

The Knightly News

COUNCIL 4522

CHARTERED 1958



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



Monthly Newsletter

January 2024

IMPORTANT DATES IN JANUARY

Wednesday, Jan 3rd – Officers' Meeting, 7:30 PM ZOOM
(Casey Club immediately follows)
Tuesday, Jan 9th – Christ House, 3:30 PM @ Christ House
Wednesday, Jan 10th – Hybrid General Business Meeting, 7:30 PM (Rosary at 7:00)
@ Guadalupe Center, QofA, Knights' Chamber and ZOOM
Sat/Sun, Jan 13th/14th – Membership Drive, All Masses Queen of Apostles
Free Throw Contest, QofA School Gym **TBD**
Friday, January 19th – March for Life

DUES NOTICES for 2024 HAVE BEEN SENT and are DUE NLT JAN 19th!

Please pay your dues as soon as possible! See Article in this Edition

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

Brothers, I thank the Lord our God for guiding us through 2023, and into 2024. *Happy New Year! May Jesus grant you and your family peace and answer all your prayers!* We have completed the first half of the fraternal year with some accomplishments. As we enter the second half of the fraternal year, there are several programs still to attain, starting with the basketball free throw program. We will need to contact the Queen of Apostles school to recruit the youths and inquire about using the school gym for the free throws.

The planning of our annual retreat event is progressing. Our Faith Director will bring it for discussion at our January business meeting. The goal is to hold the retreat in February or March. The where, and when will be finalized with our chaplain, Fr. Diaz. If you have not attended one of our retreats in the past, you should plan to attend this one. If you have previously attended, I hope this year's retreat is a plan for spiritual enrichment and renewal.

Lest I forget, one of the activities a council must make in the second half of the fraternal year is to appoint a nominating chair. We are going to finish the 2023/2024 fraternal year without a deputy grand knight. As it stands now, no member has shown the interest of serving as the Deputy Grand Knight to even talk of stepping up to serve as the Grand Knight. We also need others on the council to serve in various capacities. We have

someone like Worthy Dan Penrose, who wears about five hats in the council and should get a relief in one or two of the areas.

My plea to everyone in the council who is a third-degree member is to ask himself how he can serve the council and parish. For us to be a vibrant council, we must put the time into making it vibrant. If we come together to serve with the resources we have, we can build the kind of council that other councils will envy. It will take all of us to come and work together. The Council and the Parish community need to work together. We must show up!

Fraternally Yours,
Patrick Okoronkwo, Grand Knight

Knight of the Month

Our Worthy Treasurer, Tuan Nguyen is this month's Knight of the Month. Along with financial duties, Tuan stepped up to take over this year's Christmas Baskets event. Tuan handled the execution of the many moving parts flawlessly—ultimately, delivering many smiles and a better Christmas to many of our community's most vulnerable. We are very proud and thankful for Brother Tuan's valuable contributions, and especially handling this vital Council program! Congratulations Brother Tuan!

Family of the Month

If Brother Tuan was the “brains” behind the Christmas Basket project, the family of SK Craig Delaney was the “muscle”. Brother Craig showed up Saturday morning with Lady Casey and all three children ready to jump in and help out! THAT is the way we all should be looking at helping at all Council events—make it a “family thing”! Remember that going forward—and we greatly appreciate and recognize the Delaney family for demonstrating the way forward! Congratulations as this month’s Family of the Month!

A FAMILY PRAYER for 2024

*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.

DUES NOTICES for 2023 HAVE BEEN SENT and are DUE NLT JAN 19th!

It is time for the Council to collect your annual Council dues (\$55 Associate/\$9.50 Honorary). Your dues are virtually 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 has to 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, cash or credit card by January 19, 2024. Additionally, this year we are happy to announce that you will be able to pay ONLINE via this secure website (no fees!): <https://queenofapostles.ccbchurch.com/goto/forms/19/responses/new> You will receive a confirmation email. To ensure your payment has been properly recorded,

please forward your confirmation email to FS Roger Williams at 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.

Council 4522 2023 Christmas Dinner

The mood was festive as all gathered for the annual Council Christmas Party in Hannan Hall on the evening of Saturday, December 9. About 20 to 30 or so knights and families attended the potluck dinner event. The hall was elaborately decorated courtesy of our host parish Queen of Apostles. Each table was outfitted with a white tablecloth with crimson trimmings, place settings, and decorated with the usual beautiful poinsettia centerpiece.

The food was varied and exceptional as usual since potluck is what always brings the wide array together! 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. In addition, the multitude of drinks was to die for!

The evening was capped off by a visit from St. Nicholas himself who spoke to the children and posed for photos. Thank you, Santa!

This event 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. Special thanks are in order for GK Patrick Okoronkwo; Worthy Recorder, John Cosgayon, and Worthy Advocate, Rich Sacra, all were instrumental in bringing the event to fruition! General thanksgiving is in order for all those Knights and their families who

provided such delicious food and pleasant fellowship to make a truly wonderful evening.

Annual Christmas “Basket” Campaign

This year the Council once again 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 approximately an eight-pound ham, a sack of potatoes, a sack of onions and one of oranges as well. Those items were provided by Mr. Nasir Mohamed, 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. Mohamed at the Annandale Giant, Mother Maria and the PSSJ and of course, Brother Knights Tuan Nguyen (who chaired the entire event), Craig Delaney (and his entire family), Rich Sacra, and Dan Restivo.

Membership Weekend is Jan 13th/14th

Here’s something for you to keep in your pocket and reflect on as you look in the mirror—and remember, why, you, became a Knight. It’s also an excellent example to give other Catholic gentlemen who may be entertaining a decision to become a Knight!

As Catholic men, it is sometimes easy to forget that Saint Joseph was very important to the birth and life of Jesus by being that loving husband to Mary and formative father to Him two millennia ago. The Almighty conceived His son, Jesus, within the Blessed Virgin Mary, so that Jesus could eventually grow up to minister to the masses and save all of us by dying on the cross; as a result, God and Mary are Jesus’ parents.

For some, Joseph could be viewed as a mere historical bystander. However, through his dutiful service to God and willingness to serve as Jesus’s foster father, he guided Jesus and Mary to safety by their fleeing from Herod to Egypt and eventually led them back to Nazareth. He guided Jesus through His path to adulthood by teaching a practical carpentry trade and bringing Him to temple to worship the Almighty. Joseph humbled himself and in doing so became the pinnacle titular head of a nucleus family. He is a reminder that all

good Catholic gentlemen are capable of being good husbands and fathers.

Also, Saint Joseph’s role model could serve as a beacon for all Catholic gentlemen looking for greater Christian purpose through charitable service to others. Membership within the Knights of Columbus is clearly that path for so many others simply awaiting an invitation to join, while advancement to the Fourth Degree could further enhance their journey in service to God and country. So, during this festive and blessed season, let us remember that all practical Catholic men deserve an invitation to join the knights and fraternal brotherhood to strengthen their manhood while here on Earth.

Did you know? More importantly, do you care?

Karl Frisch, a newly elected Fairfax County School Board member, took the oath of office with his hand on a stack of pornographic books. The books contain stories and pictures of graphic sex including the book “Lawn Boy” in which a 10-year-old boy recalls his first sexual encounter with an adult male? Frisch will become the school board CHAIRMAN in January 2024.



This action is a deliberate slap in the face to parents in Virginia and around the country who have been protesting children having access to pornographic reading materials in their school libraries.

Fairfax County Public Schools continue to promote the indoctrination of students encouraging them to explore their sexual orientation and gender identity at increasingly ages. Teachers are even instructed to keep information about sexual or gender identity from students’ parents. Anti-family activists in other counties in Virginia are also pushing their sexual orientation and gender identity agenda.

While radical School Board members are pledging their fidelity to keeping pornography in schools, academic tests scores continue to go down. Even when liberal school board members are in the majority, they do not have a mandate to indoctrinate our children. Throughout Virginia, Speak Up! teams are fighting this indoctrination in the school systems. To learn more about our Speak Up! Go to: [Speak Up Virginia](https://www.speakupvirginia.org/).



March for Life 2023**WITH EVERY WOMAN, FOR EVERY CHILD!**

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.

Jeanne Mancini, the president of the March for Life, discusses ways in which the movement can care for pregnant women, mothers, and children together. "We aren't saying that it's easy, but we are saying that it is right to choose life and we hold that choosing life is empowering and that love saves lives."

Mancini said there is a "false narrative around abortion" that suggests abortion is "empowering and necessary." She said this "fear-based messaging tries to convince women who are facing unexpected pregnancies that they're alone, that they're incapable, that they are ill-equipped to handle motherhood."

Rather, Mancini emphasized that "women deserve to know all of their options," such as "the love, compassion and free resources that are available to them through the vast pro-life safety net." The pro-life movement, she said, supports women "before, during and after pregnancy."

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. Sign up is here: www.tinyurl.com/KofC2024MFL. Click 'Sign Up' then click 'Save and Continue'. Complete the form and click 'Sign Up Now'. Virginia Knights have marshaled the national March for Life for over 50 years, be a part of our history by signing up to marshal on January 19, 2024. Meet in D.C. at 9:00 AM and finish around 3:30 PM. Be one of the 100 marshals to help this year!

A Note From Our Lecturer

Sometimes we get confused - Last week, on the 8th of December we celebrated the Holy Day of Obligation celebrating Mary's Immaculate Conception. The confusion is whether this was Mary's Conception or our Lord's. The correct answer is Mary's Conception by her parents Joakim and Anne. Mary's Immaculate Conception is an important part of our Churches dogmas regarding Mary,

- She was conceived without sin.
- She was the Mother of God.
- She was a perpetual virgin.
- She was assumed into heaven.

Sometimes we get confused about Advent. Advent is where we prepare for Jesus' coming. What does that mean? We are:

- Awaiting to celebrate his first coming (Christmas).
- Awaiting his second coming.
- Awaiting another coming upon our own deaths.

As we overstress ourselves buying presents, sending cards, decorating our homes, are we focused on our own preparations for the true meaning of the Christmas Season approaching? If you knew you were going to die on December 25th, would your preparation be different? I know mine would be different.

To help you, my brothers, let's focus on really celebrating Advent. Please close your eyes and do this exercise with me.

- Think about everything you are thankful for. Then silently, thank God for these things.
- Who in your family, or friends are you angry with? Then silently, forgive them by name to the Lord.
- Is the stress of the season creating anxiety or impatience? Ask God to help you focus on the things that are truly important.
- Let us silently pray for our Holy Father, Our Bishop, and our Pastor and Parochial Vicar.

Thank God for them and their leadership. Pray for their ministries and good health.

- When you return home tonight take your spouse aside and tell them how much you love and appreciate them. Do this for your children as well.
- If you're truly brave and do not already do this, begin a family Rosary throughout the remainder of the Advent Season.
- Privately, ponder how you would live, and behave if you knew you were going to see the Lord vis-à-vis your death on December 25th.

Polar Plunge 2024

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 our personal Council Page!

[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

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

Casey Women's Club

It is with great sadness that we see the council home on Martin Avenue closed and sold. The Casey Women's Club has been associated with the Knights of Columbus Council #4522 and the Casey Club for over 63 years. The Women's Club was formed shortly after Fairfax Council #4522 was established. It had 35 chartered members to start - all wives of knights. In the beginning they donated much to the new council building and grounds by having multiple fund raisers and continued to donate over the years.

Recently Giant food gift cards were given to the Poor Sisters of St. Joseph to go along with the Knights donation of food "baskets" this Christmas as we usually have done.

Our next meeting will be held Thursday, March 14th at a member's home.

Our upcoming birthdays are the following: in January we have Peggy Puritano; in February we have Jean Hughes, Linda Lipari, and Alice London; in March, we have Joanne Conner and Geri Owen.

May Everyone continue to have a Happy & Healthy New Year!

Geri Owen, Vice President (VP)



January 2024 Birthdays



Anthony J Pasquale	01-01
Michael J Lewis	01-02
Thomas J Byrnes Esquire	01-05
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
Tyler Livingston	01-23
Louis J Lombardo	01-26
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

Reminder

All editions of The Knightly News, past and current, are available on the Council website at www.kc4522.com



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The submission deadline for the February 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 jncos95@outlook.com.
Additional information and points of contact are posted on our website at www.kc4522.com.

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