



Knights News

Knights of Columbus Council 544
Cathedral of the Incarnation
Nashville, TN



Grand Knight's Report

SK Dave Johnson, Grand Knight
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Greetings Brothers,

I've been in an excellent mood all week following our fantastic Super Bowl Party. It was a great success with close to 120 attendees, festive decor and food galore. Since I didn't care much about either team, I only watched about 5 minutes of football which turned out to be the greatest comeback in Super bowl history. A special thanks go to this year's superbowl party co-MVPs, brothers Littleton and Beal for organizing and orchestrating the event. Stuart in particular sounds great on the microphone. Nice job as MC! Equally deserving, are brothers Ken Duncan (Brats, peppers and onions – mmmm!) and Jim Pareigis (another superbowl square printing masterpiece). Honorable mention goes out to the multi-faceted brother O'Neill. He did everything from judging the chili contest to mopping every tile in the Fleming center. Also a solid performer was our newest Knight, Brother Reuben Banalagay. Truly, no job to big or small for any of these guys. Almost everybody in our council is this way. Everyone that was there contributed significantly. It made for the best superbowl party I've ever been to. I am so proud to call you my brothers!

We wrapped up the 1st half of our fraternal year with a load of events. As a council, I am continually amazed by how hard we work, how much money we contribute and how much fun we have serving Christ, his church and our community. I know I sound like a broken record and make this point often but, I just can't stop talking about it.

Let's break down the numbers since I am fresh off the submittal of our annual survey of fraternal activities and have the data here at my fingertips. Just to summarize the past 12 months, we have held 34 business, social and special meetings. (That's almost 3/month!). As a council, we spent about \$5,000 on these activities. This isn't a tremendous amount, when compared with the caliber of events we are hosting. Our charitable contributions, which include church, community, culture of life and youth totaled nearly \$14,000. We did all this without spending more than we brought in. We collectively logged over 100 visits to the sick and bereaved. We contributed over 1,000 hours of our valuable time. This is just what was documented! The numbers were actually even greater!!

I've got more interesting numbers here I assembled with brothers Thomas and Hill. Terry and I went to bring communion to Ken, during his recovery, and a retention meeting accidentally broke out. It was a fun afternoon of sandwiches, rum cake and retention "strategy." Did you know our council has nearly 200 members? We have about 45 that I would call active. Of these, we have about 20-30 showing up at our various events. So, that is about 155 that we don't hear from very much. Embarrassingly, of these 155 there are about 135 that I haven't had the pleasure of meeting or corresponding with in my 8 years as a knight. I hope to improve this number dramatically! This leaves about 20 remaining guys I do know, that we don't see and I feel like we should. We will be reaching out to you and look forward to welcoming you back sometime in 2017.

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#JeSuisCatholique

January / February,
Issue 4

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Highlights

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Grand Knight's Report (continued from page 1)

So, please consider joining us for a business or social event soon. We try to incorporate a component of spirituality, service and fraternity in everything we do. I think there is truly something for everyone.

Vivat Jesus!

Dave

Membership Director's Report

Terry Doherty, Membership Director

The holiday season and the first month of this new year are amazingly already behind us and its time to once again renew our efforts at growing the council. During December, we were very pleased to initiate two new members to council #544, Kellen McGavock and Reuben Banalagay. Welcome gentlemen! Two additional prospects await our next First Degree ceremony. Council #9282 at St. Stephen's in Hermitage will host a First Degree on Saturday February 18th at 10:00 am. Also St Rose of Lima in Murfreesboro Council #4563 will host one on Wednesday February 22 at 7:00, although this one may not be too convenient.

Our council is also starting to accumulate quite a few First Degree Knights that we should encourage to pursue the Second and Third degrees. This includes brothers Ed, Dave, Chad, Ron, Ian, and Tony. There are perhaps a few others of whom I am not aware as well. January had several second degree opportunities, including one at St. Ann's parish, but unfortunately, there is nothing on the current state calendar in the near future. We will try to keep this in mind going forward and I will continue checking and updating our members. Perhaps we can consider hosting one ourselves!

Vivat Jesus,

Terry

Upcoming Dates

Council Meetings

2nd Wednesday of the Month
7:00PM, Rm 305, St Albert Hall

Programming Meetings

4th Sunday of the Month
9:30AM, Rm 303, St Albert Hall

Council Meeting

March 8th, 7 PM
Room 305, St Albert Hall

Convention Golf Tournament

April 28th, 7 AM
King's Creek Golf Course

State Convention

April 28-30
Cool Springs Marriott

February Awards

Knight of the Month - Reuben Banalagay

This one is one of our newest knights. He is a Scientist/Math genius type performing research and providing teaching assistance at Vanderbilt. He has a BS and MS from there. I'm sure this is wrong in several ways. So sorry! I'll get it straight soon. Our Knight of the Month is Reuben Banalagay. What is most interesting to me is that he might be even more passionate about making, eating and talking about food than I am. He is on a torrid pace of new knighthood. He only joined the knights in December and has come to nearly everything we have done since. Pancake breakfast, received his 2nd degree exemplification. Bartender for the entire superbowl party and noticeably had a big smile throughout everything. I love it! Meg even liked you immediately. Which is saying something since she is a touch introverted and it usually takes her a few encounters to warm up to people.

Family of the Month - Jim Pareigis Family

The Pareigis family are fixtures at everything they do and everywhere they go. Whether it's school, church, parenting, scouting, soccer, working or learning; everyone that gets to spend time with them is truly blessed. It's weird how Jim can be so grumpy yet, at the same time have such a delightful personality that truly lights up a room. The man just flat out motivates me. His wife Lauren lights up the room in a more traditional and sweet way. They are both easily some of the nicest and most genuine folks you will ever meet. Very easy to talk to! I will never forget how welcome they made me feel at my first Knights Christmas party I came to in December of 2008. Their kindness and devotion to hard work and great results are directly reflected in their awesome kids. Emma, Robert and Marie are all bright students with great minds, fun personalities and generous smiles. We are truly blessed by the Pareigi!



Culture of Life Report

SK Roy Silveira, Culture of Life Director

There will be a spring campaign for 40 Days for Life. The campaign will begin on March 1st and run until April 9th. It will be outside the Planned Parenthood on 412 D B Todd Jr. Blvd. It is during lent and will be a great time to get in some Lenten penance. I hope for the Cathedral to sponsor a day. Going out and praying outside the abortion mill is always difficult, but also always very rewarding. I would ask the knights to bring their families and come out and pray.

There is also a fund-raising dinner that is going to happen in the Fleming Center on March 28th. The proceeds of the dinner will go to Mulier Care. Mulier care is the non profit that is raising money to buy a mobile ultrasound unit. Mathilde Mellon who runs Mulier Care had come and spoken to the Knights last year. Raymond Arroyo who is a best selling author and lead anchor of EWTN news will be speaking at the fundraiser. Please do let me know if you would like to attend.

In Christ,
Roy

Financial Secretary Report

SK Chris Crane, Financial Secretary

Dues notices for the year have not gone out yet, but they will in the next few weeks. If you'd like to save the council a stamp, and the FS some time, feel free to proactively mail in your dues. Annual dues are \$40 for regular members. If you're not sure if you have a balance from last year, just call or email me. Membership cards will be distributed to members once dues are received. Thanks!

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See's Candy Report

GK Dave Johnson

Brother Hill pushed us over the hump during the last week of the See's candy sale. I propose we call him "the mailman." Because when we need sales performance, Terry Hill delivers! Preliminary results show a net profit of around \$820. Way to go Terry!!! Many thanks are also in order for the others who helped with manning the tables, setup and packing. Especially Alice Hill, Andy and Betty Gamble.

Net sales.	\$4380.46
Cost of goods.	-\$3456.15
Net profit.	\$924.31
<u>Joe Nakarato contribution.</u>	<u>\$1000.00</u>
Total proceeds	\$1924.31

Council Officers

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Roy Silveira

Inside Guard

Stuart Littleton

Outside Guard

Tony Roberts

One Year Trustee

John Mitchell

Two Year Trustee

Mark O'Neill

Three Year Trustee

Bisell McWilliams

Program Personnel

Program Director

DGK Chris Beal

Church Director &

Vocations Chair

Tom Costa

Community Director

Chad Wilhelm

San Gennaro Coordinator

Chad Wilhelm

Council Director

Andrew Lay

Family Director

Mark O'Neill

Youth Director

Stuart Littleton

Boy Scout Leader

Dave Lavell

Culture of Life Director

Roy Silveira

Choose Life Sign

Stuart Littleton

Membership Director

Terry Doherty

Committee Members

Tom Costa

Tony Roberts

Ian Turnbull

Retention Chair

Ken Thomas

Committee Members

Trustees of Council 544

Webmaster &

Newsletter Editor

Bisell McWilliams

Penance & Fasting

Matthew Newsome, Diocese of Charlotte

Required vs. Recommended

Imagine you are a patient suffering from a physical ailment. Your doctor prescribes a medication, explains that the minimum required dosage is two pills, but recommends taking much more for full effectiveness. Moreover, your doctor also suggests exercise and a healthy diet. You find the pills hard to swallow, so you only take the minimum dosage. And while you know you should exercise and eat healthy, you just can't find time for that in your schedule. Would you really expect to see a major improvement in your health on this regimen? No.

When it comes to our spiritual health, the Church prescribes the medicine of penance and fasting. She gives us a certain "minimum required dosage" but recommends we strive for more, always accompanying our fasting with prayer and acts of charity. If we limit our penance and fasting to the minimum required amount, is it any wonder we don't see much spiritual gain? Get the most out of your Lenten observance this year by observing not only what the Church requires, but also (as far as possible) what the Church recommends for our spiritual health.

WHAT IS REQUIRED?

- To do penance, generally (Can 1249).
- To observe penance particularly during the season of Lent and all Fridays of the year (except for Solemnities) (Can 1250, PSPA 11, 22, 23).
 - *This observance should include prayer, charity, and self-denial (Can 1249)
- To abstain from meat on Fridays during Lent (age 14 and up) (Can 1251 & 1252, PSPA 13)
- To fast on Ash Wednesday and Good Friday (ages 18 – 59) (US bishop's complementary norm to Can 1253, PSPA 12).
 - * Fasting allows for one full meal, and does not prohibit taking other food if needed provided it does not equal a full meal (Paenitemini III, 2).

WHAT IS RECOMMENDED?

- Abstaining from meat on all Fridays of the year (except Solemnities) (PSPA 23, 24).
- Performing other acts of charity or self-denial on Fridays (PSPA 26, 27).
- Fasting on all weekdays of Lent (PSPS 14)
 - *While you may eat more than one meal while fasting, view this as the exception, not the norm. Limit yourself to one meal unless prudential concern for health requires otherwise (Paenitemini III, 2).
- Attending daily Mass during Lent (PSPA 14)
- Accompany your fasting with prayer and works of charity (Can 1249).

SOURCES:

Code of Canon Law (1983)

US Bishops' complementary norm to Can. 1253 (Feb 29, 1984)

US Bishops' Pastoral Statement on Penance & Abstinence (1966)

Paenitemini, Pope Paul VI's Apostolic Constitution on Fast and Abstinence (1966)

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Parthenon Towers Christmas Party



Council Christmas Party

GK Dave Johnson

The Christmas party was enjoyed by all in attendance. The rectory is a gorgeous place to celebrate our families and brotherhood. There was great food, numerous beverage options and wonderful camaraderie as always. We had a few takers on Karaoke. Brothers Doherty and Gamble both looked and sounded fantastic. Smooth deliveries was the consistent theme. We collected a couple of boxes of coats for the Kevin Riggan (Meg Johnson's Brother) memorial coat drive benefiting the Nashville Union Rescue Mission. Ours was part of a total donation of nearly 1,000 coats!

Field Agent's Report

SK Stephen Regan, FICF

Brothers,

I would like to share two brief stories from January with you all regarding the K of C Waiver of Premium Rider (aka Disability Waiver) on our life insurance policies. First, I **met** with a brother knight and his wife to review their K of C life insurance portfolio. Each adult had a K of C term life insurance policy and a K of C permanent life insurance policy. They also took out K of C permanent life insurance policies on each child at a very young age. During our discussion, it came to light that their oldest child became disabled about 3 years ago. I quickly checked the policy riders on this child's policy and it contained a Waiver of Premium Rider. So, I explained to the brother knight that we needed to complete some paperwork because the K of C should have been paying for this policy since the day your oldest child became disabled. After his excitement level calmed down, we completed the paperwork and processed it with Supreme. Earlier this month, this brother knight received a refund of premium check for what he had paid for the last several years as well as a letter explaining that since his policy had a Waiver of Premium rider, the K of C would pay this premium in the future.

Second, I **called** with a brother knight whose term life insurance policy was already on Waiver of Premium (meaning K of C was already paying his premium). I brought to his attention that upon insurance age 65, the K of C will convert his term life insurance policy to a permanent life insurance policy and pay 100% of the premium in the future. At first, this brother knight didn't believe me and thought I was just being creative to get a meeting scheduled with him. Once I arrived at his home and showed him the terms of the contract for the Waiver of Premium Rider, he was quickly overcome with joy. In the end, this brother knight's term life insurance policy which was already being paid by the K of C was converted into a permanent life insurance policy with no cash outlay now or in the future! He will not be paying the \$8,000 annual premium for the permanent life insurance policy and his beneficiary will be collecting a tax free benefit upon his death.

Brothers, these stories are real life situation that I see every month. The only way I can help you is if we meet to review your portfolio and/or review the benefits offered to us by the K of C. Please don't hesitate to contact me with any questions or comments you may have. Thanks!

Vivat Jesus!

Stephen



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Fourth Degree Opportunities

The only remaining Middle Tennessee opportunity to take the Patriotic (Fourth) Degree this fraternal year is March 11, 2017 in Murfreesboro. Contact GK Dave or Membership Director Terry if you would like to participate. The next opportunity will likely be late 2017 / early 2018.



Prayer Requests

- **Health and Healing for Brother Ken Thomas**
- **Health and Healing for Brother Terry Hill**
- **For an end to violence**
- **For the Holy Father's intentions**