



KNIGHT CRIER

Fredericksburg Knights of Columbus Council 4034

In this issue:

- Chaplain's Corner
- Supreme Chaplain's Challenge
- November Calendar
- Upcoming Events
- Monthly Awards
- Council Service Area
- Faith Service Area
- Family Service Area
- Community Area
- Culture of Life Area
- Youth
- Fundraising
- Council Needs
- Announcements

Grand Knight's Comments

Looking back at the month of Oct our mission of Charity was carried out in a big way holding our third Freedom 5K Run/Walk Event Team this year at our new location at Pratt Park in Stafford. It was a great day while I attended the State meeting nothing but good reviews and reports followed this year's run/walk event. Many thanks Life Runners who manned the majority of course directional points and to our co-race chairs and coordinators Steve Stoecker and Pearl Esquibel who kept things moving along from back in Dec 2018. This year our total income for the race was \$5,560.84 our expenses \$2,313.80 and the council netted \$3,247.04. Our non-profits Mary's Shelter, Hope House and Birthright will receive significantly larger sponsorship funding checks in June of 2020 during our annual charitable distribution of funds.



The monthly parish dinner will have a new twist to it this year. As mentioned at the last monthly business meeting we'll honor a family of the month from the council or the parish with the Grand Knight or Deputy Grand Knight presenting a Family of the Month Certificate to the selected family and their dinner meal will be free. We have a few families to catch up with for this fraternal year and hope to make it happen in November.

(Continued on page 2)

Grand Knight's Comments (Cont.)

The parish and the council really stood out, no pun intended during National Life Chain Sunday. Br. Bob Yankoskie chaired the event with Gary Domaleski and we lined Route one from Pizza Hut to below the bus terminal on both sides of the road. It was a good showing of prayerful Pro-Life Support and we had "chain links" from St. Patricks, St. Jude's, and their councils. Next year lets pack the road even more so, however; you must give up a couple hours of NFL Football or some other entertainment/hobby to support this most worthy Pro-Life example for our neighbors and community.

It's really great when the Grand Knight can be gone a week and his Deputy G.K. runs things and has the sup-

port of our council members. Using on the Google Sign-up Spreadsheet made it a lot easier to know ahead of time whether we had enough volunteers. Again, the council performed well above expectations especially since this year our parish expanded it's Confirmation Formation Night to two evenings back to back due to the addition of a second formation class this year. Keep in mind we'll be setting up and serving one more time on 19-20 February 2020 and there are slots available.

Blood Drive

Fraternally,

Gary Paul Rolla
Grand Knight

Chaplain's Corner

We ALL have shortcomings and have sinned. And so, we all are in need of God's Mercy. Praise God He's always ready to forgive us, welcome us back, and give us His grace. However, one thing that can really block us from receiving His Mercy and Forgiveness is pride. Pride which is rooted in ourselves.

In the Gospel involving the Pharisee and tax collector, taken from Luke 18:9-14, we see that the Pharisee is really is praying to himself, about himself. This, instead of praying to God. God from Whom all good things come. So, by going through a litany of praise for himself, he's actually taking all that's he's done and tainting it with pride.

Now, it's really easy at times to look back on past accomplishments, in all the sacrifices we've made, and pat ourselves on the back. For instance, maybe you're the one who normally gets up in the middle of the night to help one of your sick children; maybe you work all day and then have to come home only to find and do more work.

(Continued on next page)

Chaplain's Corner (cont.)

Whatever the case is regarding all of your sacrifices, remember to do them all for love of God and His glory. This helps to take the focus off of yourself, and turns it to its rightful place – to God.

Consequently, instead of exalting ourselves, we need to let God exalt us as He continues to work wonders in our lives through us. For our part, we just have to cooperate with His graces. And besides having daily private prayer with God, never forget to keep up with praying together with your family. Even if it's only

right before or after dinner. Sure, you may miss a day here and there, but don't let that end up being the default and norm.

And when you pray, be like the tax collector in this Gospel who recognized his need of God. Who recognized he needed God's Mercy. Therefore, when you pray as a family, ask forgiveness from each of your family members who you may have hurt and then turn towards God to ultimately ask for His forgiveness. This will help you and your family as it roots out pride. For by doing this, you each are recognizing that you are not perfect and that you are in need of forgiveness and love.

So may we root out any pride in our lives by continually asking for God's Mercy and help. Not only by ourselves, but also with our families. And may we never forget our constant need for God, from Whom all good things and blessings come from. For a humble and contrite heart, He will not spurn (Psalm 51:17).

Supreme Chaplain's November Challenge

November 2019

Then [one of the criminals] said, “Jesus, remember me when you come into your kingdom.” He replied to him, “Amen, I say to you, today you will be with me in Paradise.” (Gospel for Nov. 24, Lk.23:42-43)



We've read these words so many times that it's easy to miss their power. Here is Jesus using his last minutes of earthly life to show mercy to a dying criminal and to promise him life in heaven that very day. We may not like to admit it, but we have a tendency to insulate ourselves from entire groups of people — perhaps the poor, the homeless or the sick. Yet these are precisely the people with whom Jesus spent so much time. While the religious “upper class” often ignored or mocked Jesus, the poor acknowledged him as Lord and were transformed. May the unlikely words of a criminal — “Lord, remember me when you come into your kingdom” — become our own urgent prayer.

Challenge by Supreme Chaplain Archbishop William E. Lori:

This month, I challenge you to ask God's pardon and mercy by making a thorough examination of conscience and going to confession. I also challenge you to serve those in need individually or with your council through Faith in Action programs such as Coats for Kids or Food for Families.

Questions for Reflection:

Are there habits in your daily routine which exclude or ignore those on the margins of our society? What are some ways, large or small, that you can increase your efforts to help the poor and the needy? How does going to confession help us to imitate the penitent thief, and what can we learn from his prayer?

November 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

- All Saints Day 11/1/2019
- All Souls Day 11/2/2019
- 4th Degree Exemplification 11/2/2019
- Memorial Service to remember all Departed Brothers of the Council 11/2/2019
- KCIC Card Sales (8:30 & 10:30 Mass Only) 11/3/2019
- Officer and Director's Planning Meeting (7:30-8:30 PM) 11/6/2019
- Parish Dinner 11/9/2019
- KofC Veteran's Day Breakfast 11/10/2019
- KCIC Card Sales (8:30 & 10;30 Mass Only) 11/11/2019
- KofC 4034 Business Meeting 11/13/2019
- Micah Ministry Furniture Pick-up 11/16/2019
- KCIC Card Sales (All Masses) 11/16/2019
- KCIC Card Sales (All Masses) 11/17/2019
- Tree Stand Set-Up 11/23/2019
- Parish New Family Welcome 11/24/2019
- Christmas Tree Delivery 11/30/2019
- Christmas Tree Sales 11/30/2019



November Birthdays

Robert	J	Stevens	11-13-1939
Robert	P	Cannon	11-13-1953
William	E	Herr	11-13-1959
Frank		Calvo	11-14-1934
Eugene	C	Albrycht	11-14-1935
Michael	S	Fegan	11-14-1973
Henry	A	Normand	11-15-1932
Harry	G	Oldland	11-16-1960
Joseph	M	Vogel	11-16-1972
James	W	Sedlak	11-17-1943
Anthony	B	Hall	11-17-1954
James	L	Doyle	11-18-1937
Ralph	L	Misener	11-18-1948
Tony	N	Aldredge	11-20-1967
Dale	A	Meyn	11-25-1934
Max		Boehringer	11-25-1946
Frederick		Nunez	11-25-1957
Thomas	J	Weiner	11-25-1969
Michael	J	Needham	11-27-1930
Michael		Beard	11-28-1949
Christopher	M	Reilly	11-30-1969
Leandro	G	Chavarria	11-30-1981
Geoffrey	C	Jablonski	11-04-1988
Luis	J	Rodriguez	11-02-1982
Michael	P	Hopper	11-06-1934
John	C	Grey	11-10-1937
Duane	R	Alexander	11-09-1938
Patrick	J	McQuade	11-12-1942
Edward	S	Larrimore	11-05-1947
Paul	N	Glancy	11-08-1947
Jose	R	Ortiz	11-10-1951
Thomas	B	Fish	11-05-1954
Gilbert	J	Kenner	11-05-1957
John	R	Wilkes	11-10-1958
Thomas	G	Dufort	11-10-1959
William	D	Hallahan	11-06-1965
James	E	Calvin	11-07-1968

Monthly Awards

Knight of the Month

This Brother Knight flies under the radar and does what is required of him. He stepped up on several occasions insuring communications were sent out and activities were covered and coordinates program requirements with the Grand Knight. He oversaw the Confirmation Formation Dinners on short notice. Working with our Brother Knights to ensure our confirmandi had the space appropriately configured at

Holy Cross Academy and that there were enough volunteers to serve them over the two evenings in which classes were held. Constantly, working to improve his faith and relationship with our God he's often at daily mass, leading a decade of the rosary and at adoration afterward. Your Program Manager and Deputy Grand Knight Adam Calinger is chosen as the Knight of the Month for October.

Family of the Month

The family of the month for October 2019 is Jim and Margaret Matarese.

Jim a longtime brother knight generously volunteered helping with the parish Confirmation dinners in October. This Brother Knight showed up both days and brought his young adult son to help as well. Jim and his wife have volunteered to sell Christmas cards for at least the past 3 years on Sunday mornings. Jim and his wife participate in the parish choir. When you look around at our

events you'll often see Jim Matarese. Jim's family has provides the hot dogs for our Freedom 5K Run/Walk event since its beginning. He's often providing help with one the many meals our council hosts or supports whether bringing a dish or in the parish life center. For Jim and Margaret's consistent volunteerism and example to our council and the parish they have been selected as Family of the Month for October 2019.

Council Service Area

Social. Our social meeting in October was purely one of getting together with our brothers and one wife and talking about a number of topics. We went over the status of the new KofC website which is still in development but is usable and the calendar is current in the members section, there are a few date changes that have to be made. One subject discussed was hosting a Cornhole Tournament for Charity. Members of the committee were present and Br. Fred Nunez co-chair, stated three (3) things currently are being looked at: 1) location for the tournament, 2) hearing back from Dick's Sporting Goods as to whether they'd sponsor the tournament and provide the cornhole boards, 3) whether to have food possibly one to two food trucks on site (BBQ and Mexican) for the tournament as most felt they'd be good choices at the event. The discussion ended with setting up another meeting for all interested in establishing a cornhole tournament for charity. The next meeting will be held at the Nov KofC Parish Monthly Dinner on 9 Nov 2019 after the 5 PM mass between 6:30 and 7:00 PM .

Third Annual Freedom 5K

The Third Annual KofC Freedom 5K was completed 5 Oct 2019. We had 115 registered walkers/runners (most yet), with 23 being youngsters who walk/ran a 1 mile fun run. It was a great time! We had wonderful sponsors, vendors, participants, and families show their support for our beneficiaries; Mary's Shelter, Birthright, and Hope House. We were very successful with our collections this year and will be able to help these organizations even more than in the past.

Out top runner was 17 yo Nathan Richardson. Results and pictures to be posted soon!

Keep us in mind for next year, 3 Oct 2020. We want to continue to grow the event and help even more charitable organizations. Keep your faith strong in these challenging times, and show your love for God and neighbor through charity in whatever manner you are able. Until next year...

Steve Stoecker, PGK

Race Director, KofC Freedom 5K

Utilize the services of our sponsors and vendors; they deserve it!

(Continued on next page)

Council Service Area

Third Annual Freedom 5K

(Continued from last page)

Utilize the services of our sponsors and vendors; they deserve it!

Sponsors: Christian P. Kaila & Associates, William A. Hazel, Inc., Abby Construction, 837Design, Comfort Keepers, Stafford Printing, Weis, Chick-fil-A, Life Runners, Majik Scents, KofC Council 4034





Faith Service Area

Spiritual Reflection helps us to grow as individuals, in it's 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.).





Family Service Area

KofC Monthly Family Dinner in October was lightly attended. 9 November will have a Chicken Dinner in the PLC beginning at 6PM til 8:30 PM. 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.

Consecration to the Holy Family

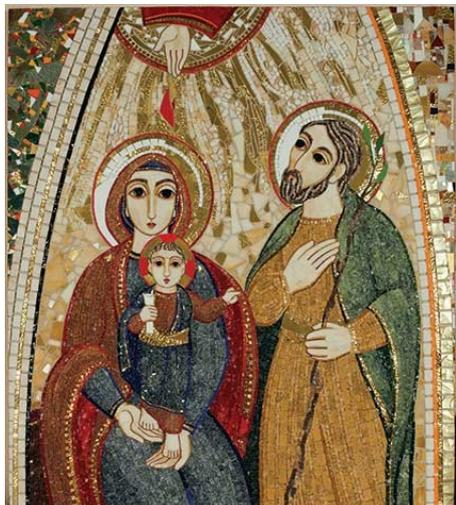
A Higher Purpose

Help strengthen families and revitalize our parishes. Knights of Columbus councils will invite each family in their parish to consecrate themselves to the Holy Family and to devote themselves to the ideal model of familial love set by Jesus, Mary and Joseph.

Overview

To help families live out the joy of Christ, Supreme Chaplain Archbishop William E. Lori has composed a prayer through which families will come together to consecrate themselves under the protection of the Holy Family. In this prayer, we ask for the aid or intercession of the perfect son Jesus Christ, Mary the perfect mother, and Joseph who is a model for every father. Councils will guide their parishes and community to understand and offer this important and impactful prayer. Preparing for the Consecration to the Holy Family is not a single event. It is choosing a way of life for your family. Through this consecration, each participant is consciously choosing to be a beacon of God's love through his Church.

The Consecration to the Holy Family will be on December 29 during the 10:30 AM Mass. It will take place right after the Homily.





Family Service Area

Keep Christ in Christmas Card Sales

It's the time of the year again when the Knights support our charitable activities by selling faith-oriented Christmas cards outside the church. We will sell outside St. Mary on four straight weekends, beginning November 16-17 and continuing thru December 7-8.

We need volunteers to help sell cards! Selling cards is easy and involves little physical effort. You can even sell cards at the same Mass you attend. You're welcome to sell with your wife or children.

Please use this link to signup to help with sales:

https://docs.google.com/spreadsheets/d/10OIHRg3PzB_TDuY83dCyhiZsPM1llxN5Qs9RX-OAym8/edit?usp=sharing

Lastly, please try to fill up all Masses before signing up as a second knight for a Mass. We need to get volunteers for all these Masses.





Community Service Area

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.

Christmas Tree Fundraiser

Tree sales start the first Saturday after Thanksgiving (Nov. 30th) and that's when we take delivery of the trees from the Tree Farm. We set up the tree stands, lights, and work tent one week prior on Saturday Nov. 23rd.

We are going to sell trees Wednesday through Sunday this year as we rarely have sales on Monday and Tuesday nights. This will reduce the number of day captains we need and knights working shifts those nights.

We need a Sunday Day Captain, all other days are covered. If you can Day Captain the Sunday Shift it would help the council out greatly. Our Day Captains help with the daily operations of the Tree Sales including opening (3:00 on weekdays, and 8:00 a.m. on weekends) and closing (8:00 pm). Captains recruit Knights for shifts and bring rosters to the site for each Knight to sign in.

Sales continue through Sunday Dec. 22nd when we break down the sales site.

We need a minimum of 2 Knights per shift so no one has to work by themselves (which happened several times last year). This is only a 4-weekend event, and we need all-hands-on-deck for filling up sales shifts.

This is a great opportunity to get involved in the largest fundraiser of the year and you will get to know your brother knights better while working shifts together.

To sign up click the link: [Christmas Tree Sales Sign-up](#). There are tabs for each day that we sell. When signing up, please only fill in slots that are listed rather than adding on. We want to fill open slots on different shifts or different days before adding extra. Thanks for your review and participation in this year's upcoming tree sales.



Culture of Life

March for Life Washington D.C. Parish Bus Captains, Primary and Alternate (2 buses).

Fundraising

Cornhole Tournament—Fred Nunez.



Council Needs: Family Service Area Director

The Family director reports to the program director. The individual appointed to this position should work to strengthen and nourish wholesome home life through the sponsorship of activities involving entire families, even when the age range of family members vary. This person should work to stimulate togetherness within families. He should be comfortable discussing and planning family programs that support and encourage service to the community and faith formation of council and parish families.

- Appointed by the grand knight, in consultation with the program director
- Responsible for all Family based council programs
- Plans, coordinates, and promotes the required Family program: Consecration to the Holy Family
- Assigns committee chairmen and develops committees that support family programs such as the many Supreme-recommended Family programs in the Faith in Action program model.
- Supports the areas of education and religious devotions of families, recreational activities and remembrance of fallen brother knights, and support of their widows and families members
- Collaborates with the program director on which Supreme-recommend programs a council will conduct in the fraternal year and any other Family programs
- Keeps accurate records of the council's Family programs for reporting to the program director, along with completing reports for the Food for Families and Family of the Month/Year program, if applicable, and all other family programs
- Provides the council's public relations chairman information about all Family programs and activities for promotion to the parish and local media
- Must complete all required safe environment training and must also pass a background check. Additionally, he must adhere to all policies and procedures under the Knights of Columbus Safe Environment Program. Additional information on this program is available at kofc.org/safe

If you can dedicate your time to this position please email the Deputy Grand Knight (adamcalinger@gmail.com) and the Grand Knight (rollafam@verizon.net).

Announcements

INSURANCE

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)

Christian P. Kaila and Associates

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.