Nebraska

CATHOLIC DAUGHTERS OF THE AMERICAS

100th

WHO ARE WE?
WE ARE NEBRASKA CDA!
WE ARE OVER 100 YEARS STRONG ...

AND GROWING!

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WELCOME TO NEBRASKA CATHOLIC DAUGHTERS OF THE AMERICAS

Are you a Catholic woman and at least 18 years of age?

Do you want to make a difference and grow spiritually?

If so, Catholic Daughters of the Americas is for you!
We invite you to become a member of one of the largest organizations of Catholic women in the world. CDA has over 52,000 members in over 1,000 Courts in the United States, Puerto Rico, Guam, Virgin Islands, and Mexico.

The Catholic Daughters of the Americas offers many opportunities for women to share their God-given talents!

If you have decided to become a Catholic Daughter, we welcome you with joy! Thank you for answering God's call through His Immaculate Mother Mary.

If you are researching the Catholic Daughters of the Americas, you are welcome to visit any local Court meeting or reach out to State Officers to find out more (they are listed on page 15 of this pamphlet). You can often find meeting announcements in your local parish bulletin.

If you are actively considering joining us, we support you and pray for your discernment. If you join us, we think you will grow spiritually, grow in friendships, and grow a servant's heart with all the blessings that entails.
May God bless you. And may Mary hold you in her heart.

WHAT CATHOLIC DAUGHTERS DO

Feed the hungry

Care for abused children and battered women

Help the homeless

Support Seminarians and Priests

Provide aid to disaster-stricken areas

Support youth and pro-life programs

Get involved with legislators to help bring needed change

Help alcohol and drug abuse victims

Combat pornography and sex trafficking and help victims and survivors of trafficking

Help the aged and disabled

Support young families

And so much more

CAMPUS COURTS

Young Catholic women in college can join the Catholic Daughters of the Americas at their college. Their energy and willingness to share their talents are examples of what CDA is all about.

COMMUNICATION

NATIONAL WEBSITE

As part of the larger organization of the Catholic Daughters of the Americas, members have access to the National CDA office at www.catholicdaughters.org. Abundant information and resources can be found there.

STATE WEBSITE

On the State level, a lot of information and resources may be found on the State website: Nebraskacda.org.
Here we also highlight the wonderful things our local Courts are doing.

STATE NEWSLETTER

Court Regents receive a quarterly newsletter from the Nebraska State Regent and pass the information offered there to their local Court members. Information from the State Regent, National Representative, and State Chaplain are included in the newsletter, along with project information and updates. All members receive a quarterly copy of "Share" Magazine from the National CDA office.

Of course, the best way to stay informed is to attend a monthly meeting of your Local Court.

SPIRITUAL GROWTH

The spiritual growth of our members is one of our core purposes. Days of reflection, inspiration, and prayer are offered in various locations in the state. Many Courts start their meetings with the Rosary or other prayers. The National Catholic Daughters often offer retreats. Many local Courts publish prayer lists to their members to share the needs and intentions of others. Some sponsor pilgrimages. Most Courts offer Masses for living and deceased members, and Court members pray a public Rosary at the wake for the deceased. They attend the funeral Mass and offer comfort to the family. Most Courts enjoy the guidance of their own Chaplain.

ORGANIZATION'S PURPOSE

As you will see in the following pages, the Catholic Daughters of the Americas are very active in temporal and spiritual works of mercy. Since we were founded in 1903, our purpose has been to participate in the religious, charitable, and educational Apostolates of the Church. We engage in creative and spiritual programs which enable our members to use their God- given talents in a meaningful way to positively influence the welfare of the Church and all peoples throughout the world. We serve under the patronage of our Blessed Mother, united in faith in Jesus Christ and devotion to the Church and the Holy See.

MISSION STATEMENT

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

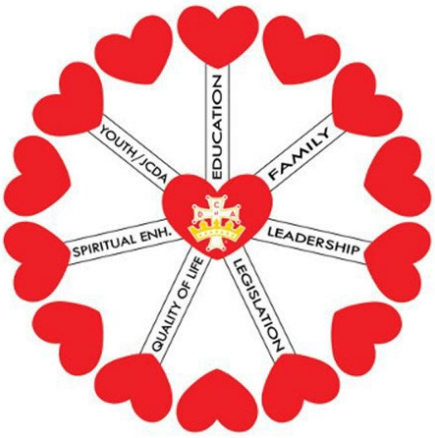
MOTTO

UNITY AND CHARITY

Catholic Daughters of the Americas at Walk/Run for Love

National Convention 2024, New Orleans, Louisiana

CIRCLE OF LOVE



The image above is symbolic of our CIRCLE OF LOVE program.

By definition, a circle is a curved line with every point equal distance from the point of the center and bound together by the common interest. The seven point program of the CIRCLE OF LOVE is bound together by this common interest – LOVE.

The image of the Cross and Crown in the center of the heart is the national symbol of the Catholic Daughters of the Americas. The seven spokes of the circle indicate the needs of the Church and community best served by the Catholic Daughters. The program itemizes these needs with suggestions on how Catholic Daughters can effectively serve. Local courts are asked to select portions of the programs in which their members feel inspired to serve.

More information can be found in Tools of The Trade, our working manual, or

online at [www.catholicdaughters.org.](http://www.catholicdaughters.org)

EDUCATION

Education is a key component of our Circle of Love which significantly impacts the long-term success of our organization. Education helps bring us to fulfillment, increases our awareness, and helps improve attitudes. An educated member is a more effective member. Education may lead to higher participation in an entire range of activities.

Education programs and activities should help members to learn about CDA, its history, its charitable projects and charities, as well as what the spokes on the Circle of Love entail. This may include topics of a spiritual nature, safety concerns, and medical issues, etc. Education should also be offered about current events because they affect the needs of our world that CDA must address.

Education Contests and scholarships are offered to both adult members and youth to inspire creative thinking about selected spiritual topics. It is also an opportunity for all to advance their God-given talents.

Information on the contests and scholarships can be found on the National CDA website or by contacting

Education Chair Nancy Bambenek nancy@hbcsc.net

FAMILY

Family is the gift God gave to provide love, acceptance, safety, and experience of His love. CDA aims to enhance the purpose of family. Family can be categorized into three areas: Immediate (wife, husband, children, brothers, sisters, parents, grandparents); Extended (aunts, uncles, cousins); and Inclusive (friends, church members, local community members, organizational members, military, etc.). A true family provides its members with emotional and spiritual kinship through shared values, beliefs, traditions, common experiences, activities, and unconditional love.

Courts should continue to strengthen family relations by interacting with families. They should offer programs or activities that assist and support the family, Families praying together, working together, and playing together will fully encompass the Circle of Love Program. **Family Project Examples:**

Summer Family Picnic
Planning a Pilgrimage for Families
Date Night for Couples (Providing Babysitting)
Sunday Dinners
Family Movie Night
Family Game night
Faith Formation
For more information, contact

Family Chair Barb Wiechmann at barbwcda2024@gmail.com

LEADERSHIP

The most famous version of the song "Wind Beneath My Wings" was recorded by Bette Midler in 1988. The song about unerring support applies to Leadership. Good leadership inspires others to "fly higher than an eagle", reaching new heights in the development of their talents.

As Catholic Daughters, we aim to prepare women to assume positions of leadership in their Courts, states, Dioceses, and local communities. Our manual, "Tools of the Trade", found on the National website, offers practical examples and how-to's for leaders on conducting meetings, delegating various roles to Court members, and more. A very good resource is "Tips for Emerging Leaders in CDA" written by past National Leadership Chair Helene Shepherd, found on the National website.

A good Leader Guides, Motivates, and Helps her officers and members. Hidden sometimes in the ranks of our Courts are potentially great leaders. Leadership education helps bring our hidden leaders to the forefront, encouraging them to use their God-given abilities to lead and find fulfillment.

For more information, contact

Leadership Chair Rosie Stockwell at rosiestockwell@gmail.com

LEGISLATION

CDA members are obligated to become informed on public issues, addressing the moral and human dimensions, while supporting Church teaching on human life, human rights, justice, and peace.

The Catholic Daughters of the Americas DO NOT ENDORSE CANDIDATES OR ANY POLITICAL PARTY!

CDA's program "Operation Morning Star" encourages and educates Catholic women to speak out in the legislative arena. Its Mission Statement is as follows:

"The Empowerment of Catholic womanhood to develop a Catholic Policy Agenda to reach out and speak out in the legislative arena for the advancement of human rights and human dignity for all, in accordance with the principles of justice and peace."

Why is it called "Operation Morning Star"? One of Holy Mary's titles is "Morning Star". Ven. Fr. Casimir Wyszynski (1700—1755) wrote of her,

"Mary is the noble Star rising from the house of Jacob, whose rays illuminate the whole world...let us then watch the rise and movements of this brightest star carefully; let us follow her; let us rise up from the sleep of death by sin....Just as a star once led the three wise men to Jesus as He lay in a stable...so will this Morning Star...lead us to Jesus sitting at the right hand of the Father in the heavenly kingdom."

(https://www.thedivinemercy.org/articles/part-1-mary-morning-star)

For more information, contact Legislative Chair Kathleen Grange.

QUALITY OF LIFE

Quality of Life is directed to the aid and sanctification of individuals and groups, including benefits to those in need. We are called to reach out with compassion and support, to be helping hands where there is pain, poverty, sorrow, or sickness.

Quality of Life encompasses the following: Family Life Issues (domestic abuse, human trafficking, drug and alcohol abuse); Restoration of Family Values (white ribbons against pornography campaign, teaching children prayers;) Family Health Issues (volunteering at a long- term care facility, running errands for shut-ins); Community Issues (Supporting Red Cross, helping emigrants); Worldwide Issues (supporting missionaries, response to international crises); Protection of Our Earth (recycling programs, good stewardship); and Health and Wellness (Coronary Heart Disease prevention programs, group walks).

For more information, contact

Quality of Life Chair Mary Kizer at maryannkizer@yahoo.com

SPIRITUAL ENHANCEMENT

The Catholic Daughters of the Americas has a dual purpose: 1, service and 2, spiritual growth. Service for the sake of service can become burdensome and more of an obligation than a joy. That is why the Spiritual Enhancement component of the Circle of Love is so important. Through the spiritual programs in each local and state Court, we help our members to nourish and develop their relationships with God.

Out of those developing relationships comes the realization of God's love and everlasting mercy. Because of this realization, the desire to serve Him by serving His people grows. Our service, then, becomes the way we witness our faith and share God's love with the world. Because of His guidance and support, we can serve with joy and faithfulness.

Opportunities are offered for our members to spend time with God. They can be Eucharistic Liturgies for all CDA members, seasonal prayer services, praying the Rosary, sponsorship of Bible study groups, days set aside for inspiration and introspection such as the new Day of Prayer program started by the Nebraska State Board, with the cooperation of various local Courts. Spiritual Enhancement encourages the concept of true sisterhood between our members.

For more information, contact Spiritual Enhancement Co-Chairs

Connie Dronette at conniecda@yahoo.com and

Susan Killian at susankkillian@gmail.com

YOUTH/ JCDA

YOUTH

Tomorrow's promise lives in today's youth for they will be the leaders, the citizens, and the church of tomorrow. In responding to their needs today, we shape a better future for all. CDA has made a deep commitment to sponsor, participate in, and support youth activities. This can be accomplished by working collaboratively with existing community and parish youth groups such as youth ministry, social action groups, local schools, or by sponsoring a Junior CDA Court.

It is the mission of the Youth Program to nurture personal and spiritual growth, to promote service to others, and to foster an awareness and appreciation of diversity through a variety of suggested activities and experiences. Examples range from the simple (becoming a Prayer Partner of a First Communicant or Confirmandi) to hands-on (Omaha CDA Courts serving at the Newman Center's Taco Tuesdays on campus,). Let your heart lead you where the youth need you.

JCDA

The Catholic Daughters of the Americas started JCDA (Junior Catholic Daughters of the Americas) in 1926 for Catholic girls aged six to 18. Juniorettes are six to ten years old; Juniors are 11 to 18 years old. The program is based on four objectives, or goals:

- To promote the development of the whole person through programs of self-identity, personal growth, and peer group relationships.
- To promote service to others in the parish, community, and JCDA;
- To encourage spiritual growth by providing opportunities for personal prayer, liturgy, and ecumenical understanding; and
- To encourage programming that is open, flexible, and creative to and for current needs and concerns.

For more information, contact Youth Chair Yvette Griego at
yvettegriego.cda@gmail.com

NATIONAL PROJECTS AND CHARITIES

The Catholic Daughters of the Americas has identified national projects and charities which it endorses and supports. Local Courts support the National Projects (required) and choose National Charities to contribute to (Court's choice).

The **FIVE NATIONAL PROJECTS** are:

- HABITAT FOR HUMANITY— The Catholic Daughters, in partnership with Habitat for Humanity, work to build affordable, simple, decent homes for economically disadvantaged people so they can have a better environment in which to raise their families. We provide the finances for the house, and in some cases, physically help build the homes. CDA was one of the first women's organizations to complete a house in Habitat for Humanity's seven-day "blitz build". Nebraska CDA women support it in other ways as well, such as feeding Habitat for Humanity workers, donating materials, etc.

- HOLY CROSS FAMILY MINISTRIES— If you learned "The family that prays together stays together", you may not have known that it is the motto of the Holy Cross Family Ministries. Holy Cross Family Ministries encourages family prayer, especially the Holy Rosary, through the Family Rosary program. Founded by Venerable Father Patrick Peyton, CSC, Family Rosary seeks not only to fulfill the need to share the message of prayer with those who are unfamiliar with the Rosary, but also to strengthen the prayer life of the devout. Since Catholic Daughters of the Americas has the Blessed Mother as our Patroness, and we have a strong devotion to her, we have supported this worthy cause since 1977.

- THE LABOURÉ SOCIETY— The Labouré Society encourages vocations to religious communities. They have financially helped aspirants who wish to enter a religious community but are unable to because of a financial impediment. Donations from CDA help make their vocation become a reality. St. Catherine Labouré is the Patroness of this society.

- SOAR! (SUPPORT OUR AGING RELIGIOUS)— SOAR! was founded in 1986 with $25,000 seed money received from the Catholic Daughters of the Americas. Augmenting the efforts of the institutional Church, SOAR! is a non-profit organization of people committed to assuring financially stable and personally secure futures for elderly and frail members of Catholic religious congregations.

- NATIONAL CENTER ON SEXUAL EXPLOITATION— In 1962, Morality in Media was established in New York City to combat pornography. In 2015, the name Morality in Media was changed to National Center on Sexual Exploitation. This organization promotes the WRAP Campaign, the White Ribbon against Pornography. The campaign takes place each year at the end of October. An NCOSE newsletter is sent out with each National Quarterly.

NATIONAL PROJECTS AND CHARITIES, CONT.

The **NATIONAL CHARITIES** are:

- APOSTLESHIP OF THE SEA— In 1920, Port Ministry was conceived. Its goal is to provide spiritual, physical, and psychological services at port locations in the United States to those who work and serve at sea. They are always happy to receive gifts and useful articles to place on board ships in ports at Christmas time.
- BASILICA OF THE NATIONAL SHRINE OF THE IMMACULATE CONCEPTION— The Catholic Daughters' donations help to maintain our beautiful Basilica in Washington, D.C.
- CATHOLIC EXTENSION— Catholic Extension was founded in 1905 to help Catholics in remote areas lacking church buildings and resources. Its vision is to raise money to help bring the Catholic Church to these isolated communities. Today Catholic Extension serves 87 "mission Dioceses" and funds approximately 2,000 projects annually throughout the United States and its territories.
- CATHOLIC RELIEF SERVICES— This international project was started in 1943 to provide assistance to the people in the poorest parts of the world. CRS reaches out to more than 100 countries with support such as food, medical supplies, and religious assistance.
- DISASTER RELIEF FUND— The Catholic Daughters of the Americas maintains a Disaster Fund to which our members contribute. At the request of the State Regent where a disaster occurs, monetary assistance is forwarded to the Bishop of that Diocese for distribution.
- HUMAN LIFE INTERNATIONAL— Human Life International (HLI) is a United States-based Roman Catholic anti-abortion organization. It is one of the largest anti-abortion organizations in the United States. It is also the largest international pro-life organization in the world. It has affiliates and associates in over 116 nations worldwide and has sent representatives to approximately 160 locations. Through their global mission Human Life International is:
  — Training local leaders and making a lasting impact on communities around the world through doctors and teachers.
  — Helping families choose life by providing counseling, healthcare, and other resources to expectant mothers in crisis.
  — Going beyond abortion by bringing Christ's teaching on life and family to the world including chastity, marriage, end of life issues, and more.

Human Life International works to build a pro-life culture.

NATIONAL CHARITIES (CONT.):

- MISSIONARIES OF CHARITY— The Missionaries of Charity Sisters (Mother Teresa's Sisters or the Sisters of Mother Teresa, as many call them) is a religious community in the Catholic Church, founded by Mother Teresa of Calcutta (now St. Teresa of Calcutta) in 1950 in Calcutta, India. The community is totally dedicated to the service of the poorest of the poor, irrespective of social class, creed, or color. The Sisters deliberately choose to show God's concern for the poorest and the lowliest, remaining right on the ground, while offering immediate and effective service to those in need until they can find someone who can help them in a better and more lasting way.

- THE NORTH AMERICAN COLLEGE— At the Pontifical North American College, formation of men for the Priesthood of Jesus Christ is characterized by the four pillars of priestly formation: human, spiritual, intellectual, and academic development. There are about 160 seminarians, as well as numerous faculty members and graduate students from across the United States, Canada, and Australia, who devote themselves to personal formation for priestly ministry under the attentive guidance, supervision, and evaluation of a formation faculty of priests and religious.

- VICTORY JUNCTION— Victory Junction , designated as a National Charity, is situated on eighty-four acres in the upper hills of Randleman, North Carolina. Victory Junction is a Serious Fun Children's Network that serves children dealing with serious medical conditions and chronic illnesses. The camp holds certification from Serious Fun, which sets specific standards for camper care. Families are served from all over the United States and some other countries. Attending camp at Victory Junction helps children to develop independence and self-esteem. The highest quality of care is not only given to the children but also to all family members. The parents and all siblings are allowed to attend the weekend Family Program.

CURRENT NEBRASKA COURTS (2025)

COURT #	COURT NAME	DIOCESE	TOWN
96	CORDOVA	L	FALLS CITY
401	COLUMBIA	O	OMAHA
457	HARTINGTON	O	HARTINGTON
472	ST. CHARLES	L	LINCOLN
576	SAN SALVADOR	L	DAVID CITY
697	ST. MICHAEL	O	O'NEILL
709	OUR LADY OF LORETTO	L	PLATTSMOUTH
764	ST. MARY	L	YORK
877	ST. MONICA	O	NORFOLK
988	LITTLE FLOWER	O	COLUMBUS
1009	WILLIAM MCDONALD	L	HASTINGS
1122	EMMANUEL	L	NEBRASKA CITY
1263	AVE MARIA	GI	GRAND ISLAND
1384	GUARDIAN ANGEL	O	WEST POINT
1549	OUR LADY OF FATIMA	GI	NORTH PLATTE
1802	ST. CATHERINE LABOURÉ	O	VERDIGRE
1956	OUR LADY OF PEACE	L	WAHOO
2007	ST. JAMES	GI	KEARNEY
2015	SACRED HEART	GI	ST. PAUL
2036	OUR LADY OF PERPETUAL ADORATION	O	BELLEVUE
2039	OUR LADY OF GOOD COUNSEL	GI	GREELEY
2053	ST. JUDE	GI	SCOTTSBLUFF
2098	OUR LADY OF THE PLAINS	GI	BROKEN BOW
2099	OUR LADY OF SPALDING	GI	SPALDING
2182	MARY IMMACULATE	O	OMAHA
2186	OUR LADY OF NEBRASKA	O	OMAHA
2227	QUEEN OF PEACE	GI	GRAND ISLAND
2253	QUEEN OF THE ANGELS	O	FREMONT
2423	MARY QUEEN OF PEACE	O	OMAHA
2451	MOTHER TERESA	O	OMAHA
2511	OUR LADY OF THE ROSARY	O	OMAHA
2604	OUR LADY OF FAITH	O	OMAHA
2737	OUR LADY OF LOURDES	GI	CHADRON
2760	SANTA MARIA	GI	GRAND ISLAND
2801	OUR LADY OF THE SANDHILLS	GI	VALENTINE/ NENZEL

LEGEND:

L—Lincoln
O—Omaha
GI—Grand Island

CONTACT US

2025 – 2027 NEBRASKA STATE OFFICERS:

STATE REGENT—KIM MEDUNA
NEBRASKACDAREGENT@GMAIL.COM

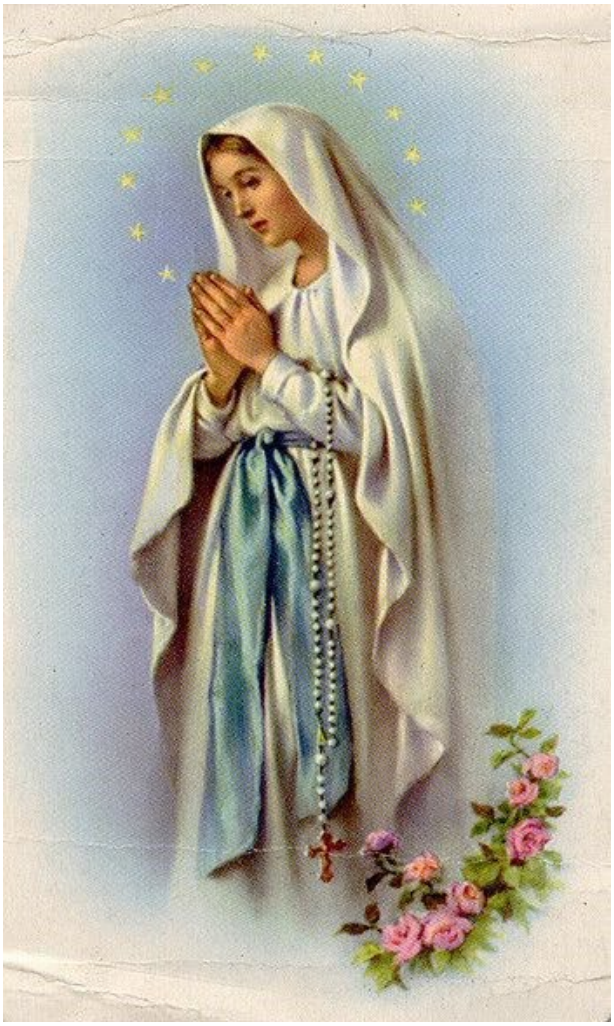
FIRST VICE STATE REGENT—JANET MACKLIN
NEBRASKACDA1VICE@GMAIL.COM

SECOND VICE STATE REGENT—LAURIE HERGOTT
NECDAST2VICE@GMAIL.COM

STATE SECRETARY—MARILYN LOWERY
NEBRASKACDASECRETARY@GMAIL.COM

STATE TREASURER—NANCY VRBKA
DNJJMM@GMAIL.COM

Left to Right: St. Sec. Marilyn Lowery, 1st Vice St. Reg. Janet Macklin, St. Reg. Kim Meduna, 2nd Vice St. Reg. Laurie Hergott, and St. Treas. Nancy Vrbka



CATHOLIC DAUGHTERS OF THE AMERICAS PRAYER

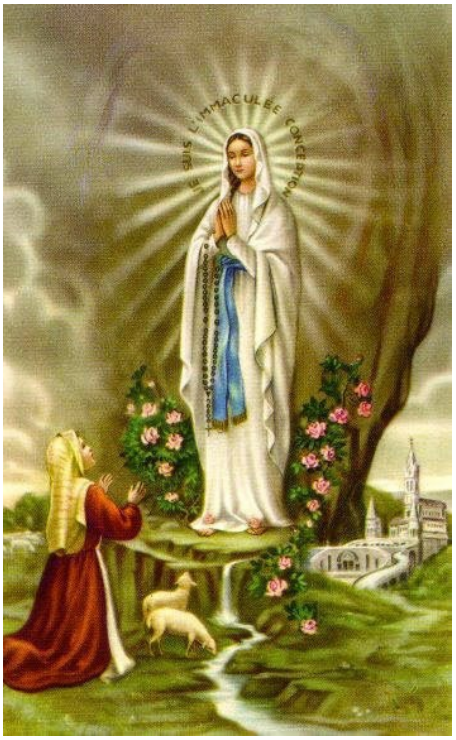
Oh Mary conceived without sin and found worthy to be the Mother of God, to you do we entrust the Catholic Daughters of the Americas. You who were filled with the gifts of the Holy Spirit, intercede for us that we may be filled with the gifts of the Holy Spirit to help build up the Church, the Body of Christ, in the Americas.

Grant that, with your motherly aid and inspired by the Holy Spirit, we may proclaim the Gospel of life, the sacredness and dignity of all human persons, especially the unborn, the elderly, and the infirm.

Help us to be living examples of family life and to promote unity and charity at all times.

May all that we do as Catholic Daughters of the Americas build a civilization of love and peace to the praise and glory of God.

Amen.



Pope John Paul II's Prayer to Our Lady of Lourdes

Author: Pope John Paul II

Hail Mary, poor and humble Woman, Blessed by the Most High! Virgin of hope, dawn of a new era, we join in your song of praise, to celebrate the Lord's mercy, to proclaim the coming of the Kingdom and the full liberation of humanity.

Hail Mary, lowly handmaid of the Lord, Glorious Mother of Christ! Faithful Virgin, holy dwelling-place of the Word, teach us to persevere in listening to the Word, and to be docile to the voice of the Spirit, attentive to His promptings in the depths of our conscience and to His manifestations in the events of history.
Hail Mary, Woman of sorrows, Mother of the living! Virgin spouse beneath the Cross, the new Eve, be our guide along the paths of the world. Teach us to experience and to spread the love of Christ, to stand with you before the innumerable crosses on which your Son is still crucified.

Hail Mary, woman of faith, First of the disciples! Virgin Mother of the Church, help us always to account for the hope that is in us, with trust in human goodness and the Father's love. Teach us to build up the world beginning from within: in the depths of silence and prayer, in the joy of fraternal love, in the unique fruitfulness of the Cross.

Holy Mary, Mother of believers, Our Lady of Lourdes, pray for us. Amen.