

# The Knightly News

COUNCIL 4522

CHARTERED 1958



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



## Monthly Newsletter

**March 2024**

### IMPORTANT DATES IN MARCH 2024

Wednesday, March 6<sup>th</sup> – Officer's Meeting – 7:30 PM ZOOM  
 Friday, March 8<sup>th</sup> – Lenten FISH FRY – QofA's Hannan Hall – IN PERSON muster starting at 3:30 PM  
 Tuesday, March 12<sup>th</sup> – Christ House – Food Prep 3:30 PM @ Christ House  
 Wednesday, March 13<sup>th</sup> – General Business Meeting – 7:30 PM (Rosary@7:00pm) ZOOM and/or  
 Knights' Hall in the Guadalupe Center, QofA Campus  
 March 16<sup>th</sup> – March 25<sup>th</sup>, NOVENA for Life  
 Sunday, March 24<sup>th</sup> – Palm Sunday  
 Monday, March 25<sup>th</sup> – Founder's Day  
 March 28<sup>th</sup> – 31<sup>st</sup> – Holy Thursday, Good Friday, Vigil of Easter and Easter Sunday

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

**Please do so as soon as possible – Your current Card EXPIRED February 29<sup>th</sup> !!!**

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

## Grand Knight's Message

In the article, "Traditional American values and beliefs, the author demonstrates that America has been known as a multicultural diverse nation and they have some important values and beliefs.

Firstly, Americans believe in Individual freedom and self-reliance. This means that for one to be free from the government, and others, you have a price to pay which is self-reliance. You don't have to rely on your parents or others to do everything or certain things for you.

Secondly, Equality of opportunity and competition is another important value of Americans. They believe in giving everybody equal opportunity in areas such as job opportunity, education, and others. That is why immigrants have been attracted all over the United States for settlement. American is also known as a melting point. Everyone is given the same opportunity, and you must compete with others and to achieve whatever you want to achieve,

Thirdly material wealth and hard work is another interesting American value. This is another reason why immigrants come to the United States to enjoy a good life. One must work hard to acquire the material wealth you want to acquire.

Finally, about American value and the state of the American dream, the author illustrates the six cultural values: individual freedom and self-reliance, equal opportunity and competition, and others and they

believe that their children will also benefit from their hard work.

In conclusion, Americans have great regards for their values and belief to improve their economy.

Fraternally,  
GK Patrick Okonkwo

## Knight of the Month for February

The Council proudly recognizes Brother Jonathan de Bernardo as the Knight of the Month! The situation looked very bleak as the annual Free Throw Competition was quickly approaching. No coordination, no one was stepping up to lead the competition—until Brother Jonathan received the calling! Brother Jonathan did in fact take over the reins and as you will see elsewhere in this newsletter, presided over a very successful competition. Thanks be to God, and Brother Jonathan, our Knight of the Month!!

## 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](http://www.kc4522.com) and look for "Contact Us" and request an information update there.

### 2024 Queen of Apostles Men's Retreat

On Saturday, February 3, 2024, men from Queen of Apostles gathered at the St. John Paul II National Shrine in Washington D.C. for their Annual Men's Retreat. The majority of the contingency were men from Council #4522, but there were a few non-members who attended. The day was filled with ample time for prayer, confession, Mass, and time to get to know St. Pope John Paul II better through the museum exhibit on the bottom floor.

### 2024 Free Throw Competition

The annual Free Throw Competition was held at Queen of Apostles School on the evening of February 1<sup>st</sup>. By all accounts the competition went very well. There were over 20 sharp shooters competing in the various groups. After the smoke cleared the nets, here are your 2024 Council winners:

Boys	9	Toli Tilahun
Girls	9	Gianna Kasenge
Girls	10	Emily Kasenge
Boys	11	Yohen Samuel
Girls	11	Valerie Tunstall
Boys	12	Kamlack Natnael
Girls	12	Hannah Aquino
Boys	13	Calib Lenn
Girls	13	Ezraella Tilahun
Girls	14	Sophia Kasenge



Better news, these competitors have been notified that they have also been recognized as the District Winners and thus have qualified to attend the State competition which will be held in Richmond, VA on March 23<sup>rd</sup>. The Council hopes many will attend and proudly represent themselves and Council 4522. Congratulations to all the winners!!

Special thanks to WGK Patrick Okoronkwo and Brothers Jonathan de Bernardo and Charles Kasenge who put the competition together and officiated the proceedings...and CYO Coach Chris Lopez!

### Join the Merry Band of Adorers!

With the departure of Brother Roger Bion, our Adoration Team is down to four 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 John Cosgayon at [jncos95@outlook.com](mailto:jncos95@outlook.com) if you're interested or have questions.



### Saturday Men's Encounter – March 9, 2024

Mark your calendars for Saturday March 9, 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!!

### NOVENA for Life, March 16<sup>th</sup> – March 25<sup>th</sup>



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](#).



**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 12<sup>th</sup> for Food prep and serving at Christ House. Muster is at 3:30 PM
- Wed-Fri March 6<sup>th</sup> – 8<sup>th</sup> Shopping and set up for Lenten FISH FRYs – QofA's Hannan Hall Please contact Worthy Advocate, Rick Sacra for more information
- March 16<sup>th</sup> – March 25<sup>th</sup>, NOVENA for Life – Every card-carrying member

**March 25th FOUNDER'S DAY**

Each March 25<sup>th</sup>, 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.

**A Message from the State Membership Director**

As we celebrated another President's Day, hopefully some reflected upon our Principles of Charity, Unity, Fraternity and Patriotism, and draw inspiration from the only U.S. President to serve amongst our ranks, U.S. President John Fitzgerald Kennedy. In written remarks presented on his behalf at the 1961 Supreme Convention during his first year as President, Sir Knight Kennedy praised the Knights of Columbus' charity and

service by stating that its "countless allied activities all unselfishly offered in the name of our common humanity have served to strengthen and solidify their hold on the public heart." (Source: Knights of Columbus Supreme website: <https://www.kofc.org/en/news-room/articles/they-were-knights.html>).

Over six decades later, the Knights continue to be a fraternal force for good through its charitable works and service. However, we need to stay vigilant in our active branding through our Faith-in-Action program activities at our parishes and greater communities, and by recruiting more Catholic gentlemen to our Order for our long-term ability to serve our priests. Use this lesson and message to inspire the current and future generations of Catholic men to seek fraternal brotherhood within our Order.

Remember, every current member of the Order is an active member of the Recruitment and Retention Teams. Recruit...then ensure your fellow brothers are and stay engaged. God Bless!

**The QUEEN'S Cup GOLF TOURNAMENT****SAVE THE DATE – April 25, 2024!**

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 SECOND 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.

See the attached flyers for registration or sponsorship opportunities.

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!

**FORE!**



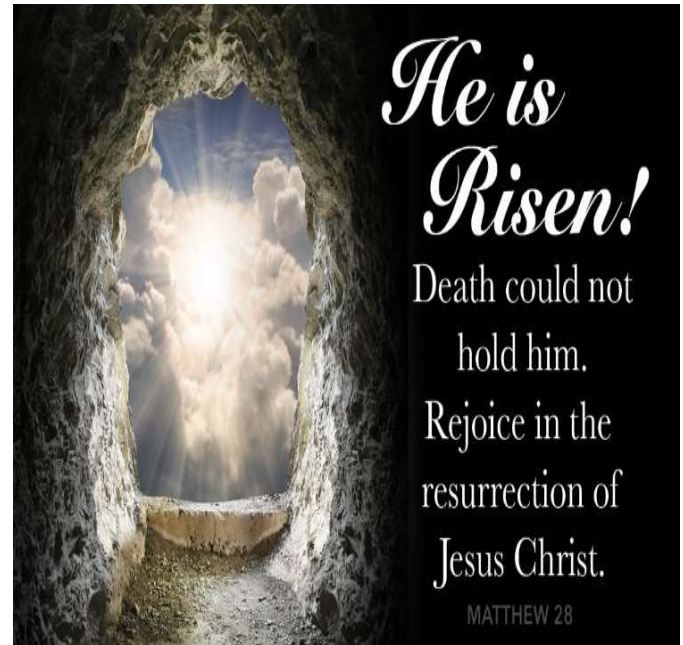
## March 2024 Birthdays



Rev Thomas E Murphy OSFS	03-03
Dr Jeehun (Mike) Kim	03-08
Michael C Kenney Jr	03-14
Frank B Ford O	03-16
Patrick K Okoronkwo	03-17
Ciro F Cosgayon	03-21
Gregory P Erkens	03-22
PGK Joseph P Lynem	03-24
Mark Anthony S Guevara	03-25
Peter S Guevara	03-25
Vincent Joseph S Guevara	03-25
Alex Collazo	03-26

## Reminder

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





# 2024 QUEEN'S CUP

GOLF TOURNAMENT BENEFITTING









\$175 pp/\$660 foursome  
 8:30am shotgun  
 Westfields Golf Club  
 13940 Balmoral Greens Ave  
 Clifton, VA  
<https://queenofapostles.org/queens-cup-golf-tournament/>

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**The submission deadline for the April Newsletter is March 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 the Editor, John Cosgayon at [jncos95@outlook.com](mailto:jncos95@outlook.com).  
Additional information and points of contact are posted on our website at [www.kc4522.com](http://www.kc4522.com).

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