



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

## Grand Knight's Corner

### *Officers for this Fraternal Year*

**Grand Knight** Dave Van Petten - davidvanpetten@cox.net  
**Chaplain** Rev. Romy Jazmin - pop.office@popparish.org  
**Deputy GK** Stephen Clock - sjclock@phoenix-group.com  
**Chancellor** Brian Scott - Bscott3534@yahoo.com  
**Recorder** Brian Yetka - Byetka4@yahoo.com  
**Fin. Sect'y** Roger Noreau- huckfinn23@hotmail.com  
**Treasurer** Tom Pestka - tpestka@hotmail.com  
**Lecturer** Walter Quigley - walterquigley@cox.net  
**Advocate** Tony Hayward - tonyhayward107@cox.net  
**Warden** Tom Klocek - Tklocek2@verizon.net  
**Inside Guard** Jamie Fraser - Frasejwi@cps.k12.va.us  
**Outside Guard** Shawn Huffaker - vt96mechengr@verizon.net  
**Trustees:**  
**3<sup>rd</sup> Year** Mark Zaccagnini - mark.zaccagnini@navy.mil  
**2<sup>nd</sup> Year** Daniel Shuma - Daniel.R.Shuma@navy.mil  
**1<sup>st</sup> Year** Ed Monacchio - edward-monacchio@volvo.com

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### *What is Charity?*

Brothers,

It is the act of giving money, food, or other kinds of help to people who are poor, sick, etc. What is a charitable organization? It is a group, like Council 8240, helping the poor, sick, those in need, and providing assistance or donations to other groups who provide services.

In addition, charity is a Knights of Columbus tenet. Charity is taught at all First Degree Exemplifications for new members in our Fraternal Organization.

Based on my own experience in the Council, charity for other individuals in need is a priority. For example, 8240's typical annual charitable budget is just over \$13,000.

What are some of the charitable activities performed or donations provided by the Council? Each Fraternal Year, 8240 participates in the buying and wrapping of the Christmas Advent Tree Gifts for kids. At the Council's Annual Christmas Party, the Brothers donate to the U.S. Marine Corps Toys for Tots Program. Other charitable activities that 8240 supports (not a full listing) include KOVAR, the Seton House, POP Church, the POP Food Pantry, the Church Picnic, Troop Religious Supplies, the Prayer Shawl Group, Bishop Sullivan High School, POP Youth Group, Right to Life, an annual ultrasound machine donation, the American Wheelchair Mission, and NAMI.

In closing, I am proud to be the Grand Knight of a Council that is so generous, giving much of its own time, support, and funds to charity.

*VJ*  
*Dave Van Petten*  
*Grand Knight*

### Promoting K of C Awareness

Brothers, we are all aware of the attacks on the family as a unit and an institution, and we are constantly witness to attacks on our faith, even to the point where the federal government is suing a Catholic College to pay for birth control in its medical plan. As Knights we stand against such things, but we need to do more so that people know what we do and why. We're not a beer club for old guys, although beer after meetings is a nice perk. If you have an idea to better promote awareness of what we do, please share your idea! Check us out on the web ([www.kofc8240.org](http://www.kofc8240.org)) & on FaceBook [www.facebook.com/home.php?#!/group.php?gid=301533184318](http://www.facebook.com/home.php?#!/group.php?gid=301533184318)

## Degree Exemplification

**Within the Knights of Columbus** there are several degrees, each providing the member valuable lessons.

The **First Degree** teaches the lesson of charity, and upon completion he is considered a Knight of Columbus and can participate in all council activities. First Degree members are encouraged to attain the **Second** and **Third Degrees**, which teach the lessons of unity and fraternity. Upon taking the **Third Degree**, a member receives full honors of Knighthood and is "Knighted." Privileges of **Third Degree** membership include the ability to serve as a local council officer, and admission to state and Supreme Council business meetings. **First** and **Second Degree** members can attend the state and Supreme Council meetings, but they are not allowed in the business sessions. **Upcoming Exemplifications:** Please see the calendar for dates and locations and/or contact Stephen Clock (sjclock@phoenix-group.com) or Pete Padilla (padillapete@cox.net) for more information.

Worthy Brothers,

Council 8240 is looking for a new member for the Council each month. Have you asked someone to join the Council yet?

Go ahead and ask. We need at least one new member a month or two to stay even. Thirteen new members are needed a year to meet our Star Council goal. Can you help recruit?

### 4th Degree

There will be an Exemplification of the 4th Degree in Roanoke, Va on Saturday April 26th. If you are a Third Degree member or will be a Third Degree member before the 26th of April, (there is no longer a waiting period) and you are interested in making that Degree, Please contact me or Joe Schaffer for an application form.

You must have a tuxedo for this degree and you must submit a \$70.00 check with your application.

Because of the time constraints you must contact me in person by the 5th of March to be considered for this Degree as your name and application must be read at the Assembly.

Fraternally,

Roger Noreau FS

### Your Prayers are requested for:

#### **Members of the Armed Forces and all other Americans in harm's way,**

Elaine O'Donnell, Tom Mangan, Jane Gore, John Simone, John Owens, Franz Himmel, Edna Schwartz, Jack Gorman Jr., Joan Gorman, Loren Snevy, T.J. Barnes, Vic Hrudowsky, Betty Ann White, John Lawlor, Bob Elko, Ray Miller, Lawrence Mourning, Grant Robinson, Al Frenette, Veronica Noreau, Jean Burgoyne, Regina Sweeney, Dominick & Rosemary Iafrato, PGK Paul Coronado, Paul Antonaccio, Matthew Mourning, Gail Hoppenjons, Dick Ames, Will Simpson, A Romero, Red Snowden, Kathleen Gravani, Chris Mulholland's Mother, John Smith, Paul & Lee Gravina, Leo Marshall, PSD Lenny Palizzi, Curtis Lightfoot, William Blake, Brandon Ream, Frank Haughey, Richard Moore, Vic Gonzalez, Mr. Daugherty, Darren Cowley, Bill Bone, A. Stevens, Maire McTigue, Dorethy Schares, Raymond Mourning, Nanci Dallaglio, John Klocek, Dick McCarron, Jonathon Markham, Barry Jefferson, Milo & Camy Newcomb, Orin McIntosh, Bill Wheaton, Joe & Phyllis Nash, Daryl Taylor, Eileen Feifal, Gerry Post, Randee Crank, and Mary & Domenic Parisi.

For Seminarians Shawn Koehr and Justin Shuma whom this Council supports, and for all considering their vocation.

*Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me... Matthew 25:40 USCCB.org*

## Council 8240 Calendar Mar-May 2014

<u>Mar-14</u>			
1	8:00 AM	Men's Breakfast	Prince of Peace
1	All Day	<b>STATE OF VIRGINIA QUARTERLY MEETING</b>	Virginia Beach, VA
1	7PM	Admirals Hockey Game (Tony Hayward POC)	Norfolk , VA
3?	7-9 PM	4th Quarter 8240 Officers meeting	TBD
<b>5</b>		<b>Ash Wednesday</b>	
<b>5th - 12th</b>	<b>TBD</b>	<b>CAST</b>	<b>Prince of Peace</b>
6	7:30 PM	All Saint's Assembly Mtg	Prince of Peace
8	9AM	Equipment Clean Up and loading of trailers for Fish Fry	Council Shed
13	7:30 PM	Council Business Meeting - (1) Trustees requested to develop Officers Nomination Slate, (2) Set Up for Next Day's Fish Fry (DGK Coordinator)	Prince of Peace
15	TBD	State Free Throw Competition	TBD
14	5-7:00 PM	Fish Fry, 7-8 PM Clean-Up Follows (Reserve POP Kitchen 8 AM-5 PM, DGK Coordinator)	Prince of Peace
17	All Day	St Patrick's Day	
27	7:30 PM	<b>(1st DEGREE) SOCIAL MEETING</b>	Prince of Peace
28	5-7:00 PM	St Stephen Martyr's Fish Fry (Council 11984)	St Stephen Martyr
<u>Apr-14</u>			
3	7:30 PM	All Saint's Assembly Meeting	Prince of Peace
5	8:00 AM	Men's Breakfast	Prince of Peace
10	7:30 PM	Council Business Meeting - (1) Slate of Officers Presentation by Trustees, (2) Planning for June Picnic Coordinator, (3) Set Up for Next Day's Fish Fry (DGK Coordinator)	Prince of Peace
11	5-7:00 PM	Fish Fry, 7-8 PM Clean-Up Follows (Reserve POP Kitchen 8 AM-5 PM, DGK Coordinator)	Prince of Peace
12	12:00 PM	<b>Hampton Roads Area 3rd Degree</b>	Council 511 (Hampton)
<b>13</b>		<b>Palm Sunday</b>	
<b>14-20</b>		<b>Holy Week</b>	
<b>20</b>		<b>EASTER</b>	
24	7:30 PM	<b>(2nd Degree) Council Social Meeting</b>	Prince of Peace
26th -27th	10-6PM	<b>KOVAR (POC Frank Hunt and Stephen Clock)</b>	Walmart, Grassfield
26	8AM	<b>4th Degree Ceremony</b>	Roanoke, VA
26th - 28th	Three Days	<b>State of Virginia Annual Meeting</b>	Roanoke, VA
26	9:00 AM	Equipment Clean-Up for Fish Fry (DGK Coordinator with Dan Shuma & John Smith Supervisors)	Council Shed
28	7-8:30PM	4th Quarter 8240 Officers meeting	Prince of Peace

Council calendar continues on page 6



Discover a World  
of Good Things in  
the Knights of  
Columbus



### God Is Ever Present

by Msgr. Robert Weiss

*One year after the tragic school shooting in Newtown, Conn., Msgr. Robert Weiss, the pastor of St. Rose of Lima Church in Newtown, reflects as the community continues its path of grief and healing.*

Probably the most frequent question for me these days is: "How is the Newtown community doing?" My answer is simple: We are on a journey to healing, but we are all on different paths. Some are still frozen in time from the tragic events of that day last year; some have begun to take baby steps in dealing with their grief or anger; and some have made great strides by doing positive actions for others and honoring the victims.

The community is stressed and grieved. There are those children who still jump at the sound of a door being slammed; there are many who have trouble sleeping and other health issues; there are some who cannot help but cry. But through it all, the one constant has been faith.

I still recall that, even after hours at Sandy Hook Elementary School, no one ever asked why God allowed this to happen. It was clear from the beginning that this was an act of evil and that darkness had covered us. But it was also clear that the light of faith and the strength of a community rooted in faith would not allow the darkness to continue. Good conquered evil; light overcame darkness. And so it is to this day.

We know the horrible story of Dec. 14, 2012, and we know that people around the world came together to pray for and bring hope to a broken community. I remember receiving an email message from a parish in Ireland that simply read: "While you are sleeping, we are praying. Be at peace. You are in the hands of God."

*Continued to page 5*

**Charity**

**Unity**

**Fraternity**

**Patriotism**

### Our Founder

Venerable  
Michael McGivney



To join the guild (it's free) or to learn more about it go to:

[www.fathermcgivney.org/mcg/en/](http://www.fathermcgivney.org/mcg/en/)

### Marian Devotion



**Mother of Mercy**  
O Mary, Mother of Mercy, watch over all people, that the Cross of Christ may not be emptied of its power, that man may not stray from the path of the good or become blind to sin, but may put his hope ever

more fully in God who is "rich in mercy." May he carry out the good works prepared By God beforehand and so live completely "for the praise of his glory."

*Blessed John Paul II*



## ***Culture of Life***

"Human life is sacred and inviolable at every moment of existence, including the initial phase which precedes birth. All human beings, from their mother's womb, belong to God who searches them and knows them, who forms them and knits them together with his own hands, who gazes on them when they are tiny shapeless embryos and already sees in them the adults of tomorrow whose days are numbered and whose vocation is even now written in the 'book of life.' There too, when they are still in their mothers' womb—as many passages of the Bible bear witness—they are the personal objects of God's loving and fatherly providence." (*Evangelium Vitae*, 61).

**Read more at the following: [http://www.kofc.org/un/en/public\\_policy/prolife.html](http://www.kofc.org/un/en/public_policy/prolife.html)**

***Continued from page 4*** We all quickly realized that if there was to be peace, it could only come from God. If unsettled hearts and disrupted lives were to be healed, it had to come from the hand of God. If we were to have any hope for tomorrow, it would be only if our God gave us the grace to get through one day and look forward to the next.

Indeed, faith has been an integral part of this community since the moment we were faced with this tragedy, and many people have renewed their faith because of it. Our religious services are well attended, and families are coming together in prayer. There is a sense of gratitude among us for each other's presence.

Our community's religious leaders have met often to pray and to lead others in prayer. We have made ourselves available for any request: to bless a playground in honor of one of the victims, to host events of remembrance, to pray over a school being demolished that once held the joy of happier days, and simply to let the families know that we are here for them.

We are experiencing all the stages of grief: the denial, the bargaining, the anger. As people of faith, we are also experiencing the hope that one day there will be peace, that violence will disappear and that the Beatitudes will be the authentic guide for our lives. We live in the hope that after great suffering comes great consolation. We pray that every human being will be respected and revered, and that we will embrace life as the precious gift that God created it to be. We live as people of faith in a hope that is unbounded. We know that healing will be ours because we trust in the source of healing, forgiveness and peace: our God, ever present to us, even in our darkest moments.

*Msgr. Robert Weiss is the pastor of St. Rose of Lima Church in Newtown, Conn.*

*(The views expressed in this column are those of the author and do not necessarily reflect the positions of Catholic Pulse or the Knights of Columbus.)*

### **COLUMBIAN CLUB OF CHESAPEAKE, INC.**

Every member of Council 8240 is also a shareholder of the Columbian Club of Chesapeake (CCC). The Supreme By-Laws of the K of C prohibits councils from owning real property, so any council that has its own council hall or building will form a non-profit corporation. So when Council 8240 was willed property by Brother Joe Drago, we formed the CCC. We own two properties. The house and land originally given to us by Joe (1277 Hillwell Road) and a townhouse located on Faire Chase (just off Waters Road) which we hold as an investment property. The CCC is governed by Knights of Council 8240. In the Spring, a Board of Directors is elected and the board then elects the officers. The current officers are:

Greg McCracken - President  
 Frank Hunt - Vice President  
 Tom Tucker - Treasurer  
 Dan Shuma - Secretary

Anyone that would like to learn more about the CCC or would like to assist us in managing the properties or acquiring another property is very welcome. This is another Service opportunity within the K of C. Contact Frank Hunt at [frankhjr78@gmail.com](mailto:frankhjr78@gmail.com) or 757-536-2589 to learn more.

**COUNCIL 8240's OWN ONLINE STORE.** For shirts, t-shirts, aprons, bags etc. The Queensboro Company has set up for Council 8240 our own online store. All the items include free embroidery and \$1 comes back to the council for each item sold. Our online store website is <http://kofc8240.qbstores.com> and also is accessible through our council website. You are NOT required to register, but if you register your e-mail address you can get automatic notification of sales and promotions.

## Council Outings

On Friday February 7<sup>th</sup> Council 8240/11984 Prince of Peace. We had 156 guests attend the to bond with Brother Knights from both Councils. attendance. Worth District Deputy Jerry Shaw and event. The Co-Chairman's for the event Stephen Clock



held its Annual Valentine's Day Dinner Dance at Prime Rib or Chicken Dinner. It was a great night Grand Knights from both 11984 and 8240 were in District Warden Mark Zaccagnini also attended the and Joe Kryzs would like to thank everyone that attended. A

### SPREAD THE WORD

**K of C Council 8240  
Current Degree Schedules, Recruitment  
Weekends, & Recruitment Information Nights  
(Revised 10/19/13)**

**2014**

- 27 Mar 1<sup>st</sup> Degree (POP)
- 24 Apr 2<sup>nd</sup> Degree (POP)
- 7<sup>TH</sup>/8<sup>TH</sup> Jun Recruitment Weekend
- 19<sup>th</sup> Jun Recruiting Information Night at 7 PM
- 24 Jul 1<sup>ST</sup> Degree (POP)



Contributed by Brother Frank Hunt, who with Mrs. Hunt enjoyed the Valentine's Day dinner dance.



Continued from page 3		May-14	
1	7:30 PM	All Saint's Assembly Meeting	Prince of Peace
2,3,4	All Day	Annual State Meeting	Herndon VA
3	8:00 AM	Men's Breakfast	Prince of Peace
3?	12:00 PM	4th Degree Ceremony? (contact John Smith)	TBD
4	1:00 PM	8240 Good Works Cornhole Tournament (Stephen Clock Coordinator)	Wild Wing Café
<b>3 &amp; 4</b>	<b>All Masses</b>	<b>Kovar Weekend</b>	<b>Prince of Peace</b>
8	7:30 PM	Council Business Meeting / Council Elections	Prince of Peace
11	All Day	Mother's Day	
15	4:00 PM	Kiwanis Shrimp Fest (Coordinator?)	Chesapeake City Park
16 -18	All Day	Chesapeake Jubilee (Coordinator?)	Chesapeake City Park
17	12:00 PM	<b>Hampton Roads Area 3rd Degree</b>	Council 3548 (Norfolk)
22	7:30 PM	Council Social Meeting	Prince of Peace
26		Memorial Day	

## KOVAR

A Virginia Knights of Columbus Charity established in 1971 to provide financial assistance through grants and home loans to tax exempt organizations providing training and assistance to citizens with intellectual disabilities.

“Give Jesus your heart to love and your hands to serve. Be His light, His fire of love amongst the poor.” Recognizing, as Blessed Mother Theresa did, that the greatest poverty today is to be unloved and unwanted, we are called first to receive God’s love in our hearts and then carry that love to our homes, our communities and our neighborhoods. KOVAR is an important ministry that helps those among us who need us the most. It is a wonderful family event that allows us to share with our children the joy of providing service to others. Blessed Mother Theresa provided us all with a worthy example to follow, please contact Brothers Frank Hunt or Stephen Clock to volunteer with KOVAR.

**Upcoming KOVAR Events: KOVAR Fundraising is scheduled for the weekends of 26-27 April, 3-4 May, and 7-8 June. In addition to contacting Frank or Stephen, the newly revised Council 8240 website ([www.kofc8240.org](http://www.kofc8240.org)) now has online sign-ups for those interested. Access through the "Events Calendar" page.**



*Council 8240 is deeply grateful for the support and assistance provided by Great Bridge Service Center to one of our needy citizens. Your patronage of this local business is encouraged.*

*WGK Dave Van Petten*

<b>GREAT BRIDGE</b> SERVICE CENTER	<b>(757) 482-2075</b>	<b>ACDelco</b>	
Family & locally owned for over 35 years!	208 S Battlefield Blvd   Chesapeake, VA 23322		

Great Bridge Service Center is a full-service auto repair and preventive maintenance center, with **ASE Certified Technicians on staff**. Conveniently located and qualified to repair and service all domestic and imported cars, trucks, and SUVs. Great Bridge Service Center is independently owned and operated, and they pride themselves on getting the services or repairs on your auto right the first time.

*Turn to Great Bridge Service Center for All of Your Auto Repairs & Vehicle Maintenance Needs*

**Great Bridge Service Center**  
**208 Battlefield Blvd S**  
**Chesapeake VA 23322**  
**(757) 482-2075**

*Family and locally owned for 40 years*

## Council 8240 Website

**New Council 8240 Website** – same address – [www.kofc8240.org](http://www.kofc8240.org)

Brothers,

Our Council website has been revised by a company called U-Knight Interactive making it easier to update and a more dynamic website. The website is uniquely designed to support Knights of Columbus Councils and Assemblies. There is an annual cost of \$150 but the first year, our Field Agent Bob Abbate picked up the cost for us.

Much of the website is accessible to the public, which is appropriate for an open, faith-based fraternal organization like the Knights of Columbus. However, everyone's personal information is protected, and when you go to the website, you'll see how easy it is, **IF** you have your membership card handy.

The website truly is interactive and what we put on it is limited by the number of people willing to contribute. The input method is the most intuitive I've seen on any website, and everyone has the option of update their own information online. What is on the website comes straight from the Supreme database, and if you correct your information on our website, that can then be used to update the Supreme website. You will also have the option of putting your picture on the web site roster.

Another feature that looks like it will be very useful to us is on-line event management. There is on-line sign up and announcements in addition to our e-mail and phone and clipboard campaigns to recruit Knights for our service and fundraising events.

Please go to the website, look around, and make suggestions. If there is a section that you are willing to contribute to, just contact the Council 8240 webmaster (Frank Hunt – [frankhjr78@gmail.com](mailto:frankhjr78@gmail.com)) and he can make you an assistant administrator.

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### Grand Knight's Lenten Appeal to Council 8240



At all Masses during the weekend of 2/22/14, the Parish Council Chair (David Rabidoux) challenged the Parish to contribute \$5 per week (a total of \$25) during Lent towards the Haiti Orphanage. This contribution is over and above the normal offering during that same period. I challenge each 8240 Brother to fund this amount of money towards the Haiti Orphanage.

Dave Van Patten



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### Council 8240's website new look

The screenshot displays the website for Council #8240, Chesapeake Council, Chesapeake, VA US. The header includes the council's name and logo, along with a link to 'ALL OUR COUNCIL MERCHANTS'. A navigation bar contains links for 'ABOUT', 'WHY JOIN?', 'DEGREE SCHEDULE', 'UKNIGHT JOB CENTER', and 'UKNIGHT MARKET CENTER'. A sidebar on the left lists various site sections such as 'HOME', 'EVENT CALENDAR', 'PRAYER REQUESTS', 'NEWS & ANNOUNCEMENTS', 'PHOTO GALLERIES', 'OFFICERS', 'MEMBERS LIST', 'NEWSLETTERS', 'ABOUT OUR COUNCIL', 'LOCATION / DIRECTIONS', 'LINKS OF INTEREST', 'EVENT MANAGEMENT', 'ASSEMBLY SITES', 'STATE COUNCIL SITE', and 'SUPREME COUNCIL SITE'. The main content area features 'UPCOMING COUNCIL EVENTS' with details for a Council Business Meeting (Feb 27), Pre-Fish Fry Equipment Clean-Up (Mar 1), another Council Business Meeting (Mar 13), and a Council 8240 Fish Fry (Mar 14). It also includes 'ABOUT OUR COUNCIL' information, 'COUNCIL OFFICERS' (Grand Knight SK Mr David J Van Petten), and 'CURRENT NEWSLETTER' (Winter Newsletter 2013-14). A 'YOUR FIELD AGENT' section introduces Mr. Robert Abbate. At the bottom, there are buttons for 'Member Interactive', 'Public Access', and 'ADMIN'.

Council 8240 following the 5:30PM Group Mass celebrated on February 22, 2014



## ***The Significance of March 29<sup>th</sup>*** ***132 Years of "In Service to One, in Service to all"***

By Joe Branco, Council 8240 Newsletter Editor



A painting by Italian artist Antonella Cappuccio depicts Venerable Michael McGivney, founder of the Knights of Columbus. In the background are 19th-century Irish immigrants outside St. Mary's Church in New Haven, Conn.  
 Ref: <http://www.kofc.org/un/en/about/history>

As March 29<sup>th</sup> approaches we are again mindful of the 132<sup>nd</sup> anniversary of the Order. The continuing vision of Father Michael J. McGivney in establishing an organization of Catholic men dedicated to promoting faith and fraternity is guided today by the Order's principles of Charity, Unity, Fraternity, and Patriotism. Understanding the origins of the Order is an important part of all who are Knights and serves to remind us of the responsibility we bear in keeping Venerable Father McGivney's dream alive.

Recognizing a vital and practical need in his community, Venerable Father McGivney, the 29-year-old assistant pastor of St. Mary's Church in New Haven, Connecticut, set about to establish a fraternal organization uniting men of Catholic faith in serving their Church, community, and family with, "virtues of loyalty, charity, courtesy and modesty, as well as self-denial and careful respect for the feelings of others." As this group of men gathered at his parish on Oct. 2, 1881 little did they know how Father McGivney's persistence would result in this one council later becoming an organization of more than 14,000 councils and 1.8 million members throughout the United States, Canada, the Philippines, Mexico, Poland, the Dominican Republic, Puerto Rico, Panama, the Bahamas, the Virgin Islands, Cuba, Guatemala, Guam and Saipan.

The fledgling Knights of Columbus elected officers in February 1882 and officially assumed corporate status on March 29<sup>th</sup> of that year. These Catholic men of faith became Knights focused on serving their Church, community and family through the initial principles of Unity and Charity. Later the principles of Fraternity and Patriotism were added to the Knights' founding principles in 1885 and 1900, respectively.

Our Council, chartered on December 7, 1982, continues today to live the tenants of the Order that Venerable Father McGivney founded through service to our Church, community and families. Knights from Council 8240 have always been interwoven within the fabric of our parish with many brothers participating in a multitude of Church ministries. The Council is an integral part of the annual Lenten Fish Fry's. Brothers lend a helping hand in the Advent Tree Angel by gathering, assembling, and delivering food, clothing, and gifts for needy families throughout the greater Chesapeake area. Council support of many vital ministries focused on peace and justice include efforts with the area homeless through the Norfolk Emergency Shelter Teams (NEST), mission trips to Haiti, serving meals at the Norfolk Soup Kitchen, and delivering meals to shut-ins enrolled with the Chesapeake Meals on Wheels program. A few years ago, our Council Chaplain Fr. Romy established a food pantry within our parish to assist those in need throughout our community. Our involvement in Right To Life, Special Olympics and support of KOVAR serves as a testament to our Council's longstanding commitment to the rights of the unborn and citizens with intellectually disabilities. Council 8240's global reach includes providing rosaries to U.S. Service Members stationed worldwide. The strength of solidarity illustrated by the Council's unity of purpose illustrates its devotion to family and faith by supporting seminarians and all those seeking their vocation. These examples are but a few of the many calls to service our Council have faithfully taken on behalf those in need among us.

As we enter into the Lenten season this is a wonderful opportunity for us to reflect on our faith, the many blessings afforded our Council, and on the significance of March 29<sup>th</sup>. I encourage all brothers to renew your commitment to the Church, our Order and the community at large, and to be mindful of Venerable Father McGivney's vision that as Knights of Columbus, "we are men of faith and men of action."

VJ

The following prayer is provided for your reflection and continued journey in faith.

### ***The McGivney Prayer***

God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Father Michael J. McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church. Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify your venerable servant Father Michael J. McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (here make your request). Through Christ our Lord. Amen.

### K of C Council 8240 Years of Service

The following list reflects current members K of C Council 8240. The number following each member's name is the number of years of active service.

Mr. William Foley 64  
 Mr. Frank Huerta 57  
 Mr. Edwin J Costa 55  
 Mr. Alfred V Basile Sr 50  
 Mr. Patsy J Mitolo 49  
 Mr. Anthony J Gravina 49  
 Mr. Nicholas MJ Cordovana 47  
 Rev Thomas M Powers 46  
 Mr. Ernest C Nissen 45  
 Mr. Paul J Hughes 41  
 Mr. John J Fowler Jr 39  
 Mr. Walter L Quigley 37  
 Lt. Michael J C Soniak 36  
 Mr. John B Mitchell 36  
 Mr. Joseph C Oulahan 32  
 Mr. Theron D Edwards 32  
 Mr. Marvin L Jones 32  
 Mr. David M Kenney 32  
 Mr. John W Smith 32  
 Mr. Orlando L Rivera 31  
 Mr. Omer L Cormier 31  
 Mr. Vernon C Unser 30  
 Mr. John F Coyne 30  
 Mr. Raymond S Swoope 30  
 Mr. Michael E Perry 27  
 Mr. Jere R Widhalm 27  
 Mr. Thomas E Klocek 27  
 Mr. Thomas M Murphy 26  
 Mr. Roger Paul Noreau 26  
 Mr. Charles P Mc Nally 25  
 Mr. Leonard E Skebeck 24  
 Mr. John J Hoffman 24  
 CWO Daniel J Kissel 24  
 Mr.. Robert A Elko 24  
 Mr. John T Lawrence 23  
 Mr. George H Houle 22  
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Membership in the Knights of Columbus is open to men 18 years of age or older who are practical (that is, practicing) Catholics in union with the Holy See.



If your name is missing from the roster please contact the Council Financial Secretary to correct/address the omission.

Roger Noreau's email: [huckfinn23@hotmail.com](mailto:huckfinn23@hotmail.com)

## How to Pray the Rosary

### From the USCCB ----- HOW TO PRAY THE ROSARY -----

The Rosary is a Scripture-based prayer. It begins with the *Apostles' Creed*, which summarizes the great mysteries of the Catholic faith. The *Our Father*, which introduces each mystery, is from the Gospels. The first part of the *Hail Mary* is the angel's words announcing Christ's birth and Elizabeth's greeting to Mary. St. Pius V officially added the second part of the *Hail Mary*. The Mysteries of the Rosary center on the events of Christ's life. There are four sets of Mysteries: Joyful, Sorrowful, Glorious and--added by Pope John Paul II in 2002--the Luminous.

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts, where Christ's spirit dwells. The Rosary can be said privately or with a group.

The **Five Joyful Mysteries** are traditionally prayed on the Mondays, Saturdays, and Sundays of Advent:

The Annunciation

The Visitation

The Nativity

The Presentation in the Temple

The Finding in the Temple

The **Five Sorrowful Mysteries** are traditionally prayed on the Tuesday, Friday, and Sundays of Lent:

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion and Death

The **Five Glorious Mysteries** are traditionally prayed on the Wednesday and Sundays outside of Lent and Advent:

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption

The Coronation of Mary

The **Five Luminous Mysteries** are traditionally prayed on Thursdays:

The Baptism of Christ in the Jordan

The Wedding Feast at Cana

Jesus' Proclamation of the Coming of the Kingdom of God

The Transfiguration

The Institution of the Eucharist



### Praying the Rosary

Make the Sign of the Cross.

Holding the Crucifix, say the *Apostles' Creed*.

On the first bead, say an *Our Father*.

Say three *Hail Marys* on each of the next three beads.

Say the *Glory Be*

For each of the five decades, announce the Mystery, then say the *Our Father*.

While fingering each of the ten beads of the decade, next say ten *Hail Marys* while meditating on the Mystery. Then say a *Glory Be*. (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy.")

After saying the five decades, say the "Hail, Holy Queen, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

*Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

We're on the web  
at  
[www.kofc8240.org](http://www.kofc8240.org)

Newsletter Disclaimer

Our Council newsletter is a quarterly publication of interest to members of the Knights of Columbus Council 8240 located in Chesapeake, Virginia. Each newsletter publication is distributed by electronic mail to all members and by surface mail to those members preferring a hard copy or do not have access to electronic mail. Input, suggestions, comments, etc... related to this publication should be directed to the newsletter editor Joseph Branco ([joebranco@cox.net](mailto:joebranco@cox.net)). The quarterly input deadline for subsequent newsletters is established as the 1st of the month-August, November, February, and May annually. The most recent edition of this newsletter can be found on the Council 8240 webpage at [www.kofc8240.org](http://www.kofc8240.org).

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**Bob Abbate, FIC, CSA**

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Schedule a visit with Bob to talk about Long Term Care Insurance



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Council 8240 Newsletter  
Attn: Newsletter Editor  
Joe Branco  
411 Country Club Blvd.  
Chesapeake VA 23322

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