

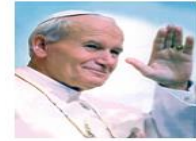
# The Knightly News

COUNCIL 4522

CHARTERED 1958



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



## Monthly Newsletter

January 2023

### IMPORTANT DATES

Wednesday, Jan 4<sup>th</sup> – Officers' Meeting, 7:30 PM ZOOM  
 Tuesday, Jan 10<sup>th</sup> – Christ House, 3:30 PM @ Christ House  
 Wednesday, Jan 11<sup>th</sup> – Hybrid General Business Meeting, 7:30 PM (Rosary at 7:00)  
 Free Throw Contest, QofA School Gym **TBD**  
 Friday, January 20<sup>th</sup> – March for Life  
 Sat/Sun, Jan 28<sup>th</sup>/29<sup>th</sup> – Membership Drive, All Masses Queen of Apostles  
 Sunday, Jan 29<sup>th</sup> – Corporate Communion Mass, Queen of Apostles, 10:00 AM Mass

### **DUES NOTICES for 2023 HAVE BEEN SENT and are DUE NLT JAN 20<sup>th</sup>!**

Please pay your dues as soon as possible!

If desired, pay online at <https://queenofapostles.ccbchurch.com/goto/forms/19/responses/new>

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

### Grand Knight's Message

Merry Christmas and a Happy New Year Brothers! December was a busy month for us, and I wanted to thank those who stepped up to make sure everything was taken care of. We started the month with our final Keep Christ In Christmas and Coats for Kids collection. We did well this year and the delivery of the coats was perfect timing before this bitterly wintry weather. I handed out the medals and certificates for the soccer challenge winners at the Queen of Apostles School awards ceremony. This was followed by our council Christmas party which was a hit as always.

I would like to thank Brothers Kevin Becks, Lou Wack, and Sebastian Amaya for supporting the Christmas Cocktails fundraiser for the Q of A school, this is the PTO's major fundraiser for the year. Thanks to those who attended the parish volunteer dinner the very next day, including Brothers Sebastian and Sonny who helped with the drinks. Lastly, Brothers Joe King, Danny Restivo, and Corey Williams gathered food for 15 families and 48 coats from our efforts and delivered it all on the morning of December 17 to the Poor Sisters of Saint Joseph food pantry, rounding out a full month of activity.

In January, we will be serving the needy at Christ House on Tuesday the 10th. I encourage all Knights to assist in this worthy ministry. Knights will rally at Christ House in Old Town Alexandria (131 S West St, Alexandria, VA) at 3:00 PM. Virginia Knights usually serve as wardens for the National March for Life January 20th via email.

have been sent from the State Supreme office detailing the sign-up process. The Virginia March for life will occur on February 1, 2023. Sir Knight Larry Cirignano will have more information on these events at the January meeting. Also in January, do not forget about our (yet unscheduled) free throw challenge!

Thanks again for a strong 2022, and I wish you a Happy and Blessed 2023.

God Bless,

Daniel Penrose  
Grand Knight, Council 4522



### Knight of the Month

The Knight of the month for December is our very own Joe King. In addition to his assistance with the Christmas Basket project. Joe maintains the council home on Martin Ave. and keeps an eye on it, alerting and arranging for maintenance issues to be addressed. We thank Brother Joe for all he has done for the council, particularly this month and keep him and his family in our prayers.

### Family of the Month

The Family of the Month for December is the Amaya Family. Brother Sebastian Amaya and his family are new to the Knights but have made an immediate positive impact. The Amaya Family was quite busy during the month of December. They attended the Christmas party (and brought some delicious pupusas), helped with the PTO fundraiser and volunteer

appreciation dinner back-to-back, and could be found all around the parish and school, working hard to prepare for our Lord's coming at Christmas. We are proud to have Brother Sebastian as a Knight and are thankful for his resolute 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.  
Amen.*

### **4522 Christmas Dinner**



The mood was festive as all gathered for the annual Council Christmas Party at Hannan Hall on the evening of December 10. About forty knights and families attended the potluck dinner event.

The food was varied and exceptional as usual. Offerings from around the world included African, Asian, European, and traditional American dishes. There were multiple varieties of chicken, rice, and kielbasa as well as other delicacies. The dessert table was highlighted by cookies, brownies, and treats.

The evening was capped off by a visit from St. Nicholas himself who spoke to the children and posed for photos. The door prize raffle saw all the live poinsettia centerpieces, which barely survived the "care" of the Grand Knight, successfully re-homed for the Christmas holiday. Other prizes for the raffle included many forms of Christmas cheer and home decor. Those unfortunate



attendees who did not win a prize received a handsome new Council 4522 pen, a navy-colored retractable ballpoint pen with rose gold highlights and a touch screen stylus featuring the Knight of Columbus logo and Council information.

Overall this was a splendid event and continues to be a social high-water mark for our council each year. It would not be possible without the support and hard work of those who put this together, especially Rick Sacra and PGK Patrick Okoronkwo who organized the event. General thanksgiving is for all those Knights and their families who provided such delicious food and pleasant fellowship to make a wonderful evening.

### **Did You Miss This?**

**DUES NOTICES for 2022 HAVE BEEN SENT and are DUE NLT JAN 15<sup>th</sup>!**

It is time for the Council to collect your annual Council dues (\$55 Associate/\$9.50 Honorary). Your dues are our only income—the only thing that allows us to help others in need and to maintain our minimal Council needs. Please note, the Council must pay the State Council and Supreme a per capita amount for EVERY member—whether you pay your dues or not.

The Council should receive your payment by check or cash by January 20, 2023. Additionally, this year we are happy to announce that you will be able to pay ONLINE via a secure website (no fees!):

<https://queenofapostles.ccbchurch.com/goto/forms/19/responses/new> You will receive an confirmation email.

To ensure your payment has been properly recorded, please forward your confirmation email to FS Roger Williams at [sbrog11@yahoo.com](mailto:sbrog11@yahoo.com). THANK YOU!

If you did not receive your EMAIL Dues notice, please check your SPAM files. Snail Mail invoices are not being sent out.

If you are unable to pay your dues now, please—let Financial Secretary, Roger Williams, PGK know as soon as possible. We realize there may still be some that have been unable to fully resume employment due to COVID or other economic variables.

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

May God bless you and your families throughout the year and if there is anything, we can do for you, please don't hesitate to reach out to any of us.

**Annual Christmas "Basket" Campaign**



This year the Council provided boxes filled for 15 needy families (80 family members total) identified by the Poor Sisters of

St. Joseph. In addition to the dry/canned goods (graciously provided by the ACCA Food Pantry), each family received an eight-pound ham, a sack of potatoes, a sack of onions and one of oranges as well. Those items were provided by Mr. Dave Posey, General Manager at the Annandale Giant, at a great discount to the Council. The Council once again coupled the Christmas Baskets with donations from our "Coats for Kids" campaign.

Each year, the Christmas Baskets event is a significant "lift" and could not be accomplished without the efforts and contributions of many. A multitude of thanks goes to the beforementioned ACCA Food Pantry (Jean Rackowski, in particular), Mr. Posey at the Annandale Giant, Mother Maria and the PSSJ and of course, the



Council "elves" and their helpers: Brother Knights Danny Restivo, Cory Williams, Joe King, Dan Penrose. God Bless you all for your time and charity!

**The Word Was Made Flesh**

"In the beginning was the word, and the word was with God, and the word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

Christ's birth was a new creation - a new beginning. Let us reflect on the words we proclaim in the Nicene Creed: "God from God. Light from Light. True God from True God." These words inspired St. John to claim that the Word was God.

And finally, our Blessed Mother, Mary, Mother of God, born without sin, a perpetual virgin, assumed into Heaven, leaves us these words in her Magnificat:

"My soul magnifies the Lord.  
And my spirit rejoices in God my Savior,  
For he has looked with favor on the lowliness of his servant,  
Surely from now on all generations will call me blessed.  
For the Mighty One has done great things for me,  
And Holy is his name.  
His mercy is for those who fear him  
From generation to generation.  
He has shown strength with his arm.  
He has scattered the proud in the thoughts of their hearts.  
He has brought down the powerful from their thrones,  
And lifted up the lowly.  
He has filled the hungry with good things,  
And sent the rich away empty.  
He has helped his servant Israel,  
In remembrance of his mercy,  
According to the promise he made to our ancestors,  
To Abraham and to his descendants forever."

Merry Christmas, Brother Knights!

**March for Life 2023**

The theme for this year is **TOGETHER, WE GATHER TO CELEBRATE LIFE!**

50 years ago – on January 22nd, 1973 – our country was forever changed when the Supreme Court handed down the *Roe v. Wade* decision, forever changing American history by imposing a radical expansion of abortion on all 50 states. Since that time, we've tragically lost more than 62 million American children to abortion, and many mothers and fathers regret having been involved in abortion. When one life is taken through abortion, another is wounded.

Even with the wonderful blessing of *Roe v. Wade* being overturned, which allows more freedom at the state level to enact pro-life laws, the necessary work to build a culture of life in the United States of America is not finished. Rather, it is focused differently. Sadly, the number of abortions annually is still well over 900,000 each year, and that number is expected to decrease only by roughly 200,000 each year in a post-*Roe* America. Many national legislative battles loom, including even keeping longstanding Hyde protections, which limit government funding for abortion on annual appropriation bills. The Hyde Amendment has saved over 2 million lives and is

arguably the most impactful pro-life policy in our nation's history, but now cannot be taken for granted. Last, our most important work is changing hearts and minds. The goal of the national March for Life is to not only change laws at the state and federal level, but to change the culture to ultimately make abortion unthinkable.

With the role of the states being more important, we are also growing a strong state march for life initiative quickly, however, we will continue to march every January at the national level until a culture of life is restored in the United States of America.

We are all united here today by our collective understanding that every life from the moment of conception is precious and deserves legal protection. When it comes to the inherent dignity of every human person, skin color doesn't matter, disability status doesn't matter, socioeconomic background doesn't matter; what matters is the fact that every life is precious and should be protected from the moment of conception/fertilization. Injustice anywhere is a threat to justice everywhere."

For our part, we need at least three volunteers to help marshal the March for Life parade downtown. Having enough marshals is important to having a safe event. In the last several years authorities have added manpower requirements for first aid, clean-up, marshaling, and keeping Marchers from engaging with counter-protesters. Keep an eye on your email for an invitation to sign up! For more information on the March for Life, go to: <https://marchforlife.org/national-march-for-life/>



The Special Olympics mission remains as vital today as it did

when the movement was founded 50 years ago in 1968. Your donations provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. This gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes, and the community.

The program, however, is about more than sports. Special Olympics envisions a world in which people with intellectual disabilities lead healthy, vibrant lives grounded in ongoing [sports](#) and physical activity, sound nutrition and a deeply held conviction to

improve, compete, achieve and demonstrate their personal best to themselves and their community. The current [strategic plan](#) is focused on program quality, improved athlete performance, increased funding and harnessing digital technology to expand programs.

In support of the Special Olympics Virginia, the State Council runs its' own Polar Plunge! Donations can be made by credit card by visiting [Check out Knights of Columbus 4522's team fundraising page for Special Olympics Virginia \(specialolympicsva.org\)](#) and clicking on the "DONATE" button on the left-hand side.

You can also donate by check [but credit card is the preferred method.]

1. Checks **MUST** be made out to "Special Olympics Virginia"
2. *Memo field MUST say "Plunge KofC 4522"*
3. Checks MUST be mailed to:  
Special Olympics VA  
c/o Polar Plunge  
3212 Skipwith Road, Suite 100  
Richmond VA 23294

The main plunge is February 4, 2023, in Virginia Beach. It's a tremendous amount of fun to experience in person. Please consider coming to it this year! And there are multiple ways to participate:

1. *You can sign council members or family members up to plunge on behalf of your council in Virginia Beach.*
2. *You can plunge at one of the three remaining alternate plunges\* located in:*
  - a. [Fairfax: January 14](#) at Mosaic District
  - b. [Prince William: February 18](#) at Leesylvania State Park
  - c. [New River: February 25](#) at Dudley's Landing, Bisset Park

OR you can stay warm and dry and collect donations without plunging!

For those brave enough to take the plunge!

1. Click [on this link](#) and click "REGISTER"
2. Then click "Join a team"
3. Enter our council number only in the field: '4522'
4. Click on your council and fill out the prompts
5. Done!

Hotel block reservations for [Virginia Beach are available here](#). These blocks are under the control of Special Olympics and not the Knights.

THANK YOU in advance for your generous contributions!!!! Support Special Olympics! Support Council 4522

**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
Louis J Lombardo	01-26
James Laurence Bailey	01-28
Stanley A Burger	01-28
James P Mc Glynn	01-28
Paul G Vrabel	01-28
Edward F Kearney	01-29



**Casey Women's Club**

Our December Meeting was cancelled due to illness of several members. Our See's Candy fundraiser was successfully completed on December 8th. Our next meeting will be January 12th & the Retirees Luncheon & Bunco will resume on January 24th.

Many thanks go to Ethel Apostolico for organizing & preparing these luncheons.

Condolences & prayers to Connie King on the death of her grandson.

Jan Birthday - Peggy Puritano

May this New Year bring health & wellness to all.

Geri Owen VP

**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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BY POPE JOHN PAUL II COUNCIL 4522  
4200 MARTIN AVE., ANNANDALE, VA 22003  
TELEPHONE: 703-992-0129 WEBSITE: [www.kc4522.com](http://www.kc4522.com)

**The submission deadline for the February Newsletter is January 20<sup>th</sup>**

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 [jncos95@outlook.com](mailto:jncos95@outlook.com).  
Additional information and points of contact are posted on our website at [www.kc4522.com](http://www.kc4522.com).

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