

# The Knightly News

COUNCIL 4522

CHARTERED 1958



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



## Monthly Newsletter

January 2019

### IMPORTANT DATES IN JANUARY

Monday, Jan 7<sup>th</sup> – Officer's Meeting, 7:30 PM Council Home  
 Tuesday, Jan 8<sup>th</sup> – Christ House, 4:00 PM Set up  
 Wednesday, Jan 9<sup>th</sup> – General Business Meeting, 7:30 PM Council Home  
 Sat/Sun, Jan 12<sup>th</sup>/13<sup>th</sup> – Membership Drive, All Masses Queen of Apostles  
 Tuesday, Jan 15<sup>th</sup> – Free Throw Contest, 6:00 PM QofA School Gym  
 Friday, January 18<sup>th</sup> – March For Life

### HAVE YOU PAID YOUR DUES YET??

Please do so as soon as possible!

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

### Grand Knight's Message



I hope this New Year's edition of *The Knightly News* follows a very joyous and blessed Christmas had by you and your family. Sue, Brett and I also wish you a very Happy New Year—one to be filled with prosperity and good health and full of the Lord's love for you and your family.

This time last year, I announced the Council's 2018 resolution, "*To take the acronym STG, meaning 'same ten guys,' and change the meaning to 'same twenty guys' or even better, 'same thirty guys.'*" Well, we didn't get to thirty guys, but I'm very pleased to report we did get an infusion of activity from Brother Knights and reached the "same twenty guys" goal! So, now we move on to the goal of 30 active and contributing Brother Knights...and to do that we need to recruit MORE Catholic gentlemen into the Order—the second part of our 2019 resolution.

I challenge each and everyone of you to become more active in the Council—show the public our acts of mercy, be there when our Chaplain "asks," be there when the parish has a need, be there when the community has a need. And on top of that, bring a new Catholic gentleman into the Order, so they can benefit from all we have to offer and have more opportunities to fulfill their faith in helping others. You (we) have our first opportunity to do just that at our upcoming Membership Drive on Saturday and Sunday, January 12<sup>th</sup> and 13<sup>th</sup> at Queen of Apostles Church after all Masses. I pray that you all help us meet the goals of this year's resolutions!

May God bless you and your families this upcoming year!

--GK Roger

### Knight of the Month

The December Knight of the Month is a fraternal year repeat, and deservedly so, SK Jay Moore! Brother Jay is a very active Knight and can always be counted on to serve the Council as we serve others. SK Jay took the reins for the December Sunday Social at Queen of Apostles from Brother Richard and Lady Clarissa Sacra (so they could have a richly deserved break) and did an outstanding job coordinating help, getting the supplies and goodies and making sure the parishioners had a wonderful time socializing. By the looks of the accompanying picture, he was VERY SUCCESSFUL!

Thank you, Brother Jay, for another outstanding contribution and making the Council look good!



KOTM Brother Jay, flanked by a couple of his helpers, John on the left and Joe on the right



**Family of the Month**

The Family of the Month for December is the most obvious choice of all, The Holy Family.

**A FAMILY PRAYER**

*Jesus, Mary and Joseph,  
in you we contemplate the splendor of true love,  
to you we turn with trust.  
Holy Family of Nazareth,  
grant that our families too may be places of  
communion and prayer,  
authentic schools of the Gospel and small domestic  
churches.  
Holy Family of Nazareth,  
may families never again experience violence,  
rejection and division:  
may all who have been hurt or scandalized find ready  
comfort and healing.  
Holy Family of Nazareth,  
make us once more mindful  
of the sacredness and inviolability of the family, and its  
beauty in God's plan.*

*Jesus, Mary and Joseph,  
graciously hear our prayer.*

**Catholic Citizenship Essay Contest**

Alexia De Costa, an 8<sup>th</sup> grader at Queen of Apostles Catholic School, took this year's Essay Contest Honors with her description of "My Catholic Faith in Action." Grand Knight, Roger Williams presented Alexia with a \$150 gift card for her winning entry at the school's winter awards ceremony on December 14<sup>th</sup>. Ms. De Costa's essay is presented below. Congratulations to Alexia, and our 2<sup>nd</sup> and 3<sup>rd</sup> place authors, Lucy Miller and Michael Ortiz respectively.

**My Catholic Faith in Action** – by Alexia De Costa

Life is a talent entrusted to us so that we can transform it and increase it, making it a gift to others. These are the inspiring words of Saint John Paul II at the XI World Youth Day in 1996. As I reflect on those words, I wonder, what then is my mission in life as a young Catholic? As a child of God, this mission begins within my family with strong faith, eternal hope, and daily prayer. This sets the foundation for the greater mission of spreading the word of God's eternal Kingdom, being of faithful service to those in need. and acting as a vessel of peace to those in conflict.

Family is where the love of God is first experienced and nurtured. Family is home. where I have a place and contribute, where hope is forged and sets the future, where I start my journey with open eyes and a heart warm with love. Family is where I cultivate a

sense of gratitude for the blessings in my life and in particular, the gift of faith. Faith is one of the greatest gifts from God and helps me embrace the meaning of life. It is a gift offered by God, and a source of abundant joy that is always there when needed most. With faith, I know that God is always with me and loves me unconditionally.

Guided by strong faith, my family and I come together in spiritual unity to pray the rosary daily, calling upon Mary's powerful intercession to obtain graces in our lives and the lives of those facing difficulties. The Virgin Mary's presence strengthens me, and in prayer and through the silence of my heart helps me joyfully accept God's plan for my life. Faith helps me realize the importance of commitment to daily prayer.

Through prayer, I am connected to our Savior Jesus Christ who taught us how to love and serve one another. We are missionaries and disciples of Christ, blessed with God-given talent and called to go forth to spread God's message to every person and area of life. I propagate the faith by helping people discover the beauty of God's love through my artistic talent. I am encouraged by Pope Francis who said, "Through beauty, artists make the world better" and Saint John Paul II who once stated, "Beauty is the vocation bestowed on the artist by the Creator in the gift of artistic talent." My artwork has raised funds and brought awareness to the virtues of the Christian faith. It has been displayed at the Basilica of the Immaculate Conception and used as a Pontifical Mission Christmas card. It has been on several school yearbooks. Posters have displayed the plight of immigrants and refugees, promoted life and conveyed the urgency to protect God's beautiful creation, our fragile earth. As an artist, it is my duty to display the grandeur of God's creation and to spread the meaning of my faith.

With so much conflict and loneliness, comforting the afflicted becomes a vessel of peace. I have found great joy and purpose in sharing my time at a senior center run by Catholic Charities. What better way to bring peace then to offer companionship to those in the final journey of their lives. Through simple acts of generosity and servitude, I reinforce my faith.

As practicing Catholics, my family and I attend Mass regularly. My father is an usher at Mass. At the school Masses, I am a lector and usher. Every year we donate to various charities at home and across the world. As Pope Francis stated, "The world tells us to see success, power and money. God tells us to seek humility, service and love." There is no holiness without these virtues held up high. Humility

teaches us to treat others with dignity and respect. When we serve the least of our brethren, we hold true to our Christian faith. When we love unconditionally, we experience the joy of being in God's presence.

As Saint John Paul II said in his farewell address in the U.S. in 1987, "The ultimate test of your greatness is the way you treat every human being, but especially the weakest and most defenseless ones." This profound statement reinforces my faith that God has indeed entrusted me with a talent, one that will allow me to participate fully in the Church's missionary and charitable work and guided by faith, change the world for the better.

### Keep Christ in Christmas Poster Contest



Students at Queen of Apostles Catholic School also participated in the Keep Christ in Christmas Poster Contest, the first time the Council has sponsored this activity for some time. While we didn't get the number of participants we had hoped for, the ones we did receive and judged were outstanding—including our overall winner, submitted by David De Costa and pictured here: David was presented with a \$25 gift card for his talented artistry. Congratulations David!

### Moving on up??

Calling all 2<sup>nd</sup> Degree Brothers – You have another opportunity to rise in the ranks of the Order to Knighthood—January 26, 2019 in Fairfax, VA. ALL 2<sup>nd</sup> Degree Brothers are strongly encouraged to take advantage of this blessing. Each Degree provides a Knight with a stronger sense of fraternity and unity, increases their knowledge of the workings and proceedings of the Order, opens opportunities for leadership, and clears the way towards your ultimate goal, serving in the Patriotic (4<sup>th</sup>) Degree. Please contact GK Roger Williams, DGK Patrick Okoronkwo, or our Membership Director, Rich Lamarre, for more information. Why are you still a 1<sup>st</sup> or 2<sup>nd</sup> Degree Knight?? Let's "Move on up!"

### March for Life 2019

Plans for March for Life 2019 are being finalized and our continued support is needed to make it a success. The theme for this year is **Unique from Day One - Pro-Life is Pro-Science**. Jeanne Mancini, president of March for Life, explained the theme, "At thirteen weeks, the baby has a fingerprint. Unique from day one. One hundred years ago our understanding of embryonic development and fetal development was very different than what it is now. We owe so many advances to medicine and science and technology, and they all continue to reaffirm the scientific fact and the truth: that life begins at fertilization, at conception. Pro-life is Pro-science." The March for Life, the world's largest annual civil rights demonstration, will focus on this theme because it is timely in framing the discussion that we are all "Unique from Day One." Our Council's help is needed to have a successful March and spread this important message.

As in previous years, our Brother Virginia Knights of Columbus will be the marshals for the March. Knowing who and how many will be there is critically important.

**Please take a minute to sign up using this link to the Sign Up Genius page, <https://tinyurl.com/KofC2019MFL>, so March representatives will know you are coming and supporting this life-saving event.**

March For Life will take place on Friday, January 18, 2019. You will note the starting location will be as last year, the National Mall at 12th Street, just off the Smithsonian-National Mall Metro Station. The new, earlier start time is to meet at 8:30 AM at the large Recreational Vehicle.

Please contact PGK Joe Lynem at [plantyourdreams@msn.com](mailto:plantyourdreams@msn.com) for more information!

### Christmas Dinner – Was Delightful!



One wonders what Christmas secrets are being discussed??

The Council's annual Christmas Pot Luck Dinner was held at the Council Home at 6:30 PM on Saturday, December 15<sup>th</sup>. Families, friends, old and young enjoyed a delightful evening of unity, fraternity, great food and refreshments. This year a very special guest arrived just in time to hear some Christmas wishes and spread a little Christmas cheer! Ho! Ho! Ho! Many thanks to all that participated—and to those who didn't, you're missing a delightful time!! Perhaps next year?





### Thank you!

On behalf of the Council, I would like to thank PGK Bob Bubniak and his wife, Joan, for their donation of a beautiful Christmas wreath which donned the front door of the Council home last month and a bevy of

wonderful poinsettias which provided the Christmas spirit and ambiance to the home during the holidays.



### Basketball Free Throw Contest – Wednesday, January 17<sup>th</sup> at 6:00 PM (Assistance Requested!!)

The Knights of Columbus, Pope John Paul II Council 4522, is pleased to announce the 2019 International Free Throw Championship for boys and girls between the ages of 9 and 14. The Competition will begin at the Council level, to be held on Tuesday, January 15, 2019 in the Queen of Apostles School gym at 6:00 PM. Winners move on to the district, regional, and state levels. From there, some make it to the international level for championship competition in their group. For more information, please contact the Council's Youth Director, Brother Vincent Guevara, at [vincentg.97@gmail.com](mailto:vincentg.97@gmail.com) or (703) 310-9718, or Grand Knight Roger Williams at [rlwsb11@gmail.com](mailto:rlwsb11@gmail.com) or (703) 629-3239.

### Very Merry Christmas “Baskets”

The Council's Annual Christmas “Basket” was another huge success thanks to the efforts of SKs Joe King, Joe Lynem, Patrick Okoronkwo and the folks at the ACCA Food Pantry (Jean Rackowski, in particular)! Fifteen families, many of them represented in the accompanying picture, received a “basket” full of Christmas groceries, including a 10-12 pound ham, a sack of potatoes, a sack of onions and one of oranges as well. This year, the Council coupled the Christmas Baskets with donations from our “Coats for Kids” campaign. The majority of the families received at least one kid's coat for a child in the family...as we handed out over 30 coats in total. The nearly 30 remaining coats were donated to children attending Timber Lane Elementary School in Falls Church. Timber Lane primarily serves a very challenged population and the coats provided were gracefully and gratefully accepted on behalf of those most in need. Once again, thanks to everyone who helped make this activity so special!



Blessed recipients of the Christmas Baskets and Coats for Kids. PGK Joe Lynem and GK Roger Williams pictured center

### Building the Domestic Church – *Becoming a Real Man of God*

This month we continue our pursuit in the knowledge of masculine love. Thus far we've learned that this “love” can be very beautiful, but for men's lives to shine with their beauty, these insights need to be made practical. What does masculine love look like in practice? What are the virtues that show forth genuine manly love?

In order to see how man is called to love in a masculine way, let's go to an example—and what better example is there other than Saint Joseph? After all, he taught Jesus what it meant to be a man according to his human nature. Saint Joseph's holy, masculine, virtuous life can be summarized under four titles: fatherhood, chaste love, obedience, and action. Want to know more? Be part of the continued “learning experience” at the Monthly Council Meeting, December 12<sup>th</sup> at 7:30 PM. We hope to see you there!



## Happy January Birthdays!



Anthony J Pasquale	01-01
Paul J Eubanks	01-04
Thomas J Byrnes Esquire	01-05
Steven T Zust	01-06
PGK Carroll D Glass	01-09
Joseph B McFadden	01-09
David C Cook	01-14
David A Connolly	01-16
Innocent Nukuri	01-18
Alfred F De Costa	01-21
Michael C Opachko	01-21
Thomas C Gillespie	01-25
Rev Ignacio De Ribera Martin	01-26
Louis J Lombardo	01-26
Michael Mathews	01-27
Edmund G O Brien	01-27
Elijah M Wakhweya	01-27
James Laurence Bailey	01-28
Stanley A Burger	01-28
Paul G Vrabel	01-28
Edward F Kearney	01-29
PGK Billy D Stewart Jr	01-30

## Casey Women's Club

It was a joy to observe the Christmas Spirit surround us with family, friends and yes, even strangers we passed with smiles and Christmas greetings.

We held our annual Christmas Party on December 13th at 1 P.M., our regular meeting date and time. There were 20 plus members and guests. Peggy Puritan and committee outdid themselves again with catered food, socializing, and many door prizes.

Starting the New Year of 2019, we will hold our regular January meeting, Thursday January 10th at 1 P.M.

Prayerfully you will stand with us!  
-- Connie King, President

## One Last Thanks...

The weekend of December 1<sup>st</sup> and 2<sup>nd</sup> was especially busy for the Council. Saturday night, SKs Joe Lynem, SonMai, Larry Cirignano and Roger Williams supported the Queen of Apostles Catholic School's Annual Auction/Gala by ensuring the party goers were in the proper mindset to bid early, often and high on all of the

wonderful auction items. The auction was a great success—no doubt in part by our "participation!" Sunday quickly came around and the beforementioned Sunday Social, led by SK Jay Moore, was another feather in our chapeau. Then to top it off, we finished off our annual *Keep Christ in Christmas* card sales campaign in the church vestibule after every Mass. At the end of the day, we left with just about ½ case of cards left from our inventory. Another job well done! Thanks to ALL the Brother Knights (especially the STG) that helped make the weekend such a success!! God Bless!



Top pic: SK SonMai (L) and SK Joe Lynem show off their skills. Bottom: L to R, Brothers Leo Weston, Roger Bion and Ray Venero sell, sell, sell!!!

## Reminder

All editions of The Knightly News, past and current, are available on the Council website at [www.kc4522.com](http://www.kc4522.com)



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**The submission deadline for the February 2019 Newsletter is January 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 the Editor, John Cosgayon at [johnnicholascosgayon@gmail.com](mailto:johnnicholascosgayon@gmail.com).  
Additional information and points of contact are posted on our website at [www.kc4522.com](http://www.kc4522.com).

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