



**CATHOLIC DAUGHTERS OF THE AMERICAS**

# *The Angelus*

## **Pennsylvania State Court**

*Margaret Giordano, Pennsylvania State Regent*



Volume XIII - Issue 4

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

Spring 2024

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## **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](mailto: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.*

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## 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

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# 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, February 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](http://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*

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 Louisiana 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 Supervisor**



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**

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## **My Journey to CDA Office**

### **Margaret T. Giordano, State Regent**

My Dear Pennsylvania CDA Sisters,

God works in mysterious ways. Sometimes it's very simple. 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 positions. 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!*

## I Have Never Regretted Saying, “Yes!”

*Jeanette Kitch, 2nd Vice State Regent*



I became 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](mailto: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](mailto: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 worshipping together.

—Email Michelle Russo: [Micheller.Pacda1097@gmail.com](mailto:Micheller.Pacda1097@gmail.com)





# Court Chatter

## 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 week-end 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 beginning 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 Borowski 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

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

of Camilla Hall and participating in Pro-Life activities and National and State Charities.



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.



Left to right: Jeanette Cardinal, Dolly Maronski, Alice Murray, Colette McCaffrey; 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

After 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](http://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 fund-raising 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**

I 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



Shirley Hall, IPSR  
and Margaret Giordano,  
State Regent



Emily Guilherme,  
National Regent  
and Susan Moné,  
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**



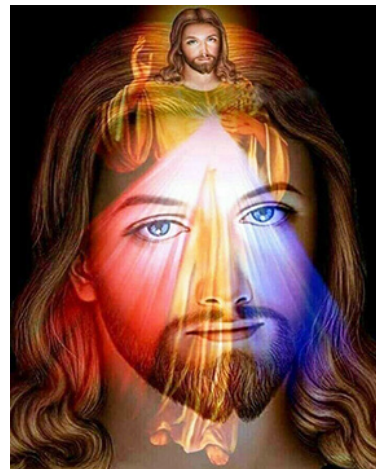
I am honored to be a part of this great organization. A big prayer goes out to our Pennsylvania State Regent, Margaret Giordano. May God bless her and give her spiritual direction as she continues in this endeavor.

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](mailto:cdaroster@aol.com) or to [\[catholicdaughters.org\]\(https://catholicdaughters.org\). 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.](mailto:gertrude@</a></p></div><div data-bbox=)

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](mailto: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 future. 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](mailto:amfisanick@hotmail.com)

## Parliamentary Procedures' Pointers

Patricia Gildea, State Parliamentarian



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

At 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

National has added Facebook to the National Contest. As of February 5, 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

Judith Poltanis

State Leadership Chairman



Each of us is the sum of our experiences! 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 your prayers as she recuperates 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.





**Nov. Lottery Winners**

Carolyn Payne  
June Ross  
Mary Catherine Wydra  
Diane Mahoney  
Callie Todhunter  
Kathleen Byron  
Michael Duley  
Norman Stout  
Donna J. Cunningham  
Mary Hallahan  
Frances A. Rhoa  
Joyce Morgan  
Barry & Marsha Critchfield  
Sylvia Fox  
Sylvia Fox  
Don Eaise  
Geraldine Dreese  
William Hall  
Sue Tracanna  
Theresa Zameraski  
Jen 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  
Of Our Lady #647  
Sylvia Fox  
Sylvia Fox  
Sylvia 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

**Dec. Lottery Winners**

Nancy J. Lebano  
Mary Anne Mariana  
Sarah Mastrull  
Diane Figg  
Brenda Goodling  
Joanne 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 Gallitizin #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  
Columbia #2  
Westinghouse #759  
St. Dominic #2222  
St. Veronica #111  
Mystical Rose #2628  
SO Lisa McCann  
St. Leo #356

**Jan. Lottery Winners**

Sheila Garcia  
Lois C. Martin  
Cynthia P. Greco  
Blaine Galonski  
Grace Schall  
Marcie Cochran\*  
Peter Avellino  
Joann Cistone  
Martha & Haylee Opalinski  
Vince Dougherty  
Janet Hill  
Ron Faller  
Jerome Pleiss  
Laraine McGinnis  
Edward Tomczak  
Robert F. Walter  
CarolAnne Ferreira  
John Paul Daniele  
Janice Koutch  
Monna George  
Emily Fromknecht  
Pat Gawryla  
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  
Lambing #314  
Westinghouse #759  
Sylvia Fox  
Bellevue #655  
Easton #358  
Washington #1651  
Holy Trinity #1336  
SR Margaret T. Giordano  
Queen 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  
Sylvia Fox  
SO Lisa McCann  
St. Catherine of Siena #1992

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

<u>Winners/Selling Court</u>	<u>Date</u>	<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: \_\_\_\_\_

Revised: 12/17/23

*Blessed Christmas and Joyous, Healthy New Year*

*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

*Happy Anniversary*

*Jeffrey and Caron Leath Gillespie*

Requested by: Margaret T. Giordano

*Happy Birthday*

*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!**

*Happy Birthday*

*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

*Happy Feast Day!*

*Sr. Mary Paul Giordano, DM*

Requested by: Margaret T. Giordano

*Get Well Wishes/Good Health/Improved Health/  
Speedy & Complete Recovery*

*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



*Get Well Wishes/Good Health/Improved Health/  
Speedy & Complete Recovery*

*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

*O Lord, Hear Our Prayers*

*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,

**L**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 at His most vulnerable, the Spirit was at work in His life. He also had the resource of the Scrip-



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:** Isaiah 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

tures, 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