



St. Andrews Annals

UPCOMING EVENTS:

Council Fish Fry	March 17
St. Patrick's Day	March 17
St. Joseph's Day	March 19
Council Meeting	March 23
Council Fish Fry	March 24
K of C Founder's Day	March 29
Tarrant Food Bank	March 30
Council Fish Fry	March 31
Council Fish Fry	April 7
Palm Sunday Breakfast	April 9
Holy Thursday	April 13
Ham Prep	April 13
Good Friday	April 14
Ham Smoking	April 14
Ham Distribution	April 15
Easter	April 16
Council Meeting	April 27
Texas State Conv.	April 28 to 30
Breakfast Sunday	April 30

LENT: WILL IT BE BUSINESS AS USUAL OR LENT FOR A CHANGE?

Would you say that Lent is your favorite season of the church year? If not, than what is your favorite liturgical season and why?

As we all know, Lent is the preparation for the celebration of Easter, the heart of the paschal mystery –the meditation of the passion, suffering and resurrection of Jesus. A time of self-denial, reconciliation, sacrifice, service, a time of prayer, almsgiving, good works compassion and mercy.

The 6 1/2 weeks of Lent is a communal retreat, a time to renew and transform us. A time to assess where our life is, what we should be about, and where we are ultimately headed.

How can this Lent be a spiritual retreat, for we as Knights, a time where we can grow in holiness? A time when we can go deeper and reflect on what spiritually is inside us. How do we let the Mass minister to us, or don't we? Lent can be that time of change in ourselves for the better.

How can we make this Lent different for us



spiritually than last Lent? For we are different people this year then we were last year at this time. So much has gone on in our world and perhaps in our personal lives that have changed us. We look at things in a different perspective this year than last.

Lent should change us and not just be the status quo. It is a time to look at ourselves. Jesus took 40 days in the desert to pray and fast before ministering to others. Should not we? How are we spending our 40 days, and what differences will this Lent make when Easter comes?

Are we fasting or feasting? Hopefully feasting on the word of

God through Scripture. Lent is a journey - Jesus' journey and our journey. We need to cheer each other on. We are all in this together. Ask yourself: How, as a Knight, can I give people Jesus this Lent and show people Jesus in my own life more fully?

Lent is a time to purify ourselves through Prayer, Fasting and Almsgiving.

Will this Lent for you be business as usual, or Lent for a change?

Fr. John Mark Klaus, T.O.R.

Chaplain St. Andrews Council #9868 Knights of Columbus

Plan for this Tax Day and into the Future

Now don't be talking about yourself while you are here, We'll surely be doin' that after you leave.

April 15 (tax day) is right around the corner. It's become popular this time of year to encourage the opening of an IRA or similar retirement annuity, or the depositing of additional funds into an existing account, as a tax-savings vehicle. Or perhaps someone has tried to convince you to open an account, touting the rate of interest that money in one of these accounts can earn. Let me join the chorus of folks encouraging you to open or add funds to an annuity, but for a different reason.

Certainly, contributing money to a Knights of Columbus annuity will allow you to save some money on your income tax return. And, our annuities

do pay a very competitive interest rate, consistent with our primary goal of absolute safety of principal. Opening or adding to an annuity for these reasons, however, strikes me as taking a short-term view of a product that is designed to provide long-term security. How much security? How does retirement income that you cannot outlive — guaranteed — sound to you?

Here at the Knights of Columbus, you can open a retirement annuity for as little as \$300. Consistent and disciplined savings placed into that annuity over time can — properly structured — guarantee you an income at retirement that you cannot

outlive. That guarantee — along with the fact that no one has ever lost money left in a Knights of Columbus annuity (remember — absolute safety of principal) — really will provide you with peace of mind.

I am happy to meet with you — at your convenience and in your home — to explain in detail the benefits of opening a Knights of Columbus annuity, along with the benefits of our top-rated life insurance, disability income and long-term care insurance plans.

Terry Peffers

817-690-7924

Robert.peffers@kofc.org

St. Patrick's Day Dispensation

Bishop Michael Olson, S.T.D., M.A. issued the following dispensation for St. Patrick's Day given that the holiday will fall on a Friday.

"In recognition of the special relationship many Catholics in the Diocese of Fort Worth have with St. Patrick, a general dispensation is granted from the obligation from abstaining from meat on Friday, March 17, the feast of St. Patrick.

Of equal importance, those taking advantage of the dispensation are encouraged to undertake a work of charity, an

exercise of piety, or an act of comparable penance."

The Council will still be doing a Fish Fry on that day so if your system complains about the invasion of corned beef and cabbage, you still have options. And if you would accept the word of an Irishman, "The Council fish is better."



Council Awarded Texas State Council Quick Start Award



Everything will be alright in the end. If it is not alright – It is not the end.

At the last Council Meeting the District Warden Bill White presented the council with the Texas State Council Quick Start Award.

This Award is handed out to Councils who have met more than half of their yearly goals before

January 31. This provides 7 months for this achievement and signifies that the Council is on track to receive the Star Award at the end of the fraternal year.

Many thanks to all of you in the council, without your continuing hard work and commitment it would not

be possible. District Warden attended the Officers meeting before our regular business meeting. He praised the council for running "a tight ship."

Thanks again to all of you in the Council this is your award.

A Word from the Chancellor

Hello Brothers, I would like to bring you up to speed on some upcoming council activities.

March 30th will bring our first outing to the Tarrant Area Food Bank. From 6pm to 9pm we will be helping to inspect and sort food products for needy families in our area.

This event is not limited to Knights and if you have a neighbor or friend that you would like to put to work just let me know. Minors

may be able to attend as well but there may be some limitations so please check with me before committing them.

The event is on the website and there is a feature that allows you to sign up there. This is the best option because this provides me with a list of all interested without having to comb through e-mail for your responses.

On Saturday April 22nd from 7am to 5pm we will be helping out with the

Special Olympics at University of Texas Arlington, for their track and field competition currently we will be manning the Softball Throw, Shot Put, Yellow Track Events and Long Jump. We will be volunteering for specific shifts so please view the event on our website and sign up there for the same reasons stated earlier.

Albert Chase



"Sorry, lad, but I lost all me gold during the recession. All I can give ya is a buck thirty in change!"

Easter Hams are Right around the Corner

It is almost time to smoke hams again, yeah we did just do that, but although it feels like yesterday it was three months ago.

This time will be slightly different than our normally time frame and more challenging. Prep work for the hams will take place on Holy Thursday from 3pm to 6pm. Hams will be smoked on Good

Friday, no Dispensation on that day, there is some help needed for early shifts but everyone in the council who can should show up at 8am to begin packaging. Many of you will have to work that is why it is so important that those of you who do not please come out and give your help. It will be one of your last opportunities in Lent to offer

something up to those souls in Purgatory.

The Hams will be distributed on Saturday instead of Sunday.

The succulent smoked hams will be 9-10 lb., spiral cut and available for the low, low price of \$40. A ham flyer has been included in the newsletter for your convenience.



Holy Week Activities

Holy week will provide all kinds of opportunities in the parish to help out. With many additional Masses there will be an increased need for Hospitality and Eucharistic Ministers as well as other

various roles.

The Council will have two activities that week. We have been asked again to escort people to their cars during the Holy Thursday Adoration and to help with overflow at Easter Mass. The overflow

has normally been one mass on Easter this year the parish is anticipating overflow at both the 8:30am and 10:30am Mass. If you can help fill these roles please sign up for the event on the website.

Officers for the New Fraternal Year

The nominating committee, Bill Otto, Randy Poydock, David Pels, and John Thibodeau have been meeting to review candidates for leadership in the new fraternal year. The committee will provide their recommendations during the April meeting with elections taking place at the May meeting.

There are many roles to fill and all positions are still open. Some positions have great responsibilities, others require a bit of work, but some positions just require consistency and offer a great opportunity to get to know the inner workings of the council. If you are interested in exploring any of these roles please get with one of the officers on the committee.



Fish Fry Outdoor Crew and Indoor Serving Line

May the road rise to meet you,
 May the wind
 be always at your back,
 May the sun shine
 warm upon your face,
 And rains fall soft upon your fields,
 And until we meet again,
 May God hold you in the palm of His
 hand. -Irish Blessing

Irish Diplomacy and St. Joseph's Day

As you may have guessed your newsletter editor is Irish, and I have embraced both the good aspects and the bad of that heritage. It was brought to my attention the other night that St. Joseph's Day occurs on March 19th Father Joseph said that he did not know why St. Patrick's Day gets all the press. I responded with

good natured Irish diplomacy, "We Irish have a better lobby."

I was reprimanded at home by my wife, who unlike my predominately Irish family had a grandmother from Poland. She grew up in Chicago and clearly the more cultured of the two of us.

St. Joseph's Day was a big

deal to her family and provided many happy memories from her So to Father Joseph Janiszeski and to relations with the wife I providing an insert in this month's newsletter St. Joseph's Day and further apologize for my Irish brethren for manipulating the masses with liquor.

May you never forget what is worth remembering not ever remember what is best forgotten.

Chaplin
S.K. Rev. John Mark Klaus

Grand Knight
Gary Acrey

Deputy Grand Knight
S.K. William Otto

Warden
Ronald Reed

Chancellor
S.K. Albert Chase

Recorder
S.K. Michael Kennedy

Treasurer
S.K. David Friedman

Financial Secretary
S.K. William Gigl

Lecturer
S.K. Thomas Mahony

Inside Guard
S.K. Ronnie Yale

Outside Guard
Albert Laguna

Trustee Three Year
S.K. Randall Poydock

Trustee Two Year
S.K. David Pels

Trustee One Year
S.K. John Thibodeau

St. Andrews Council 9868 supports St. Andrews Catholic Church and St. Andrews Catholic School.

Council Meets the 4th Thursday of Every Month

Officer Meeting at 6pm

Council Meeting at 7:30

Council Meets in Rooms 146/147 in the Parish Hall behind St Andrews Catholic Church

3314 Dryden Road
Fort Worth, Texas 76109

Just Look at the Evidence!



Randy we seem to have found the reason for the high food cost.



Special Thanks to Russell Dolce for taking on the responsibility of first shift at our St. Patrick's Day Fish Fry in Randy Poydock's absence. The word is he got there at 12:30 to start.





March 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Ash Wednesday	2	3 Council Fish Fry	4 State Free Throw 10am- San Antonio
5	6	7 Hospitality Minister Training 6 to 7:30pm	8	9	10 Council Fish Fry	11
12	13	14	15	16 Assembly 3022 Meeting 7:30pm	17 St. Patrick's Day Council Fish Fry	18
19 St. Joseph's Day	20	21	22	23 Council Officer Meeting 6:30pm Council Meeting 7:30pm	24 Council Fish Fry	25
26	27	28	29 K of C Founder's Day Western Metroplex Chapter Meeting St Philip Lewisville	30 Tarrant Area Food Bank Project	31 Council Fish Fry	



April 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 Council Fish Fry	8
9 Palm Sunday Breakfast Sunday	10	11	12	13 Easter Ham Prep	14 Good Friday Ham Smoking	15 Ham Distribution
16 Easter	17	18	19	20 Assembly 3022 Meeting 7:30pm	21	22 Special Olympics Volunteering
23	24	25	26 Western Metroplex Chapter Meeting Council Hall 7641 Bedford	27 Council Officer Meeting 6:30pm Council Meeting 7:30pm	28 Texas State Convention	29 Texas State Convention
30 Breakfast Sunday Texas State Convention						



**ST. ANDREW
KNIGHTS of COLUMBUS
COUNCIL 9868**

SMOKED HAM FOR EASTER!

The St Andrew Knights of Columbus would like to prepare a delicious fully cooked 9-10 lb. smoked ham for your Easter gathering.

Please mail the lower half of this form, along with payment, to *William J. Gigl, 8424 Orleans Lane, Fort Worth, Texas 76123, call Bill at (817) 294-4141 or e-mail him at wjgigl@sbcglobal.net*. Orders can also be dropped off at the KC Fish Frys during Lent, or the KC Breakfasts on Sunday, February 26 or April 9. **All hams will be available for pick up at the SAS cafeteria on Saturday, April 15, 2015 from 8:00 am to noon.**

Cost: \$40.00 per ham

Make checks payable to KC #9868
PLEASE ORDER BY Tuesday, APRIL 11, 2015
ALL ORDERS MUST BE PAID IN ADVANCE

FOR INFORMATION CONTACT: William "Bill" J. Gigl (817) 294-4141

Name: _____

Phone Number: _____ **Email:** _____

Number of Hams: _____ **Total Paid: \$** _____



O Breath Of God, Unite Us In Action

**Lent Retreat
March 18, 2017**

Immaculata Fraternity wishes to reach out to you to join us at our Franciscan Lent Retreat: "O Breath of God, Unite Us In Action" so that you too can reflect on the theme established by the National Fraternity of the Secular Franciscan Order ("NAFRA") for 2017. Spend a few hours listening to ways God speaks to us in prayer and how we can place His call into action in our community.

- Retreat facilitator: Fr. John Mark Klaus, TOR
- Where should I go? Saint Andrew Parish
3312 Dryden Road
Fort Worth, Texas 76109
- When does it start? 10:00 AM, March 18, 2017
- Will I get lunch? Yes, homemade soup and bread
- When does it end? 3:00 PM but you are welcome to remain for Confession which starts at 4:00 and Mass at 5:30pm
- How much does it cost: FREE
- Deadline to sign up? March 11 may still be opening after this date.
- Send Registration form: Immaculata Fraternity
c/o Mary Dang
3608 Silkwood Trail
Arlington, TX 76016

Note: You may also send your registration form via email to mknngoctran@gmail.com. Please call Mary Dang at 817-917-8950 if you have any questions.

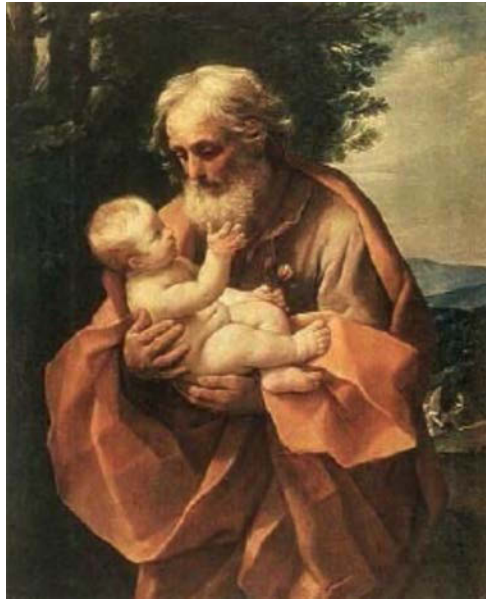
Name: _____ Phone: _____

Address: _____

City, State & Zip: _____

Email: _____

Feast of St. Joseph



Seven days before the Feast of the Annunciation (25 March) which commemorates Gabriel's visit to Mary announcing that she is to give birth to the Messiah, we meet St. Joseph, her spouse.

St. Joseph was born in Bethlehem and worked as a carpenter (Matthew 13:55: "Is not this the carpenter's son?"), an occupation he later passed on to his Son (Mark 6:3: "Is not this the carpenter, the son of Mary, the brother of James, and Joseph, and Jude, and Simon? are not also his sisters here with us?"). He became betrothed to Mary, a consecrated Virgin, in order to serve as her protector. Apocryphal writings indicate that Joseph was an older man at the time, and was a widower with grown-up children, but there is no way to know for certain.

When Mary came to be with child, his confusion and resolve to "put her away privately" in order to spare her any public humiliation were done away with when an angel of the Lord visited him in a dream and explained things to him:

Matthew 1:20-24

But while he thought on these things, behold the angel of the Lord appeared to him in his sleep, saying: Joseph, son of David, fear not to take unto thee Mary thy wife, for that which is conceived in her, is of the Holy Ghost. And she shall bring forth a son: and thou shalt call his name JESUS. For he shall save his people from their sins. Now all this was done that it might be fulfilled which the Lord spoke by the prophet, saying: Behold a virgin shall be with child, and bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us. And Joseph rising up from sleep, did as the angel of the Lord had commanded him, and took unto him his wife.

The next -- and last -- time we hear of St. Joseph in Sacred Scripture is when Jesus was "lost" in the Temple:

Luke 2:42-52

And when he was twelve years old, they going up into Jerusalem, according to the custom of the feast, And having fulfilled the days, when they returned, the child Jesus remained in Jerusalem; and his parents knew it not. And thinking that he was in the company, they came a day's journey, and sought him among their kinsfolks and acquaintance. And not finding him, they returned into Jerusalem, seeking him. And it came to pass, that, after three days, they found him in the temple, sitting in the midst of the doctors, hearing them, and asking them questions. And all that heard him were astonished at his wisdom and his answers. And seeing him, they wondered. And his mother said to him: Son, why hast thou done so to us? behold thy father and I have sought thee sorrowing. And he said to them: How is it that you sought me? did you not know, that I must be about my father's business? And they understood not the word that he spoke unto them. And he went down with them, and came to Nazareth, and was subject to them. And his mother kept all these words in her heart. And Jesus advanced in wisdom, and age, and grace with God and men.

Tradition tells us that he had the great honor to have died in the presence of Our Lady and his Son, which fact makes him the patron of a holy death. Because during his life he was given the great responsibility of caring for and protecting the Virgin -- who is the Mother of all Israel -- and her Son, St. Joseph is considered the patron and protector of the entire Church.

Customs of the Day

St. Joseph's Day is a big Feast for Italians because in the Middle Ages, God, through St. Joseph's intercessions, saved the Sicilians from a very serious drought. So in his honor, the custom is for all to wear red, in the same way that green is worn on St. Patrick's Day. St. Joseph is the patron saint of Poland so the day is celebrated in Polish communities as well.

Today, after Mass (at least in parishes with large Italian populations), a big altar ("la tavola di San Giuse" or "St. Joseph's Table") is laden with food contributed by everyone (note that all these St. Joseph celebrations might take place on the nearest, most convenient weekend). Different Italian regions celebrate this day differently, but all involve special meatless foods: minestrone, pasta with breadcrumbs (the breadcrumbs symbolize the sawdust that would have covered St. Joseph's floor), seafood, Sfinge di San Giuseppe, and, always, fava beans, which are considered "lucky" because during the drought, the fava thrived while other crops failed (recipes below).

The table -- which is always blessed by a priest -- will be in three tiers, symbolizing the Most Holy Trinity. The top tier will hold a statue of St. Joseph surrounded by flowers and greenery. The other tiers might hold, in addition to the food: flowers (especially lilies); candles; figurines and symbolic breads and pastries shaped like a monstrance, chalices, fishes, doves, baskets, St. Joseph's staff, lilies, the Sacred and Immaculate Hearts, carpentry tools, etc.; 12 fishes symbolizing the 12 Apostles; wine symbolizing the miracle at Cana; pineapple symbolizing hospitality; lemons for "luck"; bread and wine (symbolizing the Last Supper); and pictures of the dead. There will also be a basket in which the faithful place prayer petitions.

The cry "Viva la tavola di San Giuse!" begins the feasting and is heard throughout the day. When the eating is done, the St. Joseph's altar is smashed, and then three children dressed as the Holy Family will knock on three doors, asking for shelter. They will be refused at the first two, and welcomed at the third, in memory of the Holy Family's seeking of hospitality just before Christ was born. This re-enactment is called "Tupa Tupa," meaning "Knock Knock."

The day ends with each participant taking home a bag that might be filled with bread, fruit, pastries, cookies, a medal of St. Joseph, a Holy Card and/or a blessed fava bean. Keep your "lucky bean," and let it remind you to pray to St. Joseph. (The Litany of St. Joseph would be most appropriate today!

Recipes for the day:

Minestrone (serves 4)

1/4 cup olive oil
1 cup onion, finely chopped
1/2 cup celery, with leaves, chopped
2 cloves garlic, minced
1 28-ounce can of tomatoes, with juice
1 large can white beans (Cannelli beans or Navy beans) 5 cups beef or vegetable stock
1/2 cup flat parsley, finely chopped
1 cup finely sliced, then roughly chopped Swiss Chard (or spinach or cabbage, or some combination)
2 zucchini, unpeeled and cut into little cubes
1/2 cup small pasta (like ditalini)
For garnish: freshly-grated Parmesan cheese

Sauté the onion and celery in the oil til wilted, toss in garlic and stir for a minute, then put in cut-up tomatoes and cook down for about 10 minutes to concentrate flavors. Stir in beef stock, reserved tomato juice, and beans and bring to a boil. Add half the parsley, lower heat, and cook for about 30 minutes.

Add Swiss chard (or spinach or cabbage), zucchini, and pasta and cook at a gentle boil until pasta is tender.

When ready to serve, stir in the rest of the parsley. Season to taste and grate in some black pepper. Ladle into bowls and serve with the parmesan and a crusty bread.

Pasta di San Giuse (pasta with breadcrumbs that symbolize sawdust)

Cooked pasta

Sauce:

2 TBSP olive oil
5 cloves garlic, chopped
pinch of red pepper flakes
2 cups chopped fresh fennel
2 cups crushed tomatoes
2 TBSP tomato paste
1 TBSP chopped fresh basil
4 cans of drained, skinless, boneless sardines

Heat oil in large pot, and saute in it the garlic and pepper flakes. Add the fennel, tomatoes, paste, and basil. Cover and let simmer 30 minutes 'til fennel is tender. Add the sardines and simmer a few more minutes.

Topping:

1 TBSP olive oil
1 cup fine homemade breadcrumbs

Heat oil, and add crumbs and heat until golden brown. Pour sauce over the pasta, then sprinkle with the breadcrumbs.

Sfinge di San Giuseppe (St. Joseph's Cream Puffs)

Sfinge:

1 cup water
1/3 cup unsalted butter
1 TBSP sugar
Grated rind of 1 lemon
Pinch of salt
1 cup sifted flour
4 large eggs, at room temperature
1 TBSP Cognac or vanilla

Filling:

2 cups ricotta cheese
1/2 cups confectioners' sugar
1/2 tsp. vanilla
1/4 tsp. ground cinnamon
1/3 cup grated dark chocolate
2 TBSP finely chopped pistachios

Garnish:

Powdered sugar
Lemon rind

Put water, butter, granulated sugar, lemon rind, and salt in a large saucepan. Bring to a boil, and as soon as the butter has melted, remove from heat. Add the flour all at once, stirring constantly and with vigor.

Return the pan to the heat, and stir constantly until the mixture forms a ball and comes away from the sides of the pan. Cook just a little longer, until you hear a slight crackling, frying sound. Remove the pan from the heat, and cool slightly.

Add the eggs, one at a time. Be sure that each egg is thoroughly blended into the mixture before you add the next. Stir until smooth and thoroughly blended . Add the Cognac or vanilla. Cover the dough and let it stand for 15 to 20 minutes.

Add the eggs, one at a time. Be sure that each egg is thoroughly blended into the mixture before you add the next. Stir until smooth and thoroughly blended . Add the Cognac or vanilla. Cover the dough and let it stand for 15 to 20 minutes.

Preheat the oven to 400° F.

Drop the dough by heaping tablespoonsful on a buttered cookie sheet or onto parchment-lined sheet (better!), leaving 2 inches between the sfinge. Bake for 20 to 25 minutes, until golden brown. Remove from oven and cool.

Filling: Mix the ricotta, confectioners' sugar, vanilla, cinnamon, chocolate, and pistachios. Just before serving (so they don't get soggy!), cut off the tops of the sfinge and fill; place top back on after filling. Arrange on platter, sprinkle with powdered sugar to make them pretty, and garnish platter with lemon rind.

Fava Beans

1 lb. dried fava beans
1 bunch green onions
1 medium onion
4 cloves garlic
3 bay leaves
chopped parsley
1/4 cup olive oil
salt and pepper to taste

Cook dried fava beans in boiling water until tender, adding more water as needed. Sauté seasonings in olive oil 'til tender, then add to beans. Add salt and pepper to taste. Serve in soup bowls.

A most fascinating and beautiful thing that happens today is the return of the cliff swallows (*Petrochelidon pyrrhonota*) to the Mission of San Juan Capistrano in San Juan Capistrano, California. The mission -- one of the oldest buildings in California, and a part of a string of 21 missions that line California's coast -- was founded on 1 November 1776, the Feast of All Saints, by the Franciscan priest, Bl. Junipero Serra, in honor of St. John Capistrano. It was begun the year before, with members of a friendly Indian tribe helping to build, but when word came that the Mission of San Diego was attacked by an unfriendly Indian tribe, the bells were buried and everyone took shelter until building could continue.

When the mission was finally completed, a small town grew up around it, and this is where the legend of the swallows -- "las golondrinas" -- begins. It is said that one of the priests noticed a storekeeper in town angrily sweeping down the swallows' nests and chasing away the "dirty birds." The priest, being a Franciscan, of course invited the poor little birds to the Mission where there was "room for all." The birds, sensing the spirit of St. Francis around the place, followed and have remained loyal to the Mission ever since. No matter the origins of the story, the fact is that each year on 23 October, the swallows fly south for 7,500 miles to Goya, Argentina. There they winter until the end of February when they make their way home, arriving back at the Mission of Capistrano on St. Joseph's Day, where they are greeted with the ringing of church bells and great festivities.

St. Joseph is symbolized by carpenters' tools and the lily, and is usually represented in art holding the Baby Jesus. He is the patron of the Church, the dying, a holy death (because it is believed he died in the company of Our Lord and Lady), happy family life, married people, carpenters, workers, and the fight against Communism.

