

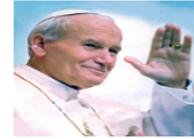
# The Knightly News

COUNCIL 4522

CHARTERED 1958



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



**Monthly Newsletter**

**May 2021**

## Important Dates This Month

Wednesday, May 5<sup>th</sup> – Officer's Meeting, 7:30 PM  
 Blessed Fr. McGivney Room/QofA Parish Center and ZOOM  
 Sat/Sun, May 8<sup>th</sup>/9<sup>th</sup> – Handing out Baby Bottles at QofA, ALL Masses  
 Tuesday, May 11<sup>th</sup> – Christ House/Serving Dinner – Please contact FS Roger to volunteer  
 Wednesday, May 12<sup>th</sup> – General Business Meeting, 7:30 PM (7:00 PM for the Rosary)  
 Blessed Fr. McGivney Room/QofA Parish Center and ZOOM  
 Sat/Sun, May 15<sup>th</sup>/16<sup>th</sup> - KOVAR, After ALL Masses at QofA  
 Pentecost Sunday – May 23<sup>rd</sup>  
 Corporate Communion – May 30<sup>th</sup> – QofA, 10:00 AM Mass

## Grand Knight's Message

In this month of May, the annual State Council meeting (convention) will be held. Due to the pandemic crisis, the meeting will be held virtually on Saturday May 1, 2021. On Saturday, May 9, 2021, the second most celebrated day will be held—Mother's Day. We, as Catholic gentlemen, need to honor our mothers and spouses. Some of us will offer prayers for the souls of our mothers because they are no longer with us. Maybe you would consider taking your mother to lunch on this day—better yet, making her lunch or dinner!

I received notice from the Supreme office congratulating our council for earning the Columbian Award for the 2020-2021 fraternal year. The award was possible despite the few active participants who participate in various activities in the parish and community. Supreme also informed me that we are one step closer to receiving the Star Council Award. The Star Council Award recognizes outstanding achievement in membership, insurance, programming, and overall operations. We are also in line to earn a State Deputy Award for the Commonwealth of Virginia Council.

I am not a doctor and don't claim to be one, but I am encouraging every member of Pope John Paul II Council 4522 to please sign up to get vaccinated. Being vaccinated might allow us to gather in June and in other months to come. We owe it to ourselves to stay safe and be healthy and the vaccination could do it. As Catholic gentlemen, it is always up to us to protect our loved ones. Please my brothers, everyone who wants to get vaccinated can get one, but you must sign up and schedule an appointment.

Please allow me to use this framework to ask you to consider serving in one of the many ministries in our parish, Queen of Apostles. You are encouraged to join the Ushers, Lectors, Eucharistic Ministers or several others. Let me also ask you to ask the brother sitting next to you in the church to join the Order. Introduce yourself and share the news of our Council and her functions. We are rich in activities. We are asked to evangelize at every Mass, inviting a brother to join is one way of evangelizing. You are not only inviting a brother, but you could also be inviting an entire family. Consider it!

My term as the Grand Knight is coming to an end. I want to suggest to our Council to purposefully focus the 2021/2022 fraternal year on Faith in Action-Life. It is a higher purpose program. You can change hearts and minds about abortion by showing that the Knights of Columbus love both mother and child before and after birth (Fraternal Leadership Advisory, April 2021). Council 4522 should consider saving lives by helping women choose life by giving them the opportunity to view their unborn children on ultrasound machines at pro-life pregnancy centers. The cost of one machine is high, so the Council can advocate for the district to come together to work on one common goal of purchasing one machine. When you raise half the cost, Supreme can support the district with the other half. Or the Council may assist a pregnancy center with the cost of their insurance for six months to one year. Alternatively, the council may explore the cost of servicing an ultrasound machine for three months to a year. I know Council 4522 can handle any project it

decides to tackle. I pray to the Lord our God to guide is in the discussions for this special project.

Brothers don't forget the Officers and Directors meeting on Wednesday, May 5, 2021, at 7:30 pm, and the general membership meeting on Wednesday, May 12, 2021 at 7:30 pm. Rosary starts at 7:00 pm before the meeting.

Fraternally,  
Patrick Okoronkwo

**Knight of the Month**



This month's Knight of the Month is SK and Worthy Warden Joseph King. SK Joe made himself available for each pickup and delivery during the 40 Cans for 40 Days Campaign (see the article elsewhere in this edition), including the use of his vehicle. While his efforts during the Campaign are worthy of this month's recognition, it should be noted that SK Joe is always quick to volunteer or lend a hand in Council endeavors. We all look forward to when we can return to full, in person meetings, and know that Worthy Warden, SK Joe, will be back "on the job" having the Council Chamber ready for our meetings and/or gatherings. Again, congratulations Knight of the Month, SK Joseph King.

**2021/2022 Council and Casey Club 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 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 (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).

Brother Craig Delaney [cjdelane@gmail.com](mailto:cjdelane@gmail.com) is the Chairman of the Nominating Committee, and is being assisted by FS Roger Williams [sbrog11@yahoo.com](mailto:sbrog11@yahoo.com) and SK Vincent Guevara [vincentg97@gmail.com](mailto:vincentg97@gmail.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 Club in the Fraternal Year 2021 to 2022, which begins July 1, 2021.

**Please note – Election Date:** The Council will conduct its annual election of officers during the regular June General Business Meeting (June 9<sup>th</sup>) 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—along with those nominated to date are:**

- |                              |                    |
|------------------------------|--------------------|
| Grand Knight                 | SK Daniel Penrose  |
| Deputy Grand Knight          | SK Vincent Guevara |
| Chancellor                   | Daniel Restivo     |
| Recording Secretary          | SK John Cosgayon   |
| Treasurer                    | David Cook         |
| Warden                       | SK Joseph King     |
| Advocate                     | SK Ron Plavchan    |
| Inside Guard                 | Hilowe Tesfa       |
| Outside Guard                | SK Larry Cirignano |
| 3 <sup>rd</sup> Year Trustee | WGK P. Okoronkwo   |
|                              | PGK Al Avellino    |
| Past Grand Knight Delegate   | WGK P. Okoronkwo   |

Candidates are also sought for Officer positions in the Casey Club. The Casey Club is charged with maintaining the Council home and overseeing the organization's investments, among other duties.

- |                |                      |
|----------------|----------------------|
| President      | SK Roger Williams    |
| Vice President | SK James (Jay) Moore |
| Secretary      | SK John Cosgayon     |
| Treasurer      | SK Craig Delaney     |

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.



**Happy Easter!***Fr. Joseph Rampino*

Happy Easter again to each one of you! It may seem odd to use this greeting almost a month after the feast has passed, but as Christians, we know that the Easter season of celebration and rejoicing lasts far longer than any other season of the year, a full ten days longer than Lent! What's more, since Christ is forever risen from the dead, from the day of the first Easter until now, it is, in a sense, always Easter for us. So then, it is imperative for us to live out that joy in concrete ways throughout our whole lives, and more specifically during this most sacred season. Lent might have a different emphasis, and call us to acts of self-denial or fasting, but Easter calls us to action no less, this time, however in acts of faith, hope, and charity. I would suggest that during this Easter season, we look for opportunities to practice encouragement, and mercy.

While we might view encouragement as simply the kind act of a decent person when they find someone in distress, this sort of love when practiced in a Christian way perfectly encapsulates the mission of Easter. All of us live in a fallen world, surrounded by uncertainties, difficulties, and trials, and carrying within us fears and hurts. Thus for every soul, discouragement is always nearby. I could say all the more so in a time when so much in society seems chaotic, difficult, or disappointing, but the truth is that this has always been so, throughout history. We all need to receive constant reminders of Christ's victory over sin, death, and all evil, to keep the courage necessary for living a Christian life, and so, since we control only our own actions, we ought to respond to this need by giving those reminders ourselves, especially to those who are already struggling with doubt or discouragement. To lift another soul with the good news of Christ's triumph is to give that person a share in and access to the Resurrection, while also strengthening our own hearts. We would do well to resolve giving at least one encouragement a day during this sacred time of new life.

The other truly Christian discipline we are called to take up in the Easter season is that of mercy. Christ, because He has conquered sin, and emerged living and glorious from carrying the wounds of our misdeeds, is able to be absurdly generous in His forgiveness, even forgiving His Apostles, who abandoned Him the night He was taken away to be killed. He does not accuse or reject them, despite how much they certainly hurt Him, but rather forgives their sins and calls them to a new life of goodness along with Him. Christ can forgive this freely because He is strong in the love of the Father, and in His knowledge of eternal justice. We, who have access to everything that is Christ's through Baptism, can imitate Him most perfectly by also showing mercy,

not as an act of weakness or surrender to earthly hurts, but as an act of trust and divine strength, knowing that the Father will, without any doubt, set all things right in the end. A resolution to forgive someone this Easter season, or show mercy to someone who needs it, even in the prayer of our hearts, would go a long way to honoring the days of Christ's glory.

If we undertake these two disciplines, encouragement and mercy, we will not only find that we have perhaps understood and lived the Easter season with greater clarity than ever before, but also that our hearts have grown to be more like that of our God and Lord Jesus Christ, which would be the finest Easter gift of all.

God bless you, and let's pray for each other!

**Welcome NEW Brother Knights!**

Warren Whitlock, Oscar Bradley, Sean Hurley, Robert (Bob) Lavelle and recent transfers Cory Williams and Ed Imperati.

Except for Brother Ed, all these men are parishioners at Queen of Apostles (and Ed is a long-time and former PJP II Knight). We are elated that they have answered the call and now call Pope John Paul II Council 4522 *their* Council.

We can't wait to formally meet you, welcome you into our Council and get you involved in Council events and activities. In the meantime, we pray that you and your family are healthy and safe...and stay that way. The Lord will see us all through this and make us all better men for it.

**40 Cans for 40 Days – Final Tonnage....**

Council 4522 again partnered with Queen of Apostles Catholic School to hold the Fourth Annual 40 Cans for 40 Days Campaign at the school. The Campaign provided 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, simply put, was amazing! The children, the parents and the QofA staff all participated...and did they ever—to the tune of 8,206 lbs of mostly canned goods (including three 100 lbs bags of rice)! That's right, over FOUR TONS of food was collected! Many thanks go out to SKs Joe King Vincent Guevara, Roger Williams, and Brother Martin Oppus for their labor—picking up and moving all those wonderful donations to several local food banks (any one of them couldn't take everything)!



It was an incredible Campaign! The bar has been set. We are already looking forward to next year!

Thank you, children, for your blessings!!

**St. Joseph as a Role Model for Knights**

*By Worthy Lecturer, Danny Restivo*

In late 2020, Pope Francis declared 2021 as the year of St. Joseph. The announcement came on the 150th anniversary of Blessed Pius IX declaring St. Joseph as Patron of the Catholic Church and on the feast of the Immaculate Conception of Mary, Joseph's spouse. Although Mary does not mention Joseph explicitly in scripture (she only refers to him after Jesus was lost and was found in the Temple: "Your father and I have been looking for you anxiously") he was her husband, and the man who experienced with her the events of family life. Through Mary, we learn that Joseph suffered in silence by accepting faith in God's plan, marrying a most pure wife and welcoming a divine adoptive child. He must have been a strong man, both physically and morally, to bear the demands that taking care of Mary and the child entailed: the mysterious pregnancy, the unexpected travels and their harshness, poverty, attacks from those in power, hard work, migration to an unknown land. As the pandemic slowly recedes, and many of us aim for a sense of normalcy and comfort, we must not forget about St. Joseph and his domestic love for others. As Pope Paul VI said in 1966, "Joseph made a total gift of himself, his life and his work, by making his human vocation of domestic love a total sacrifice of self, a sacrifice of his heart and of his full capability to love at the service the Messiah born under his care."

**In Memory of Brother Richard Owen**

*Reprinted from the May 2019 Knightly News*



As I sat down to start preparing articles for this month's Knightly News, I learned that our Lord had finally called his dutiful servant, Richard (Dick) Owen, home on Thursday, April 25, 2019. To say that Dick was an active member of Knights of Columbus Council 4522 for over 45 years—seems to slight him. During that time, he faithfully served the Council, the Assembly and the Knights in numerous positions and Officer posts—starting as the Council photographer, then over the years serving as Council 4522's Grand Knight, Assembly 1894's Faithful Navigator and a Virginia State District Deputy. Brother Richard also held officer rolls in the Casey Club and Casey Foundation.

Brother Owen received several awards over the years for his unselfish work with charities, including the Robert D. Neary Award, presented by the State Knights of Columbus Charities in 1998. In 2009, he was awarded the nationally acclaimed Jefferson Award for public service and charitable activities in the community. He has also been recognized as Knight of the Year by the Council and the Assembly.

Richard deeply believed in the work and programs of the Knights of Columbus and was always willing to help the Officers of the Council and Assembly in any way he could. I feel truly honored that I was able to work along side and be taught by Brother Dick on the virtues and characteristics of being a Knight of Columbus. I know I have used this space many times to espouse the Venerable Fr. McGivney's vision—to *change a man's life; to deepen and enrich his faith; to strengthen his family; and to build better lives for those who so desperately need help*—to me, those were our dear Brother Richard's goals as well.

I personally hope I can continue to maintain Dick's standards, Dick's expectations, and his love for his fellow man. And let Richard Owen's journey to heaven, be a call to you—step up, get involved, help your fellow Brothers help others at every opportunity. Let's band together to ensure that the Council that Brother Richard helped build and maintain remains relevant to the Order and the State Council and a blessing to the community and parish we serve.

May we all pray for the repose of Brother Richard Owen's soul and that the Lord will indeed be merciful to Lady Geri, the entire Owen family, his friends and Brother Knights.

**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 have mercy on 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

God made him master of  
 his household. 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.

**May 2021 Birthdays**



Joseph E. King	05-06
PGK Miguel A. Valencia	05-07
Matthew W. Fanning	05-09
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



*Let's not ever forget our  
 Mother, our Mothers, our wives, our  
 daughters, the women in our  
 lives.....*



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**The submission deadline for the June 2021 Newsletter is May 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!

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Additional information and points of contact are posted on our website at [www.kc4522.com](http://www.kc4522.com).

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