

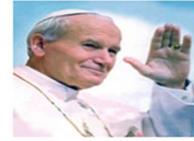
The Knightly News

COUNCIL 4522

CHARTERED 1958



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



Monthly Newsletter

March 2023

IMPORTANT DATES IN MARCH 2023

- Wednesday, March 1st – Officer's Meeting – 7:30 PM ZOOM
- Wednesday, March 8th – General Business Meeting – 7:30 PM (Rosary@7:00pm) ZOOM and/or Blessed Fr. McGivney Room @ QofA Parish Center
- Friday, March 10th – Lenten FISH FRY – QofA's Hannan Hall – IN PERSON muster starting at 3:30 PM
- March 16th – March 25th, NOVENA for Life
- Tuesday, March 14th – Christ House – Food Prep 3:30 PM @ Christ House
- Friday, March 17th – Celebrate the Feast of St. Patrick
- Friday, March 24th – Lenten FISH FRY – QofA's Hannan Hall – IN PERSON muster starting at 3:30 PM
- Saturday, March 25th, The Annunciation of the Lord, Mass for the Unborn, Vigil Mass QofA 5:00 PM (also Chaplain and Fr. Diaz's 17th Anniversary of his Ordination)
- Saturday, March 25th – Founder's Day
- Saturday/Sunday, March 25th/26th – Membership Weekend – ALL MASSES @ QofA

\$\$\$HAVE YOU PAID YOU DUES YET??\$\$

Please do so as soon as possible – Your current Card EXPIRED February 28th !!!

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

Grand Knight's Message

Thanks, Gentlemen, for the big effort of February which was the Queen of Apostles Men's retreat. It was a day filled with spirituality and fellowship. I would like to thank our worthy Chancellor and Faith Director Martin Oppus for arranging this event even to the extent of preparing the meals for the participants. I have heard nothing but good things. Please see his article in this newsletter regarding the event.

March is a big push for our council as we enter the season of Lent where we prepare our hearts, minds, and souls for the Passion, death, and Resurrection of Our Lord. Brother Jean-Roger and his wife Henriette have kindly volunteered to captain the kitchen for our Lenten Fish Fries held on March 10th and 24th serving time at 6:00 PM, with help needed at 4:00 PM. Needs for this event include Knights (and families) to assist with taking money, cooking, serving, setup, and cleanup. These are our largest (not to mention tastiest) events in the year, and the council and parish need your help to make these successful. Please reach out to me directly with questions, dpenrose@engineer.com or 443-458-8833.

We will be having a membership drive on the weekend of March 25 and 26, immediately following our second fish fry. This will be a perfect opportunity to try to recruit

worthy Catholic gentlemen to the order as we will have a lot of visibility around the parish this month.

The council will be serving meals at Christ House on March 14th, those interested brother Knights should rally at Christ House (131 S. West St. Alexandria) at 3:00 PM. Please support this ministry for fellow local men in need.

Thank you for your support to our council's efforts and have a blessed Lent.

Daniel Penrose
Grand Knight

Knight of the Month for February

Brother Patrick Okoronkwo is our Knight of the Month for February. Brother Patrick was present at all council events in February, while serving in his role as council Trustee. He had nothing but kind words to say about the men's retreat. He also attended an optional District meeting to share his thoughts on the direction of the Virginia State Council. This is all in addition to his participation in the Lector ministry. Thanks to Brother Patrick for his involvement, wise counsel and guidance, for these things he is our Knight of the Month for February.

Family of the Month for February

The family of the Month for February is the Tennant Family. Brother Tom Tennant coaches the Boys basketball team at Queen of Apostles and all three of his children attended the Queen of Apostles School, with his youngest child Kieran graduating this year. Brother Tom also coached the Cross-Country team in the fall, and is an active member of the School community. For their involvement with the parish and school and their example of Knightly service, the Tennant family is the Family of the Month for February.

Reminder: Keep Your Information Up to Date

If you move, change your phone number, or change your email address, please don't forget to contact the Financial Secretary, Roger Williams, PGK to update your information. The correct contact information is critical in keeping you apprised of parish, council or Supreme activities or events. To update your information, please contact FS Roger at sbrog11@yahoo.com or at (703) 629-3239 or you can go to our website at www.kc4522.com and look for "Contact Us" and request an information update there.

2023 Queen of Apostles Men's Retreat

This year's Men's Retreat was held at the "mini Jerusalem" Franciscan Monastery in Washington D.C. We were an intimate group of 12 retreatants – mostly Brother Knights but also a number of QofA members – along with the presence of four priests. Worthy Chaplain Fr. Alex Diaz started our day with the Mass in the monastery's Blessed Sacrament Chapel, with a beautiful homily given by Fr. Guillermo Gonzales and concelebrated by visiting priests Fr. Adan and Fr. Saul from El Salvador. For our first talk, Fr. Guillermo brought us reasons to get closer to our Mother Mary, reminding us of her divine connection to Jesus and her own example of humility and obedience. After a period of self-reflection, which some retreatants spent wandering through the beautiful gardens while others spent in prayer and reflection in the main church, some of us gathered together with Fr. Guillermo to share our thoughts in a group.

After a hearty lunch (courtesy of Lady Sonia Oppus), our Worthy Chaplain spoke about praying the rosary – from his own personal experience and its effectiveness as a weapon, to practical tips on how to pray it more frequently. Afterwards, we commenced on a tour of the church itself, which – in addition to a number of beautiful altars – also has replicas of sites from the Church of the Holy Sepulchre in Jerusalem. We were also taken for a tour of the "catacombs" under the church. After the tour,

many of us partook of the Sacrament of Reconciliation with one of the Franciscan Friars.

It was a wonderful way to spend a Saturday, and a big thanks to our Brother Knights that came and attended the retreat.



Join the Merry Band of Adorers!

With the departure of Brother Cory Williams, our Adoration Team is down to six men. For those unfamiliar, we Knights accompany our Lord by taking turns Friday night/Saturday morning from 2:00 to 3:00 a.m. in the adoration chapel. As men, we are called to be heroic and adoring the Lord during this period builds up virtue, perseverance, and faith. It is a wonderfully silent time of stillness and focus. Spend your time praying, reflecting, meditating, or reading something that lifts your faith. Please consider joining our merry band of adorers! You would commit to serving once every six weeks or so – a very small sacrifice to spend with Jesus. Please contact Martin Oppus at martinoppus40@gmail.com or 669-230-9065 if you're interested or have questions.

Saturday Men's Encounter – March 18

Mark your calendars for March 18, Saturday, for the next Queen of Apostles Men's Saturday Encounter! It will be from 9:00 to 11:00 a.m. in Hannan Hall. This month, Fr. Joseph Berguita will be focusing on "Carrying the Cross." While not officially a Council event, our participation as the visible faithful men of our parish community is strongly encouraged. Your Worthy Faith Director may need a hand setting up!!



A Note from our Lecturer

The Lenten Mindset: Brothers, as we prepare for the Lenten Season let us take a moment to reflect on our own personal states of grace.

“I do not understand my own behavior; I do not act as I mean to, but I do things that I hate. While I am acting as I do not want to, I still acknowledge the Law as good, so it is not myself acting, but the sin which lives in me. And really, I know of nothing good living in me -- in my natural self, that is -- for though the will to do what is good is in me, the power to do it is not: the good thing I want to do, I never do; the evil thing which I do not want -- that is what I do. But every time I do what I do not want to, then it is not myself acting, but the sin that lives in me. my inmost self I dearly love God's law, but I see that acting on my body there is a different law which battles against the law in my mind. So I am brought to be a prisoner of that law of sin which lives inside my body. What a wretched man I am! Who will rescue me from this body doomed to death? God -- thanks be to him -- through Jesus Christ our Lord. So it is that I myself with my mind obey the law of God, but in my disordered nature I obey the law of sin.” - Romans 7:15-25

We have tools to make our Lenten season a holy one.

- Prayer (Rosary, Intercessory)
- Alms (Giving money or service)
- Fasting (from Food or other)
- Adoration
- Reading the Bible

May our personal preparation for this Lenten season be as holy as the wonders of the season itself.

NOVENA for Life, March 16th – March 25th



The protection of life is a sustained prayer intention of the Church, and of the Knights of Columbus. Knights remain firmly committed to defending the right to life of every human

being – from the moment of conception to natural death. To commemorate and bolster this important cause, Council 4522 is promoting a novena, nine days of sustained prayer, to build up a culture of life in our parishes, homes and wider community. The entire NOVENA is too large to print in the newsletter, but it can be found [here](#). The NOVENA will culminate with The Annunciation of the Lord's Mass, 5:00 PM at Queen of Apostles, with a special intention for Life. It is also the 17th Anniversary of Chaplain, Fr. Alex Diaz's Ordination!

In a Word – HELP!

Brothers, March IS A BUSY MONTH!! We need Brothers on Deck at the following events:



- Throughout Lent – to help pick up and deliver canned goods collected from the 40 Cans for 40 Days Campaign
- Tuesday March 8th for Food prep and serving at Christ House. Muster on the 8th is at 3:30 PM
- Wed-Fri March 8th – 10th Shopping and set up for the first of TWO Lenten FISH FRYs – QofA's Hannan Hall Please contact Worthy Warden, Danny Restivo for specific times
- March 16th – March 25th, NOVENA for Life – Every card-carrying member
- Wed-Fri March 22nd, 23rd and 24th - Shopping and set up for the second Lenten FISH FRY QofA's Hannan Hall Please contact Worthy Warden, Danny Restivo for specific times

40 Cans for 40 Days Campaign

We are once again partnering with Queen of Apostles Catholic School to hold the Fifth Annual 40 Cans for 40 Days Campaign at the school. The Campaign provides the children (and their families) blessings each day during Lent—providing them with the opportunity to give alms, promote charity to others, and learn/know more about sacrifice in the way of bringing a canned good to school each school day. We are looking forward to another record-breaking year!

March 25th FOUNDER'S DAY



Each March 25th, we celebrate Founder's Day, which marks the date on which the Knights of Columbus was granted its charter by the State of Connecticut in 1882 and which honors, in a particular way, our visionary Founder.

Blessed Michael McGivney was inspired to create a band of Catholic gentlemen, devoted to the principles of charity and unity — helping those in need; growing in faith and virtue as Catholic husbands and fathers; and providing financial security to families. The beatification of Father McGivney was a testament and affirmation of his spiritual vision—and we should each feel encouraged in realizing that vision to this day. For even if the challenges facing Catholic men have changed, the mission set forth by our Founder remains as relevant as ever.

Together, let us continue to reach out to our neighbors in need and to build up our own families, parishes and communities. In so doing, we will honor our holy Founder and ultimately give glory to God. Blessed Michael McGivney, pray for us.

**The QUEEN'S Cup GOLF TOURNAMENT
SAVE THE DATE – April 27, 2023!**

Calling ALL Golfers—Pros and Hacks alike! Gather up your foursome or sign up and we'll pair you up with other friends of Queen of Apostles Catholic Church, Queen of Apostles Catholic School and Pope John Paul II Council 4522 Knights.

This is our FIRST ANNUAL Queen's Cup! To be held at beautiful, Westfield's Golf Club in Clifton, VA! Members of all three organizations have been working hard all winter in preparation to bring you a high-quality, memorable event—now, all we need is YOU!

A beginner? No problem! Haven't played in years? No problem! We're looking to have a great time, enjoy a great walk in the woods (hopefully not too often), and support these three worthy institutions.

Have a small business or a business looking for some great exposure? Consider signing up for one of the many available sponsorships! Your support will be greatly appreciated!

Contact Worthy District Deputy and Worthy Trustee, Carroll Glass, PGK, PFN, at cdglass@gmail.com or (571) 723-0445 for more information!

March 2023 Birthdays



Rev. Thomas E Murphy, OSFS	03-03
Peter S Guevara	03-10
Michael C Kenney Jr.	03-14
Frank B Ford	03-16
Patrick Okoronkwo	03-17
Ciro F Cosgayon	03-21
Gregory P Erkens	03-22
PGK Joseph P Lynem	03-24
Vincent Joseph S Guevara	03-25
Mark Anthony S Guevara	03-25

2023 QUEEN'S CUP

GOLF TOURNAMENT BENEFITTING

QUEEN OF APOSTLES CATHOLIC CHURCH
QUEEN OF APOSTLES CATHOLIC SCHOOL
K of C

\$150 pp/8:30am shotgun
Westfields Golf Club
13940 Balmoral Greens Ave
Clifton, VA

APRIL 27, 2023

SPONSORSHIPS

Title Sponsor - \$7,500
• Representative welcomes golfers and announces 'shotgun start' with Fr. Diaz • Company logo above event name • Three teams of four • Reserved VIP table at Awards Luncheon • Logo banner at registration and Awards Luncheon • Logo displayed on breakfast and registration tables • Logo in event program • Logo linked on Queen's Cup website • Gift Bag product

Gold Sponsor - \$5,000
• Company logo above event name • Two teams of four • Reserved VIP table at Awards Luncheon • Logo displayed at registration table • Logo in event program • Logo linked on Queen's Cup website

Silver Sponsor - \$2,500
• Reserved VIP table at Awards Luncheon • One team of four • Logo displayed at registration table • Logo in event program • Logo linked on Queen's Cup website

Lunch Sponsor - \$2,000
• Two golfer entries • Logo displayed at luncheon and registration tables • Logo in event program • Logo linked on Queen's Cup website

Breakfast Sponsor - \$1,500
• Logo displayed at breakfast and registration tables • Company linked on Queen's Cup website

2 Beverage Ticket Sponsors - \$1000
• Logo on beverage cart • Logo displayed at registration tables

Gift Bag Sponsor - \$750
• Logo on gift bags

4 Gift Bag Item Sponsors - \$550
• Logo on golf accessory inside gift bags

Hole Sponsor - \$325
• Sign at one hole

SHOW YOUR SUPPORT QUEEN OF APOSTLES SPONSOR TODAY

Casey Women’s Club

Our year end donations were made to the Knights Coats for Kids project and to Catholic Charities St. Lucy project. Also we all collected our stashes of yarn and donated it all to a local Fairfax County Senior Center where the dedicated ladies made hats, gloves & scarves for the poor & under privileged.

Our next meeting will be Thurs. March 9th and the Retiree luncheon & Bunco will be Tues. March 28th. BD - Joanne Conner & Geri Owen. Prayers to all our members esp. those experiencing ill health.

Reminder

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



FRIDAY FISH FRY

MARCH 10 AND MARCH 24

**SERVICE TIME:
6:00PM UNTIL 8:30PM**
**DINE IN HANNAN HALL OR
CARRY OUT**



ADULT MENU

- FRIED OR BAKED FISH
- FRENCH FRIES
- COLESLAW
- ROLL
- COOKIE
- SODA OR WATER

PRICES:
ADULT MENU : \$12.00
KID MENU: \$6.00
MAX: \$70 PER FAMILY

**KID MENU
(UNDER 12 YEARS OLD)**

- FISH STICKS
- FRENCH FRIES
- COLESLAW
- ROLL
- COOKIE
- SODA OR WATER



Thank you for supporting your Knights of Columbus Council 4522! Participation in this Lenten Fish Fry directly supports our Queen of Apostles Parish and our surrounding community. God Bless you!

VIERNES DE "FISH FRY"

10 DE MARZO Y 24 DE MARZO

**HORARIOS DE SERVICIO:
6:00PM HASTA 8:30PM**
**CENE EN HANNAN HALL O
LLEVE A CASA**



MENU PARA ADULTOS:

- PESCADO FRITO O AL HORNO
- PAPAS A LA FRANCESA
- ENSALADA DE COL (REPOLLO)
- UN PANECILLO
- UNO GALLETA
- SODA O BOTELLA DE AGUA

COSTO POR PLATILLO:
PLATILLO PARA ADULTOS : \$12.00
PLATILLO PARA NIÑOS: \$6.00
(MAX DE \$70.00 POR FAMILIA)

**MENU PARA NIÑOS:
(MENORES DE 12 AÑOS)**

- PALITOS DE PESCADO (FISH STICKS)
- PAPAS A LA FRANCESA
- ENSALADA DE COL (REPOLLO)
- UN PANECILLO
- UNO GALLETA
- SODA O BOTELLA DE AGUA



¡Gracias por apoyar al Consejo 4522 de los Caballeros de Colón! La participación de esta venta de pescado frito durante la Cuaresma apoyo directamente a la Parroquia Reina de los Apóstoles y su comunidad. ¡Dios los bendiga!

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The submission deadline for the April Newsletter is March 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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