

SCHEDULE OF EVENTS FOR FEBURARY 2020



KNIGHTS OF COLUMBUS®

St. Mark the Evangelist Catholic Church

FEBURARY, 2020

Council #7613

Editor: SK A. C. Rogers



COUNCIL CORNER

SCHEDULE OF EVENTS FOR FEBURARY 2020

DATE (FEB. 2020)	EVENT	TIME & PLACE
31 January Friday	Church Campus Closed	
31 January Friday	Habitat House Begins	
1, Saturday	Monthly Rosary	4:25 PM - Church
1 & 2, Sat & Sun	Chicken BBQ	4:25 PM - Church
4, Tuesday	CHOC Meeting	7:00 PM – Christopher Hall
6, Thursday	Mass & Council Meeting	7:00 PM – Christopher Hall
8, Saturday	4 th Degree Exemplification	11:30 am – 7:30 pm, Lackland AFB Gateway Club 1650 Kenly Ave.
13, Thursday	Assembly Meeting	7:00 PM – Christopher Hall
14, Friday	Saint Valentine's Day	
17, Monday	Presidents Day	
17, Monday	1 st Degree Exemplification	St John Hall (Host 8521)
19, Wednesday	Chapter Meeting	7:00 PM – Assumption Seminary, 2600 West Woodlawn Ave, St John Paul Council 13523 in cafeteria on French Place (one street south of Woodlawn)
20, Thursday	1 st Degree	7:00 PM – Christopher Hall
27, Thursday	Council Officers Meeting	7:00 PM – Christopher Hall
28, Friday	Lenten Fish Dinner	
28 & 29, Fri & Sat	24 Hr Adoration	4:00 PM Fri to 4:00 PM Sat – Adoration Chapel

HEALTH & NUTRITION TIPS FROM BROTHER KNIGHT JERRY GONZALES, RN,MHA,LTC (Ret Army)

Our good Knight, Jerry Gonzales, has some good tips regarding how we can enhance our healthcare system to a more fair, transparent, and lower healthcare cost system by abiding 27 of his health and nutrition tips outlined by the following topics.

- | | | |
|---|--|---|
| 1. Don't drink sugar calories | 10. Avoid bright lights before sleep | 19. Don't fear saturated fat |
| 2. Eat nuts | 11. Take vitamin D3 if you don't get much sun exposure | 20. Lift heavy things |
| 3. Avoid processed food (eat real food instead) | 12. Eat vegetables and fruits | 21. Avoid artificial trans fats |
| 4. Don't fear coffee | 13. Make sure to eat enough protein | 22. Use plenty of herbs & spices |
| 5. Eat fatty fish | 14. Do some cardio exercises | 23. Take care of your relationships |
| 6. Get enough Sleep | 15. Don't smoke or do drugs and only drink in moderation | 24. Track your food intake every now and then |
| 7. Take care of your gut health with probiotics and fiber | 16. Use extra virgin olive oil | 25. If you have excess belly fat, get rid of it |
| 8. Drink some water, especially before meals | 17. Minimize your sugar intake | 26. Don't go on a diet |
| 9. Don't overcook or burn Your meat | 18. Don't eat a lot of refined carbs | 27. Eat eggs, yoke and all |

How to proceed toward each of these 27 health topics will be provided in many of our forthcoming newsletters which already provides details regarding the first 3 of the 27 health topics. However if you need a complete set of details regarding each of these 27 topics, contact our Brother Knight Jerry Gonzales. Following is further information on health topics 4, 5, and 6 listed above:

4. Don't Fear Coffee

As most of us know, coffee is very healthy! It's high in antioxidants, and studies have linked coffee intake to extension to life and a reduced risk of type 2 diabetes, Parkinson's and Alzheimer's diseases, and numerous other illnesses. Some of us, though, need antacids if we drink too much especially when combined with too much stress,

5. Eat Fatty Fish

Fish is a great source of high-quality protein and healthy fat. This is particularly true of fatty fish, such as salmon, which is loaded with omega-3 fatty acids and various other nutrients. Studies show that people who eat the most fish have a lower risk of several conditions, including heart disease, dementia, and depression! Boy, the advantages of eating salmon!

6. Get Enough Sleep

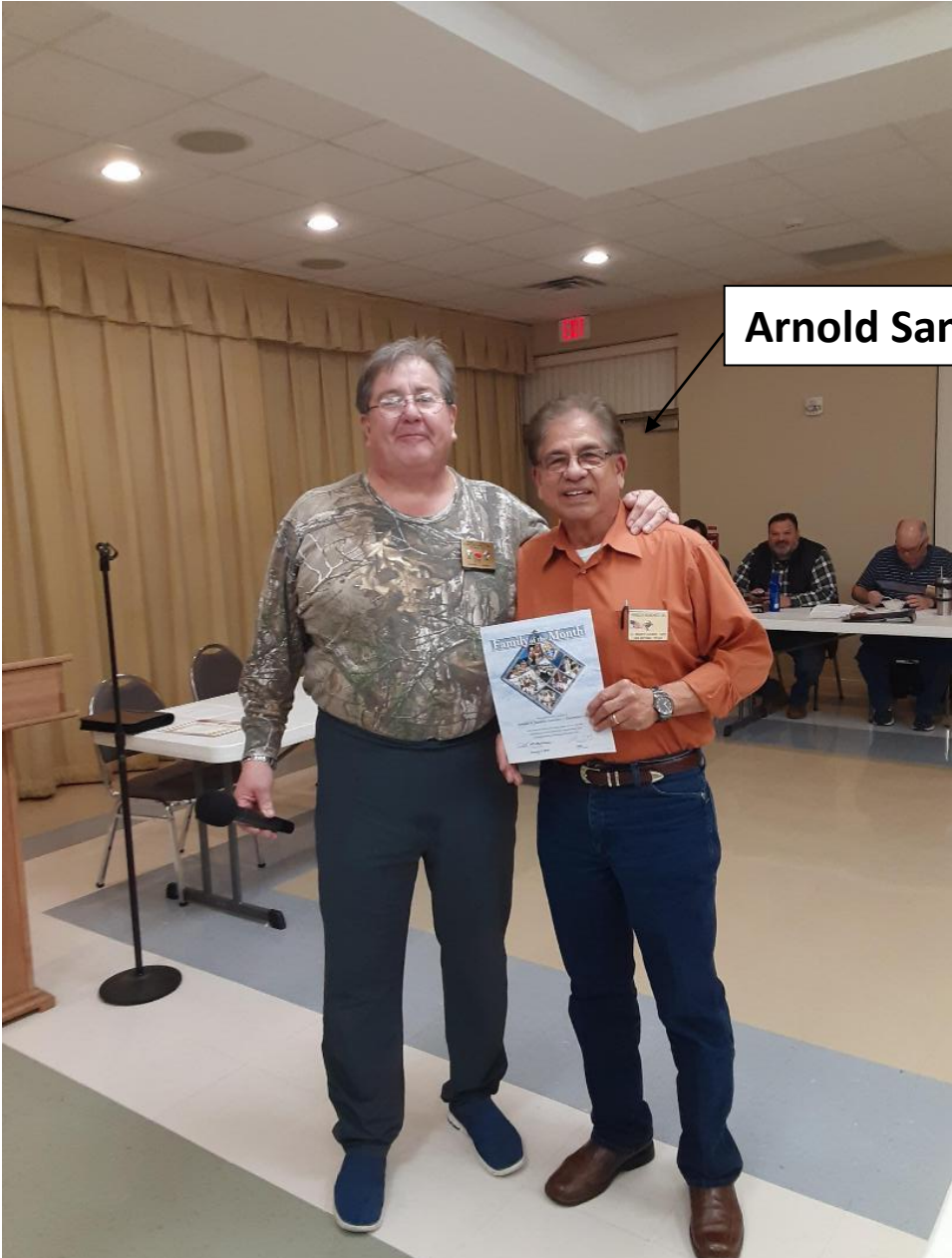
The importance of getting enough quality sleep cannot be overstated. Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance. What's more, poor sleep is one of the strongest individual risk factors for obesity and weight gain!! "One study linked insufficient sleep to an 89% and 55% increased risk of obesity in children and adults respectively".

SPECIAL AWARDS PRESENTED AT THE COUNCIL 7613 MEETING IN JANUARY 2020

SK Leo Forget shown being presented with his "Honorary Lifetime Membership card"



Arnold Sanchez shown being presented for him and his wife Juanita with a “Family of the Month” of December 2019 Award



HABITAT FOR HUMANITY

Brother SK Bill Faucher is shown below making a presentation for Habitat for Humanity at the 10 & 12 am Masses on January 12 asking for volunteers, prayers and financial support for the upcoming house build.



WOOD SPLITTING FOR THE BIG BBQ PROJECT

A lot of us apparently like to take it out on wood to assist in outside cooking such as for the chicken barbecuing project scheduled for February 1 and 2. As you can see from the following pictures, at least 14 of our good Knights are busy getting their needed exercise. Well, in the last picture you see SK Elroy Tschirhart advising some as to how they are to do the work. As you can see, all are having a good time in friendship and fellowship as well in getting the work done on such a nice day.







KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP

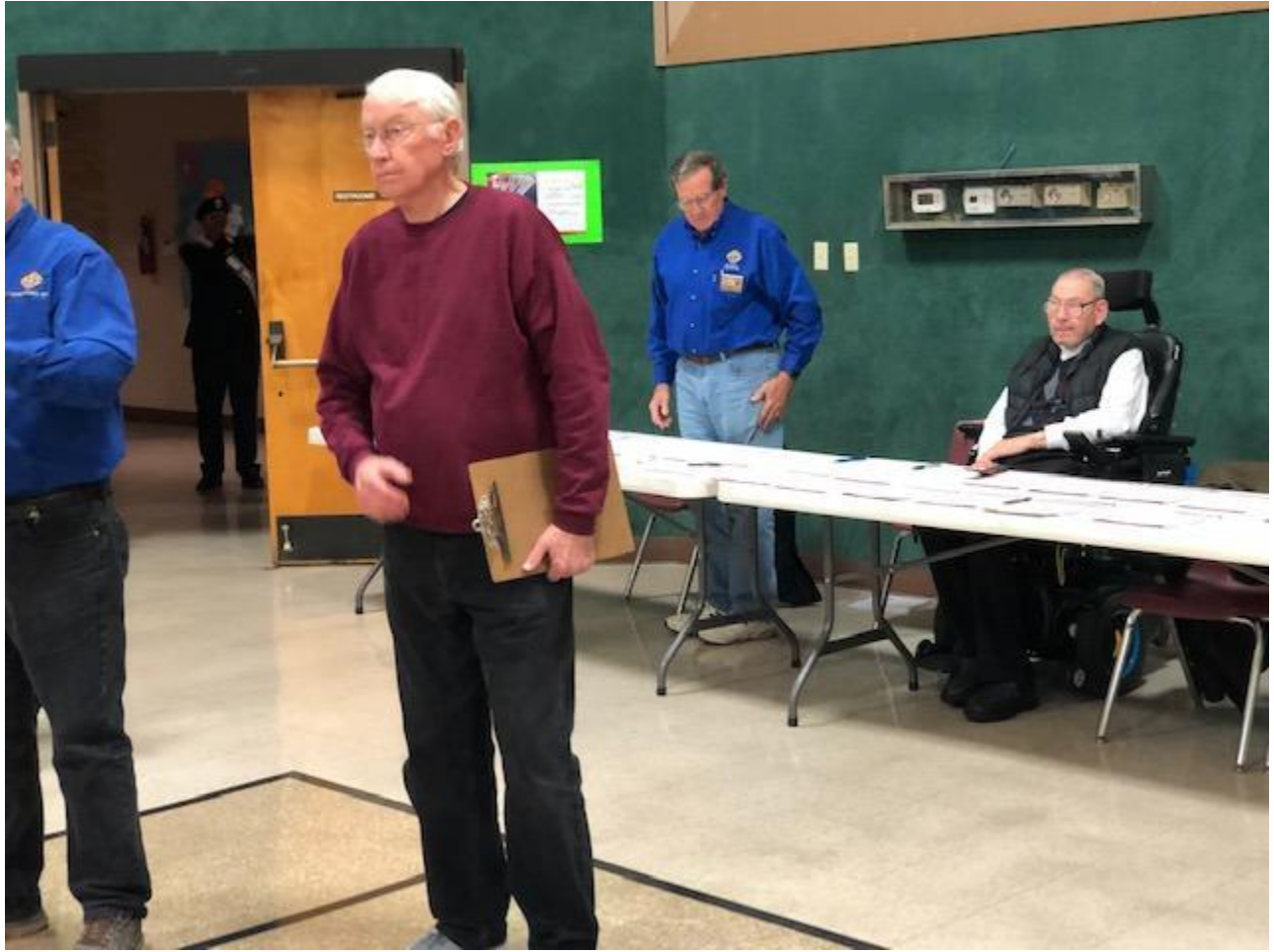
The Knights of Columbus Free Throw Championship held on January 21 in the St Mark's gym is shown below along with 10 new Council Winners. All boys and girls ages 9 to 14 entering the competition are shown giving a pledge of allegiance to our flags. We had a great turnout of 39 kids.

The Color Guard from Holy Trinity, shown below, was impressive in presenting Flags of Allegiance

Thanks hugely to our Grand Knight, Andy Totah, for his assistance and picture taking. We especially appreciate the great support from the St Mark's CYO.

One boy did an outstanding score, he made 13 out of 15 shots. Overall, this event proved to be lots of good competition and fun. Our 10

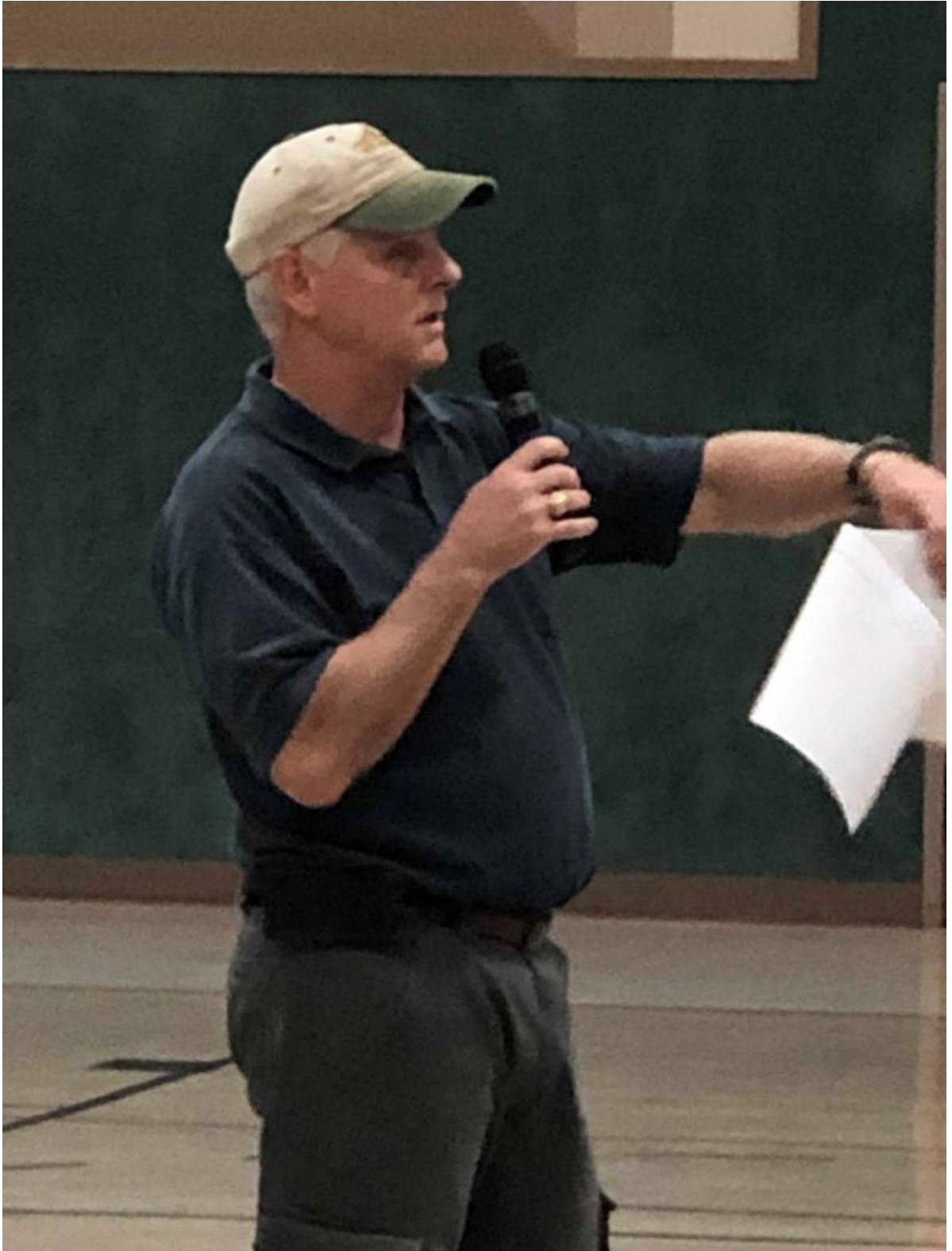
Council winners will compete in the K of C Free Throw Championship District competition on Friday (1/24/2020) at St Mark's at 7:00pm.



KNIGHTS HELPING – SK BILL FAUCHER, SK BOB PARROTTE, AL GILL, & FRANK ALDRIGE



HOLY TRINITY COLOR GUARD



**CHRIS HUGGINS SETTING UP THE RULES OF
THE FREE THROW COMPETITION**



PLEDGE OF ALLEGIANCE TO OUR FLAGS



CLAIRE BOLTON – 9 YR OLD COUNCIL WINNER



JULIAN MALLEN – 10 YR OLD COUNCIL WINNER



ISABELLA SILVA – 10 YR OLD COUNCIL WINNER



MAX CUNNINGHAM – 11 YR OLD COUNCIL WINNER



MEISHA GRANADO – 11 YR OLD COUNCIL WINNER



EMILY KAMAN – 12 YR OLD COUNCIL WINNER



MICHAEL YZAGUIRRE – 13 YR OLD COUNCIL WINNER



ALEJANDRO RODRIGUEZ – 12 YR OLD COUNCIL WINNER



JOHN RODRIQUEZ – 14 YR OLD COUNCIL WINNER



BRODY PLEAK – 9 YR OLD COUNCIL WINNER

SUPREME ANNOUNCES MAJOR CEREMONIAL CHANGES

Diocesan Deputy Derek Raby introduced the new ceremonials at the Mid-Year meeting. These changes will not take place in Texas until the new Council Calendar year in July. Until then the present ceremonial for 1st and Major degrees will continue unchanged. Fourth degree exemplifications will remain unchanged. New efforts are made to remove secrecy and open Councils to family for all activities other than Council meetings which will continue to remain closed to all but those with current membership cards.

Background: At the Supreme Convention in 2019, a resolution from the Illinois State Council was passed to combine the exemplifications for the first three degrees. The Supreme Council's Ceremonial Department debuted on January 1, 2020, a new Exemplification where a candidate can attain their first three degrees in a single ceremony lasting approximately 30 minutes. It can be held in a council chamber or in the parish church with guests seated in the pews. Highlights of the ceremony are listed below.

- Candidates register, read, and sign the Constitutional Role.
- Opening prayer by a priest, deacon or council member.
- Brief overview of Knights of Columbus history and Father Michael McGivney.
- Lessons of Charity, Unity, and Fraternity are given.
- To demonstrate the lesson on charity, candidates are asked to break a distributed fiber and shown the strength of a cable.
- Candidates and members are asked to stand, raise their right hand, take a pledge by answering yes to about 5 promises.
- Candidates are given a rosary and invested with a lapel pin by the GK.
- Closing prayer and congratulations to the new members.
- Councils will be able to put on this exemplification using a 5-person team from their own council.
- Video of new exemplification at:
[https://vimeo.com/374081431/eed24d18e9?fbclid=IwAR3KDDNyHZtg5AsVPj5pHjan7aRXaBQ0rrjITz1ZFEdfYVSYhNxbVg%5C_IXyM%5D\(https://vimeo.com/374081431/eed24d18e9](https://vimeo.com/374081431/eed24d18e9?fbclid=IwAR3KDDNyHZtg5AsVPj5pHjan7aRXaBQ0rrjITz1ZFEdfYVSYhNxbVg%5C_IXyM%5D(https://vimeo.com/374081431/eed24d18e9)
- Prior versions of the ceremonials should remain secret.
- This new version can be freely discussed.

WHAT IS THE CARDINAL MEDEIROS FELLOW AWARD

This information is additional to the December 2019 Newsletter announcement of this particular award.

At the Christmas Bishop Thomas Flanagan Chapter meeting Sam and Bev Szalwinski were surprised with a very prestigious award: The Cardinal Medeiros Fellow. The Szalinski's are in some pretty awesome company. Previous recipients include Archbishop Gustavo Garcia-Siller, Auxiliary Bishop Michael Boulette, Rudy Escamilla and a total of only 269 in Texas over 38 years.

The Archdiocese of San Antonio, Knights of Columbus raised \$1,000 in funds for each award led by District Deputies and individuals from the Archdiocese KC. The funds enable and provide educational grants to members and their families and grants to Catholic Elementary Schools.

Who was Cardinal Medeiros?

Humberto Sousa Medeiros, was a Portuguese-American clergyman of the Roman Catholic Church. On April 14, 1966, Medeiros was appointed Bishop of Brownsville, Texas, by Pope Paul VI. He served as Archbishop of Boston from 1970 until his death in 1983, and was created a cardinal in 1973. An ecclesiastical conservative, Cardinal Medeiros was considered a champion of the immigrant worker, the poor and minorities. The Cardinal Medeiros Trust fund was created in 1981 by the Texas Knights of Columbus State Council Charities in his honor to provide educational grants to families of Knights.

TEXAS STATE COUNCIL MID YEAR MEETING



Texas State Council Mid Year Meeting

December 2019
Denton, Tx

The First Principle of
Our Order
Charity

License Plate Program

Purpose of the License Plate Program is to sustain an Infirm (Retired) Priests Fund.

Each plate costs \$30 annually, \$22 is returned to the Knights of Columbus Texas State Council

Money is distributed once a year equally among the Diocese' to assist retired/infirm priests

Every plate proclaims: "One Nation Under God"

What better statement can you make?

As of April 30, 2019 1,264 Knights of Columbus license plates in Texas

Go to TX-DMV-Special Plate Order at:

<https://rts.texasonline.state.tx.us/NASApp/txdotrts/SpecialPlateOrderServlet?grpid=60&pltid=89>

WHEELCHAIR MISSION BILL WEBER – STATE CHAIRMAN

It is estimated that over 100 million people worldwide need a wheelchair and cannot afford one.

Wheelchairs allow children with physical disabilities to go to school for the first time, adults to go to work to provide for their families and the elderly to get out of a bed that they may have been confined to for years at a time.

Wheelchairs are life changing gifts of mobility that deliver hope, dignity, freedom and independence and allow people to do everyday activities that we probably take for granted. They also are a tremendous help to parents, who must carry their children around the house and everywhere they go.

It is estimated that each wheelchair delivered changes and improves an average of 10 lives, so it is answering the prayers and changing the world for an entire family.

The American Wheelchair Mission delivers brand new wheelchairs in 5 sizes that would sell for over \$500 in a medical supply store. Because they ship containers directly from the factories to the country of delivery, the average price is \$150 each.

For each \$150 donation that a person gives, a wheelchair is delivered and the donor is sent a folder with a certificate of thanks that can be personalized as a gift in honor or memory of a loved one, and a photo of a person that has received a wheelchair.

The Knights of Columbus provide a grant each year to the American Wheelchair Mission to cover their overhead costs, so 100% of each individual's donation goes toward the purchase and delivery of wheelchairs.