



Messenger

Our 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.*

February 2026

Catholic Daughters of the Americas® Court St. Rita #409

Perham, MN



Motto: Unity & Charity
Patroness: Blessed Virgin Mary
Court Chaplain: Fr. Omar Guanchez

Contact Us:

Website:
parishfaith.com/catholic-daughters

Regent:
Leanne Stoll 218-205-9703
218-758-3050
37274 County Hwy 35
Dent, MN 56528
dstoll34@gmail.com

Vice Regent:
Lynn Schwanke 320-248-8820

Recording Secretary:
Dianne Rohde-Szarke 218-205-1301

Financial Secretary:
Pat Hager 701-460-1234

Treasurer:
Rosie Altstadt 218-371-5315

Newsletter Editor:
Rachel Poser 218-346-7280
daisy28@hotmail.com

District Deputy:
Charlene Dunn 218-850-9566
111 Washington Ave #304
Detroit Lakes, MN 56501
cd3mn@live.com

It is hard to believe we are about to begin the 2nd month of 2026 already when it feels like we just started January, but it is not hard to say goodbye to the extreme cold temperatures! We had a good turnout for the January meeting, and it was great to listen to all the ideas shared during the meeting and while we visited after the meeting. Thank you all for coming! Our next meeting is February 3rd, and I hope we have a great turnout again. I have invited a speaker from the Lakes Area Pregnancy Support Center (Centers in Wadena, Staples, Brainerd). PJ will share with us the support the center can offer women facing unplanned pregnancy. If there is a last-minute conflict, we will reschedule for the April meeting night.

February 13th at 2pm is the Valentine Social at Perham Living. Along with the committee of Jolene Miller, Karen Hammers, Cheryl Keller and Betty Klein, if any other members want to help just show up at Perham Living. As February 18th is Ash Wednesday, Cheryl Keller has prepared a spiritual calendar for us to use during Lent that she will be distributing.

As I mentioned in previous months, the National Convention is July 22-26 in Coralville Iowa. We are allowed to send 2 delegates and 4 alternates. Please let me know if you are interested in attending. At the February meeting we will be forming a nominating committee to create a slate of officers for our election of officers in May. Please consider saying yes to serving Court St. Rita #409 in one of the positions. This is a wonderful way to get to know more about the organization and each other and grow in your spirituality.

Please continue to pray for our Priests and Deacons, for more women to join Court St. Rita #409, and for each other and our parishes. We can take time to spread peace and love every day in all we do with the people we meet. Thank you everyone for all you do to contribute to our court activities working together in Unity and Charity!

Have a great February,
Regent Leanne



You've Been Ducked!

Last April at the State Convention in Owatonna, we learned that we could easily add some fun into our meetings by simply recognizing each other for things we do. Cathy Doll (right) was surprised first, when she received this cute little duck for her extra efforts organizing the Divine Mercy service in April while her Regent and Vice Regent were away attending the State Convention. Having received this duck, she was given the task of surprising another member. She chose to give it to Janel Altstadt (left), recognizing and thanking her for her extra efforts organizing and decorating for the Christmas potluck and for sending out Birthday cards to members throughout the year. She also added a few ribbon curls to the duck before sending it off to the next recipient-I guess that is the beautician/hairdresser in her!



Saint Valentine, a Martyr of Love and Faith

Saint Valentine, a Roman priest and physician from the third century, is distinguished for his remarkable compassion and love. Beyond his roles as a priest and doctor, he was a genuine caretaker, someone deeply concerned about the well-being of both the body and spirit of those around him.

His actions spoke louder than words when it came to love. Picture him as a compassionate helper, extending kindness to everyone, regardless of their background or beliefs. In an era marked by mistreatment based on one's beliefs, Saint Valentine courageously stood up for love and faith.

Even in the face of severe challenges and hostility from others for his beliefs, Saint Valentine refused to abandon his commitment. He remained true to his love for God and humanity, demonstrating extraordinary bravery that ultimately led to his martyrdom.

As we celebrate Valentine's Day, it's more than just a time for flowers and chocolates; it is a moment to honor someone who loved others so profoundly that he sacrificed everything. Saint Valentine's story serves as a powerful lesson, encouraging us to be kind, loving and steadfast in standing up for our beliefs, no matter how daunting the circumstances. His enduring example of love continues to inspire and resonate with us today.

Ash Wednesday

You might be wondering why we get ashes on our foreheads for Ash Wednesday. Throughout history, ashes have been a powerful outward symbol of interior repentance and spiritual awareness.



Here are some examples of ashes in the Bible:

- “Therefore I disown what I have said, and repent in dust and ashes.” (Job 42:6)
- “Daughter of my people, dress in sackcloth, roll in the ashes.” (Jeremiah 6:26)
- “I turned to the Lord God, to seek help, in prayer and petition, with fasting, sackcloth, and ashes.” (Daniel 9:3)
- “When the news reached the king of Nineveh, he rose from his throne, laid aside his robe, covered himself with sackcloth, and sat in ashes. Then he had this proclaimed throughout Nineveh: “By decree of the king and his nobles, no man or beast, no cattle or sheep, shall taste anything; they shall not eat, nor shall they drink water. Man and beast alike must be covered with sackcloth and call loudly to God; they all must turn from their evil way and from the violence of their hands.” (Jonah 3: 6-8)

The Early Christians used ashes to show repentance as well, but not just on Ash Wednesday! After going to confession, it was common for the priest to give the person ashes on their forehead. Catholics have been receiving ashes on Ash Wednesday since the time of St. Gregory the Great. In 1091, Pope Urban II encouraged the entire Church to use ashes on Ash Wednesday.

If you want to get blessed with ashes this Ash Wednesday, be sure to check with your local parish. Most churches celebrate Mass or have a prayer service on Ash Wednesday, and all are welcome to attend and be blessed with ashes.

Information taken from dynamiccatholic.com

CDA Style Show

SAVE the DATE!
October 24, 2026

Theme:
“O Christmas Tree”



Chaplain's Corner

On the last week of January, the Church remembers St. Thomas Aquinas. The patron saint of Catholic schools, colleges, universities, philosophers, theologians and booksellers. There is a story told by Brother Dominic of Caserta who was the sacristan of the Priory where Thomas Aquinas lived in Naples. He said that one day he observed the saint praying in front of the crucifix. He was surprised to hear a voice coming from the cross, the voice of the Lord saying “You have written well of me, Thomas! What reward do you want for your labors?” The saint responded “Non nisi Te, Domine” “Nothing except you, O Lord”

Nothing except God, nothing without God. This sums up St Thomas Aquinas's life and his teachings. He would teach that God is the first cause of all that exists, all being, all that is good and true and beautiful. God is the reason there is something rather than nothing in this universe. The reason you and me are here. Without God, there is only nothing.

St. Thomas Aquinas loved God and wanted to be with The Lord. He said that without Grace this would be impossible “The work of grace surpasses the work of creation” he said. Both creates something out of nothing, but the purpose of grace is higher, nothing less than eternal life in union with God, nothing except God.

At this time, I would like to invite you to give thanks to God for the gift of Grace. Without His Grace we would not be in our faith journey, we would not be active members of His Church.

Thank You Lord for such a salvific gift!

Fr. Omar

Upcoming Events

February 3	7:00 p.m.	Monthly meeting 7pm with speaker Snack: Jolene Miller, Janel A.
February 13	2:00 p.m.	Perham Living Valentine Social Chair: Jolene Miller, Karen H., Cheryl K., Betty K.
February 18		Ash Wednesday
March 1		Deadline to submit Delegates & Alternates to National Convention
March 3	7:00 p.m.	Monthly meeting with Education Contest winners Snack: Cathy Doll, Dianne R-S, Lisa G.
March 4	6:00 p.m.	Faith Formation Meal served



February Birthdays

Pat Hager 9
Sophie Zvonar 14
Denise Schornack 18

COURT ST. RITA

Check out our web page!
parishfaith.com/catholic-daughters

CATHOLIC DAUGHTERS QUESTIONS?

Check out the Websites:

National Catholic Daughters www.catholicdaughters.org

Minnesota Catholic Daughters www.mncda.org

Our special **Seminarians** to pray for:

Grant Sharstrom, St. Francis de Sales Seminary
(from St. Michael, Duluth)

Rev. Mr. Sebastian Spencer, Saint Paul Seminary
(from St. Charles Borromeo, St. Anthony)

Jack Tyrrell, Saint Paul Seminary
(from Sacred Heart, Staples)

Deacon Rich Stenger,
Maryland Seminary
(from Sacred Heart, Dent)

Will Koppl, Saint Paul Seminary
(from St Joseph, Waconia)

John Bell, Deacon Candidate
(from St. Henry's, Perham)



Our special **Men and Women Religious** to pray for:

Brother Jacob Berns St. Johns Abbey
(from St. Henry's, Perham)

Franciscan Sisters of Little Falls, Rochester,
Sauk Rapids and Minneapolis.

Sr. Elijah Marie, Discalced Carmelite Nuns,
Monastery of the Holy Name of Jesus
in Denmark, Wisconsin.
(from Sacred Heart, Dent)

Chairperson: Jackie Hager