

The Knightly News

COUNCIL 4522

CHARTERED 1958



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



Monthly Newsletter

March 2026

IMPORTANT COUNCIL DATES IN MARCH 2026

Wednesday, March 4th – Officer's Meeting – 7:30 PM ZOOM

Friday, March 6th – Lenten FISH FRY – QofA's Hannan Hall – IN PERSON muster starting at 3:30 PM

Tuesday, March 10th – Christ House – Food Prep 3:30 PM @ Christ House

Wednesday, March 11th – General Business Meeting – 7:30 PM (Rosary@7:00pm) ZOOM and/or Knights' Hall in the Guadalupe Center, QofA Campus

March 16th – March 25th, NOVENA for Life

Monday, March 25th – Founder's Day

Friday, March 27th – Lenten FISH FRY – QofA's Hannan Hall – IN PERSON muster starting at 3:30 PM

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

Please do so as soon as possible – **Your 2025 Membership Card EXPIRED February 28th !!!**

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

Grand Knights Message

March 1st, winter wanes, Lent is upon us. It's time to find quiet for our hearts and souls as we prepare for the coming of Jesus, Holy Week and Easter. Praying you find new closeness to God during Lent.

Our Lenten acts of charity are in full swing. The February 20th fish fry was a great success! I estimate we served fish dinners with assorted sides to over 150 parishioners and guests. Thank you to all Brothers who participated. As I am sure you have heard we have two more Knights' Fish Frys on March 6 and March 27. Looking forward to two more great evenings of great K of C cooking!

If you missed the second dinner, Fish Tacos with coleslaw and sides, presented by the office staff you missed a great meal. You can check them out on March 13 and March 20th. Bring the family. Thanks to the Brother Knights who helped! Karla and office staff can always use a few extra hands. Please consider spending some time on duty, March 13 and March 20. Karla and office team always come through for us; this would be a great way to show our appreciation.

So many activities this past month, I could just keep saying thank you!

We held an exemplification for Richard Hoffman on February 24th. Welcome Richard, we look forward to you joining our activities. I hope we can have another

exemplification this fraternal year—keep recruiting dear Brothers!

March is our bi-monthly meal prep at Christ House from 3:00 PM to 5:00 PM. Just a few hours make a great difference for needy folks. Please consider joining us.

At the end of March, we will finalize the 40 Cans for 40 Days Campaign. Trucks to pick up the food from school and deliver donations may be needed. More information at the March General meeting and please watch your email.

In closing, consider joining the Saturday morning 8:00 AM mass followed immediately by Rosary. We are finished by 9:00 AM. A one-hour Lenten activity for our Blessed Mother that can easily turn into a habit.

Please pray for me as I continue to pray for you.

Follow Christ's Way

Richard Sacra
Grand Knight

Knight of the Month

The March Knight of the Month is Brother Daniel Ward and his son Gavin. Father and son worked together on the "chilly" fish at the fish fry. They were a great help. Daniel is new to the Council this year. Although he has many family commitments, he makes an effort to participate in Council events. He is 4th degree, moves

every few years and always transfers to local councils and assemblies to remain active. He is a great example of a Sir Knight!

Family of the Month

The Amaya Family is our March Family of the Month. Brother Sebastian, Maria and their sons serve in many areas of our parish. The boys are Altar Servers and attend Council events when possible. We can always see Brother Sebastian, Maria and family working wherever help is needed. Not to mention, daughter Emily is a great help in the parish office. We are thankful to have the Amaya Family in our parish and council family.

Join the Merry Band of Adorers!

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 Jami Alvarez at jamialvarez101@gmail.com if you're interested or have questions.



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

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](#).



In a Word – HELP!

Brothers, March IS A BUSY MONTH!!

We need Brothers on Deck at the following events:

- Wed-Fri March 4th - 6th Shopping and set up for Lenten FISH FRY – QofA's Hannan Hall. Please contact Worthy WGK Rick Sacra for more information
- Throughout Lent – to help pick up and deliver canned goods collected from the 40 Cans for 40 Days Campaign
- Tuesday March 10th for Food prep and serving at Christ House. Muster is at 3:30 PM
- March 16th – March 25th, NOVENA for Life – Every card-carrying member
- Wed-Fri March 25th – 27th Shopping and set up for Lenten FISH FRY – QofA's Hannan Hall. Please contact Worthy WGK Rick Sacra for more information



Lecturer's Reflection for March

Remember That You Are Dust

To take the ashes is to confess kinship with this world of dust, to declare our readiness to abdicate pretensions to omnipotence. Standing before God in this way, I profess that I am not God. I admit the chasm that separates me from Him. I accept the uncomfortable otherness of God. He is what I am not, yet my being bears his mark. I crave a completion no created thing can give. I walk this earth as yearning incarnate. I am at home, yet a stranger, homesick for a homeland I recall but have not seen.

When the ashes are imposed, the priest addresses the faithful with the words: "Remember you are dust, and to dust you shall return." The words equip us to begin our Easter pilgrimage. We are divested of illusions. In consequence, we are both fragile and free. We stand secure, our feet planted squarely....

When I remember I am dust I also recall that I was destined to be more. The confession echoes with a lost potential. To conduct my life with eyes set on Easter is to trust that what was lost has been restored and can be found again. How? Through humility. When we humble ourselves, God responds with flexibility....Our humility calls on God's inclination to bend down, to touch and reform us.
Bishop Erik Varden, OCSO

Litany of Humility

O Jesus, meek and humble of heart, Hear me
 From the desire of being loved, Deliver me, O Jesus
 From the desire of being extolled, Deliver me, O Jesus
 From the desire of being honored, Deliver me, O Jesus
 From the desire of being praised, Deliver me, O Jesus
 From the desire of being preferred to others,
 Deliver me, O Jesus
 From the desire of being consulted,
 Deliver me, O Jesus
 From the desire of being approved,
 Delivery me, O Jesus
 From the fear of being humiliated, Deliver me, O Jesus
 From the fear of being despised, Deliver me, O Jesus
 From the fear of suffering rebukes,
 Deliver me, O Jesus
 From the fear of being calumniated,
 Deliver me, O Jesus
 From the fear of being forgotten, Deliver me, O Jesus
 From the fear of being ridiculed, Deliver me, O Jesus
 From the fear of being wronged, Deliver me, O Jesus
 From the fear of being suspected, Deliver me, O Jesus
 That others may be loved more than I,
 Jesus grant me the grace to desire it.
 That others may be esteemed more than I,
 Jesus grant me the grace to desire it.
 That, in the opinion of the world, others may increase
 and I may decrease, Jesus grant me the grace to
 desire it.
 That others may be chosen and I set aside,
 Jesus grant me the grace to desire it.
 That others may be preferred to me in everything,
 Jesus grant me the grace to desire it.
 That others may become holier than I, provided that I
 may become as holy as I should,
 Jesus grant me the grace to desire it.
 Amen

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.

Here's a fascinating question to ponder: What was Father McGivney like in person? What impression did he make upon people? Although he lived long ago, we do have some clues to the character and demeanor of this blessed priest.

His was "a priest's face, and that explains everything," wrote a fellow Connecticut priest whose one meeting with Father McGivney made a deep impression. "It was a face of wonderful repose; there was nothing harsh in that countenance, although there was everything that was strong ..."

We see those qualities of compassion and strength in the few photos we have of Father McGivney. He was a man on a mission who walked quickly, but he spoke slowly and always had time for his parishioners who needed a kind word or a sympathetic ear.

He is still on that priestly mission today, as shown by the favors reported from those who call upon him in prayer (see below). What would you like to ask Father McGivney? Submit your petitions to: <https://www.fathermcgivney.org/prayers/>

WELCOME!



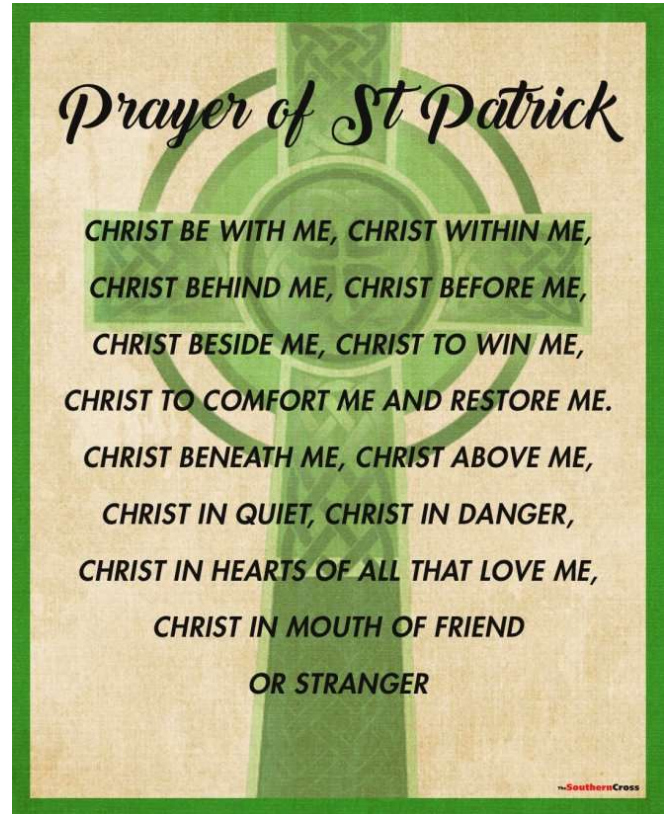
Our newest Brother Knight, Richard Hoffman (front and center), was honored during a combined Exemplification in the All Saints Hall in the Guadalupe Center on Thursday, February 26th. Please say "Hi" and welcome him to the Council when you see him!! Thank you Richard for joining us and God Bless you!

March 2025 Birthdays



Rev Thomas E Murphy OSFS	03-03
Dr Jeehun (Mike) Kim	03-08
Michael C Kenney Jr	03-14
Frank B Ford	03-16
Patrick K Okoronkwo	03-17
Ciro F Cosgayon	03-21
PGK Joseph P Lynem	03-24
Mark Anthony S Guevara	03-25
Vincent Joseph S Guevara	03-25
Bryant C Yee	03-31

KEEP ON.....



And maybe just a wee bit.....



THE KNIGHTLY NEWS IS PUBLISHED MONTHLY
BY POPE JOHN PAUL II COUNCIL 4522
4329 SANO STREET, ALEXANDRIA, VA 22312
TELEPHONE: 571-531-0361 WEBSITE: www.kc4522.com

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 Roger Williams @ jpii4522@gmail.com
Additional information and points of contact are posted on our website at www.kc4522.com.

[Like us on Facebook!](https://www.facebook.com/Council4522) www.facebook.com/Council4522