

Fredericksburg Council 4034's

# *Knight Crier*



October 2019

## KNIGHT CRIER

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## Grand Knight's October Comments

September is in the history books. The council is now one quarter of the way into the fraternal year. The month began with a Eucharistic Procession at Mary Washington University (UMW) with Fr. Vaccaro. Three of our council members processed with the Catholic Students and parents meeting at the John Bosco center. It was a pleasant evening escorting "Our Lord" to the outdoor altar on the campus.

The breakfast club met at Golden Corral and had a good showing of brother knights. As usual we ate good, then ate the goodies we shouldn't have and enjoyed ourselves catching up. The September Family dinner was absolutely delicious, the pork loin roast Br. Wayne and his kitchen crew cooked up was so tender, the corn on the cob nice and sweet and well the roasted potatoes, roasted just right. We had good attendance of around 140 parishioners. Our proceeds go to charity, from my understanding the dinner grossed over \$500.00 before expenses, a good night!

Our KofC Bowling League began a new season at AMF Fredericksburg Lanes and has completely filled its roster of teams for the season. Our Knights assisted Micah Ministries with another successful day serving with furniture pick-ups and deliveries from and to the Micah warehouse to individuals/families in need. Our Fredericksburg Food Bank teams continue to deliver groceries each month to those in need.

A District 11 Formation 2<sup>nd</sup> Degree Ceremonial was held and the council saw three brothers move from first to third degree: they are Anthony Badasu, Jake Dunneback and Roy Perez. The next available third degree will be held in Newport News on 12 Oct and we encourage these brother knights to participate if possible, to reach "Full Knighthood".

The Parish Life Weekend was warm, busy and crowded after the masses manning the table/tent, mingling with the other ministries and talking with transfers and new prospects. The council had several Form 100 transfers completed during the weekend and interest by several new prospects was encouraging!

Our first of two CYM Dinners this fraternal year were held and our council provided a lot of pasta! The KofC came through in spades as I heard several times how well we take care of the CYM from our parish youth. They ate their fill and we did not scrimp on portions with many coming back for seconds, especially the young men. Brothers Wayne Cushing and John Landolfi cooked spaghetti, garlic noodles and herbs, and a Wayne secret specialty pasta (he took the recipe home with him...mmm). Br. John is at home in the kitchen cooking for large groups with a restaurant background constantly moving cooking, serving etc. John is a welcome addition to the KofC PLC Kitchen crew anytime! After the CYM dinner ended we had enough leftovers to refrigerate (thanks Br. Matt Storm) and provided them for dinner at our monthly social meeting.

Our monthly social meeting held on Thursday at the PLC last month was open to our parish and council members. Our speaker Lisa Thompson gave an enlightening presentation on international child sex trafficking and online dangers posed by social media companies. We had a good-sized crowd who enjoyed a pasta feast and an eye-opening presentation reminding parents and grandparents of the necessity of supervision of children's and grandchildren's online apps, activities especially our high school age teens. She provided some handout materials and the NCOSE website for more information. One attendee stated they thought the presentation was excellent and really should be given to our parish parents who have children/teens at Holy Cross Academy. I'd be remiss if I did not mention our brothers who showed up to assist serving the social pasta dinner and stayed to help clean-up that included: Anthony Badasu, Matt Storm, Adam Calinger, Steve Stoecker and Joe Lyon. The leftovers which we had a lot due to the amount of food provided were donated to Mary's Shelter.

Fraternally,

Gary Paul Rolla  
Grand Knight<sup>3</sup>



## CHAPLAIN'S CORNER FOR OCTOBER

Imagine being one of the apostles who say that their faith is too weak (Luke 17:5-10)? Imagine you are going to a foreign country, a totally new place, and you have no clue where you will stay, what you will eat, how the people will treat you. And you are to be one of the very first missionaries in spreading the Gospel of Christ. Well, this would take faith. The faith that God has given you to be able to do what He is calling you to do.

This month of October is Extraordinary Missionary month and we began it on October 1st with the patroness of the missions, St. Therese of Lisieux, who wanted to go on missions, but didn't physically go anywhere to do mission work, even though she had great love for them. However, it was by her prayers that she supported the missions (catholic.org).

Consequently, it is important to observe the Church's missionary activity in which we can aid the missions. If not by going places to do mission work, then by our strong prayers and alms giving in the form of money or various items that get requested. All of which us Knights of Columbus are known for. We are truly missionaries in our Church, leading the way.

We put our faith into action by spreading and defending the faith in all the public settings that we partake of. And we have faith – that standing outside in the hot sun handing out flowers on Mother's Day, or handing out tootsie rolls; and raising money for many good causes, we have faith – that God will work wonders through us, even though we may be exhausted and feel as though nothing substantial happened when we gave of ourselves in this way.

We have faith that the love we show others in always being ready to lend a helping hand in whatever they need help with is going to help them be better people as well. And regardless of how people treat us, we are ultimately doing all we do for love of God and for His praise, glory, and honor. And God sees all and rewards us accordingly.

So may we continue to have faith in all we do. For our faith is rooted in God; not ourselves. And God will continue to work wonders through the charitable work we do.

# SUPREME CHAPLAIN'S CHALLENGE FOR OCTOBER

## This Month's Challenge

**October 2019**

**“For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.”** (Gospel for Oct. 27, Lk 18:14)

We live in the age of the selfie, in what the writer David Brooks has called the culture of “the Big Me.” Such a culture constantly urges us to “exalt” ourselves, but as Christians we need to be radically different by striving for humility. This means coming to terms with our pride, our desire for “likes,” approval and recognition. As Mother Teresa put it, “It is in being humble that our love becomes real, devoted and ardent.” Surrounded by the message to exalt ourselves, may we instead seek to humble ourselves and demonstrate real love to others.

### **Challenge by Supreme Chaplain Archbishop William E. Lori:**

This month, I challenge you to kneel before a crucifix each morning and ask Christ to give you the gift of humility. I also challenge you, in this month dedicated to the Blessed Virgin Mary, to pray the rosary (either as a council through the Faith in Action Rosary program or as an individual) for an increase in humility.

### **Questions for Reflection:**

What are some ways you can grow in humility? How can you strengthen your resistance to the lure of others' praise and the sting of their criticism? Did the act of humbling yourself before Christ on the cross teach you anything about how to be humble?

# October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## October Events

K of C Freedom 5K Run/Walk Logistics / Sponsorship Mtg.	10/1/2019
Helping Hands, Project I - Fredericksburg Food Bank Delivery	10/2/2019
Officer's Dir's. Chmn. Planning Meeting	10/2/2019
Helping Hands, Project II- Fredericksburg Food Bank Delivery	10/3/2019
KofC Freedom 5K Run/Walk - Pratt Park	10/5/2019
Parish Monthly Family Dinner Hosted by KofC Council 4034	10/5/2019
Family Corporate Communion and Breakfast	10/6/2019
National Life Chain Sunday	10/6/2019
KofC Bowling League	10/7/2019
Admissions Degree	10/9/2019
Business Meeting	10/9/2019
Knighthood Degree - 5480	10/12/2019
Columbus Day	10/14/2019
KofC Bowling League	10/14/2019
Confirmation Formation Dinner Set-up-Serve-Clear leftovers/tables & trash	10/16/2019
Rappahannock Assembly 1613 Mtg	10/16/2019
Helping Hands, Project III Fredericksburg Food Bank Delivery	10/17/2019
Helping Hands, Micah Ministries Furniture Pickup/Delivery	10/19/2019
KofC Bowling League	10/21/2019
Council Recruiting, Membership Dir Mtg (Recruit/Retain)	10/22/2019
K of C Freedom 5K, After Run Report Mtg.	10/22/2019
KofC 4034 Red Cross Blood Drive	10/23/2019
Social Meeting	10/23/2019
4Th Degree Exemplification	10/26/2019
Council Recruiting, Parish Life Weekend (PLC) KofC Information Table	10/26/2019
Council Recruiting, Parish Life Weekend (PLC) KofC Information Table	10/27/2019
Council Recruiting, Parish New Family Welcome	10/27/2019
Family Corporate Communion and Breakfast	10/27/2019
KofC Bowling League	10/28/2019

# COUNCIL AWARDS

## **Knight of the Month**

**Jon Landolfi.**

In Jon's short time with our council he's been involved in several PLC events the CYM Dinner, and two of our monthly dinners assisting with the cooking of meals in our PLC. Jon no stranger to the restaurant business from his younger days. Jon jumped in both feet and is used to cooking for large groups. Recently, Jon volunteered and was voted as the new Treasurer for the Fredericksburg Columbus Club. Jon stepped forward for the new Cornhole Tournament Committee as well. Due to Br. Jon's continuous willingness to step forward volunteering for PLC events, the Cornhole Tournament Committee and as FCC Treasurer Jon's been selected as Knight of the Month for September 2019.

## **Family of the Month**

The family of the month for September 2019 is John and Mary Wilkinson. The Council would like to recognize the Wilkinson's for their hard work and generosity in keeping our parish campus pleasure to spend time. "You are generous because of your faith. And I am praying that you will really put your generosity to work, for in so doing you will come to an understanding of all the good things we can do for Christ." Having put your generosity to work on our parish campus your efforts John and Mary benefit every family and community member who are visit our parish providing to all a welcoming appearance and atomosphere. Thank You!

# COUNCIL SERVICE AREA

**Social.** National Center on Sexual Exploitation Lisa Thompson provided an eye-opening presentation on sex trafficking in the U.S. and how our children and young adults are especially susceptible to the nefarious sources coming for our kids. Ms. Thompson stated that parents have the right to review any electronic device their children have and it is not an invasion of their “Privacy”, but a responsibility of parents to see who their children are communicating with over the internet. Social media is used often by child traffickers, abusers etc. to “groom” children to eventually take actions they want them to act upon. One of the attendees mentioned that they thought the presentation should be made at Holy Cross Academy to the parents. Ms. Thompson also mentioned that other organizations work with teachers (in-service), students (assembly) and parents (PTO) to educate and prepare them concerning these issues.

**Formation Degree.** Congratulations to our new 2nd Degree Knights! Brothers Jacob Dunneback, Roy Perez and Anthony Badasu. Brothers one more step to “Full Knighthood”!



**Parish Life Weekend (PLW).** The weekend was fruitful as we had several men come by who wanted to transfer to the council. Some who’d been at the parish for some time and were just now getting around to doing it. We also had a couple of new prospects sign the clipboard for more information.

# FAITH SERVICE

Spiritual Reflection helps us to grow as individuals, in its wisdom supreme made spiritual reflection a required program under our faith service area. There are many ways to do spiritual reflection. One way spiritual reflection is done is attending a retreat either personally or in a group. Br. Lenny Casio has information on a 3-Day Ignatian Men's retreat 6-8 March 2020 at the Loyola House on the Potomac in Faulkner Maryland. If you'd like to attend the retreat provide Br. Casio your contact information and he'll have the retreat coordinator contact you. The weekend retreat fee is \$245. (For first-time retreatants and for retreatants up to 30 years of age, the fee is \$195.).



UMW Catholic Ministry Annual Eucharistic Procession and Adoration

# **FAMILY SERVICE**

## **Catholic Youth Ministry (CYM)**

Pasta Dinner was a big success with enough food to feed an Army Battalion! The teens enjoyed themselves eating their fill and stating how well the Knights always take care of them. Br. John Landolfi worked with Br. Wayne Cushing preparing some pasta entrees while others were brought to or dropped off at the parish life center. The amount of food was such that we provided leftovers for the Social meeting and sent the remainder to Mary's Shelter.

## **Consecration to the Holy Family**

Scheduled for 29 December 2019 during the 10:30 AM mass. There are four (4) steps to prepare for the consecration. This is a required program for councils to complete each Fraternal Year in our order. Knights are encouraged to learn the four steps to prepare for the consecration and involve their families. Preparation can be found at:

<https://www.kofc.org/en/programs/family/consecration-to-the-holy-family.html#/Additional%20Information>

## **KofC Monthly Family Dinner**

September was well attend by about 140 patrons. A delicious pork meal. A new wrinkle will be added in November to the dinner with our KofC Family of the Month Award being presented to a council or parish family during the dinner. Families of the Month will not be charged for their meals.

## Community

Helping Hands our Micah Ministries Furniture pickup and deliveries assisted at the furniture warehouse bringing in donations and dropping off items to those in need.

## Youth Service Area

Trail Life Leader Br. Mark Gardner had the Trail Life Troops out for some local camping where they took up the bow and arrow for archery, bounced on a trampoline and learned old-time metal bending or blacksmithing.



**Culture of Life**  
**There are no updates at this time.**

**Fundraising**  
**There are no updates at this time.**

## Additional Announcements

Can your family survive without you? It is an uncomfortable question, but an important one. How would your wife replace your income? What would happen to the house? How would your children pay for college? Life insurance is a powerful tool that — properly structured — can help you secure your family's future and achieve peace of mind.

<http://www.kofc.org/en/news/insurance/peace.html>

In addition, you can follow the Ulmer Agency Facebook page.

Here is the link: <https://www.facebook.com/ulmeragencykofc/>

## Who Do We Appreciate?

**837DESIGN**

**Abby Construction**

**Scott Insurance**

**USANA (Independent Distributors - Steve Stoecker)**

**VA Runner**

**Green Fitness & Wellness**

**Weis**

**Chik Fil A (Central Park and Celebrate Virginia)**

**Wegmans**

**Moss Free Clinic**

**Toys for Tots**

**LifeRunners**

**Stafford Printing**

**William A. Hazel, Inc.**

**Comfort Keepers, Inc.**

**Please patronize these businesses if your needs involve services that they provide. Let them know you are a Knight and want to thank them for their sponsorship of the run and other events.**