

The Knightly News

COUNCIL 4522

CHARTERED 1958



**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.



Monthly Newsletter

March 2025

IMPORTANT COUNCIL DATES IN MARCH 2025

Wednesday, March 5th – ASH WEDNESDAY
 Wednesday, March 5th – Officer's Meeting – 7:30 PM ZOOM
 Thursday, March 6th – 40 Cans for 40 Days Begin w/QofA School
 Saturday, March 8th – Annual Retreat to Pope John Paul II Shrine
 Tuesday, March 11th – Christ House – Food Prep 3:30 PM @ Christ House
 Wednesday, March 12th – General Business Meeting – 7:30 PM (Rosary@7:00pm) ZOOM and/or
 Knights' Hall in the Guadalupe Center, QofA Campus
 March 16th – March 25th, NOVENA for Life
Friday, March 21st – Lenten FISH FRY – QofA's Hannan Hall – IN PERSON muster starting at 3:30 PM
 Monday, March 25th – Founder's Day
 Saturday, March 29th - Catechism Study Series – 8:45 AM Hannan Hall/QofA

\$\$HAVE YOU PAID YOU DUES YET??\$\$

Please do so as soon as possible – Your current Card EXPIRED February 28th !!!

The financial health of the Council depends on your timely remittance of dues!!

Grand Knight's Message

March 5th (Ash Wednesday) begins the Lenten season until sundown on Holy Thursday. During this season of Lent, according to the USCCB, "we seek the Lord in prayer by reading Sacred Scripture; we serve by [giving alms](#); and we practice self-control through [fasting](#). We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began a new life in Christ."

On Saturday, March 8th, we will be holding a men's retreat at the St. John Paul II National Shrine in Washington, DC. This retreat is open to all men in the parish, not just members of the Knights of Columbus Council 4522. As this is an annual event, we encourage everyone to try to attend for spiritual enrichment. Participants may choose to drive or carpool to the National Shrine, which will open at 10:00 AM and conclude at 5:00 PM. Lunch will be provided. We look forward to seeing you there!

Our first fish fry for the Lenten season will take place on Saturday, March 21st. We encourage everyone to participate in this event. We need volunteers for the kitchen and for serving, as well as extra hands for cleaning afterward. Fellow Brother Knights, please

consider lending your time and services to help make this event a success. The second fish fry will be held in April.

****Reminder**** Please reach out to Roger Williams or Dan Penrose if you're interested in serving in a council office. All council positions are open. If you currently hold an officer position, let them know if you would like to take on a new role or continue in your current role. It's essential to fill all council offices. I will be transitioning to a Trustee position, which means the Grand Knight position is now available. It would be wonderful to have multiple candidates for each office, allowing us to hold a vote!

Vivat Jesus!

Patrick Okoronkwo, GK, PFN, FDD

Family of the Month

If anyone has a family they would like to nominate (doesn't have to be a member of the Council) please include a brief description of the family, why they are being nominated and forward it to pokor22@gmail.com. Thank you very much.



Knight of the Month

This month's Knight of the Month is presented to SK Craig Delaney. Brother Craig has been a Council Knight for nearly 20 years and a Sir Knight for 15+ years. While many do not see Brother Craig often, he has been a stalwart of the Counsel, the former Casey Club and the Casey 4522 Foundation for years. His dedication to the financial health of all three organizations and meticulous attention to all the mundane "paperwork" behind the scenes has allowed the Council to flourish, provided the solid support for the closure of the Casey Club and set the Casey 4522 Foundation up for continued success for decades to come. Congratulations to KOTM, SK Craig Delaney!

2025 Queen of Apostles Men's Retreat

On Saturday, March 8, 2025, men from Queen of Apostles and the Council will gather at the St. John Paul II National Shrine in Washington D.C. for their Annual Men's Retreat. The day will be filled with prayers, confessions, Mass, and time to get to know St. Pope John Paul II better through the dedicated museum exhibit.

Join the Merry Band of Adorers!

Our Adoration Team is down to four men. For those unfamiliar, we Knights accompany our Lord by taking turns Friday night/Saturday morning from 2:00 to 3:00 a.m. in the adoration chapel. As men, we are called to be heroic and adoring the Lord during this period builds up virtue, perseverance, and faith. It is a wonderfully silent time of stillness and focus. Spend your time praying, reflecting, meditating, or reading something that lifts your faith. Please consider joining our merry band of adorers! You would commit to serving once every six weeks or so – a very small sacrifice to spend with Jesus. Please contact John Cosgayon at jncos95@outlook.com if you're interested or have questions.



Catechism Study Series

Are you ready to explore the core teachings of our Church? Join the Queen of Apostles Men's Group for a limited **six-month** journey through the *Compendium of the Catechism of the Catholic Church*. This is a chance to strengthen your spiritual foundation, engage in meaningful discussions with other men of the parish, and grow in your relationship with Christ. All levels of familiarity with the Catechism are welcome.

We will meet in Hannan Hall (Queen of Apostles Church) the following Saturday mornings from 8:45-10:15 AM: **March 29, April 26, May 31, June 28, July 26**. Hope to see you there!

To RSVP, please email JNCos95@outlook.com

NOVENA for Life, March 16th – March 25th

The protection of life is a sustained prayer intention of the Church, and of the Knights of Columbus. Knights remain firmly committed to defending the right to life of every human being – from the moment of conception to natural death.



To commemorate and bolster this important cause, Council 4522 is promoting a novena, nine days of sustained prayer, to build up a culture of life in our parishes, homes and wider community. The entire NOVENA is too large to print in the newsletter, but it can be found [here](#).



In a Word – HELP!

Brothers, March IS A BUSY MONTH!!

We need Brothers on Deck at the following events:

- Throughout Lent – to help pick up and deliver canned goods collected from the 40 Cans for 40 Days Campaign
- Tuesday March 11th for Food prep and serving at Christ House. Muster is at 3:30 PM
- Wed-Fri March 19th – 21st Shopping and set up for Lenten FISH FRYs – QofA's Hannan Hall Please contact Worthy DGK Rick Sacra for more information
- March 16th – March 25th, NOVENA for Life – Every card-carrying member



Reminder: Keep Your Information Up to Date

If you move, change your phone number, or change your email address, please don't forget to contact the Financial Secretary, Roger Williams, PGK to update your information. The correct contact information is critical in keeping you apprised of parish, council or Supreme activities or events. To update your information, please contact FS Roger at jpil4522@gmail.com or at (703) 629-3239 or you can go to our website at www.kc4522.com and look for "Contact Us" and request an information update there.

Lecturer's Reflection for March*Clinging to the Words of Jesus and Mary*

Do whatever he tells you (Jn 2:5). These words spoken by Mary, his mother, at the wedding at Cana resound to all Christians of all time...She did what she will always do from then on: she brought people's needs to her Son...Be told the servants, *Fill the jars with water*. We have to realize that from a human point of view, this instruction made no sense. The problem was not a lack of water but a lack of wine. The servants could easily have grumbled or outright refused. It was no easy job to fill these jars, each holding twenty to thirty gallons. It meant numerous trips out to the village well, hauling up and lugging back heavy bucketloads. Yet these servants, on the strength of Mary's word, obeyed Jesus...

How often the Lord tells people to do something that does not make sense in the natural realm, or that is outright impossible. He told the apostles to distribute a few loaves and fish to a crowd of thousands.....He told the man with the withered hand to do the one thing he could not do; *Stretch out your hand*....He told the lame man to do the impossible: *Rise, take up your pallet, and walk*....This kind of radical obedience has also been modeled by the saints. At Lourdes in 1858 Our Lady gave a seemingly nonsensical instruction to a young girl named Bernadette: "Go and drink at the spring and wash yourself in it." But there was no spring. So Bernadette in humble obedience bent down and, scraping mud from the ground, spread it on her face and drank of it...Some laughed at her, some cried with pity, some were angry.... Fresh water soon began to flow abundantly. A young boy drank of it and was healed of blindness in one eye. Since then, countless thousands have been healed through the waters at Lourdes.

How often the Holy Spirit gives us light impressions or promptings we ignore.... To see the Lord's healing power requires listening to him, choosing to be obedient, and trusting that he will lead us. ...Most of the Holy Spirit's promptings are very simple: Go talk to that

person. Call that person. Tell that man the Lord loves him and understands the pain he is going through. Ask the lady sitting over there if she would like prayer for anything. Repent of that sin that is blocking the Lord's work in your life. Even when we make mistakes, the Lord will use them for our humility and growth toward maturity. (*Mary Healy*)

March 25th FOUNDER'S DAY

Each March 25th, we celebrate Founder's Day, which marks the date on which the Knights of Columbus was granted its charter by the State of Connecticut in 1882 and which honors, in a particular way, our visionary Founder.

Blessed Michael McGivney was inspired to create a band of Catholic gentlemen, devoted to the principles of charity and unity — helping those in need; growing in faith and virtue as Catholic husbands and fathers; and providing financial security to families. The beatification of Father McGivney was a testament and affirmation of his spiritual vision—and we should each feel encouraged in realizing that vision to this day. For even if the challenges facing Catholic men have changed, the mission set forth by our Founder remains as relevant as ever.

Here's a fascinating question to ponder: What was Father McGivney like in person? What impression did he make upon people? Although he lived long ago, we do have some clues to the character and demeanor of this blessed priest.

His was "a priest's face, and that explains everything," wrote a fellow Connecticut priest whose one meeting with Father McGivney made a deep impression. "It was a face of wonderful repose; there was nothing harsh in that countenance, although there was everything that was strong ..."

We see those qualities of compassion and strength in the few photos we have of Father McGivney. He was a man on a mission who walked quickly, but he spoke slowly and always had time for his parishioners who needed a kind word or a sympathetic ear.

He is still on that priestly mission today, as shown by the favors reported from those who call upon him in prayer (see below). What would you like to ask Father McGivney? Submit your petitions to: <https://www.fathermcgivney.org/prayers/>

The QUEEN’S Cup GOLF TOURNAMENT
SAVE THE DATE – May 15, 2025!

FORE!

Calling ALL Golfers—Pros and Hacks alike! Gather up your foursome or sign up and we’ll pair you up with other friends of Queen of Apostles Catholic Church, Queen of Apostles Catholic School and Pope John Paul II Council 4522 Knights.

This is our THIRD ANNUAL Queen’s Cup! To be held at beautiful Westfield’s Golf Club in Clifton, VA! Members of all three organizations have been working hard all winter in preparation to bring you a high-quality, memorable event—now, all we need is YOU!

A beginner? No problem! Haven’t played in years? No problem! We’re looking to have a great time, enjoy a great walk in the woods (hopefully not too often), and support these three worthy institutions.

See the attached flyers for registration or sponsorship opportunities.

Have a small business or a business looking for some great exposure? Consider signing up for one of the many available sponsorships! Your support will be greatly appreciated!

Casey Womens Club

Unfortunately, we were unable to hold our monthly meeting or Bunco in February due to multiple illnesses among our members. We hope to be able to resume everything this month. We’ll notify the members accordingly. Happy Birthday this month to Joanne Conner and Geri Owen

Prayers for everyone’s return to good health....soon!
Geri Owen VP



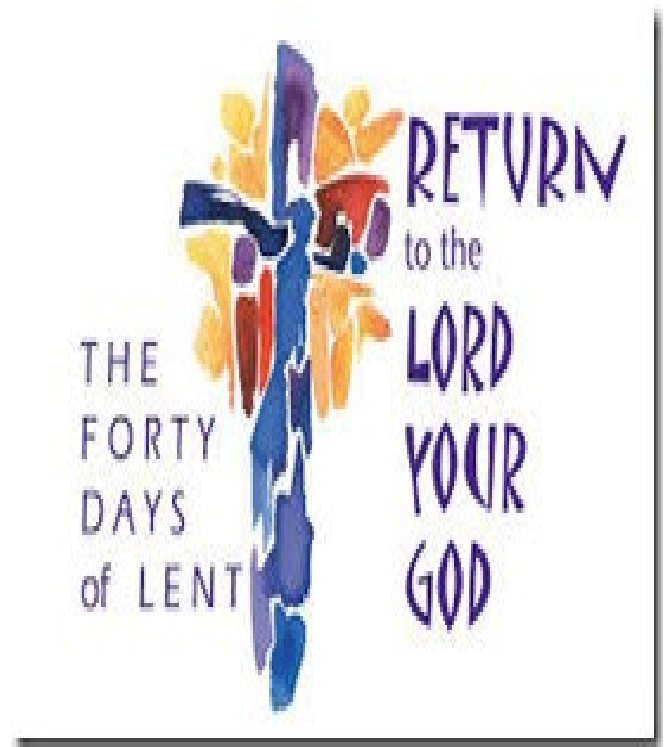
March 2025 Birthdays



Rev Thomas E Murphy OSFS	03-03
Dr Jeehun (Mike) Kim	03-08
Michael C Kenney Jr	03-14
Frank B Ford	03-16
Patrick K Okoronkwo	03-17
Ciro F Cosgayon	03-21
PGK Joseph P Lynem	03-24
Mark Anthony S Guevara	03-25
Vincent Joseph S Guevara	03-25
Alex Collazo	03-26
Bryant C Yee	03-31

Reminder

All editions of The Knightly News, past and current, are available on the Council website at www.kc4522.com





2025 QUEEN'S CUP

GOLF TOURNAMENT Green And White Minimalist Golf Competition
Instagram Post - Instagram Post





MAY 15, 2025

8:00am shotgun
Westfields Golf Club
13940 Balmoral Greens Ave Clifton, VA
<https://queenofapostles.org/queens-cup-golf-tournament/>
\$185 - Per Golfer or \$700 - Foursome



SPONSORSHIPS

Title Sponsor - \$7,500

- Welcomes golfers and announces 'shotgun start' with Fr. Diaz • Company logo above event name • Three teams of four • Lunch with Fr. Diaz and Principal Meyers at school • Reserved VIP table at Awards Luncheon • Logo banner at registration, breakfast and Awards Luncheon • Logo in event program • Logo on Queen's Cup website • Gift bag item • Sign at one hole

Gold Sponsor - \$5,000

- Two teams of four • Lunch with Fr. Diaz and Principal Meyers at school • Reserved VIP table at Awards Luncheon • Logo displayed at registration table • Logo in event program • Logo on Queen's Cup website • Gift bag item • Sign at one hole

Silver Sponsor - \$2,500

- One team of four • Lunch with Fr. Diaz and Principal Meyers at school • Reserved VIP table at Awards Luncheon • Logo displayed at registration table • Logo in event program • Logo on Queen's Cup website • Sign at one hole

Lunch Sponsor - \$2,000

- Two golfer entries • Logo displayed at luncheon and registration tables • Logo in event program • Logo on Queen's Cup website • Sign at one hole

Breakfast Sponsor - \$1,500

- Two golfer entries • Logo displayed at breakfast and registration tables • Logo in event program • Logo on Queen's Cup website • Sign at one hole

Beverage Ticket Sponsor - \$1,250

- Logo on beverage cart • Logo displayed at registration tables • Logo on Queen's Cup website • Sign at one hole

Gift Bag Sponsor - \$1,000

- Logo on gift bags • Logo on Queen's Cup website • Sign at one hole

Gift Bag Item Sponsors - \$500

- Logo on golf accessory inside gift bags

Hole Sponsor - \$250

- Sign at one hole

Patron Sponsor - \$185

- Name displayed on Queen's Cup Sponsor Board


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The submission deadline for the April Newsletter is March 20th

MAY THE HOLY NAMES OF JESUS BE PRAISED AND HONORED BY ALL KNIGHTS OF COLUMBUS AND THEIR FAMILIES, AND MAY IMMACULATE HEART OF MARY RULE IN ALL OF OUR HEARTS UNTIL WE ATTAIN TO EVERLASTING LIFE! AMEN! ST. JOSEPH AND ST. DOMINIC, ORA PRO NOBIS!

For questions or comments, please contact Roger Williams @ jpii4522@gmail.com
Additional information and points of contact are posted on our website at www.kc4522.com.

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