

# Badger Bulletin

In service to One.

In service to All.



**Knights of  
Columbus®**



## Badger Bulletin



Knights of Columbus - Father Platta Council #4735 - Denmark Celebrated the feast of Corpus Christi on June 10-11 with Eucharistic Processions at All Saints (Denmark), St Mary's (Glenmore), St Joseph (Kellnersville), & St James (Cooperstown).



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Omro / Winneconne Knights of Columbus #8810 High School Solorship Breakfast fundraiser







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Knights of Columbus John F Kennedy Council 1257 Eau Claire, WI members helping to beautify the Eau Claire area by picking up roadside trash on our stretch of Highway. Thank you to the following Brother Knights who gave of their time to help keep our Community clean.



Knights Of Columbus Sacred Heart Council #4628 kicking off their annual Christmas in July fundraiser!





## Badger Bulletin

St. John Neumann Council 973 Kenosha recently awarded three scholarships to seniors at Saint Joseph Catholic Academy in Kenosha. The students submitting essays were all outstanding. One paper caught the eye of Grand Knight Dr. David Kreutz, who commented that the paper from Eric Eric LaMere was insightful and should be read by many young people. Father Todd Belardi (St. Anthony), Eric LaMere, and Grand Knight David are Pictured below. The essay topic was: 'Describe some everyday obstacles to living a life of authentic faith and how to overcome them while providing examples from your own life.' and is presented here in its entirety.

Throughout history, Christians have been tempted to sin and stray from the path of God toward pleasure and selfishness. However, in the modern age of technology, these temptations have invaded every facet of our lives. Specifically, the cell phone has opened the floodgates of temptation with the prevalence of social media, constant notifications, and easy access to pornography. These effects of the cell phone are insidious and cause us to stray from sanctifying grace.

In 2023, 95% of internet users, including myself, are also social media users. A recent study found that most teenagers spend up to 5 hours daily on social media such as TikTok, Instagram, or Snapchat. At my worst, I spent 4 hours of my day on social media. This was due to the addictive tactics that social media platforms use to keep you on their app. For instance, apps like Instagram or TikTok track how long you spend viewing a post before you scroll to determine other content the algorithm should show you. This hooks young, impressionable teenagers with constant dopamine rewards to make more money from the advertisements the apps display. By doing this, free time becomes all about social media. We lose the time to form meaningful relationships, think critically, learn, volunteer, and pray. Whenever I was "too tired" to pray before bed, it was always due to hours of mindless scrolling. Social media has corrupted our minds and damaged our ability to think in silence and listen to God. To combat this addiction, I simply deleted my social media and set

hard limits on my phone usage. By doing so, I have found that I have so much more time to spend doing other things I enjoy. I have also found it much easier to communicate with God and discern my path.

The average cell phone user receives hundreds of notifications a day. Whether those be text messages, calls, emails, or social media notifications, we are relentlessly bombarded with our ringtones. After each of these interruptions, it takes about 23 minutes to refocus. And when

these notifications are constant, it is not uncommon for people to be unfocused for hours at a time. I have struggled to study, read, or pray with a phone around as the notifications constantly tempt me to check them, even if I know nothing important. And each time, I found it

increasingly difficult to refocus and complete the task, especially during prayer. After a notification, I would often drift from my prayer into other thoughts, such as what that person said, where my friends are going, or what new post my favorite celebrity made. To solve this, I have started to pray with my phone in an entirely different room. There is no reason I need my phone during prayer, so why allow it to tempt me and distract me from growing closer to God?

Finally, the most detrimental effect of the internet and cell phones is easy access to pornography. Forty million U.S. adults regularly visit pornography websites, and 10% of U.S. adults have admitted to having an addiction to







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pornography. This type of content is the devil's way to poison and corrupt our minds. It is impure and causes unhealthy changes in your dopamine reward center, brain chemistry, and views on sex in general. It sets unrealistic expectations as to what sex truly is: the joining of two people into one after marriage.

Admittedly, during the COVID lockdown, I discovered pornography as I had nothing else to do. I quickly latched onto it as it gave me a fleeting sense of pleasure in an otherwise lonely world. It was challenging to break the habit as, like a drug, it was as if I needed it to be happy.

However, through prayer and an awakening to the sickening videos I was watching, I went cold turkey. And, even though that avenue of pleasure

was gone, I found myself much happier and at peace through my prayer life.

Ultimately, leading a good Christian life is difficult, especially in today's society, where cell phones have provided us with multiple methods of distraction and unhealthy pleasure.

However, through prayer, discipline, and an acceptance that the cell phone is a problem, I have found ways to limit the effects and temptations of my cell phone. In hindsight, it is unsurprising that through the "loss" of my unhealthy "dopamine crutches" from social media and pornography, I have found a much more fulfilling and enjoyable life in the Church.

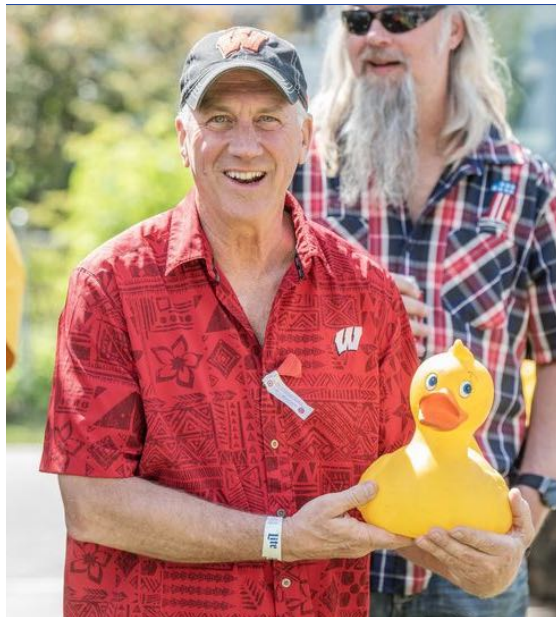
It was an amazing day of faith, fellowship, unity, community and patriotism! Kenosha Knights of Columbus! The 2023 Civic Veterans parade theme is "From Sea to Shining Sea" — and Assembly 1201 took that to heart. After three days of construction and painting — and more than 30 trips to the hardware store, as one builder said — the boat was transformed into no less than the Santa Maria, the flagship of Christopher Columbus for his first voyage to America. Columbus is also the patron of the Knights of Columbus.





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Wisconsin State Senator Dan Knodl poses for a picture before tossing duck into river to start the Knights of Columbus Menomonee falls annual Duck Derby during Menomonee Falls Downtown Memorial Fest over the weekend. Sponsored by Menomonee Falls Council 4240.



 **Lucky Ducky Derby**  
 Council 4240 16th Annual Menomonee Falls  
Thank you to this year's sponsors for making this a successful event!

*"Hold your eyes on God and leave the doing to Him.  
That is all the doing you have to worry about."*

*~ St. Jane Frances de Chantal*







Badger Bulletin



K of C Council 16691 Superior WI



Knights of Columbus Council 2845  
New Richmond, WI

GK Phillip Mills is joined by the IC  
Youth Group on Highway Cleanup



GK Phillip Mills presents KC  
Scholarship's to Amelia Dittman, Seamus  
Scanlan and Drew Effertz -  
Congratulations!







## Badger Bulletin

Exciting evening as we installed the State Officer Team as well as the District Deputies for the Wisconsin Knights of Columbus!! This year's Summer meeting was held in Marshfield on the weekend of June 23-24.

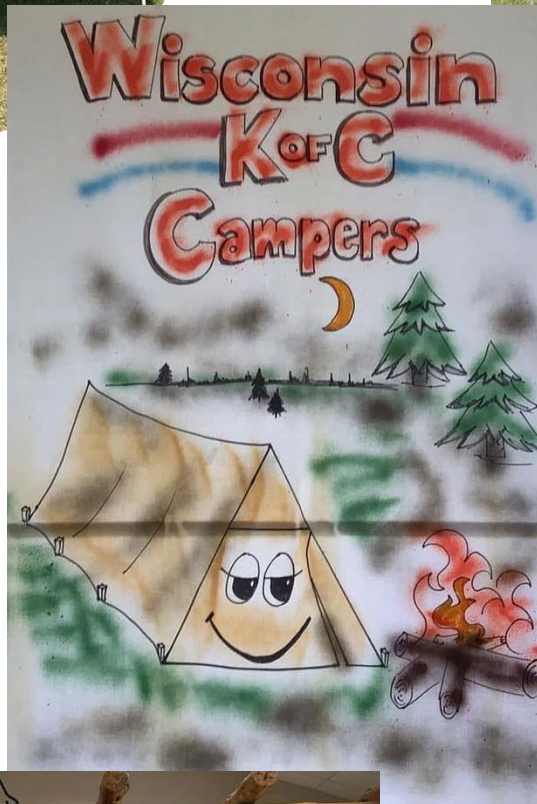






Badger Bulletin

# STONEY CREEK RV RESORT



## Osseo, WI



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## Badger Bulletin Submission Guidelines

Newsworthy ♦ Broad Appeal ♦ Concise  
♦ Complete ♦ Factual ♦ Accurate

*Answers the Questions: Who, What, When, Where, Why, How*

Badger Bulletin reports on local and state council activities throughout the entire State of Wisconsin

- ▶ Article size: 300 words ideal to 600 words max (half-full page)
- ▶ Articles need to be submitted a Word document attachment
- ▶ PDF submissions are for ads or promotions - not articles
- ▶ Pictures need to be sent separately as an attachment in their original form. Please do not format or edit them in any way. In addition, please provide clearly labeled captions for each picture.
- ▶ Articles need to be brief, highly relevant, and actionable.
- ▶ At a minimum, Who, What, When and Where needs to be in the first paragraph.
- ▶ Articles need to be brief, to-the-point and of interest to the entire State Council
  - ▷ What is the event/activity about?
  - ▷ Whom did it benefit?
  - ▷ What was the result?
  - ▷ Who are the key players/Knights?
- ▶ Similar story submissions will be consolidated/batched into one article by the Editors.
- ▶ Authors must submit on time per the Editor production calendar- Deadline 1st of each month.
- ▶ Late submittals will be placed farther down the newsletter or not published.
- ▶ Proof your article carefully for spelling and grammar before sending (use spellcheck)
- ▶ Document filename should reflect the Council Number/office/title, i.e. Cover Story Submission\_Council2055\_MsgrBlecha
- ▶ Every Dioceses needs to participate – one page of the Invocation will be dedicated to each Diocese respectively
- ▶ If a Diocese does not submit content their page will be eliminated from that issue
- ▶ Cover story submissions need to be submitted ahead of the deadline due to special photo editing.
- ▶ Cover story photos – in portrait style at least 1mb in size - not formatted or resized
- ▶ All articles should be sent to [pr@wikofc.com](mailto:pr@wikofc.com)







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