

# The Knightly News

COUNCIL 4522

CHARTERED 1958



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



## Monthly Newsletter

January 2026

### IMPORTANT DATES IN JANUARY 2026

Thursday, Jan 1<sup>st</sup> – New Year's Day – HAPPY NEW YEAR to all

Thursday, Jan 1<sup>st</sup> – Solemnity of Mary, The Holy Mother of God

**Sunday, Jan 4<sup>th</sup> – Parish Pancake Breakfast – Hannan Hall – After 8:00 and 10:00 AM Masses**

**Wednesday, Jan 7<sup>th</sup> – Council Officer's Meeting, 7:30 PM In Person – Jan-June Planning Meeting**

Tuesday, Jan 13<sup>th</sup> – Christ House, 3:30 PM @ Christ House

Wednesday, Jan 14<sup>th</sup> – Hybrid General Business Meeting, 7:30 PM (Rosary at 7:00)

@ Guadalupe Center, QofA, Knights' Chamber and ZOOM

Week of Jan 12<sup>th</sup> – 16<sup>th</sup>. Free Throw Contest, QofA School Gym @ 5:00 PM (Stayed tuned for details)

Friday, January 23<sup>rd</sup> – March for Life

Saturday, January 24<sup>th</sup> – Polar Plunge for Special Olympics – Mosaic District (Merrifield)

### DUES NOTICES for 2026 HAVE BEEN or WILL BE sent out soon and are DUE NLT JAN 24<sup>th</sup>!

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

As you read this newsletter, the New Year 2026 is about to arrive or may be still new! First of all, I wish you all the best. You will continue to be in my prayers for Health, Safety, Peace and Love. If you have these, you will have wealth as well. I ask that you continue to pray for me as well.

I am writing this on Holy Family Sunday; I am thankful for the blessing of my wife and entire family. They have led me to my Knights of Columbus Family and all of you. Together Brothers, we serve the community, grow spiritually and most importantly live Jesus. I look forward to continuing this journey with you in the new year and sincerely encourage more members to come to our table, get involved and become an active member of our Council Family.

On that note, please see the information below regarding our Family Christmas Party on January 10<sup>th</sup>. I have planned all year for this event to show appreciation for you all. Please RSVP by January 6<sup>th</sup> so we can provide properly. ALL Members are welcome to attend. If you have not been active, we would still love to see you.

I am trying to make a small change to the newsletter; you will see a section calling out Upcoming Council

Events and a section reporting on Past Events. Please take the time to read the entire newsletter. Worthy SK Roger Williams does an outstanding job with the important details, pushing the GK to get his stuff done and putting it together in proper order for on time delivery!

There is a lot of useful information on the following pages for all of you! Read through upcoming activities - pick one to attend, pay your dues - they keep us going; see who came out last month; check out birthdays and much more. Pay attention for "contests"!

Please come out on Sunday, January 4<sup>th</sup>, and help at the Pancake Breakfast re-scheduled from December.

Our next officers' meeting, on January 7<sup>th</sup> will be an **IN PERSON** planning session for the next six months.

If you have suggestions reach out to me at any time at [Rickjs4522@gmail.com](mailto:Rickjs4522@gmail.com)

I sincerely wish all my Brother Knights all the best for 2026 and I look forward to continuing our mission.

Follow Christ's Way!  
GK Rick Sacra

**Knight of the Month**

Our January Knight of the Month is SK Jay Moore. We are so happy that Jay returned to the NoVa area and again became an active member of our Council 4522. He is almost always available for events, he truly represents the core principles of Charity, Unity, Fraternity, and Patriotism. We are pleased to recognize Jay as the January 2026 Knight of the Month.

**Family of the Month**

Our January Family of the Month is the Guevara Family. Vic, Maria and their sons are active members of Queen of Apostles Church. You can see them at all parish events, regularly in the Adoration Chapel and wherever a prayer or a hand is needed. Vic is our resident photographer, recording all Council Events and Vince is always available to help out, Christ in Christmas, Parish Festival and everywhere! All of the Guevaras serve with a smile and spread the Joy of Jesus to others. We are so blessed to have them and recognize them as our January 2026 Family of the Month.

**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.*

**DUES NOTICES for 2026 WILL BE OUT IN THE NEXT FEW DAYS. DUES should be paid NLT JAN 24<sup>th</sup>!**

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 24, 2026. 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 Daniel Penrose @ [dpenrose@engineer.com](mailto:dpenrose@engineer.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, Dan Penrose, know as soon as possible. The Council will gladly work with you to come to a satisfactory solution.

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.

***If you've read this newsletter....  
email our Grand Knight, with a comment  
about a January event.  
All emails will be in a drawing at the  
Christmas Party on January 10. Must be  
present to win!  
One entry per member***



**UPCOMING EVENTS IN OUR COUNCIL!****Parish PANCAKE Breakfast**

**January 4<sup>th</sup> after 8:00 AM and 10:00 AM Masses  
Rescheduled from December 14<sup>th</sup>**

We need egg cookers, pancake makers, sausage warmers and servers. Please plan to be at Hannan Hall between 7:00 AM to 12:00 PM to participate in this fun event serving our parish. Many hands make the work light and fun! Thanks to those who have already said they would help! **Spouses are also welcome to keep the tables in the hall stocked and clean. Please RSVP to Rick Sacra if you can help!**

**Christmas Party, Saturday January 10, 2026, 6 PM -  
Please RSVP by January 6<sup>th</sup> The Christmas season  
extends until Epiphany on January 11, 2026.**

Please attend the Council 4522 Christmas Party, as we continue the celebration of our Lord's Birth! This Family Celebration and Dinner will be held in Hannan Hall at Queen of Apostles Church from 6PM to 9PM.

- ❦ Appetizers and a catered dinner
- ❦ You are welcome to bring a dessert to share, but it is not required.
- ❦ There will be door prizes and a 50/50 raffle.

Use this link to RSVP for yourself and your family:  
[Council 4522 Family Christmas Party RSVP](#)

An email invitation was sent on December 16, if you did not receive it please let us know! If you have any questions, please contact Vincent Guevara at [vincentg.97@gmail.com](mailto:vincentg.97@gmail.com) or call GK Rick Sacra (571) 205-5439.

**Christ House Meal Preparation**

**Tuesday, January 13<sup>th</sup> 3:00 – 5:00  
131 S West St, Alexandria, VA 22314**

Meet in the kitchen to prepare bagged meals for pickup. If help is needed serving, may have to stay until 5:30. Last month we served 80 and there were still souls looking for meals. Please come help and offer a silent prayer for those in need.

**March for Life 2026, Friday, January 23  
National Mall, Washington, DC**

The theme for this year is **LIFE IS A GIFT!**

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.

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. 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 23, 2026. Meet in D.C. at 9:00 AM and finish up around 3:30 PM. Be one of the 100 marshals to help this year! For more information, contact our Life Director, Larry Cirignano at [Larryvote@gmail.com](mailto:Larryvote@gmail.com)

**DECEMBER EVENTS IN OUR COUNCIL**

**December 4<sup>th</sup> - Sunday 7AM to 3PM**

Sunday Social Management

SK Jay Moore courageously managed the Sunday Social for the Queen of Apostles Parish. He served in all capacities from setup, coffee prep, donut pickup, orderly kitchen activities and cleanup. We hear it was one of the best Sunday Socials EVER! Many thanks to Jay and Sebastian Arraya and family for your support.





### December 21<sup>st</sup> – Saturday 9AM Annual Christmas “Basket” Campaign



This year the Council once again provided boxes filled for 16 needy families (90+ 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. 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. Taylor Vaughn, Store Manager at Harris Teeter, Mother Maria and the PSSJ and of course, all the Brother Knights (led by WGK Rick Sacra and Tuan Nguyen) that helped to pick-up, sort and deliver the boxes and coats. God Bless everyone for their part in making Christmas better for those families and children.



The Council was made aware of a young woman with Down Syndrome, Ashley, who along with her family lost everything they owned in a fire a few months ago. By the grace of God and with the help of a Queen of Apostles parishioner, they were nearly completely restored with all their basic needs. Ashley also lost her IPAD that was her constant companion and educator. Pope John Paul II Council provided Ashley with a new IPAD just in time for Christmas.



### December 21<sup>st</sup> – Saturday 7PM Beverage Service for the Queen of Apostles Volunteer Appreciation Dinner

Members were again serving the community Saturday evening serving water, soda, beer and wine to the many volunteers recognized for their service to the church. Thank you, Worthy Brothers, for always showing up!



### Lecturer's Offering *To Jesus through Mary*

Always go to Jesus through Mary, but not for fear of Jesus. Often in books of piety, Jesus is presented as a judge and Mary as the merciful Mother. Yet it is not like that at all, because if Mary has a merciful heart, a heart of ineffable tenderness, it is Jesus who gave it to her....

In the same way that he himself came through Mary, he wants us to go to him through Mary. It is the surest way, the most direct way.... Let it be Mary who presents him all our gifts, and above all the gift of ourselves....

The Holy Spirit in us often works by attraction. What attraction I feel toward Mary—the attraction of a child for his mother! Happily, fervently, lovingly I hide myself under her mantle, I nestle in her arms, on her heart,

blending my love with the love of the Father, her Father, for her; with the love of Jesus, her Son, for her; with the love of the Holy Spirit, her Spouse, for her. Everything is tenderness, gentleness, mercy; everything is shared; everything is love. No, it is not in fear of God that I go to Mary, but in love for him, and at the same time in love for her, in order to share everything with them.

Each morning at Mass, the focal point of your days and of your life, put Jesus on the altar of the wounded heart of Mary, the Mother of the Church. Assist at Mass near her, with her, at the foot of the cross, like Saint John and Saint Mary Magdalene. Love to recite the Rosary, meditating on its mysteries. Little Thérèse said that each Hail Mary goes up toward heaven like incense whose smoking spirals are all alike, although it is always new incense which burns.

Love always says the same things, yet never repeats itself. I have told you, in speaking about Communion, that your heart is a heaven for Jesus, and this is even more so when Jesus finds Mary there. It is her heart which will reveal to you the intimate secrets of the heart of Jesus, as it is the heart of Jesus which will reveal to you the heart of Mary.

*Father Jean du Coeur de Jésus d'Elbée*

## Polar Plunge 2026

### January 24<sup>th</sup> – Mosaic District, Fairfax

The Special Olympics mission remains as vital today as it did when the movement was founded over 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 \(\[specialolympicsva.org\]\(http://specialolympicsva.org\)\)](#) 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!

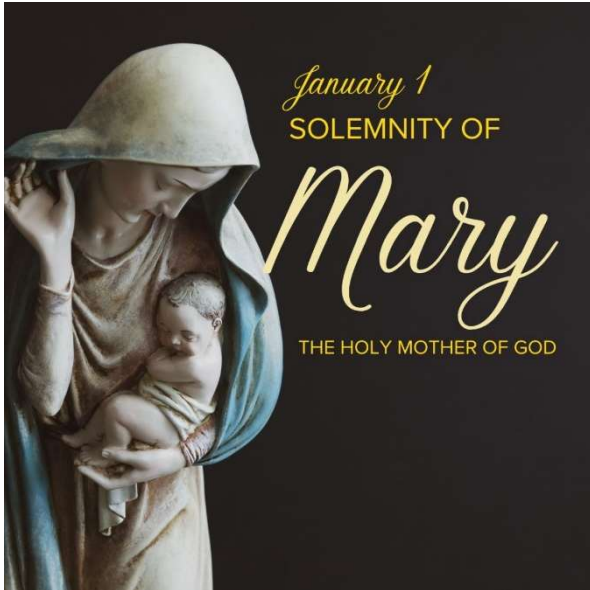


## Happy January Birthdays!

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
<i>Just informed Brother Paul – Deceased Jan 2021</i>	
Edward F Kearney	01-29
PGK Billy D Stewart Jr	01-30



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**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  
FS Roger Williams @ [jpii4522@gmail.com](mailto:jpii4522@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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#### Reminder

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current, are available on the Council website  
at [www.kc4522.com](http://www.kc4522.com)