

The Knightly News

COUNCIL 4522

CHARTERED 1958



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



Monthly Newsletter

May 2024

IMPORTANT DATES IN MAY 2024

Wednesday, May 1st – Officer's Meeting, 7:30 PM - ZOOM
 Wednesday, May 8th – General Business Meeting, 7:30 PM (7:00 PM for the Rosary)
 Blessed Fr. McGivney Room/QofA Parish Center and ZOOM
 Sunday, May 12th – Mother's Day
 Tuesday, May 14th – Christ House/Serving Dinner – Muster @ Christ House @ 3:15 pm
 Sunday, May 19th – Pentecost Sunday
 Sat/Sun, May 18th/19th – Membership Drive, After ALL Masses at QofA
 Monday, May 27th - Memorial Day

Grand Knight's Message

My Brothers in Christ, we have minimum activities scheduled for May, but we would like to request all of you to sign up for adoration at 2:00 am on Saturdays. Please note that in the day on Saturdays, the Eucharist is moved until Monday every week. For several years now, our Council has been responsible for covering the 2:00 am slot on Saturdays. Even if you can spare only an hour every month, that would be highly appreciated. Based on our numbers, we should not have a problem in covering this hour. However, we *have* been having a problem with members not being able to commit to the hour. Brothers, when Christ went to the garden of Bethany to pray with Peter, James, and John, He found them sleeping on His return and asked, "Could you not watch for an hour with me?" This is why we are requesting you to commit just one hour a month--to watch with the Lord. Imagine yourself sitting with the Lord our God, pouring your heart out to Him, and listening to hear His whispers! Won't you please sign up for just an hour a month?

The State Council held its convention on the weekend of April 26, 2024, during which elections were conducted for all state council offices. Our council delegates, Patrick Okoronkwo (GK) and Sonny Masso (Lecturer), attended the convention. Due to personal and family reasons, one of the state officers resigned, and two people were elected to fill the vacancies in the state council, including the State Warden. The convention took place at Hyatt Dulles in Herndon, Virginia, and was well attended.

I am honored to report to you that on Wednesday, April 17, 2024, 29 young boys and girls were confirmed in our

parish. The celebrant for the occasion was the Diocese of Arlington Bishop Emeritus, D.D. Loverde. His sermon was very powerful, and he challenged the young boys and girls to consider future lives of vocation. The Fr. Malloy Assembly generously provided six Honor Guards, who added color and dignity to the evening event. Two of the Honor Guards were Sir Knights from our Council! It was a beautiful and dignified occasion.

Fraternally yours,
GK Patrick Okoronkwo

Knight of the Month

Robert Lavelle has been a regular attendee of the monthly business meetings, even during the time of his mourning. He believed that being around Catholic gentlemen would aid him in his healing process. Recently, Brother Lavelle was asked to take office in the council. Without any hesitation, he accepted the offer and took the bold step of seeking an office in the council. Furthermore, on April 13, 2024, Brother Lavelle participated in the 4th-degree Exemplification and was knighted a Sir Knight. Congratulations to Sir Knight Robert Lavelle and Lady Sharon Lavelle.

The Family of the Month

The Family of the Month for this month is the Milas family, headed by Brother Gregory Milas. Greg is the coordinator for Lectors at the Queen of Apostle Parish. He and his wife were actively involved in every service throughout Holy Week, with Greg serving as an altar boy, lecturing, and participating in the choir alongside his wife. The parish relies on him to help make things work and run smoothly. Congratulations to the Milas family on this well-deserved recognition.

2024/2025 Council 4522 and Casey 4522 Foundation Nominations

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.

All 3rd and 4th Degree Brothers are strongly encouraged to consider running for a position or nominating a qualified Brother for one (NOTE: Any such nomination should 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).

SK Larry Cirignano @ LarryVote@gmail.com is the Chairman of the Nominating Committee, and is being assisted by FS Roger Williams 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 will submit its report to the Members during the May Council Meeting. This report will include information related to the nominations for both the Council and the Casey 4522 Foundation in the Fraternal Year 2024 to 2025, which begins July 1, 2024.

Please note – Election Date: The Council will conduct its annual election of officers during the regular June General Business Meeting (June 12th) under New Business. Be advised that nominations MAY be made from the floor the night of the election. 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.

Positions are as follows – Nominations to date are in italics:

- Grand Knight *SK Patrick Okoronkwo*
- Deputy Grand Knight *SK Rick Sacra*
- Chancellor *SK Vic Guevara*
- Recording Secretary *John Cosgayon*
- Treasurer *Tuan Nguyen*
- Warden *SK Robert (Bob)*
- Advocate *Edward (Sonny) Masso*
- Inside Guard *Kevin Beck*
- Outside Guard *Not yet fille*
- 3rd Year Trustee *Daniel (Danny) Restivo*
- Past Grand Knight Delegate *SK Daniel Penrose*

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. Its 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, Past 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.

Newsletter Editor/Content Creator



The Knightly News is over 60 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 five years—or more. It’s 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 the current editor or FS Roger Williams, sbrog11@yahoo.com. Thanks in advance for your strong consideration!



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 are

now up to seven! 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 if you’re interested or have questions.

40 Cans for 40 Days

NO	GRADE	TOTAL POUNDS	POUNDS PER STUDENT
1	K-2 GRADE	3,459.5	65.27
2	3-5 GRADE	871.9	19.38
3	MIDDLE SCHOOL	706.4	11.58

TOTAL COLLECTED: 5,037.8 POUNDS
THANK YOU Q OF A SCHOOL!!

Pope John Paul II Council 4522 again partnered with Queen of Apostles Catholic School to hold the Fifth Annual 40 Cans for 40 Days Campaign at the school. The Campaign offered 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.

This year’s campaign, while not record breaking, still provided for an untold number of families throughout the community by contributing just over 5,000 pounds of canned and dry goods! Many thanks go out to PGK Dan Penrose, SK Rick Sacra and one of our newest Knights, Brother Jonathan DeBernardo for their labor—picking up and moving all those wonderful donations to several local food banks (any one of them couldn’t take everything)!

The QUEEN’S Cup GOLF TOURNAMENT – Recap



The Second Annual Queen’s Cup Golf Tournament was held on Thursday, April 25th—a cool, but very nice day—at the beautiful, Westfield’s Golf Club. The Westfield’s staff put on another amazing tournament, assisted by the Queen of

Apostles’ staff and staff and parents from the QofA School. If you haven’t played in the tournament yet, you are really missing a great event! A beautiful breakfast, a bountiful lunch, free drinks in between and a high-quality golf course.

The few members of the Council that did play in the tournament were not able to bring home any hardware (or cash), but nonetheless enjoyed the day immensely!

Kudos to Brother Kevin Beck and PGK Roger Williams who were on the planning and execution team—which started meeting back in November 2023! SK Larry Cirignano and Brother Lou Wack also played prominent roles in making the tournament a great success.

The final tally of the FUNraising event is not yet available, but we’ll pass it along when it is made available. Until then, start getting ready now, for next year’s event—Thursday, April 24, 2025!!

A Note from our Lecturer – “Fifteen Minutes in the Company of Jesus in the Blessed Sacrament”

“My child, you need not know how much in order to please Me; only love Me dearly. Speak to Me simply, as you would talk to your mother, if she had taken you in her arms.

Have you no one to recommend to Me? Tell me the names of your relations and of your friends; after each name, add what you wish Me to do for them. Do not hesitate to ask a great deal! I love generous hearts who forget themselves for others. Speak to Me with simplicity about the poor whom you want to help, the sick whom you have seen suffer, the sinner whom you would convert, the persons who are alienated from you and whose affection you wish to win back. For all, recite a fervent prayer. Remind Me that I have promised to grant every prayer that comes from the heart, and surely the prayers are heartfelt which we say for those whom we love and who love us.

Have you no favors to ask for yourself? Write, if you like, a long list of all your wishes—all the needs of your soul—and come and read it to Me. Tell Me frankly how self-indulgent you are, how proud, how touchy, how selfish, how cowardly, how idle...and ask Me to help you to improve. Poor child! Do not blush! There are in heaven so many saints who had the same faults as you! But they prayed to Me with humility; and little by little, they were freed from their defects.

Do not hesitate to ask for the goods of body and mind—for health, for memory, for success in your works, business, or studies. I can give you everything, and I always give when the gifts would make souls more holy. What do you want today, My child? Oh, if you knew how I long to do you good!

Have you no plans to interest you? What can I do for you? Do you have any projects that you are working on? Tell Me about them. Do they concern your vocation? What are you worried about? What do you think of? What would you like? Are you planning some pleasure for your parents, your family? What do you wish Me to do for them?

And have you no thoughts of zeal for Me? Are you not anxious to do a little good for the souls of your friends, for those whom you love, and who, perhaps, have forgotten Me? Tell Me what interests you, what motives urge you, what you yearn for, what means you wish to take. Confide in Me your failures. I will show you the cause. Whom do you wish to see interested in your work? I am the Master of all hearts, My child; and I lead them gently, without damage to their freedom, where I please. I will place about you those who are necessary to you. Never fear!

Have you nothing that annoys you? My child, tell Me your annoyances with every detail. Who has pained you? Who has wounded your self-love? Who has treated you contemptuously? Come closer to My Heart that has the balm to cure all of your wounds. Tell Me all, and then say that you forgive everything and forget all, in My likeness; and I will give you My blessing to comfort you. Do you dread something painful? Is there in your soul a vague fear which seems unreasonable, and yet torments you? Throw yourself into My arms and trust fully in My providence. I am with you, here, by your side. I see everything. I hear it all. I will not leave you. Are there any friends who seem less kind than formerly, who neglect you through indifference or forgetfulness without your having consciously done anything to wound them? Pray for them, and I will restore them to

you if their companionship is not an obstacle to your sanctification.

Have you no joy to tell Me? Why not confide to Me your pleasures? Tell Me what has happened since yesterday to console you, to make you happy, to give you joy. An unexpected visit has done you good; a fear has been suddenly dispelled; you have met with unlooked-for-success; you have received some mark of affection—a letter, a present; some trial has left you stronger than you supposed. All these things, My child, I obtained for you. Why are you not grateful? Why do you not say, "I thank You?" Gratitude draws benefits, and the benefactor loves to be reminded of his bounty.

Have you no promises to make Me? You know I read the very bottom of your heart. Men are deceived easily, but God is not. Be frank; speak to Me with all sincerity. Are you resolved to avoid that occasion of sin, to give up the object which leads you astray, not to read the book which excites your imagination, to discontinue the relationship with that person who is irreligious and whose presence disturbs the peace of your soul? Will you go at once and be kind to that companion who annoyed you?

Well, My child, go now and resume your daily work. But do not forget the minutes we have shared together. Go now and practice silence, modesty, honesty, patience, charity. Love My mother, who is also your mother, the Blessed Virgin, and return again tomorrow, bringing Me a heart even more devoted and loving. Tomorrow I shall have new favors for you. In My Heart you will always find new love, new benefits, new comforts."

May 2024 Birthdays



Joseph E. King	05-06
PGK Miguel A. Valencia	05-07
Zachary H. Lewis	05-09
Philip A. Morin	05-10
Lawrence M. Cirignano	05-15
Lawrence E. Hornbake Jr.	05-15
John N. Cosgayon	05-16
Roland A. Dionne	05-17
Thomas C. Renaghan Jr.	05-18
Edward A. Gubanich	05-19
Timothy J. Stuhldreher	05-23
Thomas M. Tennant	05-24

Litany of St. Joseph

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	pray for us.
Holy Mary	pray for us.
St. Joseph	pray for us.
Noble son of the House of David	pray for us.
Light of patriarchs	pray for us.
Husband of the Mother of God	pray for us.
Guardian of the Virgin	pray for us.
Foster father of the Son of God	pray for us.
Faithful guardian of Christ	pray for us.
Head of the Holy Family	pray for us.
Joseph, chaste and just	pray for us.
Joseph, prudent and brave	pray for us.
Joseph, obedient and loyal	pray for us.
Pattern of patience	pray for us.
Lover of poverty	pray for us.
Model of workers	pray for us.
Example to parents	pray for us.
Guardian of virgins	pray for us.
Pillar of family life	pray for us.
Comfort of the troubled	pray for us.
Hope of the sick	pray for us.
Patron of the dying	pray for us.
Terror of evil spirits	pray for us.
Protector of the Church	pray for 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.

Lamb of God,
you take away the sins of the world, have mercy on us.

V. God made him master of his household.
R. And put him in charge of all that he owned.

Let us pray:

O God, who in your inexpressible providence were pleased to choose Saint Joseph as spouse of the most holy Mother of your Son, grant, we pray, that we, who revere him as our protector on earth, may be worthy of his heavenly intercession.

Through Christ our Lord. Amen.

Casey Women’s Club

We will be having our retiree luncheon & Bunco at a member’s home the last Tuesday of the month. The upcoming May birthdays are Marion Scaffidi, Alice Groene, and Connie King.

Gerri Owen - VP

Reminder

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



PRAY without ceasing!



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The submission deadline for the June Newsletter is May 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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