

Spiritual Enhancement

INTRODUCTION

Through the Circle of Love's Spiritual Enhancement program, CDA members look for the many ways in which there might come closer to Our Lord; closer in spirit and love to our fellow man and our Catholic Daughters of the Americas sisters in Christ. Programs are developed to assist in bringing about opportunities to participate in the religious and charitable ministries of the Church as well as improving personal sanctification.

I. Religious Ministries

A. Liturgical opportunities

1. Serve as lector, Eucharistic Minister, greeter, usher, sacristan at Mass
2. Share talents on the liturgy committee
3. Participate in the music ministry
4. Celebrate special liturgies--CDA Sunday (third Sunday in October), World Youth Day, Make a Difference Day, Respect Life Mass, Priest Appreciation, JCDA Sunday (last Sunday in February)

B. Baptisms

1. Provide baptismal gowns or bibs for babies to be baptized; stoles for adults
2. Send congratulatory card following baptism

C. First Holy Communion

1. Furnish First Communion dress or veil if needed; appropriate attire for young men
2. Become a prayer partner
3. Plan a breakfast or reception for First Communicants and their families following Mass
4. Provide gifts for First Communicants

D. Confirmation

1. Serve as Confirmation sponsor
2. Sponsor a retreat for the Confirmandi
3. Form a hospitality team to greet the Bishop/Archbishop, parents and candidates as they gather for the ceremony

4. Provide a reception following the ceremony
 5. Offer to be a prayer partner
- E. RCIA (Rite of Christian Initiation of Adults)
1. Become a candidate's sponsor
 2. Help prepare refreshments for sessions
 3. Offer prayers for the successful completion of the program
- F. Attend interfaith services; volunteer as liaison between Catholic and interfaith groups

II. Charitable Ministries

- A. Bereavement
1. Prepare meals for the family of a deceased Court member
 2. Consult with family to assist with planning a wake or memorial service
 3. Prepare a luncheon for the family of the deceased following or preceding the Funeral; serve refreshments following wake or memorial service
 4. Utilize CDA Wake Service Booklet for loss of CDA member
 5. Form a bereavement committee to stay in contact with those who have lost a family member
- B. Catholic Charities
1. **Be involved** with Adopt-a-family at Christmas
 2. Thanksgiving baskets to the needy at Thanksgiving
 3. Help with special request events for the needy
 4. Volunteer for helping with any needs of the charity
 5. Be involved with homes for unwed mothers
- C. Local Charities
1. St. Vincent DePaul Society
 2. Salvation Army; Goodwill Industries
 3. Church food pantries
 4. Meals on Wheels
 5. "Hot Dogs for the Homeless"
 6. American Red Cross

- D. National Charitable Projects
 - 1. Habitat for Humanity
 - 2. Disaster Fund
 - 3. Holy Cross Family Ministries
 - 4. Smile Train
 - 5. SOAR! (Support Our Aging Religious)

- E. Charities endorsed by National CDA
 - 1. Pontifical North American College in Rome
 - 2. Morality in Media
 - 3. Catholic Relief Services
 - 4. Apostleship of the Sea
 - 5. Covenant House
 - 6. Mother Teresa
 - 7. Project Handclasp
 - 8. Tutwiler Clinic
 - 9. American College in Louvain

III. Personal Sanctification

- A. Plan retreat or Day of Recollection for Court members; include others as space allows
- B. Participate regularly as a prayer-line member
- C. Participate in living or scriptural rosary; Bible or book study
- D. Schedule time at Adoration of the Blessed Sacrament
- E. Offer service at soup kitchens, homes for the unwed, abused shelters or Pro-Life Center
- F. Plan a pilgrimage to a local shrine
- G. Attend plays and programs at local churches, monasteries or colleges
- H. Watch programs and discussions on EWTN (Eternal Word Television Network)
- I. Research Internet websites for religious information
- J. Attend Mass and receive the Holy Eucharist as frequently as possible
- K. Prayer walking

IV. Clergy, Seminarians, Deacons, Women Religious

- A. Observe and celebrate Priest Appreciation Day (first Sunday in June)
 - 1. Plan a special event for Court Chaplain or parish priest (dinner, reception, or brunch) and invite parishioners to attend
 - 2. Enroll priest(s) in Mass offered at Catholic University in Washington, DC. Spiritual Bouquet cards are available from the National office

- B. Support the Pontifical North American College in Rome; American College of Louvain
 - 1. Become a prayer partner with seminarian
 - 2. Assist financially when possible
 - 3. Adopt a Seminarian
- C. Offer prayer and financial support for clergy, seminarians, deacons, women religious
- D. Pray for increased vocations
- E. Celebrate special occasions such as birthdays, anniversary of ordination, feast days
- F. Host a welcome or retirement reception
- G. Donate for new vestments for newly ordained priests
- H. Provide Court Chaplain with CDA Chaplain pin and subscription to SHARE
- I. Provide CDA information and name of a contact person to priests

V. Miscellaneous means of Spiritual Enhancement

- A. Offer a novena of prayers for the souls of the faithful departed
- B. Provide statue, candles, flowers or any item that can make the CDA meeting special
- C. Ask court members to bring a copy of their favorite prayers or poems. Make a booklet and share one of the readings at each meeting
- D. Have a sacramental “show and tell” with each member bringing a cherished object
- E. Arrange an Earth Day Celebration with a message about stewardship of God’s creation
- F. Prepare a presentation on the lives of women saints using the baptismal names of members to personalize the presentation
- G. Plan a movie night for court members--show movies, have popcorn, fellowship
- H. Brighten other’s tomorrows!

Spiritual Enhancement References

Franciscan Mission Associates, PO Box 598, Mount Vernon, New York 10551-0598

May I Have This Dance? By Joyce Rupp, 1992; personal thoughts, prayers, poems, litanies, and creative prayer suggestions with monthly themes. Ave Maria Press, Notre Dame, Indiana

Seeds of Sensitivity: Deepening Your Spiritual Life by Robert J. Wicks

A Tree Full of Angels: Seeing the Holy in the Ordinary by Macrina Wiederkehr, OSB; HarperCollins Publishers, Inc.

Praying with Faustina includes meditations featuring stories from St. Faustina's life, quotations from her personal diary and suggestions for prayer and action

Novena to the Holy Spirit by George E. Schulhoff, AHS; Apostles of the Holy Spirit, 2709 Woodburn Ave., Cincinnati, Ohio, 45206

Prayer: Beginning conversation with God; Minneapolis: Augsburg Fortress

Seasons of Your Heart: Prayers and Reflections by Macrina Wiederkehr; HarperCollins Publishers

With Open Hands by Henri Nouwen; Ave Maria Press, Notre Dame, Indiana

Five Loaves and Two Fishes by Cardinal Francis Xavier Nguyen Van Thuan

Prayer-Walking by Linus Mundy; a simple path to body-and-soul fitness; Abbey Press, St. Meinrad, Indiana

Lift Up Your Heart by Rev. Msgr. Gerald J. Walsh; poetic reflections for the seasons of faith; E. T. Nedder Publishing

The Purpose Driven Life by Rick Warren; Zondervan Publishers, Grand Rapids, Michigan

Inspirational Music

"The Spirit Soars" by Steve Hall; uplifting inspirational piano music; Bankbeat Production

"Shepherd Song" by Michael John Poirier; Prayersongs Publishing; www.PrayerSongs.com

"Inspiration, Hope, Encouragement" by various artists; MRB Records, PO Box 237, Manasquan, NJ 08736

“City of God” by John Michael Talbot; Troubadour for the Lord Music

“Sounds of Heaven” by Kathy Troccoli

“The Gift” by Mario Reynolds; instrumental with antara, charango, guitar, rainstick and keyboard); www.mario_reynolds@yahoo.com

“Come to the Quiet” by John Michael Talbot; The Sparrow Corporation, Chatsworth, CA

Websites

www.Catholic.org www.appleseeds.org www.theworkofgod.org

www.beliefnet.com www.ourcatholicfaith.org

www.prayerforthenations.com www.americancatholic.org

www.usccb.org (United States Conference of Catholic Bishops website)