



Grand Knight - Dominic Glass

Welcome to a New Columbian Year. The new officers are excited to work with you all in our continuing effort to serve our fellow man.

Budget and Calendar meetings to be scheduled soon. One of my precepts will be to solidify and operate from a structured process. Being surprised that a regular event is only two weeks away does not afford enough time to have a successful event. Please start making notes, you can even forward this items to bulletin@kofc4488.org. Please also take time to look at our website kofc4488.org.

We are need of new men to participate in this structure. Communications, bulletin, website, planning, budget... take a moment to see where you can lend your talents.

As always, BINGO is the main funding mechanism for this Council and needs help. If even a quarter of the men worked 2 nights a month, we'd have more help than we'd know what to do with. Please look how you can help even one Monday or Friday a month.

I am excited about this year and look forward to many hands making quick work of our blessed efforts. GK Dominic Glass

Pope Francis releases Encyclical on the Care of Our Common Home. In it, His Holiness recalls when prior pontiffs called for the Christian awareness of global impacting events like nuclear war. Francis now turns our attention to the state of natural resources and ecological responsibility. Please take the time to read it at several sources including: thecatholicsun.com and <http://www.theguardian.com/us>

I know that many of us are suspicious of main stream media portrait of "global warming". I too think the Lord built a much stronger plan than we give credit and I think we would have to try pretty hard to completely wreck it (save nuclear war) but holy stewardship of this precious gift is warranted and needs to be part of our political and community discussions.

Read, discuss and pray on this.

DEL ROCO REPORT

Hello I am writing to remind you about Del Roco shareholders meeting on July 30 at 7:00 PM . Please remember to vote for your new board members there are 3 spots open this year. Ballots should be in the mail by the first week of the month. Thanks for a great year. Thank you for your support. Fred Roybal PGK

God bless.

My Brothers,

Thank you for the honor of electing me as your Deputy Grand Knight. I look forward to working closely with our GK elect Dominic Glass and other officers in support of our Council 4488 and its Members. I would like to challenge you with a few simple things which I believe will strengthen our Council:

In the Spirit of Fraternity:

I ask each of you to attend our events, fundraisers and meetings.

In the Spirit of Unity:

I ask all Members to support our existing programs.

In the Spirit of Charity:

I ask you to treat Council Members and visitors cordially and respectfully.

In the Spirit of Patriotism:

I ask you pray the USA offers opportunities to all her citizens and guests.

Ladies Tea Party

The San Bernardino Pregnancy Center is hosting a **Ladies Tea Party**. Please share this announcement with your Wives, Moms, Daughters, or other Ladies with a "Heart for the Unborn". See event details below, and call 909-382-4550 for tickets, reservations and information.

Saturday, August 15, 2015--11 AM to 2 PM
Mountain Shadows Senior Mobile Home Community
4040 E Piedmont Drive Highland, California 92346



Guest Speaker, Dionne "Didi" Carpenter, author of Trust Training: A Field Manual For Confident Trust in God Before, During and After Life's Battles

Special Music: Chelsea Grant

Tea sandwiches, scones, cookies, fruit, choice of coffee or tea. Gluten Free selections available

Tickets on sale NOW. \$25 donation-16 years and older. Each guest MUST have a ticket or paid reservation.

SEATING IS LIMITED - The security guard must have your name to let you in to the location.

For more information, visit this Facebook webpage:
<https://www.facebook.com/events/1610815005801837/>



*Repose of Souls:
Tony Aceves
Garcia family:
Sal, Robert, Lucy*



Blood Bank Notes

Don Jones,
Chairman of the "Blood Bank"



Fellow Knights: As yet, I have not received the donation count for May. I expect to report it next month. Keep up the good work in participating in this life-giving process.

Lipids or fats and fatty substances (including cholesterol) are an essential part of your body's chemistry. They provide a source of energy as well as perform an important function in each cell's structure. As with all things, there needs to be a balance in the amount of lipids in our bodies or else our health may be affected, e.g., heart attack or stroke. Thus, doctors occasionally order a lipid panel test to determine their levels. The results of a lipid panel are generally reported in a series of numbers along with a guideline value to help determine if your test results are of a health concern. The numbers for cholesterol, triglyceride, high density lipoprotein (HDL), and low density lipoprotein are given as a concentration, such as "mg/dL" (this means milligrams per deciliter or milligrams per 100 milliliters).

Cholesterol levels of 200 mg/dL or less are desirable; levels greater than 240 mg/dL are high and present a risk for heart disease. Levels between these numbers are above normal and considered borderline high.

Triglyceride levels above 150 mg/dL are considered high and increase the risk for heart disease.

HDL levels above 40 mg/dL are acceptable, above 60 mg/dL are preferred. Levels below 40 mg/dL increase the risk of heart disease.

LDL levels are a little more complex in that the risk factors depend on your gender, age, ethnicity, and whether you smoke or not. In general, levels below 100 mg/dL are optimal; levels above 160 mg/dL are considered high. Levels between these values range from near optimal to borderline high.

Your health care provider will use these values to advise you regarding exercise, diet, medications, and other factors in an effort to reduce your risk for heart disease and stroke. Be actively involved; know what your levels are and what they should be!

LifeStream is having a 'Guns and Hoses' blood drive during June and July. Visit their website at www.lstream.org to see what police and fire stations are participating in this friendly competition. Donate at one and receive a free 'Guns and Hoses' tee shirt!

Several cities in Riverside County are competing to get the most donors during the month of July. All donors will receive a day pass for Wet 'N Wild waterpark in Palm Springs. Again, check their website for participating donation centers.

Please continue to make an effort to visit the blood bank; as you know, 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



Bible Study

Wednesday from 7 PM to 9 PM
in the council lounge

Bob Herness
Church Director, 4488



We will hopefully show the movie, *The Patriot*, with Mel Gibson the Wednesday before the 4th of July which is more properly called Independence Day, and why we owe an eternal debt to the Founding Fathers of these United States and the patriots who won our independence and the men and women who have preserved it to this very time in our history...Thanks to all the Vets in our council, especially. The rest of the month we will continue to watch and listen and discuss the words of Venerable Archbishop Fulton Sheen and discuss using scripture and philosophy why there is a God and we must choose to follow Him.

In August, I shall be in Washington state, hopefully cooler weather, but the Bible class will be in the good hands of Worthy Past Grand Knights, Joe Burns and Frank Weiler, and possibly some other guest teachers. Please join us and support the work of this council by learning more about KNIGHTS AND THEIR DUTIES AS FOUND IN CHURCH HISTORY and from Scripture.

Church Director
Bob Herness

COUNCIL FIELD AGENT REPORT

David Keeling,
Council Field Agent



It is said "the best policy is in its honesty". What is the real value of an insurance program covering worker disability or long term care or life? Newer state-of-the-art programs offered today might be very attractive the way they are presented. But history has proven convincingly of them coming apart when hard economic times arrive and extend too long. Can we be guaranteed when we might need these coverage benefits it will only be during good economic times? This is why you should trust what your Order offers you in its insurance programs, as they have historically proven themselves handling the good and hard economic times safely & securely. This... is the honesty of a program, the true value of it.

So why does the Order offer the particular insurance programs above? 1-out-of-every-3 young workers will suffer a disability before reaching age 65, which today is responsible for almost 50% of all home foreclosures in the U.S.! In Long Term Care (LTC), Medicare is raising its deductible again to \$152 per day for 80 of the 100 day maximum coverage it provides "any retiree". The cost of custodial home care is now \$21 per hour. Nursing facilities are charging \$165 per day locally. The average length of stay for LTC patients in California is 2.1 years. 70% of all persons 65 & over will need some LTC in their life. How many \$60,000 years can you afford if one or both of you (both my parents did) needed this care?

A recent widow and good friend called saying she just paid a \$14,500 hospital bill, after Medicare paid their part, for her husband's medical care before dying and if it wasn't for his KofC policy, this would have taken 70% of what she had left in savings. Many couples concern themselves with the cost of a burial, like a burial plan, not realizing there may be more expenses. Well there usually is! These insurance programs can work with most any budget. We just have to meet to get the details worked out. So call me, David Keeling, Council Field Agent, at (909) 824-1024 or text me: (951) 233-7134

KofC News

Monday, July 20th Bingo Board Vote

Thursday, July 30th Del Roco Board voting, watch your mail for your ballot.

Resolution to affirm the 7pm General Meeting start time passed.
The Council by-laws will be amended to reflect this perminiate change.

The 2015-2016 Budget was passed.
It was printed in the June 2015 bulletin and is available online at our website. Go to the Members Only section on the left menu and log in with your KofC membership number and your date of birth. The 'Profit Share Margin' method will be utilized to dispense fund to charity choices after overhead and required spending. This model will allow us to continue operations while revenues fluctuate and not spend more than we have. The first Budget meeting date to be set soon, watch your email / website or contact your Council Officers.

God Bless America

**Happy 4th
of July!**

congratulations



**Manuel Carabajal was
Awarded
Honorary Life Membership!**

Knights Of Columbus Ladies Auxiliary Council 4488



July is here along with the heat. We will be presenting 10 scholarships to our students at the July meeting. The ladies will be cooking and we will serve crock pot roast beef, au gratin potatoes, vegetables, cole slaw and rolls. Please join us for the meeting on July 9.

Our memorial mass will be held at St. Adelaide's Church on July 26.

We had a very successful Bingo fundraiser in June, and I would like to thank everyone who participated and helped to make it a success. Special thanks to the knights who gave of their time to help us. I hope everyone has a very safe and sane 4th of July.

Sincerely, Judy Figueroa, Knights ladies president.

KofC News

OUR NEW OFFICERS:

Grand Knight: Dominic Glass

Deputy Grand Knight: Ernie Ott

Trustees

- 3 Years: Bruce Ewing

- 2 Years: George Steffens

- 1 Year: Sam Gutierrez

Treasurer: Paul Dainko

Chancellor: Luis Moreno

Advocate: Luis Arcinega

Lecturer: TBD

Recorder: David Calhoun

Warden: Victor Licea

Guards: Joel Wright & Mario Salcedo



Chaplains Corner.....Fr. Romanus Ike

ON THE FEAST OF THE BODY AND BLOOD OF CHRIST:

The body and blood of our Lord Jesus has different names in the catholic church like Holy Communion, Eucharist, Last supper, The bread of life, which ever name we use we mean the same thing The Body and Blood of Christ. It is important that we understand some of the effects of the Body and Blood of our Lord Jesus Christ.

According to Pope Francis: the Eucharistic Celebration is much more than a simple banquet: it is exactly the memorial of Jesus' Paschal Sacrifice, the mystery at the center of salvation. "Memorial" does not simply mean a remembrance, a mere memory; it means that every time we celebrate this Sacrament we participate in the mystery of the passion, death, and resurrection of Christ. The Eucharist is the summit of God's saving action: the Lord Jesus, by becoming bread broken for us, pours upon us all of His mercy and His love, so as to renew our hearts, our lives, and our way of relating with Him and with the brethren.

Dear friends, he continues, we don't ever thank the Lord enough for the gift He has given us in the Eucharist! It is a very great gift and that is why it is so important to go to Mass on Sunday. Go to Mass, not just to pray, but to receive Communion, the bread that is the Body of Jesus Christ who saves us, forgives us, unites us to the Father. It is a beautiful thing to do! And we go to Mass every Sunday because that is the day of the resurrection of the Lord. That is why Sunday is so important to us. And in this Eucharist we feel this belonging to the Church, to the People of God, to the Body of God, to Jesus Christ. We will never completely grasp the value and the richness of it. (General Audience Wednesday, 12 February 2014) So, too, the church officially teaches that "Every effect which bodily food and bodily drink produce in our corporeal life, by preserving this life, increasing this life, healing this life, and satisfying this life - is also produced by this Sacrament in the spiritual life" (Council of Florence, November 22, 1439). Thus:

1. Holy Communion preserves the supernatural life of the soul by giving the communicant supernatural strength to resist temptation, and by weakening the power of the desire to sin.
2. Holy Communion increases the life of grace already present by vitalizing our supernatural life and strengthening the virtues and gifts of the Holy Spirit we possess.
3. Holy Communion cures the spiritual diseases of the soul by cleansing it of venial sins and the temporal punishment due to sin.
4. Holy Communion gives us a spiritual joy in the service of Christ, in defending His cause, in performing the duties of our state of life, and in making the sacrifices required of us in imitating the life of our Savior.

On Christ's own promise, Holy Communion is a pledge of heavenly glory and of our bodily resurrection from the dead (John 6:55). St. Irenaeus simply declared that, when our bodies partake of the Eucharist, they are no longer corruptible as they have the hope of eternal resurrection.

May God bless us as we respect and adore Him in the Eucharist.

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July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CHURCH & BIBLE STUDY 7:00 PM	2 OFFICER'S MEETING 7:00 PM	3  6:15 - 10:00 PM	4 INDEPENDANCE DAY
5 ATTEND MASS	6  6:15 - 10:00 PM	7	8 CHURCH & BIBLE STUDY 7:00 PM	9 DINNER 5:00 PM ROSARY 6:30 PM GENERAL MEETING 7:00 PM	10  6:15 - 10:00 PM	11
12 ATTEND MASS	13  6:15 - 10:00 PM	14	15 CHURCH & BIBLE STUDY 7:00 PM	16 BULLETIN ARTICLES DUE DEL ROCO 7:00 PM	17  6:15 - 10:00 PM	18
19 ATTEND MASS	20 BINGO BOARD VOTE  6:15 - 10:00 PM	21	22 CHURCH & BIBLE STUDY 7:00 PM	23	24  6:15 - 10:00 PM	25
26 ATTEND MASS	27  6:15 - 10:00 PM	28	29 BINGO BOARD 7:00 PM CHURCH & BIBLE STUDY 7:00 PM	30 DEL ROCO ELECTION	31  6:15 - 10:00 PM	