

# The Knightly News

COUNCIL 4522

CHARTERED 1958

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

## Monthly Newsletter

**January 2018**

### THE GRAND KNIGHT'S MESSAGE

I hope this New Year's edition of The Knightly News follows a very joyous and wondrous 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.

As for the Council, we'll continue with our busy fraternal schedule—full of opportunities for charity, unity, fraternity, and patriotism. Our agenda also provides many opportunities for you to get out and join the relatively small number of Brothers that carry the Council each month.

The Lord says, "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden light." Matthew 11:28-30

As Knights of Council 4522, we can't say that...The Council has a heavy burden to do good things throughout the parish, the community and the world. We few would love to rest a bit, but there is much to do and we need more of you to step up—now—and help the Council get things done. Just look at what we desperately need right now and what is coming up this January alone:

#### **HELP NEEDED:**

1. A Knight (or more than one) to step up and take over sending out Mass Intention, Condolences, Sympathy and/or Get Well cards. PGK Carl Castle did it for years, but alas, he has moved out of the area and can no longer be responsible for that activity.

2. A Knight (or more than one) to step up and join several other Knights already in rotation, for Adoration at Queen of Apostles every Friday morning at 2:00 AM. The more we have the easier that time becomes for everyone. [And there are many other times needed in the Chapel if you are interested, just let me know].

3. Knights to step up and become the Charity Committee—charged with evaluating incoming solicitations for donations, preparing a quarterly list (along with recommendations) for review by the Casey Club Foundation Board of Directors.

4. Knights to step up and assist Brother Ed White in the planning and preparations for the Council's 60th Anniversary, April 9, 2018. Do you have any idea how fast that is going to get here??!!

5. Help for the January 12-13th State Meeting: Need help in three areas: parking lot attendants (Council 10806), check-in, and hospitality suite workers for the SpringHill Suites by the Fair Oaks Mall. Several options are available!!

Hospitality suites times below (2 Brothers/shift)

- Friday 12 Jan shift #1: 3-7 PM

- Friday 13 Jan shift #2: 7-11PM Hospitality suite

- Saturday 13 Jan, 9 - 11 PM

Check in Saturday morning (7:30 - 9:30 AM) to sell 50-50 tickets, check ID's etc.

6. Knights to step up and volunteer for the Free Throw Competition January 17th (see the article elsewhere in this newsletter)

Ready to step up to any of these challenges or others? Then please contact Grand Knight Roger Williams at (703) 629-3239 or sbrog11@yahoo.com for further details.

**Important dates this month**

- Officers' Meeting – Wednesday, January 3rd
- Serving Meals at Christ House – Tuesday, January 9th
- Full Council Meeting – Wednesday, January 10th – Haven't been in a while? Come out and enjoy the refreshments, food, prizes, and fraternity...see what you're missing?
- Membership Weekend – Sat/Sun, January 13th/14th The more inspirational Knights seen by Catholic gentlemen, the more inspired Knights we can bring aboard to help our causes
- Corporate Communion Mass – Sunday, January 14th, 10:30 Mass at Queen of Apostles. Our chance to pray together with all our Brothers and their families and friends.
- Free Throw Competition – Wednesday, January 17th 6:00 PM Queen of Apostles School gym – See #6 above
- March for Life – Thurs/Fri, January 18th/19th See the subject article elsewhere in the newsletter
- Are you a 2nd Degree Knight? Need your 3rd Degree to get to the 4th Degree this coming April? Then here is your opportunity, don't pass it up!! Knighthood degree (3rd Degree) Saturday, January 27 at Fr. Diamond Council (St. Leo's)

*Here is the Council's New Year's resolution, to take the acronym STG, meaning "same ten guys" (once used by a very smart and wily DGK), and change the meaning to "same twenty guys" or even better, "same thirty guys". Can one of them be you?? I certainly hope so.*

May God bless you in your deliberations....

GK Roger

**Thank you(s)!**

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.

AND A special Thank You to the ladies of the Casey Women's Club who assisted with the Council's Christmas

Dinner on a Friday evening, then turned around and hosted a delicious and festive Christmas Lunch the next day. And to put the icing on the cake as it were, added their expertise (and donations) to the Christmas Baskets presented to the Poor Sisters of St. Joseph for families in need of Christmas cheer and food. Thank you, ladies! Your generosity and support is greatly appreciated by your Knights and the people we will all serve.

**KNIGHT OF THE MONTH**

The Knights of Columbus, Council 4522, Knight of the Month is PGK Joe Lynem. PGK Joe is an exemplary Knight—and has been for many years. You can find Brother Joe ushering at Queen of Apostles at least one Mass every weekend, performing the duties of Eucharistic Minister for those that can't attend Mass, coordinating three days a week worth of bread runs in support of the Poor Sisters of St. Joseph and Bailey's Crossroads food banks, and supporting a host of Council events in between. PGK Joe also continues to support the leadership of the Council as a long-time Trustee. The Council and the Grand Knight greatly appreciate PGK Joe's contributions. Thank you, PGK Joe!

**FAMILY OF THE MONTH**

The Family of the Month for January 2018 is Richard (Dick) and Geri Owen. Brother Dick is a Past Grand Knight, Past Faithful Navigator, and Faithful District Deputy. Geri is currently serving as the Vice President of the Casey Women's Club, after many years as President. Dick and Geri are the heart and soul of Council 4522 and have been for some time. While both continue to navigate health programs (Brother Dick's have been especially challenging), both have stayed involved in the Council and our many activities (Christmas Dinner, Christmas Lunch,

supporting Christ House and of course, leading the effort in providing Christmas “Baskets” to needy families as identified by the Poor Sisters of St. Joseph (see the article elsewhere in this edition). Dick and Geri could easily be the Family of the Month every month, but during this season of thankfulness, wonder, renewal and love, it seemed most appropriate to give them the official title of “Family of the Month”. Thank you Dick and Geri!!

**Welcome our newest Knight!**

On Tuesday, December 12th, GK Roger Williams and Membership Director Patrick Okoronkwo had the pleasure of attending the Admissions Degree at Fr. Diamond’s Council (Saint Leo’s) where our newest Knight, Ed O’Brien, took his initial pledge and entered into the Order. Brother Ed’s sponsor, our Worthy Field Agent, Chris Schaper, and Ed’s good friend (also one of our newest Knights) Larry Urgo also witnessed the ceremony. Brother Ed lives in Front Royal but spends a lot of time throughout Northern Virginia as a public adjuster. We welcome Brother Ed as our newest member and look forward to seeing him and Brother Larry at future Council meetings.

**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 2018 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 Wednesday, January 17, 2018 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 event didn’t quite go the same as it had in the past, but in the end, the result was very special. Many thanks to Dick and Geri Owen, Vincent and Ethel Apostolico, Carroll Glass, Joe King, Susan and Brett Williams...and to the folks at the ACCA Food Pantry (Jean Rackowski, in particular) for all they contributed to make this a memorable event. In just a matter of hours, the “baskets” (boxes upon boxes) were decorated and filled with hams, potatoes, onions, oranges, specially crafted Christmas bags filled with items for the women, and other items.



Those boxes were added to the bounty of food provided by the ACCA Food Pantry for each family—then everything was shuttled from the Council Home to the Poor Sisters of St. Joseph’s (PSSJ) Daycare Center, where it was staged waiting for the neediest families to come and pick up their Christmas “Baskets”. All in all it took SIX (full) SUVs to move the gifts and food from the Council Home to PSSJ, and through the Council’s charity, 16 families ranging from 2-6 members per family certainly had a better Christmas than they were probably expecting! Once again, thanks to everyone that helped made this activity so special—for the families and for the Council.

**Because one baby changes everything...  
...we have Christmas. Just let that sink in for a minute....**

In 2015, in Virginia alone, 51 babies died every day from abortions at one of 25 abortion facilities (18,662 babies). Thanks be to God, that was down

from 27,429 babies killed (75 a day) at 41 sites in 2009. That said, just ONE abortion, is one too many. We need to make abortion unthinkable before we make it illegal.

Our March for Life and Pro-Life Coordinator, Brother Larry Cirignano, on behalf of the Queen of Apostles parish and our Council, asks for your help in raising awareness, help with prayer support, help with sidewalk counseling, help at pregnancy resource centers ([www.care-net.org](http://www.care-net.org)), mentoring a newlywed couple, collecting baby supplies and maternity clothes, supporting Project Gabriel for pregnant women ([www.gabrielproject.us/](http://www.gabrielproject.us/)) or Project Rachel for women who have had an abortion ([www.hopeafterabortion.com/](http://www.hopeafterabortion.com/)) and/or getting a Choose-Life license plate ([www.Choose-Life.org](http://www.Choose-Life.org)).

Brother Larry also leads groups each Saturday morning following the 8:00 AM Mass, praying the Rosary in front of the Alexandria Women's Health Center (1,518 abortions in 2015) located in Landmark Apartments, 101 South Whiting St. near the intersection of Duke St and I-395.

Here are just a few specific ways you can help:

- Participate as a marshal in the upcoming March for Life. Sign up to marshal on the web at [tinyurl.com/KofC2018MFL](http://tinyurl.com/KofC2018MFL).
- Raise money to help pay for buses to the March for Life, [www.MarchforLife.org](http://www.MarchforLife.org), on Friday, January 19th, and to send students to the Bishop's LIFE IS VERY GOOD events Thursday, January 18th and Friday, January 19th.
- Volunteer to help feed visiting students chili, soup and spaghetti on Friday, January 19th and bake quiche or breakfast casseroles for Saturday morning, January 20th.
- Pass out flowers for Mother's Day, Sunday, May 13th and distribute the baby bottles to collect small change to be brought back on Sunday, June 16th – Father's Day.
- Sign up to help lead 40 Days for Life - February 14th, Valentine's Day, through March 25th, the Feast of the Annunciation. [www.40DaysforLife.com](http://www.40DaysforLife.com). Offer up an hour a week during Lent.

Nationally, Planned Parenthood had 938 centers in 1995, but they closed 32 last year alone, and are down to 597 locations in the U.S. as of December 2017. Let this be the year we end abortion. Your suggestions and input, as well as your help and assistance, are greatly valued. Please contact Brother Larry at 202-306-6863 or email [LarryVote@gmail.com](mailto:LarryVote@gmail.com).

### Virginia Beach Winter Festival and the POLAR PLUNGE: February 2-3, 2018

This is the largest and craziest! Are you ready to be bold and cold? Then the Polar Plunge is for you. The Knights of Columbus are a major sponsor for this annual event and as such, get to Plunge with the Special Olympians. Last February there were nearly 3,000 plungers in total. The Virginia State Council will have



a hospitality suite in the Hyatt House which is located on the beach. The funds raised at each plunge event help Special Olympics Virginia provide year-round sports training, competition, leadership opportunities, and health services to more than 21,000 athletes of all abilities. To find out more about this Plunge and several others around the state this year, visit this website: [www.polarplunge.com](http://www.polarplunge.com).

### Toward a Missionary Family: January's Topic – The Eucharist

The bread that we break, is it not a participation in the body of Christ? (1 Cor 10:16)

In the Eucharist, we not only receive, but we participate. If we are participants in the Mass, then we must bring something to it. Consider the gifts of bread and wine that are brought to the altar. They represent us, our gifts. These small offerings from the people are presented to God, and come back to us transformed – immeasurably elevated and amplified as the Body and Blood of Christ. This is a continuous cycle of grace. All that we have is a gift from God. When we offer it back to God, God returns it to us as so much more.

Reflect intentionally on the gifts at each Mass. In these humble gifts of bread and wine we are to place

ourselves – our work and dreams, our successes and failures, our sacrifices and hopes, our hurts and our joys. In turning these gifts over to Christ, we offer ourselves back to God. Then we find our gifts returned to us transfigured and multiplied, even unto the feeding of the world. In the Eucharist we are transfigured and filled with the very life of God to become, with Christ, food for the world.

We are not only spiritually fed and changed, but also commissioned – sent forth as members of Christ’s Body to be his limbs, eyes, ears, and hands. Now made stronger and connected to Christ and to each other, we are to be Christ to others: to forgive and reconcile; to loose the bonds of hurt feelings and resentment; to invite and gather; to bring patience, listening, mercy and understanding; to comfort and heal, smile and console; to be generous and joyful. Let us not miss the opportunity we have in each Eucharist to be caught up in God’s cycle of grace!

***Blessing of the Month:***

Make My Heart A Home For You

†

O Lord Jesus, help me to make my heart a home for you each time I join in the celebration of the Mass and receive you in Holy Communion.

Help me to never take for granted this greatest of gifts, or forget to say thank you.

And each time I receive you, Lord, help me to begin to prepare for my next Holy Communion in what I say and what I do, and how I bring your love to others.

Amen.

**Annual Survey of Fraternal Activity**

A few weeks ago, many of you (via email) received a request to complete the Knights of Columbus Annual Survey of Fraternal Activity with a due date of January 10, 2018, to return it to the Grand Knight. As this newsletter goes to print, we have received 10 responses. TEN.

To help prepare our Fraternal Survey for the Supreme Council office, please complete the information requested below and return it to the Grand Knight via email (scan it then email it) sbrog11@yahoo.com; or by mail to Roger Williams

4009 Whispering Lane Annandale, VA 22003...again by January 10, 2018.

The numbers provided on the form are no idle boast. When Supreme Knight Carl Anderson speaks in front of Congress to ask them to consider something that the Knights of Columbus are asking—to protect religious freedoms, for instance—he can state (and rightfully so) that nearly 2.0 million Knights plus their families have provided \$177 million in donations and another 75 million hours of volunteerism support (at a rate of \$17.17, that is roughly \$1.3 billion in support which is not needed to further squeeze the Federal budget). Those types of numbers make the politicians stop and listen.

Pope Francis has been asking the Church to be more united with the poor in our community by ensuring we are helping their plight. Earlier this year, the first World Day of the Poor was observed. Local bishops were asked what was going on in their dioceses to help the poor in their communities. The Supreme Form 1728 helps to answer those questions.

**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
- Paul E Mandragona 01-20
- 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
- James Laurence Bailey 01-28
- Stanley A Burger 01-28
- Paul G Vrabell 01-28
- Edward F Kearney 01-29
- PGK Billy D Stewart Jr 01-30

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**The submission deadline for the February 2018 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, Daniel Zaharevich at [dan.zaharevich@gmail.com](mailto:dan.zaharevich@gmail.com).  
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