

The Knight Crier

The Grand Knight's Message

A busy July is behind us, a state organizational meeting, council and assembly installations, an excellent social meeting at Strangeways brewery with Mr. Ron Lisk, a corporate family communion at Golden Corral, Coats for Kids order received, name tags for our Spanish speaking ushers, a VKCCI Grant Request and more. It's been a busy month for charitable works, fraternal activities and yes operations and administration. Time management, planning and scheduling have been crucial to our volunteer efforts so has prayer.



Setting priorities is key to each day, week and month, time flies. The gospel of Luke 10 38-42 addresses priorities. As Knights we should remember family first, however; it is not an excuse to keep us from accomplishing our mission, charitable service, unity and fraternity; first in our domestic church then in our parish and community.

In Luke's gospel Martha could've waited till the Lord finished teaching then asked Mary to help her prepare the meal. Martha and Mary are two different individuals each having a unique personality. Mary appears to be a contemplative ready to sit at our Lord's feet as long as he's teaching. Martha being service oriented desires to listen, however; appears to be concerned with preparing the meal for the group. Had Martha taken 15 minutes to listen to our Lord's teaching it may have balanced her need to be with Him and her need to serve insuring the meal preparation for the group went a little more smoothly.

Setting priorities managing the time God gives us at home, work, in the parish and community places demands on us like no other time in history. Living in a large metropolitan area with today's culture the necessity of earning a living, providing for our families and then being Priest, Husband and Father in our domestic church is an overwhelming task when our relationship with our Lord is lacking. Fifteen minutes a day of quiet time in our rooms with the scriptures, before the tabernacle or if able during adoration can greatly improve our relationship with the Lord. Our Lord knows we need to plan. The necessity of calendar planning whether a single individual or married with or without children good planning is essential to achieve success in any endeavor. Do you plan your week each Sunday night on a lap-



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Grand Knight's Message (cont.)

laptop, phone, or calendar with your wife. Many of you've heard: How do you make God laugh, make plans. However, the adage Fail to Plan or Plan to Fail is also true.

Make your plans submitting them in prayer to our Lord during a daily prayer time going over your priorities with Him. This daily appointment time with God is necessary, schedules change planning for our family, business, employment responsibilities, as well as for our spouses and our children's needs and activities. As the priest of our domestic church it's our responsibility to ensure our spouse grows with us in Faith as well as our children. Planning our calendars weekly with the family is a way to teach responsibility and accountability. Understand every soul is unique and there are challenges and free will. No matter what our station in life or our responsibilities we the creature have a relationship with Jesus, it should always come first, "it is choosing the better part and it shall not be taken from you."

I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you (Lk 11:9)

1 Peter 1: 17-21

Now if you invoke as Father him who judges impartially according to each one's works, conduct yourselves with reverence during the time of your sojourning, realizing that you were ransomed from your futile conduct, handed on by your ancestors, not with perishable things like silver or gold but with the precious blood of Christ as of a spotless unblemished lamb. He was known before the foundation of the world but revealed in the final time for you, who through him believe in God who raised him from the dead and gave him glory, so that your faith and hope are in God.

Especially when we submit it in prayer, listen, hear and prioritize our schedule for and with God our Families, Work, charitable and fraternal activities or parish ministries will be successful.

Fraternally,

Gary Paul Rolla
Grand Knight

Chaplain's Corner by Father Folmar

To draw on the same readings as Gary, St. Martha, whose sister was Mary (not Magdalene) and whose brother was Lazarus, is the saint that we celebrated on July 29th. Interestingly enough, Martha and Mary used to share a feast day together; however, that is no longer the case, but is the case in the Byzantine Rite. Unfortunately, these three siblings, who were close friends of Jesus, do not all three share a feast day. Only St. Martha is officially celebrated as a memorial. And funny enough, she is the one who gets reprimanded in the Gospel.



So, Martha welcomes and serves Christ. Thus making her the patroness of cooks, innkeepers, as well as waiters and waitresses. The fault of Martha lies in that she is caught up too much with things of this passing world. Anxious about them. However, there's Jesus – God Himself in the flesh – in her home and she's too busy to pay attention to His Words of Wisdom. Too busy to enjoy the moment. To enjoy the moment that God visited her. Jesus wants to give her His love; and of course, He desires her love back.

Consequently, St. Augustine tells us that “Our Lord’s words to Martha teach us that though we labor among the many distractions of this world, we should have but one goal.” And this goal, is none other than Christ. Mary chose the better part in loving Christ. This is what needs to take precedence in our lives. Yes, work and do what you need to do, but make sure to take time to pray and be with Our Lord. To read His Word’s to us from the Bible. Then, to go on to reflect on these Words so as to be able to live them. And in all of this – love Him.

So may we take time to BE loved, as well as to love Jesus. For we need Him. And without Him, we are filled with anxiety. St. Martha, pray for us!

Prayer to St. Martha

Father,
your Son honoured Saint Martha
by coming to her home as a guest.
By her prayers
may we serve Christ in our brothers
and sisters
and be welcomed by you into heav-
en, our true home.
Through our Lord Jesus Christ, your
Son,
who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.

August Birthdays

Wishing a very HAPPY BIRTHDAY to
our Brother Knights born in the
month of August:

David W James	8/26/1952
Raymond Houpt	8/28/1959
Jeff F Everett	8/29/1969
Adam C Calinger	8/30/1981

More continued on page 4.

August Birthdays

Wishing a very HAPPY BIRTHDAY to our Brother Knights born in August:

Loro F Stajka 08-10-30

John S Curtis 08-04-31

Joseph W Forster 08-07-36

James A Maetzold 08-07-37

John P Lawrence 08-03-45

Ronald E Saunders 08-09-45

Paul N Glancy 08-11-47

Jim W Delgado 08-12-48

Michael G Kasey 08-02-54

Dale S Sihrer 08-02-55

Tim G Fleming 08-10-60

Sean P Lockard 08-10-67

Miguel A Ayala 08-04-71

Mark P Gardner 08-02-77

Erwin C Morris 8/14/1971

Robert G Yancoskie 8/14/1988

Clarence S Preston 8/15/1935

Jose A Reyna 8/15/1967

Steven F Cronk 8/16/1963

David A Luther 8/18/1965

Joseph R Lyon 8/20/1941

Edward J Dudash 8/20/1947

Richard F Mcintosh 8/21/1945

James A Crockett 8/21/1964

Hector A Murcia 8/21/1978

Peter A Ducas 8/22/1975

Edward J Christina 8/23/1940

Frans A Vossenberg 8/24/1956

Omar N Peralta 8/25/1975

Henry J Basilica 8/25/1997

Upcoming Events

<u>AUG</u>	<u>Time</u>	<u>Event</u>
3-5	<u>All Day</u>	<u>KofC Supreme Convention, St. Louis Mo., Broadcast on internet</u>
3	7:30-8:30 AM	Admissions Degree FCC
3	5:30-8:00 PM	Mary's Shelter Soiree and Fundraiser – Fred. Expo Center (RSVP)
7	7:30 – 8:30 PM	Officer's, Dir's. Chmn. Planning Meeting
10	9:00-11:00 AM	Semi-Annual Audit (need July Bank Statement) #1295
13	7:15 – 8:15 PM	Freedom 5K Run/Walk Mtg Prep for 5 Oct Event – Wegman's 2 nd Flr area
14	6:30 - 8:30 PM	Business Meeting (Eat 6:30-6:45, Rosary 7:10, Meeting 7:30)
15	All Masses	Assumption of Mary- Holy Day of Obligation
17	7:45 AM-12:00 PM	Micah Ministries Furniture Pickup/Delivery
17	6:30 – 8:30 PM	PGK Dinner and Award Banquet – Social Renato's Ristorante
21	7:30 – 8:30 PM	Assembly Meeting
25	11:30 AM	Parish New Family Welcome
TBA		Parish Leadership Dinner PLC
TBA		2017 4th Annual Guadalupe Free Clinic Golf Classic Fundraiser
TBA		KofC Family Week
TBA		Men's Fall Retreat–San Damiano Spiritual Life Ctr Retreat Ctr-FIA, Sign-up

A new fraternal year begins.....



Past Grand Knights Dinner and Awards Ceremony (17 August 2019)

Brother Knights, Our 2019 PGK and Awards Dinner is in 13 days. We will conduct this social at Renato's Ristorante, located at 422 William St., Fredericksburg, on Saturday, 17 August 2019 starting at 7:00PM. Join us to honor our Past Grand Knights, the Council's selections for Knight of the Year, Family of the Year, Young Woman of the Year, and Young Man of the Year, and our Eagle Award winner(s).

Renato's has done a great job for us at previous functions, and I am sure you and your wife, significant other, or family member will truly have an enjoyable evening. Social mixer will start at 7:00 PM, with dinner following at 7:30 PM followed by the awards ceremony.

Please go to the link just below and you will find cost, payment options, and menu with the ability to easily fill out your selection on our RSVP List. Do understand that each person will have to have a separate entry made. Just re-click the link below for the next person in your party.

https://docs.google.com/forms/d/e/1FAIpQLSei2_52PyE6tu1pcXmw2XNx1ixxCUfqLuQLq41Kq0wY7uluSw/viewform

If you have any Payment Questions

Email: treasurer@kofc4034.org

Other Questions: Email : depgrandknight@kofc4034.org

Hope to see you there!



Prayer to St. Michael the Arch Angel

Saint Michael the Archangel, defend us in battle, be our protection against the malice and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen.

Knights' Blood Drive @ St. Mary's

Our Council blood drive with the Red

Cross netted 25 pints on 31 July. The council had a good showing of

members. However, it was the ladies who took the prize of most blood

donated. Thanks to all who donated the gift of life in this summer season

The Knights will be hosting another blood drive on October 23rd starting at 1 pm and ending at 5 pm.

The below message is from the Red Cross:

Without A, B, and O, we can't save anybody

The American Red Cross continues to have an emergency need for blood donors of all blood types to give now and help save patient lives. While thousands of people have responded to the urgent call for blood donations issued by the Red Cross in early July, an emergency blood shortage remains. Eligible donors, as well as those who have never given before, are urged to make and keep blood donation appointments to help ensure blood is available throughout the rest of the summer to meet patient needs. Blood donations are currently being distributed to hospitals faster than donations are coming in, and more donations are needed

now, especially type O, to replenish the blood supply. Right now, there is less than a five-day blood supply on hand.

Sometimes we don't realize how important certain letters are until they're gone. A, B and O are our main blood groups, and when not enough people donate blood, hospital shelves may be empty when a critical patient arrives. Please sign up today to donate soon.

Only about 3 percent of the U.S. population donates blood, yet every two seconds, someone needs it. Right now, there is an urgent need for all types of blood. Over the past few years, the number of new blood donors has declined each year. That's what this big summertime Missing Types movement is all about – getting donors to return, and inspiring new donors to help.

You are the #MissingType patients need. Schedule your blood donation appointment today. It isn't too late to save someone's life. You are important!

Knight of the Month

A hard charger this brother came into our ranks from on-line thru the KofC.org Web Site completing his Admissions, Formation and Knighthood degrees within a short time and plans to take the Patriotism 4th Degree in November. He volunteered with KOVAR before the council voted him in from the state council at large online as well as other activities since. Most recently this knight volunteered to handle the council Social Media and take over the council monthly newsletter. He stepped in as Chancellor at the last minute for our most recent Admissions First Degree Ceremony and has agreed to be the Chairman for the Consecration to the Holy Family Faith in Action required program this fraternal year. He recently completed his thesis for a Master's Degree and is currently serving on active duty in the United States Air Force as a Master Sergeant. He is a humble, quiet and determined individual. For his willingness to step forward and take over the newsletter and social media for the council Anthony De Maio is Knight of the Month for Jul 2019.

Family of the Month

The family of the month for August 2019 is our council and parish families. Our Knights of Columbus Supreme Headquarters designates a "Week of the Family" each August I'd like to recognize all of our council and parish families especially those involved in the many different programs and ministries within the parish and larger Fredericksburg Community. Nothing happens without your effort and the efforts of each and every family member that benefits the many who are in need in our parish and local community. With all of our council programs and over 90 ministries in our parish it is humbling to see how much is done and yet how much continues to need to be done on an ongoing basis and your doing it! Charity begins at home but isn't it great when we can take that charity out of our front doors whether with a smile or tangible resources to help "the other". For all of the hard work, gentle kindnesses and charity provided to our parish and local citizens our council and parish families are named Family of the Month for July 2019.

Prayer for those affected by the shooting in Ohio

Loving God, you are the author and sustainer of our lives. You know the anguish of the sorrowful, you are attentive to the prayers of the brokenhearted. Hear your people who cry out to you in their need; strengthen their hope in your lasting goodness.

We pray today for those who have died because of violence, of terrorism. Draw them to yourself; let your face shine upon them. May they be greeted with choirs of angels and experience your eternal peace and joy.

Be near to all those who have been touched by violence: those who have been hurt, lost their loved ones or lost their sense of security. Be for them a steady comfort and safe resting place.

Soften the hearts and steady of the minds of those who would do violence to others. May hate be replaced with love, violence with peace and darkness with your light.

Amen.

Knights of Columbus Bowling League

The Knights Of Columbus 4034 is in the process of forming teams for the 2019/2020 bowling league and is looking for people who would like to join. Cost will be \$18 a person per week. We bowl on Monday nights starting on September 9, 2019 at the AMF on route 3 at 7pm. Our league meeting will be on August 12, 2019 at 7pm at the AMF. For more information or to join the league please contact Rick Reschick at 540-368-9345 or Steven Young at 540-841-3630.



HELP US ENRICH OUR COMMUNITY

RUN/WALK TO SUPPORT OUR COMMUNITY



RACE SCHEDULE

Saturday, October 5, 2019

Race Day Registration/Packet Pickup

--- Pratt Park - 6:30-8:15am

1 Mile Fun Run/Walk - 8:30am

5K Run/Walk - 9:15am

Online Registration: kofcfreedom5k.com

AWARDS

Top 2 Overall Male & Female 5K and
1 Mile Run (ages 12 & younger)

Top 2 Male & Female
in Each Age Category will receive awards:
13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+



The Fredericksburg Area Food Truck will be collecting non-perishable donations. **Your support is greatly needed and appreciated!**

100% OF DONATIONS WILL BENEFIT



Mary's Shelter



THE FOLLOWING ORGANIZATIONS WILL BE IN ATTENDANCE

Fredericksburg Area
Food Bank

National Alliance on
Mental Illness

Christ the King
Bookstore

American
Suicide Prevention

Life Runners

Majik Scents

Food Coop

Green Fitness

Fredericksburg Area
Service League

Spaces are available — Contact us to reserve your spot

2019 SPONSORS



SPONSOR OPPORTUNITIES STILL AVAILABLE – CONTACT US TO LEARN MORE

HELP US ENRICH OUR COMMUNITY

REGISTRATION FORM



FIRST NAME _____ LAST NAME _____

BIRTH DATE _____ GENDER MALE FEMALE

EMAIL _____ PHONE _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

CHOOSE A RACE TO ENTER 5K RUN 5K WALK KIDS 1-MILER

FREEDOM 5K SHIRT - \$10 - (please circle your size - add \$5 for 3XL or 4XL selection)

YS YM YL YXL AS AM AL AXL AXXL A3XL A4XL

ADULT 5K WALK/RUN - \$30 CHILD (7 & UNDER) 5K WALK/RUN - FREE KIDS FUN RUN 1-MILER - \$10

Please make checks payable to: K of C #4034 Freedom 5K

WAIVER

Entry invalid if not signed. In consideration of the foregoing, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in this event, or while I am on the premises of the event. I hereby release any sponsors, promoters, contributors and all other entities associated with this event and their agents, or employees from any or all injury or damage, whether such injury or damage be caused by negligence. This includes but is not limited to, John Lee Pratt Park, the City of Fredericksburg, and the Knights of Columbus. I also grant permission to use my/my child's likeness for publicity of the event. I have read the release and certify my agreement or my parent's or guardian's if under 18 years of age.

By checking this box, I agree to the waiver above.

Signature (parent/guardian if under 18) _____ Date _____

Please mail all registrations no later than September 14 to:
Knights of Columbus #4034
Attn: Freedom 5K
218 Aquia Bay Avenue
Stafford, VA 22554