



Knights of Columbus Blessed Sacrament Council 13240

KNIGHTLY NEWS

MARCH 2023

Building Beyond Lent

By Kianna Garmanian

As we enter into this Lenten journey, we are reminded of the three main pillars of Lent: Prayer, Fasting and Almsgiving. These allow us to unite more deeply with Jesus as he journeys to the cross.

But let's face it: Who enjoys fasting? Certainly not me! In the past, I would dread the days of fasting and count down the hours until they were over. Fasting brought out my grumpy and impatient side. (Have you ever heard the word "Hangry" – hungry and angry combined?)

If you have ever felt this way, you are not alone. Let me propose a different approach. This year, I want to engage in fasting with a new attitude and invite you to join me!

The beauty of fasting is that it challenges us to experience a form of physical denial so we can unite our spirits with the Lord. It is very difficult to deny ourselves, yet it is in this daily offering of our lives and hearts to the Lord that we grow in holiness.

That physical denial can go beyond food. I invite you to take an honest look at your life and analyze how you are spending your time. Do you find yourself spending too much time on social media or online? Do you spend a lot of time watching television or YouTube videos? Do you like to play video games or participate in other forms of entertainment? These are just a few examples, and while none of these activities are bad as long as they are practiced in a balanced way, Lent presents

(Continued: Lent)



VIVAT IESUS

Upcoming Events

Mar 2- Council Meeting 7PM

Rosary 6:30PM

Mar 4 - Laps for Life

Mar 5 – Sunday Knights

Meeting 1PM

Mar 9 – Assembly Meeting

Mar 25 – Solemnity of the

Annunciation

Lent (cont.)

an opportunity to fast from some of the areas that consume our time.

I tend to pick up my phone and scroll through social media or watch YouTube videos right when I wake or before I go to sleep – the times that I could be praying or reading my Bible or writing in my journal. This year, I want to continue to challenge myself to limit my time online so I can spend more time in intimate prayer and union with the Lord without distractions.

(Continued: Lent)

Sunday Knights Meeting

In response to your asking for an afternoon meeting, we will have one on Sunday March 5th after the noon mass in the Social Hall. **It will be open to everyone** including wives, family members and those who are interested in possibly joining the Knights of Columbus. **We will begin by showing everyone the new degree program in its entirety** at the early part of the meeting. We will have Larry Kennedy, our financial advisor present to update everyone on benefits. The dates for events will be handed out. **Light snacks will be available.**

Hope to see you there.

If you are a 1st or 2nd degree knight you can become a 3rd degree by attending this meeting. Notify Leo and he will make it happen.

Lent (cont.)

The beautiful part of this practice is that it can extend way beyond Lent, into our everyday lives. I encourage you to join me in building habits this Lent that will last a lifetime.

If you are dreading the demands of fasting – from food or other things – remember that this journey allows us to enter more intimately into union with the Lord so that we may become more like him. That is really what it comes down to in life, isn't it? Learning how to love like Jesus and becoming products of his love.

May God bless you on your journey! **Ω**

Knights Investment Corner

LTC Is an Important Piece of the Puzzle

There are many financial consultants and retirement authorities who emphasize the need for a long-term care (LTC) product for estate preservation and family protection. While many commercial life insurance companies have gotten out of the long-term care business, the Knights of Columbus considers LTC a very important piece of the family protection puzzle.

The Order has been actively offering our members this product for nearly 20 years without a premium increase on current policyholders.

Members who wisely purchased an LTC plan from the Knights in 2000 are still paying the same premiums today.

Even better, our LTC coverage is backed by the full strength of the Order, which remains rooted in our strong Catholic values. Talk about stability when it counts.

If we have not spoken about your need for LTC coverage in your family portfolio, please take some time out of your schedule to meet with me. Remember, long-term care policies are underwritten based on your health, and you most likely will never be any healthier than you are today.

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Lawrence.Kennedy@kofc.org



Laps 4 Life

To all, I am going to walk in this event this year, God willing, and if you would like to as well let me know. If you would like to contribute to my effort the web site will walk you through how to do that. (cfllaps4life.org)

I will register my "team" name this week so if you feel so moved you can look me up- The Streaker- will be my name if they let me file that. Otherwise it will be Blessed Sacrament Walkers.

From last years effort we in Clermont were able to get a brand new ultrasound machine for our local Life's Women's Choices Clinic on Hooks Street. They cost over \$28,000.

This is a great event and more has been added this year. You don't have to stay all day, just come out and walk some laps.

- Pete Stauder

Parish Lenten Activities

Fridays - Stations of the Cross
6PM/7PM(SP)

Apr 6 Holy Thursday

Apr 7 Good Friday

Apr 8 Easter Vigil

Apr 9 Easter Sunday

Recruiting Members

Have you spoken to someone about becoming a Knight? Our Council can grow, but only if we engage our Catholic Brothers and invite them to join us. Enrollment forms are available on the website



Pope Francis' Words

While our ordinary commitments compel us to remain in our usual places and our often repetitive and sometimes boring routines, during Lent we are invited to ascend "a high mountain" in the company of Jesus and to live a particular experience of spiritual discipline – asceticism – as God's holy people

DO YOU WANT TO FAST THIS LENT?

- + Fast from hurting words and say kind words.
- + Fast from sadness and be filled with gratitude.
- + Fast from anger and be filled with patience.
- + Fast from pessimism and be filled with hope.
- + Fast from worries and have trust in God.
- + Fast from complaints and contemplate simplicity.
- + Fast from pressures and be prayerful.
- + Fast from bitterness and fill your hearts with joy.
- + Fast from selfishness and be compassionate to others.
- + Fast from grudges and be reconciled.
- + Fast from words and be silent so you can listen.



Ultrasound Machine Arrives



For Life's Choices Women's Clinic



Council Officers

Grand Knight - Mike Crawford
Deputy Grand Knight – Karl Grabowski
Chancellor - Gerald Sulsenti
Recorder – Anthony Lozito
Treasurer – William Spinelli
Advocate - Rosario Sulsenti
Warden - Joe Pangia
Inside Guard - Tony Como
Outside Guard - John Proteau
3 Year Trustee - John Martin
2 Year Trustee – Elliott Ogden
1 Year Trustee – Joseph Landon
Lecturer – Peter Stauder

Assembly Officers

Faithful Navigator – Steve Cruz
Faithful Captain – Jerry Sulsenti
Faithful Pilot – Anthony Como
Faithful Comptroller – TBD
Faithful Scribe – Joseph Landon
Faithful Purser – Elliott Ogden
Faithful Admiral – Rosario Sulsenti
Inner Sentinel – Glenn Koch
Outer Sentinel – Joseph Pangia
3 year Trustee – Ernest Alcantara
2 Year Trustee – John Proteau
1 Year Trustee – James Loesch
Color Corps Cmdr – William Overbay



Grand Knight Notes

Brother Knights,

Now that we have entered into the season of Lent let us Knights of Columbus be the strength of the church. Let us embrace the three pillars of Lent: Praying, Fasting and Almsgiving – thus deepening our faith.

Let us look for those who have fallen away from the church and bring them back – thus making our church and parish stronger.

And finally, let us be the shining example of our faith and our church out in the community – thus making our community and world a better place.

As we journey through Lent let us love as Jesus loved, pray as Jesus prayed and prepare ourselves for Easter

Vivat Jesus
Mike Crawford, GK

Assembly 3025 News

Monthly Meetings:
2nd Thursday of each Month at 7 PM
Adult Ministry Building
1190 Desoto Street, Clermont FL



Council Administration

Financial Secretary

Administrative issues

State K of C Raffle has started get your ticket books at the meeting. We get half of what we sell.

Prayer Requests

- + Our Parish
- + Our Priests
- + Our Brother Knights
- + The Unborn
- + Our Country

Mark your calendar

On Sunday May 21, 2023 the 12:00 mass will be a Knights Mass where Knights will perform all the ministries. EMHC, Hospitality, etc. as available. All council members certified for these ministries should plan to attend this mass and participate in their ministries. Those not serving in the ministries should be wearing K of C attire. Notify Karl Grabowski of the ministry that you can serve in.

