

The Knightly News

COUNCIL 4522

CHARTERED 1958

**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.**Monthly Newsletter****May 2026****IMPORTANT COUNCIL DATES IN MAY**

EVERY Saturday morning at 2:00 AM – Our Holy Hour – Adoration @ Queen of Apostles Chapel

Wednesday, May 6th – Officer's Meeting, 7:30 PM - ZOOMSunday, May 10th – Mother's DayTuesday, May 12th – Christ House/Serving Dinner – Muster @ Christ House @ 3:15 pmWednesday, May 13th – General Business Meeting, 7:30 PM (7:00 PM for the Rosary)

Blessed Fr. McGivney Room/QofA Parish Center and ZOOM

Sunday, May 24th – Pentecost Sunday!Monday, May 25th - Memorial Day**Grand Knight's Message**

Has your faith been tested? Every day I encounter situations, some small (like traffic?!) some not so small and too large to mention. April has been a month of tests, but in this Easter season we are reminded we can rely on the Joy of the Risen Lord when we encounter these tests. As Jesus walked with the disciples on the road to Emmaus, we must remember Jesus is always walking with us. He is with us, even when we are not looking for him or do not see him, He is there! He will always hold us up when we are down. With the gifts of the Rosary, the Divine Mercy Chaplet and all the saints, including our own Blessed Fr. McGivney, we can look to when we encounter difficulties, we have the tools to keep us near Jesus. I encourage you to always lean on the gifts of our Catholic Faith and our Knights of Columbus Brotherhood when your faith is tested.

On Monday, April 27 we used our faith tools, coming together to pray for our Brother Kevin Becks. Thank you to all who participated in the prayer service in person and online. Please continue to pray for Kevin and all of our Brothers. There was a suggestion to make the prayer service a regular event – stay tuned in the new Fraternal Year!

As you will see below, elections are coming up on June 10th. I enjoy being your Grand Knight and participating in many events but when I work with all of you, events are much more successful and fun! Please consider taking one of the open slots. I will support you throughout that new Fraternal Year.

Our annual picnic is scheduled for June 13th on the church grounds. We need a coordinator to make this as much fun as our Christmas party was. Mark your calendars and plan to bring the family for fun and games!

Congratulations to SK Gus Gavot who recently completed his Patriotic Fourth Degree Exemplification. May this new chapter strengthen your commitment to serve God, Church, and Country, and to stand as a true Defender of the Faith and Patriots of our Nation.

All Council Members are invited to join SK Gus as a member of the Patriotic Knights of Columbus Fourth Degree in this year of our country's 250th Anniversary.

In the month of May, we honor Mary, our Blessed Mother and Mother of Jesus Christ, and on May 10th we also honor all mothers - living and deceased. I would like to extend a very Happy Mother's Day to all who are mothers, grandmothers etc. Your service to families makes the world.

Please continue to pray for me and I will continue to pray for and give thanks for all of you!

Follow Christ's Way! He is always with you.

Grand Knight
Rick Sacra

Knight of the Month

Our May Knight of the Month is Brother Jonathan A de Bernardo, a teacher at Queen of Apostles School. Jonathan spearheads the annual Basketball Free Throw Contest and the 40 Cans for 40 Days program each Lent. He single-handedly coordinates the related activities at the school. He is on top of the basketball free throw contest requirements, moving students along to the state level event where one of our students placed 3rd in the state. This year's annual 40 Cans drive collected a record amount of donations for St. Lucy Food Pantry. Brother Knights, such as Jonathan, are what make our council great—making service to our community successful from year to year.

Family of the Month

Our Family of the month is Miguel and Lily Arrate. The Arrates' and their sons have been devout members of Queen of Apostles Church for five years. They are very active leaders in the Movimiento de Encuentros Conyogales, (Marriage Encounter Movement) for the Hispanic Community. Lily and Miguel are always available when we ask them for help. They are also a great addition to the volunteers working at the Sunday Social. Queen of Apostles is fortunate to call them part of the family.

Christ House/Serving Dinner – Tuesday, May 12th Help Needed THIS MONTH!

As most of you know Council 4522 is responsible for dinner prep and service to the homeless on the second Tuesday of every other month. This is an important service for the community. As the needs for assistance grow, the demand Christ House meals also grow. We need a few new folks to step up this month to assist on May 12th. Some of the regular volunteers will not be available and it is good that more people know the routine. The work hours are short 3PM to 5PM but the rewards are large. Please contact GK Rick Sacra, 571-205-5439 to let him know you can help out.

2026/2027 Council 4522 Officer 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).

Worthy Financial Secretary Dan Penrose dpenrose@engineer.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 for the Fraternal Year 2026 to 2027, which begins July 1, 2026.

Please note – Election Date: The Council will conduct its annual election of officers during the regular June General Business Meeting (June 10th) 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, names thus far have been nominated or self-nominated:

Grand Knight:	SK Richard Sacra
Deputy Grand Knight:	Daniel Restivo
Chancellor:	SK Vincent Guevara
Recording Secretary:	SK John Cosgayon
Treasurer:	Tuan Nguyen
Warden :	Gus Gravot
Advocate:	Daniel Ward
Inside Guard:	SK Hilowe Tesfa
Outside Guard:	Richard Hoffmann
3 rd Year Trustee:	SK Jay Moore
Past Grand Knight Delegate:	SK Patrick Okoronkwo

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, 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. Its 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!

40 Cans for 40 Days

Pope John Paul II Council 4522 partnered with Queen of Apostles Catholic School to hold the 7th 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.

On Holy Thursday members of our Council, Teachers, Catholic Charities Volunteers, Student leaders, and students and parents who were simply walking by, stepped up and helped load a truck to the brim of food donations. During Lent we brought in over 6,500 pounds of Food for our 40 Cans



in 40 Days service initiative. Thank you for helping feed those in our local community.

In the Month of May from 5/4 - 5/18, the school will have another staple of our community fundraisers, Penny Wars. This fundraiser will go to support Pro Life Causes like our current Kindergarten Mass Collections for the month of April. Recently the 8th grade went to the Richmond March for Life. These fundraisers and service projects throughout the year are the school's Catholic Faith in Action and with support from our council, make a huge difference in developing the students as future servant leaders.

During school Masses the Choir and Mrs. Halili lead us sometimes in the song called "They Will Know We Are Christians." At Queen of Apostles they will know we are Christian and Knights of Columbus by our commitment to serve others.

Many thanks go out to Brother Jonathan DeBernardo and PGK Dan Penrose who jointly spearheaded the project! And thanks to ALL that helped make this another banner Campaign. God Bless you!

Lecturer's Reflection

I presented this reflection in 2022 and felt it pertinent to today, as well.

Among the great events celebrated at our Easter Vigil Mass on April the 4th was the baptism of a young woman named Malika. I was moved by the words of Father Diaz as he baptized this young lady, and I felt as a participant in the congregation her absolution of sin. Here are some reflections from Saint Francis de Sales (1622) that put this Holy Sacrament into perspective.

Francis de Sales was the Bishop of Geneva, Switzerland, when Calvinism, with its grim view of salvation, had drawn many away from the church. With gentle persistence, Francis preached, ministered, and witnessed to his scattered flock. He wrote the *Introduction to the Devout Life* and a *Treatise on the Love of God*.

Many lay people who read Francis' writings came to see, for the first time, that holiness was accessible to them. Devotion, Francis taught, was for every person, in any state of life. "Do as little children do", Francis told them, "Who with one hand cling to their father, and with the other gather blackberries along the hedges." And what should we do when we have let go of our father's hand and fallen down? "Lift your heart up gently whenever it falls," Francis counseled. "Humble yourself

before God, but do not be astonished by your fall since it is not surprising that weakness is weak, frailty is frail, and misery is miserable.”

But Francis never dwelt on failure. A woman who was a notorious prostitute came to confess to him. After receiving absolution, she collapsed in the confessional, struck with horror at what she had done. Francis rose, came to her, and asked her to stand. Then the Bishop himself knelt down. In awe, he told her that he was on his knees before her in the way because he was now in the presence of a soul without sin.

**Litany of St. Joseph (The Worker)
Celebrated May 1st**

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.

(A BUNCH of) May 2025 Birthdays



Frederick L. Braun	05-06
Joseph E. King	05-06
PGK Miguel A. Valencia	05-07
Gregorio G. Bacani	05-09
Michael 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
Louis E. Wack, Jr.	05-22
Jonathan A de Bernardo	05-23
Timothy J. Stuhldreher	05-23
Daniel T. Ward	05-29



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

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