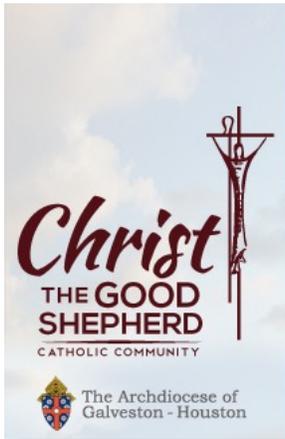
Every person of age must abstain from meat (and items made with meat) on **all other Fridays** of the year, **unless he or she substitutes some other form of penance for abstinence that is equal to or greater than abstaining from meat.**

The USCCB "Pastoral Statement on Penance and Abstinence" **states in #23:** Friday should be in each week of the year something of what Friday is in Lent. For this reason, we urge all to prepare for that **weekly Easter** that comes with each Sunday by freely making **every Friday** a day of self-denial and mortification in prayerful remembrance of the passion of Jesus Christ.

May this season of pondering, contemplating, reconciliation and renewal bring all of us to a renewed understanding and our faith in our Lord Jesus Christ!

"The ultimate goal of fasting is to help each one of us to make a complete gift of self to God." - Pope Benedict XVI

Dcn. "Dub"



### Court Officers

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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



#### Mass Cards Committee:

The fee for Mass cards is \$2.50. This is your opportunity to give the gift of prayer, as well as contribute to the Memorial Scholarship Fund. 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. **Mass cards are always available at the meetings.**



#### Opportunities!

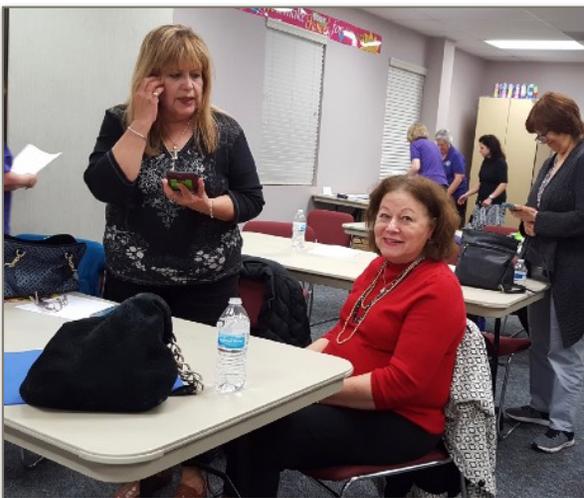
Needs a Chair and/or committee members:

- ✦ **PUBLICITY** - Chairperson, plus 1-2 members
- ✦ **CIRCLE OF LOVE** - Chairperson, plus members
- ✦ **SCRAPBOOK** - Chairperson, plus members

"The Lord measures out perfection neither by the multitude nor the magnitude of our deeds, but by the manner in which we perform them." - St John of the Cross

The new program replacing Virtus is CMGConnect Safe Haven. All employees and volunteers in the archdiocese must take this online class when their current Virtus training expires (5 years), or if they have not taken the Virtus training at all. It is only one hour. CMGConnect can be accessed via the Archdiocesan website at [www.archghg.org/ocyp](http://www.archghg.org/ocyp), and use your Virtus ID and 1234 as the password. If you do not remember your user ID from Virtus, you may request it by contacting: Daphne Woods at 800-228-6108 ext. 2375 or [dwoods@catholicmutual.org](mailto:dwoods@catholicmutual.org), or contacting CMG at [cmgconnect@catholicmutual.org](mailto:cmgconnect@catholicmutual.org).

*Our court celebrated its 2nd anniversary on February 7th, by attending Mass together, followed by a short meeting and social.*

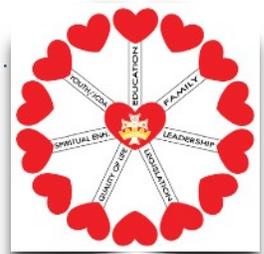


*"The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness." - Lamentations 3:22-23*



### Circle of Love:

**1960 HOPE CENTER** - *Karen Doolittle*



Once again with the partnership of the children and their families of the Religious School at Congregation Jewish Community North (CJCN) and our Sisters in Christ, food item donations enabled the assembly of 50 Manna Bags and the preparation of 100 PBJ sandwiches. We gathered the afternoon of February 21 in the Social Hall at CGS at 3 p.m. and were completely done by 4:20 p.m. and that included cleanup! Huge and heartfelt thanks to all who donated food items and/or volunteered your time to assist with the project. A fun time was had by those assembling and preparing and it is a wonderful opportunity to socialize.

Remember that your time spent shopping for food items, getting your food items to the Social Hall and the time you spend volunteering counts toward Circle of Life volunteer

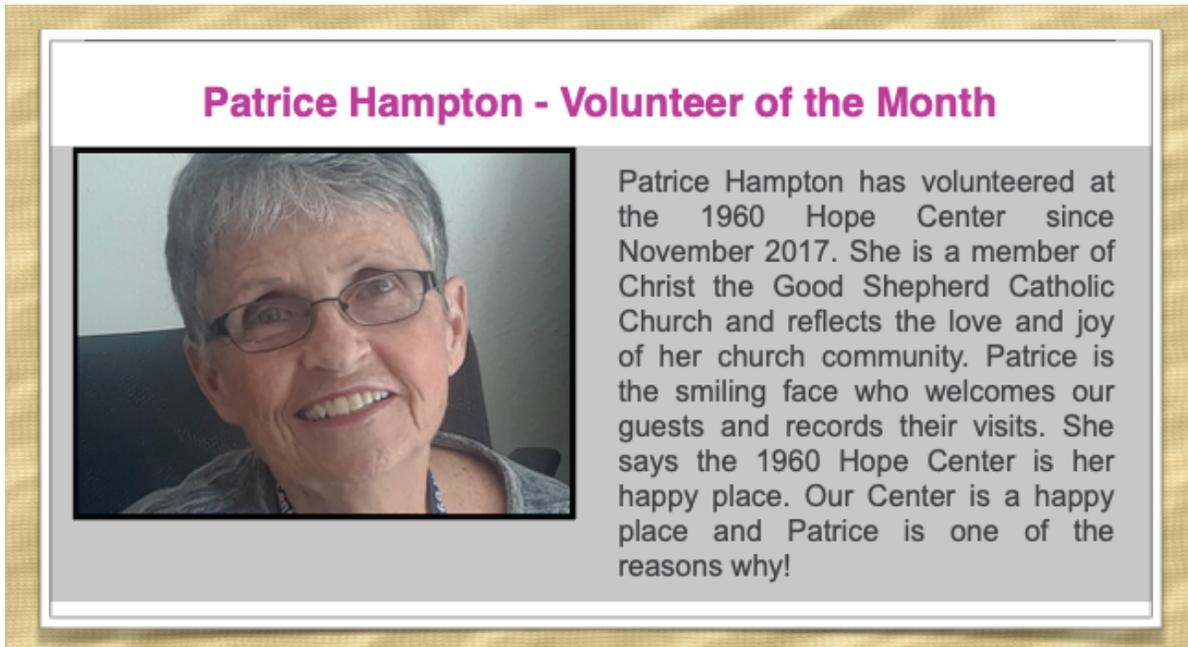
hours. In case you are wondering what category this activity falls under, it is 'Quality of Life'.

Delivering the Manna Bags, sandwiches, clothing and sundry items members donated, one really sees the effect all of these items have on the Quality of Life of the guests of 1960 Hope Center. Their appreciative comments as they unload the transport vehicle of our various donations are telling of the affect on their Quality of Life.

Our next opportunity to serve the guests of 1960 Hope Center is Thursday March 14<sup>th</sup> at 3 p.m. in the Social Hall. Yes, this is the second Thursday, but the weekend beginning the next day on Friday is the THIRD weekend. You will receive an email the first week of March regarding food items needed for March Manna Bags.



Congratulations to Patrice Hampton!



(1960 Hope Center Newsletter February 2019)

## Events:

**\*\*Burning of the Palms** - March 5th at 6:30pm –Bring your palms from last year and place them in the baskets on the tables inside the Narthex doors. Our court will be setting up the social hall for parishioners to share desserts after burning the old palms. Everyone who attends the social will bring desserts, including the CDA volunteers. We will organize the desserts, make coffee, lemonade, set up the ice water, assist with serving and clean up. We will begin at 6:30 as the service should be over by 7:30.

**\*\*Ash Wednesday** - March 6th

Mass: 9am

Liturgy of the Word (English): 6am, 12pm, & 4pm

Liturgy of the Word (Spanish): 6pm & 8pm



Stations of the Cross

March 8th through April 12th, the schedule for stations of the cross at CGS will be as follows:

- 6:30pm in the Prayer Garden (English)
- 7:30pm in the Church (English)
- 8:00pm in the Church (Spanish)

Evening Prayer

Every Sunday from March 10th though June 9th at 7pm.

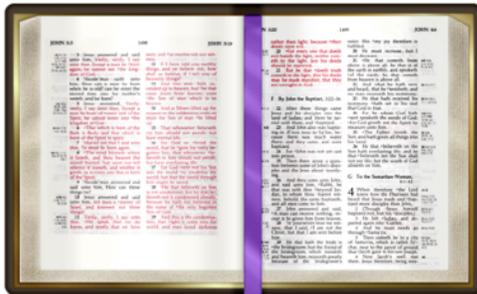


On March 25th, our court will be setting up the Narthex for social time after the Lenten Mission. Our task is to bring cookies to share, set up our table, make coffee and clean up when it is over.

**Prophetic Politics: Healing the Division of our Day**

**English Lent Mission – Mondays During Lent**

You are invited to join our community every Monday during Lent; March 11, 18, 25, April 1, 8. We begin at 7:00 p.m. and will end no later than 8:30 p.m. Our presenter is Fr. Chris Valka, CSB.



**Corporal Works of Mercy: Living Christianity Today**

**Spanish Lent Mission – Wednesdays During Lent**

You are invited to join our community every Wednesday during Lent; March 13, 20, 27, April 3, 10. We begin at 7:00 p.m. and will end no later than 8:30 p.m. Our presenters are the CGS clergy.



*"Unless there is a Good Friday in your life, there can be no Easter Sunday." - Ven Fulton Sheen*



**SERRA CLUB OF NORTH HOUSTON  
LENTEN DAY OF SPIRITUALITY  
MARCH 16, 2019**



Led by Fr. James Burkart, Serra Chaplain, also including Fr. Richard McNellie, Vocation Director, Archdiocese of Galveston-Houston.

Begins with 8:30am Mass followed by wonderful talks, reflection, discussion, prayers, Rosary, and lunch in the Social Hall. Closing prayer at 2:00pm. Lunch: \$5.00.

To register contact Lynn Lewis: [lynilu2@yahoo.com](mailto:lynilu2@yahoo.com), 281.251.7332.

SAVE THE DATE

**SATURDAY**  
**MARCH 23, 2019**

PRIESTS VS SEMINARIANS

STRAKE JESUIT | 11 AM OPENING PRAYER BY CARDINAL DINARDO

TICKETS GO ON SALE  
FEB. 16 AT NOON  
[WWW.HOUSTONVOCATIONS.COM](http://WWW.HOUSTONVOCATIONS.COM)

**THIRD ANNUAL**

PRIESTS VS SEMINARIANS

Jim McIngvale (also known as Mattress Mack) will be speaking at CGS on May 13, 2019 at 7pm. He will be talking about "Unity in Community". All religious communities in the surrounding area will be invited, so please plan to attend, and bring a friend! Priscilla Hargraves, Regent, is asking members to please consider helping with this

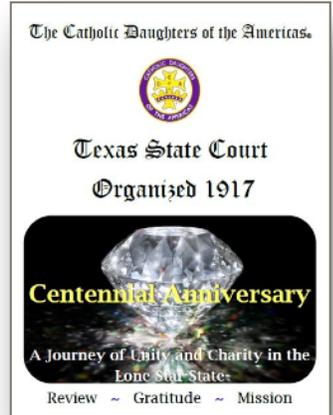


### State News

The **Lone Star Messenger** has published a Winter 2019 Edition. Check out the link to read it: <http://www.texascd.org/Newsletter/2019>

To purchase: *The Diamond Anniversary Texas CDA History Book, "A Journey of Unity and Charity in the Lone Star State", compiled by T. Vacek, April 2017, for \$15. This 145-page book contains the legacy of the Catholic Daughters of the Americas in Texas from 1903 through the next eleven decades.*

TEXAS STATE COURT SALES - Carolyn Ritchey, State Secretary,  
[musicaltunes4me@yahoo.com](mailto:musicaltunes4me@yahoo.com)



*I see the pretty little bee  
from bloom to bloom he goes,  
He's all excited to collect the  
pollen but stops to strike a pose.*

## LADIES STYLE SHOW & LUNCHEON

BENEFITING 1960 HOPE CENTER

SATURDAY, APRIL 6, 2019  
11:00 AM - 1:00 PM

SPRING CHATEAU  
4010 FARM TO MARKET 2920  
SPRING, TX 77388

STYLE SHOW, ENTERTAINMENT,  
EXCITING RAFFLES & VENDORS

**Texas CDA website:** <http://www.texascd.org/#loaded>

**Texas CDA Facebook site:** <https://www.facebook.com/groups/texascd/>

*"Remember that nothing is small in the eyes of God. Do all that you do with love." - St. Therese of Lisieux*

National News



**Catholic Daughters of the Americas®**  
**National Projects**

**Habitat for Humanity**  
 Helping to build hope, build lives, one family at a time

**SOAR!**  
 Support Our Aging Religious  
 Serving elderly sisters, brothers and priests

**HOLY CROSS FAMILY MINISTRIES**  
 Promotes and supports the spiritual well-being of the family

**NATIONAL CENTER ON SEXUAL EXPLOITATION**  
 Exposing the connections between all forms of sexual exploitation

**LABOURE**  
 Building the Church, one vocation at a time

In order to maintain these 5 projects, each Court is asked to donate a minimum of **\$20 per project, per year.**

Checks payable to: **Catholic Daughters of the Americas** with the Project(s) name(s) in the memo. Send all checks to the National Office or follow your State guidelines. You may submit one check to be divided among the National Projects and Charities.

**National Charities**

Each court is asked to donate to a few of the following worthy causes:

1. Apostleship of the Sea
2. Catholic Relief Services
3. Covenant House
4. Disaster Relief
5. Catholic Extension
6. Missionaries of Charity
7. National Shrine of the Immaculate Conception, Washington, DC
8. Pontifical North American College
9. Tuwiler Clinic
10. Smile Train

Please make all checks payable to: **Catholic Daughters of the Americas** with the Charity(s) name(s) in the memo. Send all checks to the National Office or follow your State guidelines. You may submit one check to be divided among several charities/projects, be sure to attach a detailed note.

**National Clergy Consultant Fr. Ed Lamp's Ash Wednesday Reflection**

Lent 2019

Dear Sisters in CDA,

Wednesday, March 6th is ASH WEDNESDAY, the beginning of Lent. The three pillars of Lent are prayer, fasting and almsgiving. Prayer, of course, strengthens our relationship with God. Fasting puts the focus on what is truly needed for our Christian discipleship and what distracts from it. Almsgiving helps us practice charity to become more aware of the needs of others.

Each of us has particular Lenten practices that are personally meaningful. Your parish Lenten practices help you observe Lent as a local worshipping community. Lenten practices of the Universal Church join us to the Christian community throughout the world. Every Lenten practice (personal, parish or universal) should raise our awareness and gratitude for the passion, death and resurrection of our Lord, Jesus Christ.

As you consider your personal Lenten disciplines for this year, you would do well to think of them in terms of prayer, fasting and/or almsgiving. I hope you will also consider participating in the parish Lenten practices (listed in your parish bulletins) and keep a strict observance of the Lenten disciplines of the Universal Church.

I always suggest that Our CDA members invite people of other religions or no religion to attend the Stations of the Cross. It is a wonderful way to share the prayer life of the Church.

There is no doubt that if you take the Lenten spirit of prayer, fasting and almsgiving to heart, you will be blessed by a richer faith life and have all the more reason to celebrate the resurrection of Christ at Easter. Have a blessed Lent!!!

Father Ed Lamp  
National Clergy Consultant

"And he said to all: If any man will come after me, let him deny himself, and take up his cross daily, and follow me" - Luke 9:23





## Legislation:

### Resources:

Texas Legislature Online: <https://capitol.texas.gov/> National website: <http://www.house.gov/>

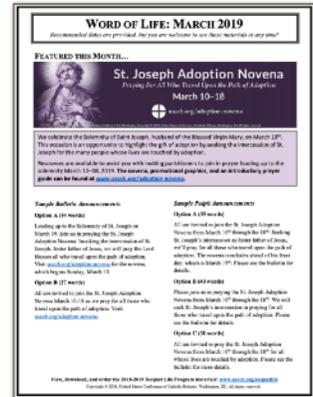
To locate your state and national legislatures: Texas: <http://www.fyi.legis.state.tx.us/Home.aspx>

National: <https://www.house.gov/representatives>

Two really good sources, to keep up to date on human rights and human dignity for ALL: <https://www.humanlifeaction.org/> and <https://www.humanlife.org/>

US Conference of Catholic Bishops: <http://www.usccb.org/about/pro-life-activities/respect-life-program/index.cfm>

Word for Life Flyer for March 2019: <http://www.usccb.org/about/pro-life-activities/word-of-life/upload/Word-of-Life-2019-03.pdf>



### LIFE IS UNDER ATTACK

**February 25th, the US Senate failed to pass the Born-Alive Abortion Survivors Protection Act (S. 311) on a vote of 53 to 44, with 3 senators not voting. In the Senate, 60 votes are needed to overcome a filibuster and pass a bill.**

S. 311 in no way restricted any woman's access to abortion, as abortion advocates claim. The bill was proposed to ensure basic medical and humanitarian care to any child who survives an abortion, a protection not sufficiently provided in federal law.

Senators who voted against the bill did not stand up for "choice." Access to abortion was not at issue. Those senators have put themselves on public record as being indifferent to the pain, suffering and death of an infant who survives abortion.

In spite of the shocking result, we must not become discouraged. Please take a minute to write to your senators to express appreciation for their support of Born-Alive, or disappointment and disapproval if they voted against it.

Take Action [here](#).

*"Apart from the cross, there is no other ladder by which we may get to heaven." - St. Rose of Lima*



## Women's Health:



Each month, we will discuss Women's Health Initiatives. This month, we highlight contributions to Women's Health in the past. (Resource: [CDC.gov/women/contributions/](https://www.cdc.gov/women/contributions/))

**1989** - Published the **Surgeon General Report: Reducing the Health Consequences of Smoking**, which described the health consequences of smoking in women, including an association between cigarette smoking and cervical cancer; an association between maternal smoking and complications of pregnancy; and a doubling of risk of low birthweight infants born to women who smoke during pregnancy.

**1999** - Published Ten Great Public Health Achievements in the 20th Century, which included a focus on [family planning](#) and [healthier mothers and babies](#). Achievements in other public health topics were also

described, including [heart disease and stroke](#), which are leading causes of death among women in the United States.

Released [The Effects of Workplace Hazards on Female Reproductive Health](#) that identifies possible and probable workplace hazards and their effects.

Organized the [National Folic Acid Campaign](#), along with the March of Dimes and the National Council on Folic Acid, to promote the use of folic acid to prevent the serious birth defects spina bifida and anencephaly.

Developed the National Arthritis Action Plan: A Public Health Strategy, with the Arthritis Foundation and the Association of State and Territorial Health Officials. This report proposed a national coordinated effort for reducing the occurrence of arthritis and its accompanying disability.

**2001** - Issued the [National Report on Human Exposure to Environmental Chemicals](#). The report included data about levels of 27 environmental chemicals in blood and urine samples among participants in the 1999 National Health and Nutrition Examination Survey. Assessment of women's and children's exposure to mercury has been improved through availability of data in the report on levels of mercury in blood samples from women of childbearing age and children aged 1-5 years.

**2010** - For 20 years, [CDC's National Breast and Cervical Cancer Early Detection Program](#) (NBCCEDP) has provided free or low-cost mammograms and Pap tests to low-income women with little or no health insurance. Since 1990, NBCCEDP-funded programs have served more than 3.7 million women, provided more than 9.2 million breast and cervical cancer screening examinations, and diagnosed more than 44,885 breast cancers, 2,554 invasive cervical cancers, and 123,563 premalignant cervical lesions, of which 42% are high-grade.

CDC in partnership with Liz Claiborne, Inc., developed a new online training, [Dating Matters: Understanding Teen Dating Violence Prevention](#). The training is for educators, youth leaders, and others working with teens to help them understand the importance of healthy relationships and how to prevent violence before it starts.

**2014** - [Millions of Underserved Women in the US have Benefitted from CDC's Breast and Cervical Screening Program](#) More than 4.3 million women with limited access to health care received breast and cervical cancer screening and diagnostic services in the first 20 years of the CDC's program.

**2017** - [Seven Things You May Not Know about Women's Health](#) - You may be surprised to learn about some health issues that affect millions of women or girls each year. Learn about some of them and what you can do.

[Sleep Duration and Quality Among Women Aged 40-59, by Menopausal Status](#) - This data brief describes sleep duration and sleep quality among non-pregnant women aged 40-59 by menopausal status.

[Lower Your Risk for the Number 1 Killer of Women](#) - Learn about heart disease in women and what you can do to keep a healthy heart.



*"In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact." - Les Brown*

### 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."



**For God So Loved The World...**

\*\*Don't forget to 'represent' by wearing CDA merchandise: <http://store.catholicdaughters.org/>



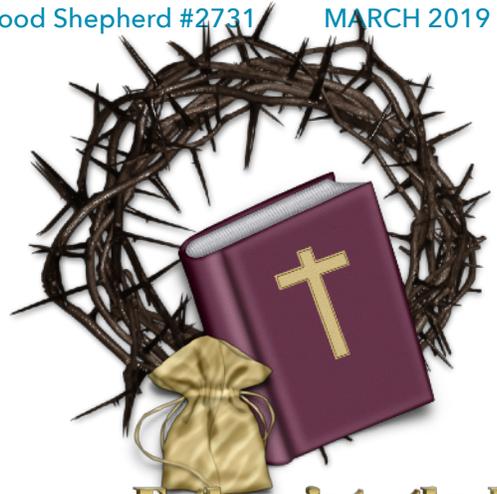
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Questions? Call Us! 212-877-3041  
or eMail Martha at [cdaorders@aol.com](mailto:cdaorders@aol.com)

### Birthdays

Margaret Williamson 2nd  
Anne Shepherd-Knapp 3rd  
Veronica Arnold 21st



**Father, into thy hands  
I commend my spirit...**



Click link below to see the Winter issue of SHARE, if you did not receive a hard copy in the mail:  
<http://books.midstatesgroup.com/books/okcm/>

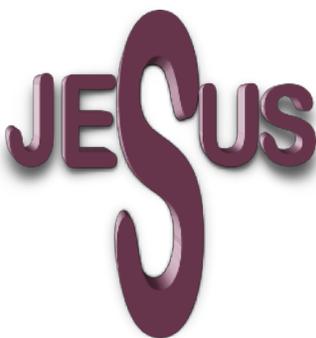
(NOTE: you must have 'flash' to view)



National December 2018 Newsletter:

[https://www.catholicdaughters.org/Qtr\\_Newsletter/2018\\_12/QuarterlyNewsletter\\_December2018.pdf](https://www.catholicdaughters.org/Qtr_Newsletter/2018_12/QuarterlyNewsletter_December2018.pdf)

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



"(Lent) is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism." - Pope Benedict XVI



## Dates to Remember

### CDA Calendar for March 2019

- 7th - Gen. meeting-7:00 PM, Rm. B207-209
- 8th - Start of K of C Fish Fry Fridays, desserts & Mass cards  
Stations of the Cross begin
- 9-10th - Ministry Fair w/CDA table, after all Masses
- 11th - Parish Lenten Mission begins 7:00 PM
- 14th - Hope Center ministry-3:00 PM, Social Hall
- 15th - CDA will lead the Stations of the Cross - 7:30 PM
- 21st - Officers' meeting
- 25th - CDA will host the social following the 3rd Lenten Mission



"God never tires of forgiving us; we are the ones who tire of seeking his mercy." - Pope Francis



## Do You Want to Fast This Lent?

*In the words of Pope Francis*

Fast from hurting words - and say kind words.  
Fast from sadness and be filled with gratitude.  
Fast from anger and be filled with patience.  
Fast from pessimism and be filled with hope.  
Fast from worries and have trust in God.  
Fast from complaints and contemplate simplicity.  
Fast from pressures and be prayerful.  
Fast from bitterness and fill your hearts with joy.  
Fast from selfishness and be compassionate to others.  
Fast from grudges and be reconciled.  
Fast from words and be silent so you can listen.

