

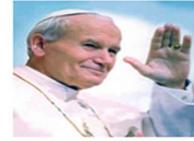
The Knightly News

COUNCIL 4522

CHARTERED 1958



**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.



Monthly Newsletter

February 2026

IMPORTANT DATES IN FEBRUARY

Wednesday, Feb 4th – Officer's Meeting, 7:30 PM ZOOM
 Wednesday, Feb 11th – General Business Meeting, 7:30 HYBRID-ZOOM
 and In Person in the Guadalupe Center, Queen of Apostles
 (Rosary begins at 7:00, GBM at 7:30)
 Saturday, Feb 14th – **Valentine's Day** (don't forget your Valentine!)
 Monday, Feb 16th – President's Day
Wednesday, Feb 17th – ASH Wednesday
 Wednesday, Feb 17th – 40 Cans for 40 Days begins – QofA School
Friday, Feb 20th – FISH FRY – ALL HANDS-ON DECK! Hannan Hall, Queen of Apostles
 Sat/Sun, Feb 21st/22nd – Membership Drive – All Masses, Queen of Apostles

\$\$HAVE YOU PAID YOU DUES YET??\$\$

Please do so as soon as possible – If not, you're in the Second Notice Phase!

Pay online via credit card at:

<https://queenofapostles.ccbchurch.com/goto/forms/19/responses/new>

The financial health of the Council depends on your timely remittance of dues!!

A Message from the Grand Knight

Welcome to February, I hope everyone is bearing the colder weather and snow. There are many opportunities to warm up with Knights activities this month.

First, I ask for your prayers for our Worthy Treasurer, Brother Tuan and his family. While experiencing some health problems of his own, he has also had to deal with his father's own health issues. Tuan is a hard-working, dedicated member of our Council. We wish him a speedy recovery.

Continuing from the March for Life, one of the Knights' February themes is "Life is a Gift". We must continue to engage and support causes that promote life. You will see in this newsletter some ways you and all of us can continue supporting life all year long.

Lent begins on Ash Wednesday, February 18th. We can use this time for renewed prayer, fasting and almsgiving. Our Council and our parish give us opportunities to lean into a deeper relationship with Jesus.

The Adoration Chapel is open Wednesday 9:00 AM to Saturday at 9:00 AM, Jesus waits for your visit. Drop ins are always welcome!

Not fasting, but perhaps almsgiving invites us to give our time to support the Lenten Fish Frys. In case you have not heard, by popular demand, we will sponsor three Fish Frys this year – February 20th, March 6th and March 27th. I look forward to this time of brotherhood with all of you. Please mark your calendars and plan to participate.

February will be our Membership Drive month. Growing our council is an action everyone can help with. I ask you to bring one new member into the fold, promote the mission of the Knights of Columbus and invite back inactive members. The Weekend of February 21st and 22nd will be our official Membership Drive weekend. We will have someone speak at every mass about the Knights of Columbus and invite new members. **PLEASE** join us after all masses on Saturday 21st and Sunday 22nd to greet parishioners and spread the good news about Pope John Paul II Council 4522.

God Bless you all. Please continue to pray for me and I will continue to pray for you, especially during Lent.

Follow Christ's Way!
GK Rick Sacra

Knight of the Month

Our February Knight of the Month is none other than our very own **Sonny Masso**. Sonny is our Worthy Lector, our Worthy Advocate, our Worthy Pancake Chef, our Worthy Christ House Chef, our Worthy Fish Fry Chef. More than this, he is our Brother! He shows up just about anytime the Knights have a function—picnics, packing boxes, moving tables, serving beer to name a few! He encourages Brother Knights, takes time to check on us when we might need an extra hug, understanding Word or spiritual guidance. You see him at daily mass and reading at Sunday mass too! I don't think he enjoys being called out, but it is difficult not to recognize Sonny, one of our Council's special blessings.

Family of the Month

Our February Family of the Month is the **Cosgayon Family**, Ciro and Marilyn. They were among the "angels" who helped with Christmas party cleanup when we were oh so tired, Mrs. C gave life to our Christmas Party games and more important, they are active, devout members of our parish. They offer caring thoughts and prayers. Another example of the fine family we have here at Queen of Apostles Catholic Church and Pope John Paul II Council 4522.

Looking Forward**UPCOMING EVENTS IN OUR COUNCIL!***Fish Fry Fridays –***February 20th Cooking and setup begins at 3:30 PM**

Opens to public 6PM (after Stations of the Cross) until the fish is gone! Many hands are needed—set up, frying fish, french fries and hushpuppies, serving diners, and carryout customers and the all-important cleanup crew! Desserts are welcome to sweeten the deal. Cakes, pies, cookies, brownies, etc.

Membership Month – Membership Drive

February 21st/22nd after ALL masses Saturday 5:00 PM and 7:30 PM, Sunday 8:00, 10:00, 12 Noon and 1:30 PM. A brother Knight will speak at each mass, and we will greet all parishioners after mass, showcasing our Pope John Paul II Council. **I sincerely hope all members will come out for a good showing.**

Looking Back**JANUARY EVENTS IN OUR COUNCIL!****January 4th, Pancake Breakfast (Re-scheduled)**

We had a great turn out of Brothers for the pancake breakfast. Sausage, pancakes and eggs were better than any Sunday buffet. Thank you, Worthy Brothers,

for your participation. NOTE: There are enough supplies for another breakfast before the fraternal year ends! Keep your turners and beaters at the ready!

January 10th, Council Christmas Party

We had a great turn out of Brothers, their Ladies and families for a pleasant evening of food, recognition and fun and games. Everyone took home a prize, that they picked or stole in a very Christian manner. 😊 Congrats to Brother Bob Lavelle, for winning the "who read the newsletter raffle". We enjoyed recalling the events of the first half of the year and look forward to many more good times ahead. Up next, we look forward to a similarly fun Summer Picnic. Many thanks to those who came early to set up and those who stayed late to clean up after the event. Brother Vince put on a fine event, thanks again!

January 13th Christ House Meals

Sonny Masso and Richard Sacra prepared and bagged chicken sandwiches and sides for 80 meals. Advance preparations and shopping by our own DGK Danny Restivo. The entire project took 1 and ½ hours. Our next date is March 10th. Mark your calendars for a LENTEN ACTIVITY!

Practical Ways to live "Life is a Gift"

Maybe you didn't make the March for Life last month, but that is only ONE day out of 365. Here are some practical ways we can Fight for Life – everyday of the week!

1) A lot of groups help pregnant and newborn moms. None better than our Poor Sisters of St Joseph who run both a food bank and their Day Care center. Offering a scholarship for free or reduced price day care can make a BIG difference for a single Mom.

2) The MaRiaH Center is our local Pregnancy Resource Center www.MaRiaH.org. Many of our parishioners have volunteered their time and treasure there. 3230-B Duke St in Alexandria (near Bishop Ireton HS) 703-370-4774



3) Get your www.Choose-Life.org license plate. Only \$25 online and they will send it to you in the mail. Over a million dollars has been raised to support

adoption awareness at Virginia's Pregnancy Resource Centers.

[Choose Life | Virginia Department of Motor Vehicles](http://www.Choose-Life.org)

4) Fly a pro-life flag
www.prolifeflag.com



5) Get pro-life signs, bumper stickers, and precious feet pins, fetal models, pro-life checks, stationary etc. www.pro.life

6) Our local abortion center was located in Landmark Towers for 40 + years—at the intersection of I-395 and Duke St. Patrick and Mary Moran led prayer vigils there on Saturdays. It was moved first across the street and now down to 2616 Sherwood Hall Lane in the Mt Vernon area. Fr. Tom Ferguson, pastor of Good Shepherd Church, 8710 Mt. Vernon Hwy, Alexandria, VA, says Mass at 9:00 AM then leads a Rosary on the sidewalk most Saturdays at 9:45 AM. This is also the site for our local 40 Days for Life vigil [40 Days for Life](#), February 18th - March 29th

7) You can read all about each abortion location in Virginia here: [Virginia – AbortionDocs](#)

8) Read about Virginia's abortion statistics here: [Virginia Abortion Data](#)

- Virginia saw nation's largest increase in number of clinician-provided abortions in 2024
- Only 7% of all abortions are teenagers.
- 66% of all abortions are chemical at home abortions. Babies are being flushed down toilets. [Home - Abortion In Our Water](#) OVER one ton of human remains - 25,954 babies.
- 1% of all abortions in Virginia are after 21 weeks, the point where babies are viable outside the womb. 389 a year more than once every day!
- 35% of all abortions are black—18.75% of the population is black.

9) Hold a sign over I-395 or at a busy intersection. We have lots of signs to choose from.

10) We had 24 baptisms last year. Every new mom could use a friend, a free home cooked meal, some babysitting, and/or a ride to the grocery store. Diapers, baby wipes, formula, all can be 20% off at GIANT when you use the UPSIDE APP. Use <https://upside.app.link/LARRY656>

You, WE, cannot make abortion unthinkable unless WE and ALL the people around us think about the **daily** murder of innocent human beings--38,920 in 2024, 24 per day, one per hour. EVERY DAY!

For more information, please contact SK Larry Cirignano, Council 4522 Faith Director @ 202-306-6863 or at LarryVote@gmail.com

Annual Free Throw Competition

January 13th Council 4522 held our now sixth annual Basketball Free Throw Competition. Led by one of our Past Knights of the Month, Brother Jonathan de Bernardo, and assistants put another group of "shooters" to the test.



The winners were Cole Schultz, Kieran Sears, Yohan Samuel, Valerie Tunstall, and Azaria Zewdu for their respected age groups. The winners will be recognized at the school's upcoming awards ceremony and receive their pendants and certificates.

Congratulations to all our winners and contestants! Many thanks to the Knights, Queen of Apostles School and especially, our liaison, Rachel DeMartino, for all the amazing support in making this a well-attended and well-planned event! We are already looking forward to next year's competition!

Lecturer's Reflection

Serving the Lord in Suffering

Pronounce often that *Fiat* which spreads calm even amid the most tremendous sorrow.... Be strong, be attached to Jesus. For now he wants you beneath the tree of the cross, the winepress of suffering....

At the end of the sorrowful journey and not before, you will be permitted to look backward; then you will see with joyful astonishment the furrow you dug with such pain, all blossoming behind you; you will rejoice that you have persevered and have found yourself among those who have earned the joy of the immortal wedding feast by their perseverance....

Think that not one of our sighs, nor one of our tears, is unrewarded; God collects them to give some soul more miserable than ourselves the help to save it.... Meditate about what I told you and you will see that you'll feel rising in your soul a great strength and the firm will to sacrifice yourself with that generosity that the good Jesus is asking of you. Life is short and the sorrows and tears will end there, in beautiful paradise....

Be careful, because it's the devil who puts all those gloomy ideas in your head just because he wants to usurp the merits your sufferings earned. Be on the alert. Don't let yourself be overcome, because he is very, very clever. In moments of battle, raise your heart to God and confide all your distress, all your anguish, to him and he alone will console you.

- Blessed Clelia Merloni

Keep Your Information Up to Date

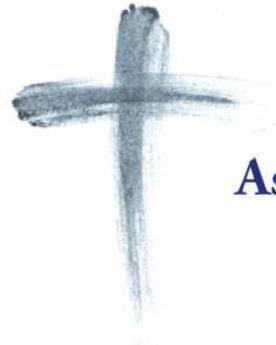


If you move, change your phone number or change your email address, please don't forget to contact the Financial Secretary, Daniel Penrose, PGK to update your information. The correct contact information is critical in keeping you apprised of parish, council or Supreme activities or events. To update your information, please contact FS Dan at jpii4522@gmail.com or you can go to our website at www.kc4522.com and look for "Contact Us" and request an information update there.

Happy February Birthdays



- Sebastian Amaya 02-02
- William J Kayes 02-09
- Jay Allen Simon 02-11
- James M Dillon 02-14
- Msgr. Michael K Carroll 02-15
- Tobias C Amadi 02-25



Ash Wednesday
— Lent Begins

FEBRUARY 18th



FEBRUARY 20th



Membership Weekend
FEBRUARY 21st – 22nd

THE KNIGHTLY NEWS IS PUBLISHED MONTHLY
BY POPE JOHN PAUL II COUNCIL 4522
4329 SANO STREET, ALEXANDRIA, VA 22312
WEBSITE: www.kc4522.com

The submission deadline for the March Newsletter is February 20th.

MAY THE HOLY NAMES OF JESUS BE PRAISED AND HONORED BY ALL KNIGHTS OF COLUMBUS AND THEIR FAMILIES, AND MAY IMMACULATE HEART OF MARY RULE IN ALL OF OUR HEARTS UNTIL WE ATTAIN TO EVERLASTING LIFE! AMEN! ST. JOSEPH AND ST. DOMINIC, ORA PRO NOBIS!

For questions or comments, please contact SK Roger Williams at jpji4522@gmail.com
Additional information and points of contact are posted on our website at www.kc4522.com.

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