

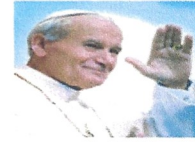
# The Knightly News

COUNCIL 4522

CHARTERED 1958



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



## Monthly Newsletter

**September 2023**

### IMPORTANT DATES IN SEPTEMBER

Monday, Sept 4<sup>th</sup> – Labor Day Holiday  
 Wednesday, Sept 6<sup>th</sup> – Officer's Meeting—Zoom, 7:30 PM  
 Wednesday, Sept 13<sup>th</sup> – Full Council Meeting (HYBRID), 7:30 PM  
 ZOOM and in person @ QofA Guadalupe Center  
 Tuesday, Sept 12<sup>th</sup> – Christ House (Alexandria, VA)  
 Sun, Sept 16<sup>th</sup>/17<sup>th</sup> – Parish Ministries Fair – HOT DOG GRILLING on the 17<sup>th</sup>!  
 Sat/Sun, Sept 23<sup>rd</sup>/24<sup>th</sup> – All at Queen of Apostles ALL MASSES  
 Membership Drive, Solicitation for Coats for Kids, KCIC Card Sales  
 TBD in Sept (we hope) – Soccer Free Kick Competition, St. Michael's School

**ANNUAL COUNCIL CALENDAR OF EVENTS ATTACHED – PLEASE SAVE THIS EDITION**

### Grand Knight's Message

It is with His grace that I honor and thank all the brother Knights of the Council who participated in the Parish festival. Brother Knights came on Friday, August 18<sup>th</sup> to set up the tents and chairs for the main event on Saturday, August 19<sup>th</sup>. The festival chairman, our own brother Knight, Martin Oppus, not only worked and oversaw the set up on Friday but was also there from the beginning till the end on Saturday. On Saturday, he was joined by Lady Sonia in ensuring a smooth and eventful festival. Brother Martin gave it his all and the festival was a great success. You should know that this festival is his last in the parish. Please consider stepping up to take this role to make your mark in the parish. Our pastor and chaplain would be more than happy to work with you.

What can I say about Brother Knight Sonny Masso? Sonny showed up at the onset of the festival, pouring beer and wine and entertaining the vendor who brought the beer truck. He did not stop until the very minute the festival closed. The only break he took was when he went to the 5:00 p.m. Mass as a Catholic gentleman. Sonny was not only pouring drinks, but he and Martin used the opportunity to recruit candidates.

Some of you may not believe it, but Brother Roger Williams, despite living in South Carolina and having just buried his beloved mother the week before, came to the festival to support the parish and council. What a dedication and commitment to the Council and Parish!

My brothers in Christ, the festival is behind us, but we have the Parish Ministries on the weekend of September 17<sup>th</sup> and 18<sup>th</sup>. In previous years, Council

4522 has had the responsibility to grill hot dogs during the event. The Parish has requested your participation in the parish ministries. May I please call on you Brother Knights to answer the call to participate in the Ministries and accept the grilling of hot dogs for the event? We only grill throughout the Masses on the Sunday of the Ministries weekend.

Brothers, we are also part of the Ministries. We should have a table and representatives to help with recruitment throughout the Sunday Masses. We would need Brother Knights who could commit to covering the table before and after each Mass to conduct recruitments of new members. Please challenge yourself to consider spending at least an hour or two assisting the grilling of hot dogs, serving the Parishioners, or covering the recruitment table.

See you at the general business meeting on the 13<sup>th</sup>, as well as the Parish Ministries weekend.

Fraternally Yours,  
 Patrick Okoronkwo, Grand Knight



### Knight of the Month

Without a doubt, this month's Knight of the Month is Brother Sonny Masso, Master of the tap(s). Please see the Grand Knight's message for all the glorious details!

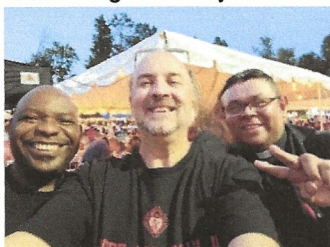


### Family of the Month

Equally deserving of most honorable mention is Brother Martin Oppus and Lady Sonia. Mainstays and ardent supporters and participants in all three of the parish festivals—they will be hard to replace come next year's event. Not to mention, ALL of their work throughout the parish—lectors, Lady Sonia was the coordinator for Eucharistic Adoration over the last year or so, and the list continues. We will greatly miss the Oppus family in so many ways in Order events and activities, but not as much as the parish will miss their invaluable contributions. May God continue to bless them in their new journeys!

### Queen of Apostles Parish Festival

Speaking of the QofA Parish Festival, what an event! More than 20 booths, international food, live entertainment—from several soloists to a Mariachi band—moon bounce, kids' activities and even a mechanical bull, there was something for everyone! And of course, our brother Knights turned out in force to man the refreshment trailer and do all kinds of virtuous deeds throughout the festival! God bless all the volunteers and especially our Knights, who made the festival an unprecedented success! Here are some pictures of what you missed



GK Patrick Okoronkwo, FS  
Roger Williams and Chaplain,  
Fr. Diaz ham it up in front of  
the Big Tent!

[www.facebook.com/QofAChurch](https://www.facebook.com/QofAChurch)

### HELP (REQUIRED) WANTED!

Saturday/Sunday, Sept 16<sup>th</sup>/17<sup>th</sup> - Ministries Fair – See the announcement in the Grand Knight's Message **AND**



Saturday/Sunday, Sept 23<sup>rd</sup>/24<sup>th</sup> – Our first big weekend of the fraternal year! This weekend we will be conducting our first membership drive of the fraternal year, we'll be collecting donations for the all-important Coats for Kids Drive and we hope to be selling our Keep Christ in Christmas, Christmas Cards. We have FOUR sets of doors to cover! That is at least FOUR Knights per Mass...not counting setting up our tent and taking everything down after the 1:30 PM Sunday Hispanic Mass.

Your help will be greatly appreciated!! Please mark your calendars now for both weekends!!

### September is Life Insurance Awareness Month



It's the one month each year that the life insurance industry coordinates a campaign aimed at educating folks about the importance of life insurance and helping them

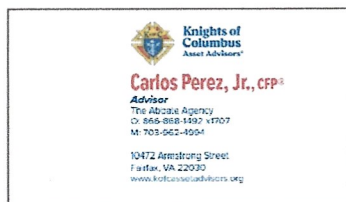
get the coverage they need. A recent survey from LIMRA (Life Insurance Marketing Research Association) found that only 59% of Americans own life insurance and about half of those are underinsured. So that means that 70% of the population either has no life insurance or has too little life insurance.

So, what does that have to do with the Knights? The historian, Christopher Kauffman, spent several years at the Supreme Office and at the Museum, researching the book that he wrote on the 100<sup>th</sup> anniversary of our founding. That book, Faith and Fraternalism, notes on page 13, "...he [Fr. McGivney] was deeply interested in pursuing the topic of a Catholic fraternal insurance society among groups of Catholic laymen of New Haven." Then on page 35 Mr. Kauffman goes on, "...he [Fr. McGivney again] spent his energy in promoting the insurance feature...his emphasis on business was his pastoral concern for the social and financial security of the family."

Blessed Fr. McGivney lived both the social and the financial *insecurity* of a desperate family, with the breadwinner suddenly taken, that had to be supported. He left the seminary to work and support his mother and siblings. He didn't want other Catholic families to find themselves in such a predicament. That, and uniting men of faith, was the impetus for establishing our Order. Everyone who joined in those first years was insured; that was part and parcel of being in the organization. Now every member has a choice, and every member should know what we do, and how we do it.

No one wants to buy life insurance, BUT everyone should want to buy what life insurance provides: no change in lifestyle for the survivors...in the house where they want to be. It'll pay for a daughter's wedding, a child's college education and much more. What does life insurance provide? Peace of mind, security, freedom from anxiety, a safeguard from the unknown.





That's where our KofC Advisor, Carlos Perez, can help. If you could use a little piece of mind, please contact Brother Carlos at 866-868-1492 Ext 1707 or at

[carlos.perez@kofc.org](mailto:carlos.perez@kofc.org)

### Annual Football Frenzy FUNRaizer



Autumn is just around the corner! That means football season is upon us and the annual Football Frenzy FunRaizer as well! Here are a few notes to help you get started and "get in the game"!

Remember the Council will be selling paper tickets as well following the same rules as below. Either way, get yours as soon as possible and wait for your winnings to start rolling in!

1). You can go directly on-line to purchase your FF tickets. To order on-line go to [www.footballsweeps.com](http://www.footballsweeps.com). Click on "Order Tickets Online," next Enter Code "FB23VIRGINIA" then either create an account or if one already exists login.

2). For every two tickets purchased by an individual, you receive a free electronic ticket. You must go online to get your third ticket and cannot use a paper ticket as your free ticket. Go to [www.footballsweeps.com/FREE](http://www.footballsweeps.com/FREE) to claim your free ticket.

3). This fundraiser is open to all individuals and is not limited to Knights. Your family, friends, acquaintances, all can participate. They will make great early Christmas, birthday, or gifts for any other occasion. If an individual purchases two tickets, they will get a third free by going online. If they purchase four tickets, they get 2 free tickets and so on.

*Each week a total of \$1,000 will be awarded to the highest and lowest winners. Please check your tickets for the breakdown of the prize awards.*

Week one of FF begins with the games on November 5<sup>th</sup> weekend and runs through the January 7<sup>th</sup> weekend. Please note if your team has a bye week that week, the score from the previous week will be used for the high/low points scoring.

One final note: MAKE ALL CHECKS PAYABLE TO "VIRGINIA STATE COUNCIL" and in the memo line Football Frenzy and the Council number!

If you have any questions or need additional information, please feel free to contact: Carl Kregiel, our Virginia State Treasurer, at (757) 342-1104.

### A Note From Our Lecturer

As Brother Knights, our collective and personal lives are about so much more than Charity, Unity, Fraternity and Patriotism. It is also about our personal journeys of staying in Grace, Adoration, Praying the Holy Rosary, and regularly attending Holy Mass.

Today's reflection is about being fed by the love of our savior's sacred heart.

#### *Fed by the Love of His Sacred Heart*

On the day when Saint Margaret Mary, not being able to receive Communion because she was sick, told Jesus of her immense desire to receive him, Jesus said to her, "For you alone I would have instituted the sacrament of my love."

At the moment of receiving Communion, say to Jesus, "Jesus, I come to you because I am weak, because I am miserable, because I am a sinner. I come to you because I have so much need of you." What a beautiful preparation for Communion! Do not say to him, "I come to you because I am well prepared," but, "I come to you because I need you so much." It is an exclusive right of the weak and miserable to be able to pray this prayer, with even greater fervor: "I need you, and I am happy to be in such great need of your mercy"—a prayer which goes like an arrow straight to the depths of his infinitely merciful heart.

Let Mass be the center of your day. Everything must flow for you from your daily Mass, and everything must culminate in it. Your day, because you will have willed it, must be a thanksgiving for the Mass you attended that day and a preparation for the Mass you will attend the next day. That does not mean you should think all day about your morning Mass or that of the next day; it means that you will have said to Jesus, making these words your disposition of soul, "I want all my life to be centered on the altar of the Mass, to depend on it, and to culminate in it, to be a thanksgiving and a preparation for my daily Mass—all my life, all my days, all the beatings of my heart."

Be an apostle of holy Mass and Communion. Do everything possible to facilitate daily Communion. Invite children to communicate as often as possible. Think of Jesus' desire to descend into souls, of the happiness he finds there, of the eternal consequences for a single soul, to have received one more holy Communion during its passage on earth. Have an ardent desire for Jesus in the Host.

### Casey Women's Club

Our next meeting will be at a luncheon on Thursday, September 14<sup>th</sup>. It will be held at Clyde's restaurant in Alexandria. Individual notifications will be sent.

We will resume our monthly Retiree lunch with Buncó to follow on Tuesday, September 26<sup>th</sup>. Please notify Ethel Apostolico of your planned attendance. Bring a friend.

God Bless all!  
Geri Owen, Vice President (VP)

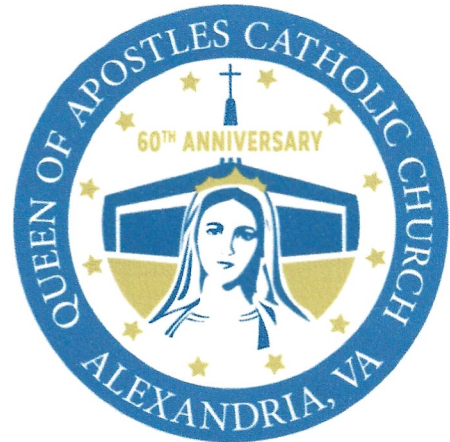
### September 2023 Birthdays



Rev. Joseph M Rampino	09-02
Arthur S Leahy	09-04
Deacon Richard C Caporiccio	09-09
PGK Craig J Delaney	09-09
Thomas W Pairó	09-09
Kevin F Becks	09-12
Edward W Imperati	09-12
Jimmy L Ribble	09-18
Almond J Smith	09-27
Michael V Burke	09-29

### Reminder

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



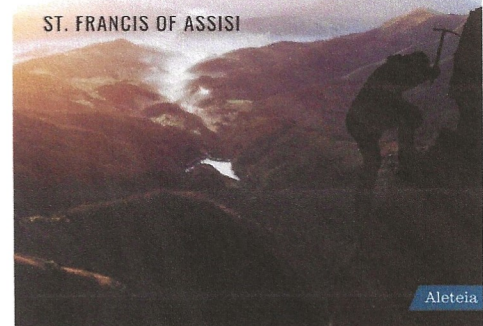
**Celebrate**

*the work of our hands*

**Labor Day**

"START BY DOING WHAT'S NECESSARY,  
THEN WHAT'S POSSIBLE, AND SUDDENLY  
YOU ARE DOING THE IMPOSSIBLE."

ST. FRANCIS OF ASSISI





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**The submission deadline for the October Newsletter is September 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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<b>Pope John Paul II Council 4522</b> <b>Calendar of Events</b> <b>Fraternal Year 2023 - 2024</b> <b>Event/Program/POC Info</b>	<b>Date(s)</b>
<b>Corporate Communion (FIA-Faith)</b> - Brothers and their families sit together, pray together, receive communion together @ Queen of Apostles Faith Director, Martin Oppus, (669) 230-9065 <a href="mailto:martinoppus40@gmail.com">martinoppus40@gmail.com</a>	Jul 30th, 10:00 Mass at QofA Oct 29th, 10:00 Mass at QofA Dec 31st, 10:00 Mass at QofA Mar 31, 2024, 10:00 Mass at QofA Jun 30 <sup>th</sup> , 10:00 Mass at QofA
<b>Family (5<sup>th</sup>) Sunday Rosary (FIA-Faith)</b> - Brothers and their families pray the Rosary together immediately following Mass - Led by Chaplain, Fr. A. Diaz Faith Director, Martin Oppus (669) 230-9065 <a href="mailto:martinoppus40@gmail.com">martinoppus40@gmail.com</a>	Jul 30th, 10:00 Mass at QofA Oct 29th, 10:00 Mass at QofA Dec 31st, 10:00 Mass at QofA Mar 31, 2024, 10:00 Mass at QofA Jun 30 <sup>th</sup> , 10:00 Mass at QofA
<b>Remembrance Mass at QofA</b>	Wednesday, Nov 8th 7:00 PM @ QofA
<b>Council Christmas Dinner</b>	Saturday, December 9 <sup>th</sup> Time: TBD
<b>Basketball Free Throw Challenge (FIA-Community)</b> Community Director, Hilowe (Wil) Tesfa (577) 367-9964 <a href="mailto:HT14410@outlook.com">HT14410@outlook.com</a>	January 2024 TBD (w/Principal Meyers)
<b>March for Life (and Support) (FIA-Life)</b> Life Director, Larry Cirignano (202) 306-6863	Jan 19, 2024
<b>Spiritual Reflection Program (FIA-Faith)</b> Retreat to PJPII Shrine John Cosgayon, (571) 265-9208 <a href="mailto:JNCos95@outlook.com">JNCos95@outlook.com</a>	Hosted by Fr. Diaz Details TBD
<b>40 Cans for 40 Days</b> (via School Children/PTO) <b>(FIA-Family)</b> Family Director, PGK Dan Penrose (443) 458-8833 <a href="mailto:dpenrose@engineer.com">dpenrose@engineer.com</a>	Begins Ash Wednesday, Feb 14th (w/Principal Meyers)
<b>Fish Fries during Lent (FIA-Family)</b> Brother Roger Bion, (202) 340-0339	February 23, 2024 March 8th
<b>NOVENA for Life (FIA-Life)</b> Life Director, Larry Cirignano (202) 306-6863 <a href="mailto:larryvote@gmail.com">larryvote@gmail.com</a>	March 17-25, 2024
<b>Mass for Life (FIA-Life)</b> Knights of Columbus Day of the Unborn Child Life Director, Larry Cirignano (202) 306-6863 <a href="mailto:larryvote@gmail.com">larryvote@gmail.com</a>	March 25, 2024, at QofA



<b>Pope John Paul II Council 4522</b> <b>Calendar of Events</b> <b>Fraternal Year 2023 - 2024</b> <b>Event/Program/POC Info</b>		<b>Date(s)</b>
<b>KOVAR (FIA-Life)</b> Life Director, Larry Cirignano (202) 306-6863 <a href="mailto:larryvote@gmail.com">larryvote@gmail.com</a>		April 13/14, 2024 April 27/28
<b>Summer Picnic</b>		June/July 2024
<b>Holy Hour (Weekly Adoration) (FIA-Faith)</b> <b>@ Queen of Apostles Chapel</b> Faith Director, Martin Oppus (669) 230-9065 <a href="mailto:martinoppus40@gmail.com">martinoppus40@gmail.com</a>		Every Saturday morning 2:00 - 3:00 AM
<b>Support Parish Receptions @ Queen of Apostles</b> Grand Knight Patrick Okoronkwo		As Requested: Altar Server Picnic TBD Parish Festival August 19 <sup>th</sup> Christmas Appreciation Event (Dec 2023) School Fall Festival (Oct 2023) School Auction (Spring 2024)

<b>Soccer Penalty Kick Challenge (FIA-Community)</b> Community Director, Hilowe (Wil) Tesfa (577) 367-9964 <a href="mailto:HT14410@outlook.com">HT14410@outlook.com</a>	TBD (Sept)
<b>Religious Essay Contest (FIA-Community)</b> Community Director, Hilowe (Wil) Tesfa (577) 367-9964 <a href="mailto:HT14410@outlook.com">HT14410@outlook.com</a>	Making assignment in SEPT (in conjunction with Principal Meyers)
<b>Keep Christ in Christmas Poster Contest (FIA-Community)</b> Community Director, Hilowe (Wil) Tesfa (577) 367-9964 <a href="mailto:HT14410@outlook.com">HT14410@outlook.com</a>	Making assignment in SEPT (in conjunction with Principal Meyers)
<b>Christ House (FIA-Community)</b> <b>Helping Hands</b> - Prepare and serve meals to the homeless in Old Town Alexandria Danny Restivo (419) 906-1959 <a href="mailto:danjrestivo@gmail.com">danjrestivo@gmail.com</a>	July 11th Sept 12th Nov 7th Jan 9, 2024 Mar 12th May 14th
<b>Fraternal Benefits Night KofC Insurance and Financial Planning</b>	TBD (x2)



<b>Pope John Paul II Council 4522</b> <b>Calendar of Events</b> <b>Fraternal Year 2023 - 2024</b> <b>Event/Program/POC Info</b>	<b>Date(s)</b>
<b>Membership Drives @ Queen of Apostles</b> PGK Dan Penrose (443) 458-8833 <a href="mailto:dpenrose@engineer.com">dpenrose@engineer.com</a>	Sept 23 <sup>rd</sup> /24 <sup>th</sup> Nov 11 <sup>th</sup> /12 <sup>th</sup> Jan 13 <sup>th</sup> /14 <sup>th</sup> April 13 <sup>th</sup> /14 <sup>th</sup> May 18 <sup>th</sup> /19 <sup>th</sup>
<b>Coats for Kids Solicitation (FIA-Community)</b> Community Program Chair Hilowe (Wil) Tesfa (577) 367-9964 <a href="mailto:HT14410@outlook.com">HT14410@outlook.com</a>	Sept 23 <sup>rd</sup> /24 <sup>th</sup> Oct 14 <sup>th</sup> /15 <sup>th</sup> Nov 11 <sup>th</sup> /12 <sup>th</sup> Dec 2 <sup>nd</sup> /3 <sup>rd</sup>
<b>Keep Christ in Christmas/ (FIA-Family)</b> <b>Christmas Card Sales</b> Family Director, PGK Dan Penrose (443) 458-8833 <a href="mailto:dpenrose@engineer.com">dpenrose@engineer.com</a>	Sept 23 <sup>rd</sup> /24 <sup>th</sup> Oct 14 <sup>th</sup> /15 <sup>th</sup> Nov 11 <sup>th</sup> /12 <sup>th</sup> Dec 2 <sup>nd</sup> /3 <sup>rd</sup>
<b>Christmas Baskets (FIA-Family)</b> <b>LEAVE NO NEIGHBOR BEHIND</b> Warden Danny Restivo (419) 906-1959 <a href="mailto:danjrestivo@gmail.com">danjrestivo@gmail.com</a>	~ Dec 16th
<b>Consecration to the Holy Family (FIA-Family)</b> PGK Roger Williams (703) 629-3239 <a href="mailto:rlwsb11@gmail.com">rlwsb11@gmail.com</a>	Jan 1, 2024