



Knights of Columbus Blessed Sacrament Council 13240

KNIGHTLY NEWS

NOVEMBER 2023



***November: The Holy Souls
& The Faithful Departed***

Upcoming Events

- Nov 1 – All Saints Day (HDO)
- Nov 2 – All Souls Day
- Nov 2 – Council Meeting
Rosary 6:30PM
Meeting @ 7PM
- Nov 5 – Set Clocks Back
- Nov 5 – Knights **Sunday**
Gathering 1:30PM
- Nov 9 – Assembly Meeting 7PM
- Nov 11 – Veterans Day
- Nov 18 & 19 – Knight's Food
Drive Weekend
- Nov 23 – Thanksgiving Day
- Nov 25 – 4th Degree
Exemplification (Resurrection
Catholic Church, Winter Garden)

VIVAT JESUS !

November Knights Sunday Gathering

This Sunday, November 5th, at 1:30 PM our council will be hosting a gathering of Knights. Come by the adult ministries building for a look at what the council has accomplished so far this year, and what the plans are for the rest of the year. There will also be an update on both state and supreme programs.

Catch up with your brother Knights and reconnect with the council. Spouses are welcome and food will be provided. See you there!

Don't forget to set your clocks back!

Make sure you remind your friends too... unless you have a friend that is always late.

Because, if you don't remind them, and they forget to set their clocks, they will be early.....for once!

**To our Veterans:
Thank you for your service.
Army, Marine Corps, Navy, Air
Force, Coast Guard, Merchant
Marine, Space Force.**

Blessed Sacrament Thanksgiving Meal

The church will be hosting a meal on Thanksgiving Day. The Knights of Columbus, the Council of Catholic Women, and the Men's Club will be joining together to support this event. There will be 2 seatings, one from 10:00 AM to 12:00 PM and one from 12:00 PM to 2:00 PM. If you want to take advantage of this opportunity, a sign-up sheet for the seatings is available in the Church vestibule after Mass.

**Golden Ticket Drawing
will be at the Council
Meeting on November
2nd!**



NOVEMBER HOLY DAYS

The month of November contains several special Holy and Feast Days for Catholics to celebrate. Perhaps most notably, the first day of November is All Saints Day, followed by All Souls Days. Here is a deeper look at some of the important days in November.

1. ALL SAINTS DAY – NOVEMBER 1

All Saints Day is a solemn Holy Day celebrated each year on the first of November. On this **Holy Day of Obligation (HDO)**, Catholics attend Mass to honor all the Saints who have entered the Kingdom of Heaven.

Prayer for All Saints Day

Dear God, thank you for the example of the Saints. I desire to join in their company, worshiping You forever in Heaven. Please help me follow their footsteps, and Yours, Jesus Christ. Please help me to conform myself to Your image, seeking Your will in all things, as the Saints did. Please help me to devote myself, and all that I do, to Your glory, and to the service of my neighbors. Amen.

2. ALL SOULS DAY – NOVEMBER 2

On this somber day, also known as “The Commemoration of All Faithful Departed”, Catholics pray for all their fellow faithful who have died and are awaiting full sanctification and moral perfection before entering the kingdom of heaven. Most Catholics use this day to remember and honor family members and friends who have died through prayer and reflection.

Prayer for All Souls Day

Jesus, dear Savior, on this day we prayerfully remember all our loved ones who have died. Please give them comfort and hope and may they be at peace, knowing that they will rest in God’s arms eternally. Thank You for our memories of them and for the good times we shared. We ask You please, through their intercession to deepen our faith, strengthen our hope and increase our love that we, too, may someday stand before You, ready to enter Your Holy Kingdom. Amen.

3. DEDICATION OF ST. JOHN LATERAN – NOVEMBER 16

Though many people may believe that St. Peter’s Basilica is the official Church of the Pope, it is actually the Archbasilica of St. John Lateran! Located in Rome, this Basilica has always been the official Church of the Pope. The dedication of a Church is a feast for all its parishioners, and because this is the Pope’s Cathedral it is the Parish Church of all Catholics.

4. DEDICATION TO SAINTS PETER AND PAUL – NOVEMBER 18

This feast day celebrates both the dedication for St. Peter’s Basilica in Vatican City and the Basilica of Saint Paul Outside the Walls in Rome. Both Basilicas were built by the Emperor Constantine the Great in the 4th Century and are popular pilgrimage sites. Both St. Peter and St. Paul are worshiped as Saints who shaped the early Church, thus, their statues prominently stand at the base of the steps in front of Saint Peter’s Basilica. Saint Peter is famous for holding keys in his hands, which represent holding the “keys to the kingdom of heaven”. St. Paul holds a book, representing his epistles in the New Testament, and the sword, representing a reminder to all of the means of his martyrdom.

5. FEAST OF SAINT ANDREW – NOVEMBER 30

Saint Andrew was born in 6 B.C. in Galilee and was called, to become the first disciple of Jesus and a “fisher of men.” Andrew was an Apostle, present at the Last Supper and was martyred by Crucifixion on November 30th, 60 A.D. in Patras, Greece. Relics of St. Andrew are now housed in the Basilica of Saint Andrew in Patras, Greece; in the Duomo di Sant’Andrew in Amalfi, Italy; in St. Mary’s Roman Catholic Cathedral in Edinburgh, Scotland; and in the Church of St. Andrew and St. Albert in Warsaw, Poland, among others. St. Andrew is the Patron Saint of Scotland and as such, his feast day November 30th is the National day of Scotland – he is also the Patron Saint of Greece, Russia, Amalfi, Barbados, singers, fisherman, maidens, and women longing to become mothers.

Saint for the Month of November [Nov 13th]



St. Frances Xavier Cabrini founded the Missionary Sisters of the Sacred Heart of Jesus in 1880 and in 1889 came to the United States from Italy to serve other Italian immigrants. She founded 67 institutions throughout the United States that provided extensive social services to the poor and sick. Today, shrines and churches are dedicated to her throughout the United States, with major shrines in both Chicago and New York City. “Lord, you are the one who acts. I am not even an instrument in your hands, as others say. You alone are the one who does all, and I am nothing more than a spectator of the great and wonderful works that you know how to accomplish.” -St. Frances Xavier Cabrini

Knights Investment Corner

Update Your Beneficiaries

Sometimes it is easy to overlook the simplest of things.

Take, for example, the beneficiaries on your life insurance policies. If your policy was applied for and issued several years ago, it may very well be that the person you originally selected as the beneficiary is no longer the person you would want to receive the policy proceeds. If you bought the policy when you were single, for example, you may have named your parents as beneficiaries. If you have since married, your policies should be updated to reflect your spouse as beneficiary. Maybe you've had children since, who are not named on the policies.

Most people list a primary beneficiary, who is specifically designated as the first in priority to receive policy proceeds. We also encourage the naming of a contingent beneficiary, an alternate person designated to receive policy proceeds, usually in the event that the original beneficiary pre-deceases the insured.

I routinely call all of my policyholders for annual review appointments, usually near the anniversary date of your policy – that is, the date it was originally issued. One of the matters that I'll discuss during this review is the status of your beneficiary designations. If they need updating, and they often do, I can complete the paperwork during that appointment.

I look forward to meeting with each of you to discuss your family's needs.

**Larry Kennedy, FICF MDRT
Field Agent/Central Florida
407-579-9888
Lawrence.kennedy@kofc.org**



Our Community Calls to us....

As our community here in Lake County grows, there are more and more people in need of assistance.

We as Knights are here to answer the call. How can we help? What can we do? What can YOU do?

Time: Do you have time to volunteer at one of the many events/supported programs that the Knights are involved in? Food Bank, Family support, Life programs.

Talent: Do you have a special talent? Compassion? Experience? Area of Expertise. Can your talents be put to use to better our community?

Treasure: All of our community events/supported programs need the assistance listed above. However, if you are unable to provide your Time or your Talent, maybe you can best help by providing a monetary donation.

Everyone benefits from helping our community thrive.

Council Christmas Party

The council Christmas Party will be on December 17th in the social hall. The doors will open at 5:30PM with dinner at 6PM. The cost is \$10 per person. Right now, we have 40 seats. The main course will be Carrabba's Chicken Bryan. There will be a gift basket raffle and a 50/50 raffle. There will also be an optional gift exchange (bring a gift, get a gift of \$20 or less). Get your tickets before they are gone!



Pope Francis' Words

“Love that is divine, merciful, and overwhelming is the perennial newness of the Gospel. It invites us to show God, in the same manner as the Saints: not with words but with our lives.”

“Like the Good Samaritan, we are called to be neighbors to all the wayfarers of our time, to save their lives, to heal their wounds and to soothe their pain.”

“Mary invites us to turn our gaze to the origin and goal of our existence, which is Jesus Christ. This encourages us to follow His example, walking the paths of peace, kindness, listening and patient and trusting dialogue.”

“The proclamation of Christ is one of hope. He knows the anguish and hope we bear in our hearts, the joys and struggles that mark our lives, the darkness that assails us, and the faith that we raise to Heaven like a song in the night.”

The Pope's Monthly Intentions for November 2023

Pray for the Pope.

We pray for the Holy Father; as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.



Knight in the Spotlight



Name: Joe Large

Hometown: Philadelphia
LaSalle University '81 Go Explorers

Go Eagles  Go Phillies 

Current Hometown: Clermont

Number of Years with the Knights of Columbus: 10

Degree of Knighthood: 3rd Degree

Knights of Columbus positions held

None — I am still working in sales. My position requires 80% travel. Looking forward to becoming more involved with positions once I retire.

Knights of Columbus programs involved in: Selling KOC tickets outside Church. Recruiting during Fall Festival
Working KOC booths & casino during festivals.

Occupation: Pharmaceutical Sales — Johnson & Johnson

Family (Wife, Children, number of Grand/Great Grand Children)

Wife — Elsa

Sons: Jonathan, Matthew, Daniel

Hobbies

Occasional Golf. Spending time with family when not traveling for work.

Mass Usually Attended: 10 AM

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Hey Brother, Did you Know.....?

Which Saint said this?

“The most deadly poison of our times is indifference. And this happens, although the praise of God should know no limits. Let us strive, therefore, to praise him to the greatest extent of our powers.”

St Maximilian Kolbe



Assembly 3025 News

Monthly Meetings:

2nd Thursday of each Month at 7PM

in the Adult Ministry Building
1190 Desoto Street, Clermont FL

Want to become a 4th Degree Knight?

Talk to Steve Cruz or any of the 4th Degree Knights to take the next step.

Council 13240

Council Meetings are every first Thursday of the month at 7PM. We will pray the Rosary before the meeting starting at 6:30PM.

Big Month for these Brothers

Birthdays

Michael Bilo
Michael Breza
James Fleming
Richard Ferris
Robert Mekosh
Vincent Palladino

Spouse Birthdays

None on File

Anniversaries

Paul and Bonnie Kleponis
John and Mathilda Granucci
Frank and Jacqueline Regiacorte
Allen James and Francine Venezia

Years of Service Anniversaries

Charles Szarapski 74
Peter Capece 44
John Granucci 42
Frank Patella 42
Richard Small 41
Stanley Sarnowski 28
Michael Crawford 26
Daniel Rini 25
Edward Smith 23
Joseph Pangia 21
Robert Britten 20
James Loesch 20
David Saucier 19
Joseph Lobbuono 17
Jose Rosario 16
Jack Kennedy 12
James Duarte 11
Victor Rivera 11
Victor Lira 10
Joseph Salvagna 10
Eugene Landry 10
Robert Mekosh 9
Vincent Palladino 8
David Palka 1

Back & Neck Pain



Staying Healthy Section

Back and neck pain can strike when you least expect it. A night sleeping in an awkward position results in a stiff, sore neck. One wrong twist while weeding your flowers sends a stab of pain through your back or neck that doesn't go away. The good news is that most back and neck pain gradually improves within a few days or weeks without a visit to your doctor. Often you can treat the injury or muscle strain on your own with some simple self-care strategies.

There are a number of steps you can take to ease your discomfort and help your body heal. You may find that some options are more helpful than others. Listen to your body and do what's most effective for you.

Some Home Remedies that may improve back or neck pain include:

- Hot and cold compression
- Over-the-counter pain relievers
- Daily activity
- Basic stretches
- Massage

Generally, it's recommended that you see a doctor if your symptoms don't start to get better within about three to four weeks. Also see a doctor if you begin to experience new or worsening symptoms, such as numbness, tingling or weakness in an arm or hand or leg or foot. Are there times when you shouldn't wait — when you should see a doctor right away?

Contact your doctor immediately if:

- Your pain follows a traumatic event, such as a fall or blow to your back
- Your pain is severe
- Your pain is accompanied by a fever of 100.4 F or higher
- You have loss of strength in a leg or arm
- You aren't able to control your bowels or bladder
- Your neck pain radiates down your arms or legs
- You have a headache, tingling or numbness along with neck pain

Yours in good health,

Mohamad Bydon, M.D. Medical Editor of *Back and Neck Health*

Financial Health: Security Best Practices.

Be alert. Never send money to someone you don't know in real life, especially through third party services such as Zelle®, Venmo and Cash App. Don't send a payment with gift cards. Legitimate businesses will never request a gift card to satisfy a bill.

Don't respond to unsolicited messages. Ignore and delete random texts and e-mails that ask you to click a link or provide personal information. Don't ever click links from untrusted sources.

Monitor your accounts regularly. Keep a close eye on your accounts, respond to fraud alerts and report unauthorized transactions right away.

Enable multifactor authentication. Enroll in Enhanced Authentication from your financial institution. Text or phone verification can give you a



THE GRAND KNIGHT AROUND TOWN



Pictured above from left to right:
Scott Dau (Director), Barbara Cox, John Martin (GK)

The Grand Knight and a few of the council officers visited the Neighborhood Center of South Lake on Thursday October 19th. This is a vital resource for our community. Located in Groveland, just a few miles from the church, it provides food and support services to South Lake County residents. This group directly helps our community and parish.

Question to the facility Director:
What are your 2 most pressing needs?
Answer: *Money and Volunteers*

Could the Knights help?

Center Stats:

Total Neighbors receiving assistance: **8039**
 Number of Clients over age 65: **1050** Number of Registered Children: **2576**
 Number of Families served on a typical day: **100-120** (in 3 hours)

Pictured below from left to right:
Barb Cox, Ernest Alcantara (FS), Karl Grabowski, John Martin (GK), Scott Dau (Director)

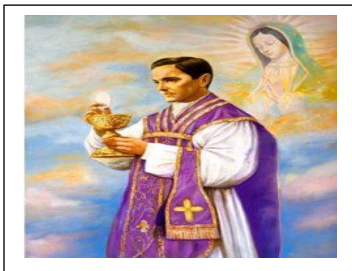


Pictured at right from left to right: Jose Rosario, Karl Grabowski, John Martin (GK), Scott Dau (Director), Ernest Alcantara (FS), Dave Swathwood (DGK)



Where will he be.....what will he do next?





The Blessed Father McGivney Page

Keeping the Faith

Father McGivney not only lived a life devoted to the Catholic faith; he also focused all his spiritual, mental and physical energies on helping others persevere and grow in that faith, and he guarded against whatever might diminish the practice of Catholicism.

For Father McGivney's newly formed Knights, protecting the faith of Catholics was the prime concern, and this quickly took three forms.

First, the Knights would serve as an antidote to those secret societies that lured Catholic men away from their faith by offering financial benefits.

Second, the Order's insurance program would help keep Catholic families together when a breadwinner died; this would also help prevent a loss of faith among widows and orphans forced to live in state institutions or with non-Catholic relatives or adoptive families.

Third, the Knights would champion the full rights of American citizenship for Catholics. This, too, would support the Church, since ensuring equal rights for Catholics would help limit the social or civil pressure on them to abandon their faith.

Practical Catholics

The one requirement of membership in the Knights of Columbus is that a man be a "practical Catholic" in union with the Holy See. What does the term "practical Catholic" mean?

Faith for Father McGivney and his Knights was not simply knowing the catechism, important as that is. It was putting into practice the Great Commandment of Jesus: To love God with all your heart and your neighbor as yourself. True to the parable of the Good Samaritan, love of neighbor does

(Continued: Faith)

(Faith)

not stop at the church door. It goes out into the streets, the highways and byways, to encounter those on the margins of society – who were often immigrant Catholics in Father McGivney's day – and bring them practical charity and fraternal love.

A "practical Catholic" has a love of home, family and church, where faith is nurtured. Yet his faith leads him into the world, even a world suffused with anti-Catholic sentiment, in the spirit of the Good Samaritan. He is called to bind up the wounds of the sick and abandoned, to provide for their temporal needs, to support the faith of Catholics and pass on the faith to inquirers, and to live a life of prayer and virtue, with love of God and neighbor.

Faith in Action

For more than a century, Knights of Columbus have followed the formula of faith put forth by Father McGivney. Today, with a model called Faith in Action, nearly 2 million Knights throughout the world live out the Order's principles of charity, unity and fraternity with programs such as Food for Families, Coats for Kids, Ultrasound Initiative, Special Olympics, Vocations Support, Global Wheelchair Mission, Habitat for Humanity, Consecration to the Holy Family, and days of spiritual reflection.

Thanks to the structure of the Order and the trust that Father McGivney placed in his men from the beginning, there is no limit to the good that a Knight today can do for his family, his parish, his council, and his community as he puts his faith into action.

Recruiting Members

Do you know anyone who might want to become a Knight and share in our activities?

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 or from council officers.



1st & 2nd Degree Knights



If you are a 1st or 2nd Degree Knight and want to be a 3rd Degree Knight, the staff is looking to hold an exemplification ceremony soon. Let the Grand Knight, Deputy Grand Knight or the Financial Secretary know you are interested!

Step back into the council..... step up to the 3rd degree..... and get involved in the upcoming year!

There are a lot of fun and interesting events going on ...and coming up! Come and see for yourself!



Council Officers

Grand Knight – John Martin
Deputy Grand Knight – Dave Swathwood
Chancellor – TBD
Recorder – Chris Duncan
Treasurer – Edward Smith
Advocate – Rosario Sulsentì
Warden – John Proteau
Inside Guard – Joe Pangia
Outside Guard – Jose Rosario
3 Year Trustee – Karl Grabowski
2 Year Trustee – Paul Kelponis
1 Year Trustee – Elliot Ogden
Lecturer – Peter Stauder



Assembly Officers

Faithful Navigator – Steve Cruz
Faithful Captain – Anthony Como
Faithful Pilot – Ed Smith
Faithful Comptroller – Joseph Landon
Faithful Scribe – TBD
Faithful Purser – Elliott Ogden
Faithful Admiral – Rosario Sulsentì
Inner Sentinel – Glenn Koch
Outer Sentinel – Joseph Pangia
3 year Trustee – Joshua Fonollosa
2 Year Trustee – John Proteau
1 Year Trustee – James Loesch
Color Corps Cmdr – TBD

Grand Knight Notes

Brother Knights,
 Most of my friends and family know that I'm an avid reader. I usually have two books on my nightstand along with a magazine or two. I also do some online reading as well. Recently I have been reading on the topic of gratitude and I came across some really good material. I wanted to share some of that with you. I hope you like it as well.

As you go about your day, watch for acts of gratitude, and take note of them.

Giving and receiving gratitude are both good for you and observing it is beneficial, too. Researchers call this the "witnessing effect" when you see one person, expressing appreciation to another you feel a greater sense of connection to both.

Whether you're at work or among family or friends, stay on the lookout for small moments of gratitude when they happen, savor the good feeling, and let yourself be inspired to pay it forward. Thankfulness is contagious.

See you all at the Knights Sunday Gathering on November 5th at the adult ministry building.

Vivat Jesus!
 John Martin- GK



Council Administration

Financial Secretary

Questions for the Financial Secretary? Ernest Alcantara is the Financial Secretary. His email is: KahluaBernard@outlook.com

Administrative issues

Nominations for the vacant Chancellor's position will be taken at the November Council meeting. Voting will take place at the December Council meeting

Prayer Requests

- + The Faithfully Departed
- + Joe Pangia
- + Joe's Wife Aileen
- + Joe's Daughter Grace
- + Ed Smith
- + Ed's wife Lynda
- + Karl Grabowski
- + Frances Dungan
- + Georgina Martinez (GK's Aunt)
- + Adriana Martin (GK's Wife)
- + All Saints
- + Intercession of Father McGivney

