

ONLINE EDITION



Grand Knight - Paul V. McJunkin

I begin this month by sincerely apologizing to our Knight's Ladies for failing to ask enough Brother Knights to assist in putting away the Christmas decorations and Nativity scene. Thank you to all the Knight's Ladies who helped and hopefully next time we will have more help from our Brother Knights.

Thank you Bro. David Calhoun and Bro. Salvadore Vasquez for putting up the Pro-Life council banner last month.

The dinner for February is meatloaf, mashed potatoes, vegetables and roll. Price is only \$5.00 and dinner should start around 5:45 PM. Thank you David & Henrietta Chavez for putting on the dinner. We will pray a Rosary at 6:40 PM and the meeting on Feb. 12th starts at 7 PM. Please come and support our efforts.

A special "thank you" to Lupe Perez, Freddie Roybal, Steve & Virginia Reyes, Sam Gutierrez, John Rozzi, David & Henrietta Chavez and Gina Reynolds for their efforts in putting together this year's Super Bowl Party.

Our council Church & Bible study class meets every Wednesday at 7 PM in the council lounge and everyone is invited.

We have bingo in the council hall on Monday & Friday from 6:15 PM to about 10 PM. If you or you know someone who likes to play bingo, please encourage them to play at our hall. All our proceeds go to charity and our bingo is smoke-free. Better yet Brothers; would you please consider volunteering at our bingo at least once a month?

Thank you to Bro. Frank Beltran for doing the driving on Clergy Night on Jan. 23rd. He and I, along with our Chaplain: Fr. Romanus, went to the event.

Finally, thank you to the Brother Knight who sent this article to the printer for me as I do not have a computer. May God bless all of you and your families as we prepare for the season of Lent



LISTENING...

1 SAMUEL 3: 2-10 NEW INTERNATIONAL VERSION (NIV)

2 SAMUEL WAS LYING DOWN IN THE HOUSE OF THE LORD, WHERE THE ARK OF GOD WAS.

3 THEN THE LORD CALLED SAMUEL. SAMUEL ANSWERED, "HERE I AM."

4 AND HE RAN TO ELI AND SAID, "HERE I AM; YOU CALLED ME." BUT ELI SAID, "I DID NOT CALL; GO BACK AND LIE DOWN." SO HE WENT AND LAY DOWN.

...AND AGAIN HE WAS CALLED AND TOLD TO LIE DOWN...

5 A THIRD TIME THE LORD CALLED, "SAMUEL!" AND SAMUEL GOT UP AND WENT TO ELI AND SAID, "HERE I AM; YOU CALLED ME." THEN ELI REALIZED THAT THE LORD WAS CALLING THE BOY.

6 SO ELI TOLD SAMUEL, "GO AND LIE DOWN, AND IF HE CALLS YOU, SAY, 'SPEAK, LORD, FOR YOUR SERVANT IS LISTENING.'"

...AGAIN HE HEARD "SAMUEL! SAMUEL!" THEN SAMUEL SAID, "SPEAK, FOR YOUR SERVANT IS LISTENING."

ARE WE LISTENING? WE KNOW NOT THE SOURCE OF THE VOICE THAT CALLS US. IT COULD BE FAMILY OR FRIEND, NEIGHBOR OR COWORKER, ALLY OR ENEMY. WE HEAR SO MUCH IN THIS BUSY WORLD BUT ARE WE TRULY LISTENING? THE SPIRIT WAS SENT UPON US TO WALK ALONG SIDE US AND ENABLE US TO HEAR THE LORD. AND THE LORD SPEAKS! I HAVE KNOWN SEVERAL PRIESTS AND CHAPLAINS WHO SERVE IN HOSPITALS AND WILL ENTER A UNIT AND JUST LET THE LORD DIRECT THEM TO A PATIENT IN NEED. BY LISTENING, THE SPIRIT GIVES THEM THE LORD'S MESSAGE. OCCASIONALLY, THE PATIENT OR FAMILY WILL ASK 'HOW DID YOU KNOW TO COME HERE?'... EASY ANSWER.

GOD WANTS US TO BE THE BEST US WE CAN BE. HE WILL TELL US HOW TO DO THAT. STRICT STUDY OF HIS WORD THROUGH THE BIBLE IS A WONDERFUL ROUTE BUT HE WILL GET HIS MESSAGE THROUGH OTHER MEANS. LISTEN TO OUR BROTHERS AND SISTERS AROUND YOU. YOU WILL HEAR HIS VOICE.

...*Listen*... 



STARTS ON FEB. 18TH, 2015

LENT

ENDS ON APRIL 2ND, 2015



Blood Bank Notes

Don Jones,
Chairman of the "Blood Bank"



Fellow Knights: Members of our council gave 6 donations during November and another 11 during the month of December. In all, we had 65 donations for 2014! May we continue to help those in need with our life-giving donations. Thank you.

It seems as though I have exhausted the LifeStream website as a source of material for my monthly articles, thus I will look to other blood-related topics. For starters, we will look into blood glucose levels and their relationship to our health. This issue will talk about how glucose gets into our bodies and why it is an important part of our diet.

When we hear the term 'sugar', many of us think of the sweetener we use for our foods and drinks. In the biochemistry field, there are many forms of sugar. The basic form of a sugar is called a monosaccharide. Two of these monosaccharides can link together to form disaccharides; one such disaccharide is common table sugar. Monosaccharides can also link to form large polysaccharides called starches. Mono-, di-, and polysaccharides are found in many of the foods we eat: fruits, vegetables, breads, legumes, potatoes, etc. Our bodies digest these foods by breaking them down to their basic building blocks, some of which are in a monosaccharide form. Many of these monosaccharides are then converted in our body to a specific form, glucose. This is because glucose is the primary source of energy for the cells in our bodies.

Each of our cells contains several internal compartments or organelles, one type of which is the mitochondrion. Since there are many of this organelle in each cell, it is usually referenced by its plural form, mitochondria. In fact, liver cells contain between 1000 and 1600 mitochondria, while other cells may have as many as 300,000! These mitochondria break down the monosaccharide into water and carbon dioxide, while generating the energy-containing molecules (ATP, NADH, and FADH2) that are used in other processes throughout the cell. Thus, the mitochondria are the power plants of the cell; glucose is the fuel. Next issue: glucose storage in cells.

During this new year, if you are able please make an effort to visit the blood bank. Remember, the gift of blood is the gift of life for someone. For an appointment, call 1-800-879-4484. Remember to use our group number 'OKC8' when you check in. God bless.

Don Jones

TO OUR KNIGHTS' LADIES

(With thanks to SK Billy Lynch)

Our council, to be sure,
Without your love, would not endure.
Complaining not (well, almost never),
you support our every endeavor.
You give your time and energy,
so faithful knights we might be.
We thank you seldom, sadly true,
but where would we be without you!
Thanks once a year is not enough,
being a Knight's wife is often tough!
Today, tomorrow and the next,
may your lives be truly blest!
We love you each, in our own way,
Happy, Happy Valentine's Day (every day)!





Bible Study

Wednesday from 7 PM to 9 PM
in the council lounge

Bob Herness
Church Director, 4488



Church and Bible Study news:

It seems like Christmas was just here, and now as we enter the month of February, Valentines and President's birthdays, we Catholics embark a seven week period of penitence called Lent, commencing with Ash Wednesday on February 18th.

Lent is much more than giving up candy, booze, or too much television, although all those are good things. It is a time to ask Our Lord to walk with Him, spend more time with Him, and seek to turn away from the sins that entrap us....lust, greed, slothfulness, envy, anger, etc. It is a time to be more thankful, charitable and prayerful so we can become more like Him. We have all been baptized into Christ's body and now we must become like Him by cooperating with the Grace we receive in the other sacraments and grow in holiness.

Please join our Wednesday evening Bible classes, as we are about to begin an in depth study of the Reign of God as given to us by God and the Word of God found in the Psalter(Psalms) and how they are fulfilled in the Paschal Mystery as we celebrate at the Triduum and each and every Holy Sacrifice of the Mass.

Ad Majorem Dei Gloriam
SK Bob Herness

COUNCIL FIELD AGENT REPORT

David Keeling,
Council Field Agent



You have no doubt been asked to do it in the past... and you immediately think you don't need it... Insurance policy reviews! After awhile as the years go by, the specifics of the coverage get lost or garbled in one's mind to where you are guessing what you have and how your coverage works, right?

Why would the average policyholder, who hasn't seen their agent in say 5-10 plus years, benefit in having their coverage reviewed? First of all, has your living expenses & debts come down, remained the same or risen since the last agent visit? Has the "need" of having immediate money/income in your family's hand, if you the income-earner abruptly pass away, lessened any since you saw the agent? Reviews deal with insurance matters beyond whether you have enough coverage. It looks at whether your insurance needs today have changed to where your coverage type needs to change also. It looks at your beneficiary designations, the numbers as well as how your present coverage is able to provide you benefits later on. Persons/couples easily find they are in a different financial situation today than years back when first purchasing their coverage. There are those who do not have any coverage and because the way the economy and their lifestyle are affected, might think this is now a possibility to look at.

The leading life insurance industry marketing firm (LIMRA) claims an average 2-out-of-every 10 persons/couples purchase personal life insurance every year. You say that ratio isn't so impressive? Add workers who receive sufficient employer life insurance benefits and those who do not qualify to purchase life insurance and you see an annual 2-out-of-10 not so negatively.

Now is the traditional time for policy reviews being the start of the New Year. When can we meet? My phone # (909) 824-1024 or e-mail: david.keeling@kofc.org
David Keeling, FICF, CSA, Supreme Council Senior Field Agent

IT (Information Technology) Update:
Latest phone scams
DGK Dominic Glass

I write from personal experience here, having both scenarios start to play out on me. My instincts kicked in immediately, but after some research found these all too common and wanting to warn you all. Just like the “Bruce is in a Mexican Prison” email a couple years ago, scammers have not let up and we can protect ourselves with information and trusting your gut. A reputable company will not call you, you have to call them.

If it sounds too good or suspicious, IT IS!

Scam1: ‘One Ring’ wireless phone call.

Your mobile phone (sometimes home line) rings once, maybe twice, showing an out of area code, 649, 806,284... Something you clearly don’t recognize. IF your quick enough, you may get nothing or a recorded message about some service you probably don’t want. Typically you can not get it in time. They want you to call it back. Sometimes it will go to a message prompting another phone number or it routes directly to an international line. This is where they can bill your account for a very expensive ‘connection fee’ or ‘minute charge’. If you get caught in this, you have some resources. Contact your phone company, they may help. See more about this at a legit government website:

<http://www.fcc.gov/guides/one-ring-wireless-phone-scam>

Scam2: “I’m calling from Windows...”

Three times now, I have had a man with foreign accent call my home and state he was calling to help because my Windows computer sent them an error and that he would help me clear the virus. Funny, since I now have a MAC. In the article linked below, the reporters played along, knowing where this is going. Their end game is to get you to open remote access to your computer to them overseas. Then they can commonly steal data or lock your computer and you have to pay a ‘ransom’ to “fix” it. If you asked them simple specific questions about your computer like “Which IP are you referring to? I have 2 computers?” or “Is that the one named Family or my personal one?”, they can not answer. A real IT remote link can tell you which computer they are looking at. Just tell them you are praying for their soul and hang up.

<http://arstechnica.com/tech-policy/2012/10/i-am-calling-you-from-windows-a-tech-support-scammer-dials-ars-technica/>

<http://blogs.microsoft.com/cybertrust/2014/02/19/5-things-you-need-to-know-about-tech-support-scams/>

Chaplain's Corner - Fr. Romanus Ike



ON THE EPIPHANY OF CHRIST:

The wise men from the East, in their thirst for knowledge of God, willingly left everything, their home and country, in pursuit of that quest. In their diligent search they were led to the source of true knowledge - to Jesus Christ, the Light and Wisdom of God. When they found the newborn King they humbly worshiped him and gave him gifts fitting for a king.

The example of the wise men is something every one of us should emulate especially this New Year. We are really challenged by them to seek and thirst for the knowledge of God in our life. We need to leave certain things aside to look for God and things related to Him. Like the wise men we need to offer him the gifts of our life and the best thing life has provided for us. They saw the star of Christ and interpreted correctly what the star is all about and followed the star to discover Christ.

According to Pope Francis in his Epiphany Homily 2015: It is the Holy Spirit who called them and prompted them to set out; during their journey they were also to have a personal encounter with the true God. Along the way, the wise men encountered many difficulties. Once they reached Jerusalem, they went to the palace of the king, for they thought it obvious that the new king would be born in the royal palace. There they lost sight of the star and met with a temptation, placed there by the devil: it was the deception of Herod. King Herod was interested in the child, not to worship him but to eliminate him. Herod is the powerful man who sees others only as rivals. Deep down, he also considers God a rival, indeed the most dangerous rival of all. In Herod's palace the wise men experience a moment of obscurity, of desolation, which they manage to overcome thanks to the prompting of the Holy Spirit, who speaks through the prophecies of sacred Scripture. These indicate that the Messiah is to be born in Bethlehem, the city of David.

At that point they resume their journey, and once more they see the star; the evangelist says that they "rejoiced exceedingly" (Mt 2:10). Coming to Bethlehem, they found "the child with Mary his mother" (Mt 2:11). After that of Jerusalem, this was their second great temptation: to reject this smallness. But instead, "they fell down and worshiped him", offering him their precious symbolic gifts. Again, it is the grace of the Holy Spirit, which assists them. We must be encouraged by their act of adoration for this New Year to increase our acts of adoration, worship and prayer to Christ,

For him the wise men entered into the mystery. They passed from human calculations to the mystery: this was their conversion. Can we enter the mystery of Christ for our own conversion? Let us ask the Lord to let us undergo that same journey of conversion experienced by the wise men. Let us ask him to protect us and to set us free from the temptations, which hide the star. To let us always feel the troubling question: "Where is the star?", whenever – amid the deceptions of this world – we lose sight of it. To let us know ever anew God's mystery, and not to be scandalized by the "sign" which points to "a babe wrapped in swaddling clothes, lying in a manger" (Lk 2:12), and to have the humility to ask the Mother, our Mother, to show him to us. To find the courage to be liberated from our illusions, our presumptions, our "lights", and to seek this courage in the humility of faith and in this way to encounter the Light, like the holy wise men.

Amen.



Sandy Groszewski
President Knights' Ladies

Knights Of Columbus Ladies Auxiliary Council 4488



Dear Knights' Ladies;

If you didn't make it to our last meeting, you missed a great evening. We had spaghetti, garlic bread, and salad made by the Ladies followed by a rosary for the intention of Mary Smith, who had passed away just before Christmas. Our meetings begin at 7:00PM and I believe everyone enjoys getting home earlier.



This month we have the February Bingo on Feb. 7. The bill o fare will be soup and sandwiches. The Ladies are asked to bring 1 or 2 bingo gifts. Gina makes very tasty soup so please come and enjoy a delicious lunch and have fun with good friends. Bring a friend too.

Don't forget the Super Bowl on Feb. 1. Come and cheer on your favorite team or just socialize. The Ladies will be serving at half time.

Hope to see you at our next meeting on Feb. 12. Dinner at 5:30 followed by rosary and meeting at 7:00pm.

God bless you and your family!
Sandy Groszewski
Knights' Ladies President

Speaking for the Knights' Ladies, I want to sincerely thank SK Billy Lynch for the obviously heartfelt poem to our Ladies. We are honored to be members of this Council and enjoy the relationship we have with our Knights. We make a good team!!!! Thank you for the roses and kind thoughts!!!

**HAMBURGERS, HOT DOGS,
CHILI BEANS, POTATO SALAD,
APPETIZERS AND DRINKS INCLUDED.**

**Super Bowl Party - Feb.1, 2015
1PM - KofC #4488 Hall
Everyone welcome!**

**\$10 MEMBERS
\$15 GUESTS**

GAME RAFFLES - FUN! FUN! FUN! - AUCTION - FUN! FUN! FUN! - PRIZES & T-SHIRTS

ANY QUESTIONS CONTACT PGK LUPE PEREZ (909) 864-4377

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Culture of Life

John Rozzi-Culture of Life Director



My brother knights and families, I implore you to be conscious of the many actions which can affect the culture of life in America. Foremost among them can be striving to gain person-hood for the Unborn Child, defending the U. S. Constitution from enemies and keeping Sharia Law out of our court system. We should take every opportunity to sign petitions and write to our legislators to grant person-hood to the Unborn because the U.S. Supreme Court has said that if such occurs, then Roe vs. Wade, which created abortion-on-demand falls flat on its face and no longer will prevail. Our U. S. Constitution must be defended for it is the embodiment of our Judeo-Christian heritage, and even now there are people in our present administration who are undermining the freedoms and values we hold dearly. Finally, we must exert every effort to keep Sharia Law out of our court system. This Islamic code of law is diametrically opposed to our Christian way of life, and if we do not nip it in the bud wherever it has a tendency to start, we will gradually see our way of life slip away. So, please be pro-active and take whatever action is necessary to protect and defend our Culture of Life.

NOMINATION OF DELEGATES TO THE STATE CONVENTION

At the Jan. General Meeting the following people were nominated to the indicated delegate positions:

DGK Dominic Glass nominated GK Paul McJunkin as the
Grand Knight Delegate

Warden Luis Avalos nominated John Rozzi as the Alternate
to the GK Delegate

Advocate Ernie Ott nominated Trustee Sam Gutierrez as the
Past Grand Knight Delegate

Advocate Ernie Ott nominated DGK Dominic Glass as the
Alternate to the Past Grand Knight Delegate.

The election of the delegates will take place at the Feb.
General Meeting.

Knights of Columbus Del Rosa Council 4488

Resolution Funding of Our Lady of Hope Parish Renovations

WHEREAS, Our Lady of Hope is within Del Rosa Council 4488 designated service area;

WHEREAS, Church building roofs at Our Lady of Hope and classrooms at the Valencia campus have sustained substantial water damage caused by leaking roofs;

WHEREAS, Reverend Manual Cardoza, Pastor of Our Lady of Hope has submitted written cost estimates for repairs to church property roofs;

WHEREAS, Reverend Cardoza has appealed to Del Rosa Council 4488, for financial assistance in order to make needed roof repairs, on roofs at both church properties?

WHEREAS Del Rosa Council 4488 has an inherent interest in charitable support of our local churches and Priests;

WHEREAS, Del Rosa Council 4488 has financial funds in reserve sufficient to grant a one-time financial donation, to the parish of Our Lady of Hope, and the Reverend Manual Cardoza Pastor of Our Lady of Hope;

THEREFORE BE IT RESOLVED that the Del Rosa Council 4488 will donate not to exceed \$16,000 sixteen thousand dollars towards the costs of roof repairs at Our Lady of Hope properties.



Knights of Columbus
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"In God We Trust"

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FEBRUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SUPERBOWL PARTY KOF C #4488 HALL 1PM ATTEND MASS	2  6:15 - 10:00 PM	3	4 CHURCH & BIBLE STUDY 7:00 PM	5 OFFICER'S MEETING 7:00 PM	6  6:15 - 10:00 PM	7
8 ATTEND MASS	9  6:15 - 10:00 PM	10	11 CHURCH & BIBLE STUDY 7:00 PM	12 ROSARY 6:30 PM GENERAL MEETING 7:00 PM	13  6:15 - 10:00 PM	14 
15 ATTEND MASS	16  6:15 - 10:00 PM	17	18 ASH WEDNESDAY CHURCH & BIBLE STUDY 7:00 PM	19 DEL ROCO 7:00 PM	20  6:15 - 10:00 PM	21
22 ATTEND MASS	23  6:15 - 10:00 PM	24	25 BINGO BOARD 7:00 PM CHURCH & BIBLE STUDY 7:00 PM	26	27  6:15 - 10:00 PM	28
29 ATTEND MASS	30  6:15 - 10:00 PM	31				