

# The Knightly News

COUNCIL 4522

CHARTERED 1958



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



## Monthly Newsletter

June 2026

### IMPORTANT DATES IN JUNE 2026


Wednesday, June 3<sup>rd</sup> – Officers' Meeting 7:30 PM @ Glory Days, Barcroft Plaza

Saturday, June 6<sup>th</sup> – Corpus Christi Procession, 5:00 PM Mass @ QofA – *Need 4<sup>th</sup> Degree Color Corps!!!*

**Wednesday, June 10<sup>th</sup> – General Business Meeting HYBRID - 7:30 PM  
via ZOOM AND IN PERSON – Guadalupe Center, QofA Campus**

***NOTE: 2026/2027 ELECTIONS will be held during THIS meeting!  
2026/2027 Budget will be presented for approval***

Saturday, June 13<sup>th</sup> – Council 4522 Family Picnic

Sunday, June 14<sup>th</sup> – Flag Day 

Sunday, June 21<sup>st</sup> – Father's Day!

Looking Ahead: Wednesday, July 8<sup>th</sup> – Installation of Officers, 7:00 PM

## Grand Knight's Message

As we begin June, I would like to first take a quick look back at May. We celebrated Memorial Day on May 25<sup>th</sup>, recalling the sacrifices made by so many so we can live free in the United States of America today! This year is especially inspiring as we mark our country's 250<sup>th</sup> year.

Also on May 24<sup>th</sup>, we marked the end of the Easter Season with Pentacost Sunday. Does it seem like Lent just started? We had three fish fries to produce while we fasted, prayed and gave alms, forty days. We celebrated Easter Sunday, the Glorious Resurrection and already the last day of the Easter Season, fifty days! So many wonderful reasons to rejoice in Jesus. All these days, Memorial Day, Lent, Easter, Pentacost and all of the days in between have reminders in them of the many blessings we have been so graciously given by God. Note the special in every day, keep your Faith alive.

May 12<sup>th</sup> was our bi-monthly meal prep at Christ House. Daniel Penrose, Owen Penrose, Hilowe Tesfa and Jay Moore stepped up to the plate to serve the most needy. Prayerful thanks for your commitment to Council 4522 activities!

Now we look forward to our June activities!

**June 6<sup>th</sup> - Queen of Apostles Corpus Christi Mass and Procession** 5:00 PM Mass followed by Eucharistic Procession on the church grounds. Volunteers are URGENTLY needed to help set up an Adoration Table for one stop on the procession route. Fourth Degree Knights are also needed to escort the Eucharist during the procession. We need at least 4 Color Corps members to assist!

**Also on June 6<sup>th</sup>** Deacon Teko Agbo will be ordained to the priesthood. We thank God for his vocation and for his generous response to the Lord's call. Please keep him in your prayers as he prepares for this important moment in his priestly life and in the life of the Church.

**June 7<sup>th</sup> - Join us for Fr Teko Agbo's first mass at 10:00am in English and 1:30pm in Spanish**

Reception to follow both masses in the school gymnasium. Another opportunity to share the grace of and celebrate the joy of our Catholic Faith. Please bring the entire family! See flyer included with the newsletter.

**June 10<sup>th</sup> - General Meeting** begins with Rosary at 7:00 PM, meeting at 7:30 PM. **Please attend!** We will elect officers for the 2026/2027 Fraternal Year, adopt the 2026/2027 Financial Budget and review the 2025/2026 reports. Other topics will include the Picnic on June 13<sup>th</sup>, the church festival August 22<sup>nd</sup> and whatever you bring to the floor. Please, please attend we need voices, hands and hearts to be involved in our Council.

**June 13<sup>th</sup> - Council Picnic** Saturday afternoon begins at 4:00 PM (no need to cook dinner that night!). Burgers, Dogs, Corn on the Cob.



**Looking further out**

**July 8<sup>th</sup> Installation of Officers** at Queen of Apostles at 7:00 PM

**August 22<sup>nd</sup> Queen of Apostles Annual Festival**  
Enjoy comradre at the Beer Stand, support your parish – great food from around the world, fun and games for the entire family.

There are many opportunities for our council to serve our parish and community. With the support and interest of *all* of our membership, we can continue to live the mission of Blessed Michael McGivney. If you are not currently active in the council, please consider stepping out of your comfort zone (or off your couch) and join one, or some, of our many activities. We have a very cordial fraternal group and always welcome new Brothers to join us. Graces flow from the services provided through the Knights of Columbus.

Please continue to pray for me and I will continue to pray for and give thanks for all of you!

Follow Christ's Way! He is always with you.  
Grand Knight Rick Sacra

**Knight of the Month**

The June Knight of the Month is our very own Worthy SK Roger Williams. From over 400 miles away SK Roger continues to support Council 4522. The newsletter you read each month is prepared by Roger. He continues to provide behind the scenes advice and guidance for all the business of the Council. SK Roger generously shares his historical knowledge of the "rules of the road" for managing Council events. We are exceptionally grateful for Worthy Roger's continued support.

**Family of the Month**

The June Family of the Month is Daniel Penrose and his son Owen. When help was needed at Christ House they showed up, together. Dan, Owen and Mom, Andrea, always pitch in to help with any event they attend. The Penrose Family has been making major contributions of time and talent to the Council throughout the current and many prior fraternal years. Father and son working together for the benefit of others is a great example of Christian Family service! We are blessed to have the Penrose family in our Council. Thank you Dan, Andrea and Owen for your continued service!

**2026/2027 Council 4522 Officer ELECTIONS**

Each Officer position is vitally important in efficiently running the Council, developing fundraisers, identifying ways the Council can assist the parish and the community, and growing the faith in one another.

Worthy Financial Secretary Dan Penrose [dpenrose@engineer.com](mailto:dpenrose@engineer.com) is the Chairman of the Nominating Committee, and is being assisted by SK Roger Williams, PGK [sbrog11@yahoo.com](mailto:sbrog11@yahoo.com). If you are interested in running for a position or want to know what is involved before committing to a position, please contact a committee member or any one of the sitting Officers—as soon as possible. In accordance with Article VIII of the revised Bylaws, the Nominating Committee submitted its report to the members during the May Council Meeting for the Fraternal Year 2026 to 2027, which begins July 1, 2026. The report, as submitted:

**Positions/Names thus far have been nominated or self-nominated:**

Grand Knight:	SK Richard Sacra
Deputy Grand Knight:	Daniel Restivo
Chancellor:	SK Vincent Guevara
Recording Secretary:	SK John Cosgayon
Treasurer:	SK Jay Moore
Warden :	Gus Gravot
Advocate:	Daniel Ward
Inside Guard:	SK Hilowe Tesfa
Outside Guard:	Richard Hoffmann
3 <sup>rd</sup> Year Trustee:	Tuan Nguyen
Past Grand Knight Delegate:	SK Patrick Okoronkwo

**Please note – Election Date:** The Council will conduct its annual election of officers during the regular June General Business Meeting (June 10<sup>th</sup>) under New Business. Be advised that nominations MAY be made from the floor the night of the election. All 3<sup>rd</sup> and 4<sup>th</sup> Degree Brothers are strongly encouraged to consider running for a position or nominating a qualified Brother for one. It is highly recommended that any such nominations be discussed with the potential candidate(s) to ensure they are willing to accept the nomination and carry out the duties of the office they are being nominated for before the actual elections begin.

Candidates are also being sought for Officer positions in the Casey 4522 Foundation (TWO Year terms). The Casey 4522 Foundation, is essentially, the "Charitable" arm of the Council and is chartered in the Commonwealth of Virginia. It's Charter reads in part, "To act and operate exclusively as a nonprofit corporation pursuant to the laws of the Commonwealth

of Virginia and to act and operate as a charitable organization...providing relief of the poor, the hungry, the homeless, and distressed by educational training programs, self-help programs, providing financial support and providing food and clothing to the aforesaid. Nominations to date – In italics

President (Officer and Director)

*SK Roger Williams, PGK*

Secretary (Officer)

*SK James T. Moore, Chancellor*

Treasurer (Officer)

*SK Criag Delaney, PGK*

**Final Note:** Volunteers are also sought to lead the following Supreme mandated Programs in *Faith in Action* (which frame and guide Council activities) Community, Life, Family, and Faith. More information can be found at <https://www.kofc.org/en/what-we-do/faith-in-action-programs/index.html> You may also reach out to any Council Officer for more information.

### Our Personal Holy Hour – Adoration



As many of you know, we Knights have the Friday night/Saturday morning 2:00 AM – 3:00 AM time period for Adoration. By God's grace and Bl. Fr. McGivney's help, we have been active in this ministry for nearly a decade. I'd like to invite even more brothers to heroically sacrifice and spend time with our Lord. If we get enough Knights to answer the call, we can maybe schedule two at a time! This is a wonderful opportunity to support our Parish, and to be in sacred silence with our Lord. Please contact John Cosgayon at [jncos95@outlook.com](mailto:jncos95@outlook.com) if you're interested or have questions.

### Newsletter Editor/Content Creator



The Knightly News is nearing SEVENTY years old! A monthly newsletter is also a Knights of Columbus Supreme requirement. Your current editor and team have been putting out these full and newsworthy editions together for the past several years.. Its time to share this opportunity with some other worthy news hounds and/or those with a keen eye for dates/times/typos. Must be good with deadlines and at times have the ability to herd cats. Inquire with PGK Roger Williams, [sbrog11@yahoo.com](mailto:sbrog11@yahoo.com). Thanks in advance for your strong consideration!

### Lecturer's Reflection

#### Suffering with the Master

If by prayers and supplications we are not delivered from evil, we should endure our afflictions with patience, convinced that it is the will of God, that we should so endure them....We are not to yield to feelings of peevishness or discontent; we must submit in all things to the divine will and pleasure, regarding as useful and salutary to us that which happens in accordance with the will of God, not that which is agreeable to our own wishes...

We should be prepared to meet every kind of affliction and calamity, not only with patience, but even with joy. For it is written: *All that will live godly in Christ Jesus shall suffer persecution (2 Tim 3:12) and again: Through many tribulations we must enter into the kingdom of God (Acts 14:22); and further: Ought not Christ to have suffered these things, and so enter his glory? (Luke 24:26).*

If to prayer we bring with us these reflections and these dispositions, although surrounded by menaces and encompasses by evils on every side, we shall like the three children who passed unhurt amidst the flames, be preserved uninjured; or at least, like the Maccabees, we shall bear up against adverse fortune with firmness and fortitude....

We should imitate the blessed apostles, who, after they had been scourged, rejoiced exceedingly that they were accounted worthy to suffer reproach for Christ Jesus. Filled with such sentiments, we shall sing in transports of joy: *Princes have persecuted me without cause; and my heart hath been in awe of thy words; I will rejoice at thy words, as one that hath found great spoil (Ps 119:161-162 The Catechism of the Council of Trent*

### From the Life Desk

In less than 115 days September 18, 2026, the Commonwealth of Virginia will begin to vote on an **extreme** abortion amendment to our State Constitution—to make abortion legal until birth with no restrictions, no parental involvement, free funding from the government, and end health workers' conscience rights to refuse to commit abortions including Catholic hospitals. The Bishops have asked us to communicate this information to our friends, family and neighbors. [www.VACatholic.org/Amendment](http://www.VACatholic.org/Amendment). We have lawn signs and flyers available should you wish to help publicize this potential disgrace to life itself.

Over half of eligible voters will not even show up to vote in the upcoming midterm elections. Decisions of our

future—your future—will be made by the people who **do not vote**. Don't be one of "them". Exercise your right—your future!

We ran out of baby bottles on Mother's Day. Over the years we have purchased and distributed over 600 baby bottles. Only 60 were available on Mother's Day. A second batch of 120 were ordered and distributed over Memorial Day weekend. We have already received 4 bottles that people had kept from LAST year! Please check your cars and drawers for change (and older bottles) and get them back to us. They can be brought back to any Mass and left with any usher! The funds raised go to pay for Parish bus trips to Richmond and Washington DC, educational materials, and to help individual mothers with food, rent, car repairs, sonograms, prenatal care etc. Thank you for your generosity.

Get your ProLife Flag at [www.prolifeflag.com](http://www.prolifeflag.com)



Follow <https://www.lifesitenews.com/> for daily updates in the pro-life arena and <https://vacatholic.org/> for those issues that can impact LIFE here in the Commonwealth. Contact SK Larry Cirignano at (202) 306-6863 or [larryvote@gmail.com](mailto:larryvote@gmail.com) for continual information regarding Respect Life events.

God Bless and BE NOT AFRAID!

### Special Reprint in Celebration of Father's Day Men on a Mission *by Joseph McInerney*

Suppose you had a choice: your dream car with all the options and a summer home on the shore, or a life of daily toil spent with persons you truly love and who truly love you. Which would you choose? Think twice.

The answer lies in what really makes you happy. If there is more to happiness and fulfillment than material comfort, where can we turn to find the truth about these things? While there is always a limit to the number of things you can accumulate, or cars you can fit on your driveway, there is no limit to the amount of happiness a human heart can receive – or give. The same is true for love.



Ultimately, the human heart reaches out to the infinite and eternal love of God. The Second Vatican Council tells us that we should look to Jesus Christ to find the meaning of human fulfillment. "Christ...in the very revelation of the mystery of the Father and of his love, fully reveals man to himself and brings to light his very high calling" (*Gaudium et Spes*, 22).

#### **Mission: Redemption**

Christ's role on earth can be depicted in terms of a mission. God the Father sends his only-begotten Son into the world to reconcile it to himself. In other words, the mission of Jesus is nothing less than to save the souls of all people from all time. Christ achieves this mission through his roles as priest, prophet, and king. As the perfect priest, Christ offers himself as the perfect sacrifice for the salvation of all humanity. As a prophet, he bears God's message of reconciliation to the world, teaching about God's love and mercy. As king, he rules the universe, exercising his authority through service and humility.

The mission of the modern-day father, like that of Christ, is the salvation of souls. The difference between them is the fact that Christ's mission is universal, concerned with the salvation of all mankind. The father's mission is concerned primarily with the salvation of his own family. Despite the difference in scope, the father has the same methods at his disposal to achieve this mission of salvation.

Through his share in Christ's grace in the sacraments of Baptism and Matrimony, a father shares the grace of Christ's death and resurrection with his children. He is also a priest in the sense that he brings his children to the sacraments, giving them a direct share in the grace of Christ.

The father is a prophet – the bearer of God's message – to his children by fulfilling his obligation to teach them the Catholic faith.

Lastly, he performs Christ's kingly function as the spiritual head of his family. This headship is always exercised in a Christian manner, rather than a worldly manner. A father's obligation to lead his family in holiness is not a call to domination, but to service.

**A Father's Fulfillment**

Each week at Mass when reciting the Gloria we learn that Christ alone is the holy one. In living out the vocation of fatherhood, a man is called to imitate the holiness that led Christ to give his entire self for the love of his brothers and sisters. At its root, then, fatherhood is a call to holiness. The example of Christ shows that holiness consists in the radical gift of oneself for the sake of others.

Fatherhood is the mission that allows a man to give of himself unreservedly. Thus, it is through fatherhood that most men will find their greatest happiness. To avoid fatherhood for the sake of that dream car, or that special summer home, is to cheat yourself out of one of life's most rewarding experiences. By calling men to make a gift of themselves to others, God calls fathers to a life of remarkable holiness, indescribable happiness, and true fulfillment.

Reprinted from <http://www.fathersforgood.org> **Joseph McInerney, a graduate of the Pontifical John Paul II Institute for Studies on Marriage and Family, lives in Springfield, Va., with his wife and five children. He is also a member of Springfield Council 6153.**

**If you read this newsletter, email Grand Knight Rick Sacra at [rickjs4522@gmail.com](mailto:rickjs4522@gmail.com) by June 9<sup>th</sup>! Your name will be placed in a drawing for a special prize. You can only win once per fraternal year!**

**Don't Forget to Fly Your Flag!**



Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States on June 14, 1777 by resolution of the Second Continental Congress. The United States Army also

celebrates its' birthday on this date. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1946, National Flag Day was established by an Act of Congress, although it is not an official federal holiday.

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

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



**If you or someone in your family is in need of prayers, please email GK Rick Sacra to add them to our monthly prayer list!**



**June Birthdays!**

Daniel J Restivo	06-01
Walter F Glowicki	06-02
Robert L McMurrer	06-04
Philip J Moser	06-05
James William Amos	06-08
PGK Roger L Williams	06-08
Warren Whitlock	06-14
Daniel J Stessalavage	06-16
MAJ Robert J Ulses	06-19
Michael Hadeed	06-19
Vicente L Guevara	06-22
Hilowe Tesfa	06-27

**Knights in Action!**



(Brother Knight to be) Owen Penrose, FS Daniel Penrose, and SK Hilowe Tesfa and Jay Moore (photographer) stepped up to the plate to serve the most needy at Christ House on May 12<sup>th</sup>. Our next meal is served Tuesday, July 14<sup>th</sup> – YOU should be in the picture!! Prayerful thankyou for your commitment to Council 4522 activities!



*THE KNIGHTLY NEWS* IS PUBLISHED MONTHLY  
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**The submission deadline for the July Newsletter is June 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 SK Roger Williams at [jpri4522@gmail.com](mailto:jpri4522@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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