

# The Knightly News

COUNCIL 4522

THE KNIGHTLY NEWS

CHARTERED 1958



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



## Monthly Newsletter

July 2026

### IMPORTANT DATES IN JULY!

Wednesday, July 1<sup>st</sup> – Officers' ZOOM Meeting, 7:30 PM

**Saturday, July 4<sup>th</sup> – Independence Day**

**Wednesday, July 8<sup>th</sup> – Installation of Officers,**

@ Queen of Apostles Church – Reception follows in Hannan Hall

Tuesday, July 14<sup>th</sup> – Christ House – 3:45 PM @ Christ House

**PUT IT ON YOUR CALENDARS NOW**

**Queen of Apostles Altar Servers Picnic – August 9<sup>th</sup>**

**Queen of Apostles Parish Festival – AUGUST 22<sup>nd</sup>**

### Grand Knight's Message

July is here! This month we will celebrate 250 years of the United States of America. Because of the bravery of the men and women of 1776 and all the brave men and women who have served our country over these 250 years we are still a free nation. We should thank God first for the abundant blessings we have!

July is also the month of the Blood of the Most Precious Blood of Jesus. Mercy made available by the sacrifice of Jesus. How thankful we are for this precious gift!

Thank you to all the Officers and Council members who stepped up to serve in so many ways over the Fraternal Year just ended on June 30. I am grateful for each of my Brother Knights and their families. There was a lot of work but better yet, we came together to support each other and our community. A special thank you to Brother Tuan Nguyen. While Brother Tuan's title was Treasurer, he was an immense help to me in many ways, I am extremely grateful for his service.

I look forward to the new Fraternal Year, with a great slate of officers continuing the successes of Council 4522 with the same spirit of unity. Welcome to our new and returning officers. I continue to be grateful for the opportunity to be Grand Knight for Council 4522. I will do my best to continue to serve our parish and community to the best of my ability, leading the council to focus our efforts using the motto of our patron Pope John Paul II, "Follow Christ's Way".

Our first Officers' meeting of the year will be on July 1<sup>st</sup>. I will present the calendar of events for the year for

review. Once it is finalized, I will share it with all of you so you can be prepared for what is coming up.

Installation of Officers will take place July 8<sup>th</sup> @ 7PM. All members and their families are invited to attend. A short reception will take place in Hannan Hall afterwards. **NOTE Officers must be present or find a stand in for the Installation Ceremony!**

Please continue to pray for me and I will continue to pray for you.

Fraternally,  
GK Richard Sacra

### Knight of the Month

Our July Knight of the Month is SK Vincent Guevara. Vince seems to be popping up everywhere! He was the main support for setup of the Corpus Christi Altar, he was a help at the picnic, he is learning about our Council IT system, he is our new Chancellor and is active in a few more areas. He has a lot of good ideas to share, and we are happy for his continued interest in Council 4522 and our Queen of Apostles Parish.

### Family of the Month

For our July "Family of the Month" we would like to recognize the ladies who stepped up to run the kitchen and pitch in for the Council Picnic on June 13<sup>th</sup>, Claire Ward, Maria Amaya, and Marilyn Cosgayon. They set up, cooked, served, and washed the dishes! Without their help, the picnic would not have been half as nice as it was. And they still had time to visit with everyone! Thank You Ladies for making the picnic a wonderful event!

Coming next month - Knight and Family of the Year Announcements!

Thanks to our 2024/2025 Officers! Welcome Our 2026/2027 Officers!

As the new fraternal year starts, the Council would like to recognize and thank our 2025/2026 Officers—especially the several who once again returned to carry on God’s work in the Council!! Elections were held on June 10th—our new slate of officers appears below. The Council thanks these outstanding Knights for their time and efforts and looks forward to their continued participation and fraternity. A very special thanks to SK Dan Penrose, FS, PGK who chaired the Nomination Committee and presided over the election process. Thank you and “welcome” to SK James T Moore, moving to Treasurer and our NEW Officers, SK Gus Gravot, SK Daniel Ward, Richard Hoffmann and SK Craig Delaney, a PGK himself! Please pray for each of them and their families.

Table with 2 columns: Position and Officer Name. Includes Grand Knight (SK Richard Sacra), Deputy Grand Knight (Brother Dan (Danny) Restivo), Chancellor (SK Vincent Guevara), Recording Secretary (SK John Cosgayon), Treasurer (SK James T. Moore), Warden (SK Gus Gravot), Advocate (SK Daniel Ward), Inside Guard (SK Hilowe (Wil) Tesfa), Outside Guard (Brother Richard Hoffmann), 1 Year Trustee (SK Roger Williams, PGK, PFS), 2 Year Trustee (SK Patrick Okoronkwo, PGK, FDD, PFN), 3 Year Trustee (Brother Tuan Nguyen), and PGK Delegate (SK Craig Delaney, PGK).

Opportunities Calling!



While all the Officer positions have been filled for the upcoming fraternal year, there are still other critical positions—look at them as opportunities—to fill to properly carry the full weight of the Council’s efforts this coming

year. Starting with the Editor’s position of this fine monthly publication.

- A monthly newsletter is a Knights of Columbus Supreme requirement. Even if future editions go down to a single (or couple of pages) the Council must distribute one monthly. A

successful editor must be good with deadlines, have better than average computer skills, and be ready to prod contributors—when needed! Takes about 2-3 hours total a month. Contact SK Roger Williams, PGK jpii4522@gmail.com for further information.

- Faith Director - The faith director is appointed by the grand knight and reports to the Chancellor. This Brother Knight is responsible for shepherding our faith-based council programs (annual spiritual retreat, corporate communion, Holy Hour ((Adoration schedule for the Council)), and support for the Seminarians). He should develop a relationship with our pastor/Chaplain, in order to ensure the Council’s activities are in line with the pastor’s goals. Takes anywhere from 2-8 hours a month, depending if there are any activities scheduled for that month.
Family Director - The family director is appointed by the grand knight and reports to the Chancellor. This Brother Knight is responsible for shepherding our family-based council programs (40 cans for 40 days, Lenten Fish Fries, Coat for Kids, Keep Christ in Christmas cards, and Christmas Baskets). Sounds daunting, but know in advance, all of these activities are already well planned and usually have lots of help available. As St. John Paul II said, “Do not be afraid”! The Family Director will have to complete Safe Environment training and undergo a basic background check. Takes anywhere from 2-10 hours a month, depending if there are any activities scheduled for that month.
Community Director - The community director is appointed by the grand knight and reports to the Chancellor. This Brother Knight is responsible for shepherding our community-based council programs (primarily those dealing with the school and kids’ activities). Those programs include Basketball Free Throw Competition, Soccer Free Kick Competition, Catholic Essay Contest, KCIC Poster Contest). The Community Director must complete Safe Environment training and undergo a basic background check. Takes anywhere from 2-10 hours a month, depending if there are any activities scheduled for that month.

- **Life Director** - The life director is appointed by the grand knight and reports to the Chancellor. This Brother Knight is responsible for shepherding our life-based council programs. The individual appointed to this position should be comfortable discussing and planning efforts within the context of supporting and affirming life in all stages and in all conditions—with Council members, the pastor and external pro-Life groups. Notably, he strives to promote programs that support and encourage the advancement of the pro-life movement, people with intellectual disabilities, and persecuted Christians (March for Life, NOVENA for Life, KOVAR collections, supporting attendance outside of abortion mills, etc.). Takes anywhere from 2-10 hours a month, depending if there are any activities scheduled for that month.

Please contact Worthy Grand Knight Richard Sacra (or any Officer) if you would like to discuss any of these positions or other opportunities in the Council.

**CORPUS CHRISTI PROCESSION 2026**

Queen of Apostles started the celebration of The Most Holy Body and Blood of Christ (Corpus Christi) a day earlier, on Saturday, June 6<sup>th</sup> at Vigil Mass, followed by a very well attended procession around the QofA campus. A 4<sup>th</sup> Degree Honor Guard from Father Malloy Assembly 1894 was provided, including our own SK Rick Sacra, who is the Assembly’s Color Corps Captain. Many thanks to SK Vincent Guevara for setting up Council 4522’s Altar seen here and SK Vincent and SK Tim Hogan, Faithful Navigator of Assembly 1894 for taking down the Altar afterwards.



Fr. Diaz, Pastor, kneels in front of the Monstrance holding the Holy Eucharist, seen here on Council 4522 "altar".



4<sup>th</sup> Degree Honor Guard leads the Corpus Christi procession and "guards" the Holy Eucharist

**Lecturer’s Reflection**

**Ask the Minister of the Harvest**

All true apostolic workers expect much more from their sacrifices and prayers than from their active work. The secret of a fruitful apostolate is to be found much more at the foot of the Cross than in the display of brilliance. “These three remain: word, example, prayer; but the greatest of these is prayer”, cries Saint Bernard. A very strong statement, but it is simply a commentary on the resolution taken by the Apostles to leave certain works alone in order to give themselves first of all to prayer; and only after that to preaching (Acts 6).

Consider the fundamental importance the Savior gave to this spirit of prayer. Looking out upon the world and upon the ages that were to come, he cried out in sorrow; The harvest indeed is great, but the laborers are few. What would he propose as the quickest way to spread his teaching? Would he ask his apostles to go to school in Athens, or to study, at Rome, under the Caesars, how to conquer and govern empires? He reveals a program and a principle full of light” Pray ye therefore the Lord of the harvest that he send forth laborers into the harvest. No mention of techniques of organization, of raising funds, building churches, or putting up schools. Only pray ye. This one fundamental truth of prayer, and the spirit of prayer, is something the Master constantly repeated. Everything else, without exception flows from it.

Pray ye therefore! First, pray. Only after that does out Lord add going, teach, preach. Of course, God will make use of these other means; but the blessings that make a ministry fruitful are reserved for the prayers of a man of interior life. Such prayer will have the power to bring forth from the bosom of God the strength for an apostolate that souls cannot resist.

*DOM Jean-Baptiste Chautard OCSO*

**Romans 8:26-27**

*“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words. And he who searches the hearts of men knows what is the mind of the Spirit according to the will of God.”*



**Catholic Book Stores**

Several Brothers have indicated interest in locating Catholic bookstores in Northern Virginia.

The links below provide information on the Daughters of St. Paul Book Store in Alexandria and The Pascal Lamb stove in Fairfax.

<https://paschallamb.com/>

<https://paulinestore.com/alexandria>

**I pledge allegiance to the flag of the United States of America and to the Republic for which it stands, one nation UNDER GOD, indivisible, with liberty and justice for all.**

The Pledge of Allegiance to the Flag of the United States originated on Columbus Day, 1893. It contained no reference to Almighty God, until in New York City on April 22, 1951, the Board of Directors of the Knights of Columbus adopted a resolution to amend the Pledge of Allegiance as recited at the opening of each of the meetings of the 800 Fourth Degree Assemblies of the Knights of Columbus by the addition of the words "under God" after the words "one nation".

On August 21, 1952, the Supreme Council of the Knights of Columbus, at its annual meeting, adopted a resolution urging that the change be made general and copies of this resolution were sent to the President, the Vice President and the Speaker of the House of Representatives. At its annual meeting the following year, the Supreme Council repeated its resolution and sent copies of this resolve to the President, Vice President, Speaker of the House, and to each member of both Houses of Congress. From this latter action, a total of seventeen resolutions were introduced in the House of Representatives to so amend the Pledge of Allegiance as set forth in the Public Law relating to the use of the flag. The resolution introduced by Congressman Louis Rabaut of Michigan was adopted by both Houses of Congress, and it was signed by President Eisenhower on Flag Day, June 14, 1954!

In a message to the Supreme Council in Louisville, August 17, 1954, President Eisenhower, in recognition of the initiative of the Knights of Columbus in originating and sponsoring the amendment, said: *"We are particularly thankful to you for your part in the movement to have the words 'under God' added to our Pledge of Allegiance. These words will remind Americans that despite our great physical strength we must remain humble. They will help us to keep constantly in our*

*minds and hearts the spiritual and moral principles which alone give dignity to man, and upon which our way of life is founded. For the contribution which your organization has made to this cause, we must be genuinely grateful."*

**July Birthdays!**



|                              |       |
|------------------------------|-------|
| Robert P Bubniak, PGK        | 07-04 |
| Deacon Vincent M Kapral, PGK | 07-04 |
| Beau Lovdahl                 | 07-07 |
| Terry Baxter                 | 07-15 |
| Rev Andrew J Heintz          | 07-16 |
| Timothy C Murtha             | 07-17 |
| Ronald J Kuley               | 07-19 |
| Richard J Sacra Jr           | 07-19 |
| Juan Pablo Zelaya            | 07-19 |
| Brett L Williams             | 07-20 |
| Rev Philip P Scott           | 07-21 |
| Paul M Mathews               | 07-22 |
| Kelvin M Mmassy              | 07-26 |
| Vincent P Apostolico         | 07-27 |
| Gregory R Milas              | 07-30 |

**RIP Kevin Becks**  
**September 12, 1963 – June 19, 2026**

In June, we prayed for and bid farewell to Brother Kevin, a devout member of our parish and active member of our council. We have Faith that he is with the Lord. Please continue to keep Kevin and his family in your prayers



**Prayers for those in our Council Family with a special need**

Ron and Joanne Plavchan  
 Tuan Nguyen and his family  
 Bob Lavelle for success of his surgery  
 Joe and Linda Lipari



**Litany of the Most Precious Blood**

|                    |                    |
|--------------------|--------------------|
| Lord, have mercy   | Lord, have mercy   |
| Christ, have mercy | Christ, have mercy |
| Lord, have mercy   | Lord, have mercy   |

|  |                  |
|--|------------------|
| God our Father in heaven                         | have mercy on us |
| God the Son, Redeemer of the world               | have mercy on us |
| God the Holy Spirit                              | have mercy on us |
| Holy Trinity, one God                            | have mercy on us |
| Blood of Christ, only Son of the Father          | be our salvation |
| Blood of Christ, incarnate Word                  | be our salvation |
| Blood of Christ, of the new and eternal covenant | be our salvation |
| Blood of Christ, that spilled to the ground      | be our salvation |
| Blood of Christ, that flowed at the scourging    | be our salvation |
| Blood of Christ, dripping from the thorns        | be our salvation |
| Blood of Christ, shed on the cross               | be our salvation |
| Blood of Christ, the price of our redemption     | be our salvation |
| Blood of Christ, our only claim to pardon        | be our salvation |
| Blood of Christ, our blessing cup                | be our salvation |
| Blood of Christ, in which we are washed          | be our salvation |
| Blood of Christ, torrent of mercy                | be our salvation |
| Blood of Christ, that overcomes evil             | be our salvation |
| Blood of Christ, strength of the martyrs         | be our salvation |
| Blood of Christ, endurance of the saints         | be our salvation |
| Blood of Christ, that makes the barren fruitful  | be our salvation |

|  |                  |
|--|------------------|
| Blood of Christ, protection of the threatened    | be our salvation |
| Blood of Christ, comfort of the weary            | be our salvation |
| Blood of Christ, solace of the mourner           | be our salvation |
| Blood of Christ, hope of the repentant           | be our salvation |
| Blood of Christ, consolation of the dying        | be our salvation |
| Blood of Christ, our peace and refreshment       | be our salvation |
| Blood of Christ, our pledge of life              | be our salvation |
| Blood of Christ, by which we pass to glory       | be our salvation |
| Blood of Christ, most worthy of honor            | be our salvation |
| Lamb of God, you take away the sins of the world | have mercy on us |
| Lamb of God, you take away the sins of the world | have mercy on us |
| Lamb of God, you take away the sins of the world | have mercy on us |

You have made us a kingdom to serve our God.  
 Lord, you redeemed us by your blood.

*Let us pray.*

O God, who by the Precious Blood of your Only Begotten Son have redeemed the whole world, preserve in us the work of your mercy, so that, ever honoring the mystery of our salvation, we may merit to obtain its fruits.  
 Through Christ our Lord.  
 R/. Amen.

**Reminder**

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

