



A Knight's Tale



July 20252



Message from the Grand Knight

Brother Knights,

I first want to thank you for putting your trust into someone that you really do not know to lead this great Council of Catholic men. I am truly honored, and it is a trust that I take seriously, and will continuously work to not only show you I am worthy of your trust, but to maintain it.

As I said, most of you do not know mw, so let me give you the "Mug Root Beer" 30 seconds speech about me.

First and foremost I thank God daily for my life and wife of 25 years, Yehui Carr. We have a daughter, Leigh, who will be entering her senior year at American University is DC.

I joined the Knights in Korea in 2009, strayed from the Knights until I returned to Korea in 2014 and became involved with the Council and eventually became the Grand Knight in 2014. I then moved to Hawaii and did not participate in the Knights until last year in St Bernedette.

I say all this because I am here because of YOU. It is no longer this parish, council or church, but it is now MY parish, MY council MY church. This is MY home, and you are MY Brothers. This is why I will give you my all to serve this council and the community.

I will use this newsletter to provide you as much information as I can to arm you with information so you can support as you can. I know we all have competing requirements and spar time is at a premium. I need to balance and respect your time and needs against the Council's requirements. Giving you as much advance notice can help. One hour here and there can and will help, and we will work to give you those windows of opportunity to help. I challenge you to attend the business and planning meetings in person or online. Tell me how we can improve and how we can improve the process. Participation begins with attendance.

Please fill out the Council's Interest Survey Form for our events

Thank you

Vivat Jesus

GK Casey Carr

Links in Newsletter

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Password Protected Links

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External Links

[St Bernedette Parish](#)

[St Bernadette School](#)

[Virginia Knights of Columbus State Council](#)





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Council 6153 Officers

Council Officers

- Grand Knight - Casey Carr
- Deputy Grand Knight - John Staten
- Chancellor - Don Mannebach
- Treasurer - Mike Candalor
- Advocate - Frank Guest
- Recorder - Eric Newyou
- Warden - Jim Womack
- Inside Guard - Greg Bearce
- Outside Guard - Mark Downer
- Trustees
 - 3 Year - Sean Lenahan
 - 2 Year - Franklin Mendoza
 - 1 Year - Al Bankard

Congratulations, and giving thanks to these 12 Brothers who were voted and accepted these positions to support our council for the Columbian Year 2025-2026



 **Grand Knight Report** 
Vision

The Springfield Council will continue to engage in charitable works, **servicing the Church**, **supporting our fellow Knights**, acting for the good of our country, and providing aid to those in need. We will continue to embody our core principles of **Charity / Unity / Fraternity / Patriotism**

Setting the example in our community through our daily actions of faith, service and support.



Calendar Events

Council Events

2 Jul: Rosary

7PM Church (Open to all)

9 JUL CHANGE OF VENUE to Bradigan Room. Will still have TEAMS links for meeting and rosary

9 Jul: Council Business Meeting

7PM Rosary/7:30PM Meeting

16 Jul Rosary

7PM Church (Open to all)

23 Jul: Council Planning Meeting

July Birthdays

- John A Tigani
- Christopher N Scaptura
- John Charles Curran, PGK
- James E Connell
- Stanton P Long
- Joseph A Peckl
- Mr Aaron W Butler
- Joseph T Palaganas
- Joseph C Amaral
- Thomas J Ridgway
- Matthew H Barrick
- Christopher J Scolese
- Robert P Walsh
- Matthew E Schmitt

Upcoming Events

12 Jul 6:30 PM Installation Ceremony

18 August: St Bernedette First Day of School

24 August: Pancake Breakfast

September: Coats for Kids

September: Soccer Challenge

4 October: 5k Run—SEE Flyer

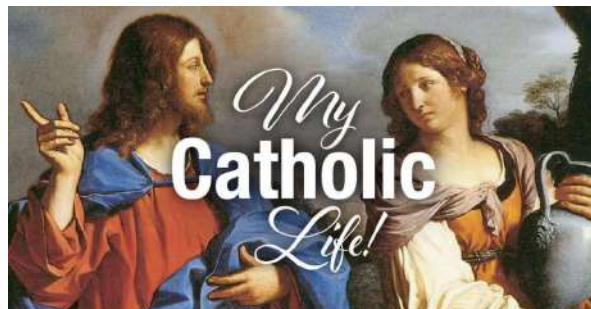
[Springfield VA Knights of Columbus 5K Fun Run and Walk](#)

18 October: Parish Picnic

Holy Days / Feast Days

Five precepts of the Catholic Church are:

1. Attend Mass and days of obligation.
2. Confess your sins at least once a year.
3. Receive the Eucharist at least annually
4. Observe days of fasting and abstinence.
5. Provide for the needs of the Church.



[Upcoming Calendar Reflections](#)





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Springfield Council 6153 CY 25-26 Program Calendar

To earn the Columbian Award (and, by extension, the Star Council Award), councils must submit the Columbian Award Application (#SP-7) by June 30, showing that they have conducted programs in each of the Faith in Action program categories, for a total of 16 program credits, with four credits in each category: Faith, Family, Community, and Life.

Faith - Dr John Staten		Family - SK Sean Lenahan , PGK	
1. RSVP		1. Pancake Breakfast	
2. Rosary		2. B-Fest with Santa	
3. Our Lady of Guadalupe		3. Spaghetti Dinner	
4. Soup Dinner		4. Mother's Day	
5. Chaplain Dinner		5. Perish BBQ	
6. KCIC Christmas Cards		6. Knight Out	
Community - SK John Cosgrove		Life - SK Mile Candolor, PGK	
1. Soccer Challenge		1. 5-K Run	
2. Free Throw Challenge		2. KOVAR	
3. Coats for Kids		3. Project Manger	
4. Teacher Recognition		4. Box of Joy	
5. KCIC Essay Contest		5. Can-a-week	
6. KCIC Poster Contest		6. Youth of the Year	
Additional Activities		New Activities	
1. Youth Softball		1. Charity Committee	
2. Adult Softball		2. KofC Branding	
3. Golf Tournament		3. Knight Mass	
4. KC Christmas Party		4. Renew Marriage Vows	





23rd Annual 5K Fun Run/Walk



Registration is Now Open

[Springfield VA Knights of Columbus 5K Fun Run and Walk](#)



Springfield VA Knights of Columbus 5K 2025

\$15

(\$0: Ages 0 - 5)

(\$15: Ages 6+)

9:00AM EDT

12:00PM EDT

Price increases after September 28, 2025 at 11:59pm EDT

[Burke Lake Park - Picnic Shelter A](#)
[7315 Ox Road](#)

SIGN UP



The Springfield VA Knights of Columbus annually hosts a fund raising 5K Fun Run and Walk . This 5K Fun Run and Walk is for the whole family (children in strollers included!).

Event proceeds will go to help Virginians with intellectual disabilities through the Knights of Columbus KOVAR Charity (<https://kovarva.org>) and to the St. Bernadette's Tuition Assistance Program (<https://www.stbernschool.org>).

The race is held at beautiful Burke Lake Park, where a free barbecue lunch will be provided for participants and their families following the race. NO pets will be permitted on the course or at the shelter. The event will be held "rain or shine".

[DONATE](#)

[RACE INFO](#)

[REFUND POLICY](#)

[SPONSORS](#)

[EVENT INFO](#)

Race Contact Info

If you have any questions about this race, please contact the race director at tomsmith6153@outlook.com





Thought of the Month: Volunteering

Brothers,

The topic of the month is volunteering. Before you jump off the edge of your chair, I'm not asking you to volunteer for anything – yet (I know I have the link for [Interest Survey](#)), however, I just wanted to discuss why we volunteer and the importance of volunteering.

As Catholic gentleman, we are expected to take an active role in the religious development of our household. It took me a long while to realize that going to church once a week was a 60-minute drill, going to confession once a year, and “Boom”, drop the mike and spike the ball in the end zone - we're done. Unfortunately, that was my history before I got involved with the Knights, and that is when I was able to grow in faith. More than that, I began to set the example for my family by deeds – through ministry volunteering. You thought I was going to say you need to volunteer with the Council more – Gotch ya!

The Knights supports just about all the ministries in one form or another – we work as a team to support the parish and school. The majority of you volunteer in a smorgasbord of activities too numerous to list ranging from Eucharistic Ministers, Lecterns, Religious Ed Teachers, Boy and Girl Scout Troop leaders to CYO Coaches. These are great examples not only for your family, but also for the children, teenagers and youth of the congregation and community that we, Catholic gentlemen are community leaders.

Volunteering is an important service, which is a sacrifice. I understand after a long day at work, helping your children with their homework, settling arguments, having an engaging in delightful conversation with your wife, there is little time left for you. You just want to have that hour of being a couch potato and watching your brain numbing TV show or playing a computer game just to down wine and relax. This is where sacrifice comes in.

Sacrifice is giving up something that is supposed to hurt a little bit. Time is a very cherished commodity. Once it is gone, it cannot be regenerated – it is lost. We cannot volunteer 100% of our spare time because everyone needs their quite time to pray and recharge themselves. The challenge is how much time do you need as a vegetable? I say this because I was a chef's salad every day until I joined the Springfield Council 6153.

Do you have that extra time to help the ministries? To assist the council, I will publish a calendar and go over events at the planning meeting. To follow my own advice, I will volunteer as a Eucharistic minister and embrace my biggest fear – dropping the host. So when you come to me, please support your Grand Knight to overcome this fear.



Member Experience Interest Survey

To our new and current members, please know that we value your judgment, we appreciate your opinions, and we rely on your participation for the continued success of our council and parish. Our Knights of Columbus council conducts a variety of programs – activities where you can personally apply your talents and fulfill your ambitions. In an effort to ensure a great Knights of Columbus council experience, we ask that you complete the following survey. Thank you and *Vivat Jesus!*

GENERAL INFORMATION

Name: _____

E-Mail: _____ Phone: _____

Marital Status: Married Single Widower If Married, Wife's Name: _____

Number of Children: Boys _____ Girls _____

Occupation: _____ Parish/Church: _____

Hobbies/Interests: _____

FAITH IN ACTION PROGRAMS

Please list your preferences for those Faith in Action programs you would be interested in volunteering at or attending.

FAITH	FAMILY	COMMUNITY	LIFE
<input type="checkbox"/> General Interest in Programs Designed for Faith Formation	<input type="checkbox"/> General Interest in Programs Designed to Strengthen Families	<input type="checkbox"/> General Interest in Programs Designed for Community Service	<input type="checkbox"/> General Interest in Programs Designed to Create a Culture of Life
<input type="checkbox"/> Into the Breach	<input type="checkbox"/> Family of the Month	<input type="checkbox"/> Disaster Preparedness	<input type="checkbox"/> Christian Refugee Relief
<input type="checkbox"/> Pilgrim Icon Program	<input type="checkbox"/> Keep Christ in Christmas	<input type="checkbox"/> Free Throw Championship	<input type="checkbox"/> Silver Rose
<input type="checkbox"/> Build the Domestic Church Kiosk	<input type="checkbox"/> Family Fully Alive	<input type="checkbox"/> Soccer Challenge	<input type="checkbox"/> Pregnancy Center Support
<input type="checkbox"/> Rosary	<input type="checkbox"/> Family Week	<input type="checkbox"/> Helping Hands	<input type="checkbox"/> Aid & Support After Pregnancy (ASAP)
<input type="checkbox"/> Spiritual Reflection	<input type="checkbox"/> Consecration to the Holy Family	<input type="checkbox"/> Catholic Citizenship Essay Contest	<input type="checkbox"/> Novena for Life
<input type="checkbox"/> Holy Hour	<input type="checkbox"/> Family Prayer Night	<input type="checkbox"/> Coats for Kids	<input type="checkbox"/> Mass for People with Special Needs
<input type="checkbox"/> Sacramental Gifts	<input type="checkbox"/> Good Friday Family Promotion	<input type="checkbox"/> Global Wheelchair Mission	<input type="checkbox"/> March for Life
<input type="checkbox"/> Refund Support Vocations Program (RSVP)	<input type="checkbox"/> Food for Families	<input type="checkbox"/> Habitat for Humanity	<input type="checkbox"/> Special Olympics
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Ultrasound
			<input type="checkbox"/> Other: _____

How much time do you think you can contribute to council activities?

1 hour per month 1 hour per week Multiple hours per week

What are some ideas you have for new or improved programs? _____

Would you be able to assist in leading any new or improved program? Yes No

What do you hope for your membership in our council? _____

Please submit this form to the Grand Knight at CASEY.CARR1@GMAIL.COM, SK PGK Casey Carr





Our History and Heritage



Founded on the principles of charity, unity and fraternity, the Knights of Columbus was established in 1882 by Father Michael J. McGivney, assistant pastor of St. Mary's Church in New Haven, Conn., and a group of parishioners. Their intent? To bring financial aid and assistance to the sick, disabled and needy members and their families.

Today, Father McGivney is being considered for sainthood.

Our Core Principles



FAITH



FAMILY



COMMUNITY



LIFE



The Knights of Columbus are Catholic Gentlemen who are proud of our Catholic Beliefs, and support our family, parish and community in our walk with Christ

