

# UNITY & CHARITY WORKSHOP

## Texas State CDA Convention 2013

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Slide 1: Good Afternoon ladies. Thank you for choosing this workshop today--Rosie Stockwell, State Secretary and I (Becky Brown, DD #35) will be the presenters.

We will be starting with an ice breaker. I am holding three (3) beach balls and each ball has a question written on it. I want you all to keep an eye on the beach balls and count how many times I can keep one of the beach balls in the air. **Ok-now I'm going to let y'all keep the beach balls in the air and count how many times you can keep them in the air. (after counting is over) Please read the questions on the beach balls. (1. What is Unity? 2. What is Charity? 3. How does CDA reflect Unity and Charity?)**

### **Bounce the balls**

The lesson we have learned is that "together in Unity and Charity, we can do so much more than by ourselves".

Slide 2: (can you just show the side that says Unity here?)

Let's discuss the word Unity. It has several well known definitions : one; related; harmony; order; and balance.

We are many parts of God's one body. Imagine if we worked together with love, what could be accomplished for our courts, churches, communities, State, and Nation.

For unity to thrive, you must speak the truth in a loving way, not because you want to be right or boastful or to be recognized...but because that is God's call to each of us.

(show the side with Charity only)

The word Charity has several meanings as well: love; truth; justice; heart; and grace.

Pope Benedict XVI in his encyclical on *Charity in Truth*, says "Love (charity) is described as an extraordinary force motivating people to strive for the common good: The more we strive to secure a common good corresponding to the real needs of our neighbors, the more effectively we love them."

Charity can be many forms, not just by giving money, although, money is at times necessary. But I believe, if you have love in your hearts and show that to others, then the money will take care of itself. Charity can be helping on a committee even though you are busy elsewhere. Charity can be calling on homebound CDA sisters who can't make the meetings and let them know what has been happening or sending a card to let them know they are missed and loved.

Ways of charity are endless. Use your court members to come up with ideas. Even though they may say, we don't do that, we do this. Encourage them to try something new and see what may happen. Encourage old ideas to be updated or use other people to help out. Be charitable in the way you speak and treat others. **Charity and love must go hand-in-hand, for without love, our charity will be empty.**

Slide 3: Look at these "Hands of Service". These are the hands of the past seven (7) state regents of Texas--can you imagine how many hours they collectively have spent spreading the word about CDA and Unity & Charity?

These ladies have taught us about Spirituality and Service.

**Blessed Mother Teresa's "Simple Way" says the following:  
The fruit of prayer is faith, the fruit of faith is love, the fruit of love is service, and the fruit of service is peace.**

**As you can see, if our courts have love, then unity and charity will follow. The service, in unity and charity, from our past state regents is shown in the Texas State CDA membership and the activities and events which become part of the Circle of Love program.**

Slide 4 & 5: **Just a few words on the Circle of Love program, because so much of what Catholic Daughters are involved in are part of this program. As CDA members, we have many opportunities to say "yes" to be involved instead of**

“but I have something else to do.” We have the opportunity to find where God is calling us to share our talents. As the song One Bread, One Body says, we though many throughout the earth, we are one body in this one Lord. One day I was asked to join the scrapbook committee in my court. Each lady would bring something to the scrapbooking weekends (food to cook, snacks, or drinks). Well, after several of these “weekends” I hadn’t brought to much, so I volunteered to cook lunch for the next gathering. Long story short, I was really trying to impress the other ladies with my cooking ability. Needless to say, God had other plans and my lunch was too salty and I was never asked to cook again. I found other talents God could use for our court, because he had plenty of great cooks already.

The seven point Circle of Love program is bound together by the common interest of Love-love for God, love for Church, and love for each other. Love is essential for unity and charity to thrive.

Slide 6: How many volunteer for adoration, liturgies, church ministries, prayer circles, retreats or support our religious men and women? You’d be part of Spiritual Enhancement.  
How many run an office, a home, schedule events or activities, preside at meetings? You’d be part of Leadership.

Slide 7: Do you help with family life, health and wellness, community, or worldwide issues? Quality of Life encompasses all these and more.

How many help with youth activities, JCDA, youth personal and spiritual growth, Confirmation, or 1<sup>st</sup> Communion? You'd be part of the Youth aspect in the Circle of Love program.

Slide 8: If you've ever written a letter or made a phone call to a congressman, city council member, or school board member to discuss issues concerning family values or to promote patriotism you'd be part of the Legislative aspect.

Have you participated in religious education, literacy programs, library activities, the CDA education contest, scholarship activities? You're part of the Education aspect.

Slide 9, 10, & 11: How many take part in Habitat for Humanity, disaster aid, military aid, support aging religious, or donate to the memorial mass fund scholarships? You'd be part of the 5 National Projects, the 7 Texas state projects. Jesus asks, "Whom shall I send?" We can respond, "Here I am Lord."

Slide 12: So how do you foster Unity and Charity among your courts? First, you have to know, we are many parts of the same body (Christ's body). We all have different talents and time to give to CDA. Everyone is important and needed. Then you have to start getting the CDA members together for more than just meetings and activities. Start with small steps. Invite the members to attend a morning Mass and then go have lunch/brunch/coffee. Expand events when possible to include other courts in your district. My district has started a quarterly Regent/Vice Regent meeting, which each court takes a turn hosting. They discuss upcoming events and issues. I take the

opportunity to present District Events all the courts can participate in. We also have formed a District Honor Guard for funerals and rosaries. I had asked for 2 volunteers from each court (5 courts would mean 10 ladies) and have over 25 ladies who have signed-up to help. A wonderful bi-product has been the ladies have come to be friends with CDA sisters in other courts and when we attend National CDA day or convention, they talk and visit and sit with each other. At meetings I would often hear, “Why do we need to do that? We don’t know those other people.” Now I hear, “What are we going to do to help? Can our courts do that together?”

You can spread this to other Districts in your areas as well. When you have a retreat or project or fundraiser, reach out to area Districts and invite them to join or just come share some fun and fellowship and really good food.

Be charitable in the way you speak and treat others. Another favorite quote is “Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.” Consider smiling during a meeting and giving your court a beautiful gift.

Slide 13: Blessed Mother Teresa is one of my favorite people to quote. She was truly a wise disciple for God. Really think about what our motto means, “In Unity and Charity.” Try to reflect unity and charity in your courts, in your church, and in your communities. Members and others will see the love you have for each other and be blessed with that gift. In the Encyclical Letter, God is Love.. “everything has its origin in God’s love, everything is shaped by it, everything is directed towards it.

Love is the greatest gift to humanity, it is his promise and our hope.”

Remember:

“I can do things you cannot.  
You can do things I cannot.  
Together we are strong.”

Always keep God’s love in your lives and in your courts for unity and charity.