



Knights of Columbus

Msgr. Martin B. Power Council 14573



December 2024

Council Officers

Grand Knight
SK Jose Montes
(321) 795-8171

Chaplain
SK Fr. John Bosco Maison
(321) 254-1595

Deputy Grand Knight
SK Jose Cardet
(321) 917-0447

Chancellor
SK Dwight Collins
(321) 960-6540

Warden
SK Bobby Sullivan
(321) 223-2473

Recorder
SK Bob Richmond
(321) 298-3884

Financial Secretary
Brother Richard Becker
(561) 523-0499

Treasurer
SK Randy Lascody
(321) 626-0804

Inside Guard
SK Joe Ameigh
(321) 242-0694

Outside Guard
SK Ralph Carestia
(321) 432-8439

Advocate
SK Frank Conley
(321) 255-2392

Lecturer
SK Deacon Chris Meehan
(321) 242-8003

Membership Director
SK John Miller
(321) 794-6620

Trustee (1 year)
SK Eddy Merlet
(954) 882-3687

Trustee (2 year)
SK Bill Quinn
(321) 917-8413

Trustee (3 year)
SK Dave AmRhein
(321) 591-6697



From the Grand Knight



Worthy Brothers and Sisters,

I hope you all had a nice Thanksgiving and had an opportunity to reflect on the many reasons to be thankful. We are now in the Advent season and waiting to celebrate and remember the birth of Jesus.

November was busy starting with the **All-Souls Commemorative Service**. Thank you to Rich Passarella and Lyn Becker for coordinating it and to Norm and Doreen Boudreau for reading the names of the faithful departed.

Next, we had the team of 12 Knights who worked at the Faith Fellowship Precinct on **General Election Day**. Prior to that all had to attend training and set up the day before. The team was led by Rich Passarella and included Eddy Merlet, John Pechar, John Miller, Mike Marzec, Jose Cardet, Randy Lascody, Bob Holby, Mike Smith, Dave AmRhein, Bill Quinn, and Jose Montes. These knights donate their pay to the council making this a substantial fundraiser.

Thank you also to the team who helped pack meals for **The Children Hunger Project**. 180 meals were packed in 30 minutes! We were told that was a record! Thanks to Jack Duggan, Kathy Harris, Ralph Carestia, Tom Giblin, Deacon Chris and Pat Meehan, Dan and Teresa Romano, Bob Richmond, and Dave AmRhein. We also had a Harry Vilchez as a guest who came out to help as part of his effort to understand what the Knights do.

Thank you also to Nick Cavano, Dwight Collins, and Eddy Merlet for helping with the District and Regional **Soccer Challenge** competitions at MCC. The State competition is December 7th at 10 AM.

Thank you to all who supported the Ladies Auxiliary with donations for **Thanksgiving baskets** for Social Concerns.

Thank you to Joe Ameigh, Bobby Sullivan, Juan Palacios, Paul Klein, Tom Giblin, and Daniel and Trealian Dang for helping set up the **Nativity Scene** and the **Keep Christ in Christmas Banner** in front of the Church facing US1.

Vivat Jesus,

**SK Jose Montes
Grand Knight**

The next monthly Council meeting will be held on December 19 at 7PM in the Knights Room. Power Rosary at 6:15 in the Ministry Building, Room 313.



Grand Knight Remarks Continued

Support for **Seminarians** – Letters of encouragement and a \$500 check were sent to 2 seminarians sponsored by our Council. They are Michael Ancil, who is studying at Pontifical North American College and Gavin Foreman, who recently started at the St Joseph Seminary College in Louisiana.

Please consider participating in some of the activities this month. The signups and information for all these events are on the [Upcoming Events](#) page of the website

- You can help sell Keep Christ in Christmas Magnets before and after Mass during the weekends in Advent.
- You can be a judge for the Keep Christ in Christmas Posters made by Ascension students.
- You can help serve coffee and donuts after one of the Sunday morning masses. This month is assigned to the Knights and we have 5 Sundays to cover.
- And finally, consider joining us at the Christmas Party on Saturday December 14th in the Buescher Center from 6PM to 9:30 PM.

The new year 2025 will soon be here. Please consider chairing or participating in the team that plans and executes some of these new year events:

- Fish Frys on Fridays during Lent after the Stations of the Cross
- 40 Cans for Lent Pledge Drive
- St Patrick's Day Dinner on March 15th in the Parish Hall

Regional Winners

- **Soccer Challenge.** The District Soccer Challenge was held on November 2 at MCC. We had 4 Ascension students move on to the Regional event held on November 16 at MCC. The State competition was held on Saturday, December 7. We have one student from Ascension who competed — Liana Roeder.

AGE	BOY/GIRL	PLC	SCORE	NAME
9	BOY	3rd	165	Pablo Guzman
10	BOY	1st	310	Hank Polinski
10	GIRL	1st	175	Wavy Dutra
11	GIRL	1st	190	Liana Roeder
13	BOY	1st	170	Gio Vargas

- **Breaking News! Liana won at the State Competition!**

- **Keep Christ in Christmas magnet sales** will be held before each Mass the weekend of November 30-December 1. We need a lot of help with this fundraiser. Since we have not had Wonderful Wednesdays, we hope to be successful and sell 416 magnets before/after the weekend masses in Advent. The magnets are \$5 each and there are 4 versions available and we need 6 volunteers before/after each Mass to help make these available to parishioners. To help, please click [HERE](#) to sign up.
- **Coffee and Donuts** - December is the month assigned for our Council to help serve Coffee and Donuts after the Sunday morning Masses. This year there are 5 Sundays in December and we need volunteers to cover them all, starting with Sunday December 1st. Please sign up [HERE](#) to help. It is simple and involves serving and cleaning up and leaving everything ready for the next Mass.



Notes from the Grand Knight

School Activities. We have provided the school staff with a plan of activities for this school year. This plan was approved by the school principal Mrs Claudia Stokes. Below are the scheduled activities ahead that we will participate in:

- **Keep Christ in Christmas Poster Contest (Dec)** - 3rd through 8th graders are eligible to submit Keep Christ in Christmas themed posters. There are three age groups and the winner in each age group receives a \$25 prize.
- **Adopt a Family (Dec)** - The Knights provide an assistance check to two families during the Christmas season. Your administration selects the families based mostly on need.
- **Council Free Throw Challenge (Jan/Feb)** - participants shoot free throws. Top scorers in two age groups and boys and girls categories advance to District competition.
- **Science Fair Judging (Jan/Feb)**, Knights provide a few judges for the annual Science Fair as requested by school staff.
- **MCC Scholarships (May)** - The Knights offer three scholarships to graduating 8th graders planning to attend MCC. Your administration selects the students.
- **Teacher Appreciation Luncheon (May)** - Knights offered lunch for the teachers and staff in appreciation for another successful school year.

Prayer Requests – Prayer requests can be sent via email to ascension14573@gmail.com, and can now also be submitted from the [council's website](#). Just [click on the Prayer Requests image](#) on the home page and you will be directed to a form where you can enter your request. An email will be sent to the Council and The Ladies Auxiliary to ask them to unite in prayer with you and your request will be also included in the monthly Power Rosary.

Renew Your Dues Now. July 1st marked the start of a new Fraternal Year. Our membership dues for the K of C Council 14573 are due at the beginning of the Fraternal Year. Regular dues are \$40 per year. If you have any questions about your dues, email Richard Becker at rit3722@gmail.com. Below are two options to pay our dues:

1. Pay by check payable to "K of C Council 14573" and hand the check to Richard Becker (Financial Secretary) or Randy Lascody (Treasurer) at the next council meeting or mail it to: "K of C Council 14573, Attention: Richard Becker, 4825 Tiverton Court, Melbourne, FL 32934"
2. Pay electronically using a Credit Card, Debit Card, PayPal, or Venmo. This can be done from the Council's website Dues page by [clicking on this link](#). If that URL link does not take you to the dues page, visit the main page here — [Council Website](#).
3. Please remember that your membership dues support Council sponsored charitable contributions, operations, and per-capita assessments from Supreme and the Florida State Council. The combined annual Supreme and Florida State Council assessments must be paid by the Council for all members on the roster, even if the member did not pay his dues. Paying your dues avoids the Council from having to use someone else's dues or funds targeted towards charitable contributions to cover members who do not pay, therefore we ask that you please stay current with your membership dues.





Notes from the Grand Knight (continued)

- **Council and Assembly Shirts.** The Council, Assembly and Ladies Auxiliary continue to use the embroidery services of Lady Joyce Defusco for shirts — and Joyce does an outstanding job! We also have red tee shirts available for \$20 which includes embroidery services. Tee shirts can also be ordered directly from the Knights online store and have Joyce embroider them if desired. See John for more information on Assembly or Council shirts and hats.
- **Assembly Star Shirt.** This is something we are always on the lookout to find. We have them sourced from Bartman but they are pricy there. FN John found a new source for the shirt that is much cheaper. You can take a look at [Epic Sports here](#) to see the shirt.
 - If you do use this option, Joyce will be happy to put your name and Assembly emblem on the shirt for a small fee. The total cost will be the shirt and the embroidery from Joyce. To keep things simple for Joyce, please order your Star shirt from John and pay him up front.
- **Bartman.** This too is always an option for Council and Assembly shirts. A little more expensive but you can order the shirt and get your name and Council or Assembly emblem on the shirt there — one stop. This company is owned and operated by a brother Knight and has proven to be very reliable in the past. The only downside is that the shirts are more expensive from Bartman — but the quality and service is excellent. You can order the shirt to your specifications yourself by visiting their website, calling, or visiting their shop. Or go through John and he will order the shirt for you. Any Knight shirt, hat, or other item or clothing can also be ordered from Bartman and can also be embroidered to your specifications.

[Visit Bartman here](#)



Congratulations to Past Grand Knight Sir Knight Dave AmRhein for receiving Supreme recognition of the council's achievements for fraternal year 2023-24 when Dave was Grand Knight. On hand at Council meeting was District 30 Deputy Pat Farrelly to present Dave with Star Council Award. The Award recognizes outstanding achievement in membership, insurance and programming. In order to achieve the Star Council Award, a council must earn the Father McGivney, Founders', and Columbian Awards. This award recognizes excellence in the council's programming and charitable outreach. The council must conduct and report programs in each of the four program categories (Faith, Family, Community, and Life) for a total of 16 program credits, with four in each category. Dave expressed his gratitude for this recognition and stated it was made possible by every Knight of our council who volunteered their time and talent in achieving the program goals. (From SK Rich Passarella)



Birthdays for December

Heavenly Father, We praise You for all Your gifts to us. In a special way, we thank You for our brothers as they celebrate their birthday. Bless them always in Your love. Bless us too, Holy Father, Help us all to praise You and give You glory Through Jesus Christ our Lord. Amen.

John De Stefon	December, 4
Glenn Paternoster	December, 7
Robert Sullivan	December, 12
Patrick Sullivan	December, 12
John Casko	December, 13
Le Roy Hennessey	December, 13
Robert Franco	December, 15
Harry Merlet	December, 15
Manuel Mendoza	December, 16
Gregory Mockensturm	December, 18
Benton Cortes	December, 19
Thomas Manewitz	December, 19
Hai Kieu	December, 20
Dean Fitzgerald	December, 21
Albert Odorizzi	December, 23
Reynaldo Sepulveda	December, 25
Juan Palacios	December, 27
John Harter	December, 28
Edward Barry	December, 30
Douglas Blair	December, 31

You can find the Ascension 14573 Monthly Newsletters
on the [Ascension Knights Council & Assembly Website](#)
[Click here](#) to view the latest Activity List.

**Dec
2024****COUNCIL ACTIVITIES**

Monsignor Martin B. Power Council #14573
 Council Email: ascension14573@gmail.com



Council #14573 – 2009/10/11/12/19 Florida State Council of the Year

DATE	TIME	EVENT	CHAIR
Sun 1 st	All Masses	Food for the Poor/ Red/Assembly Shirt	SK J. Kelly
	All Masses	Keep Christ in Christmas Car Magnet Sales	SK J. Cardet
	All AM Masses	Serve Coffee and Donuts (Parish Hall)	SK J. Miller
	1345	Life Chain (Pineda and Wickham)	SK B. Sullivan
Thu 5 th	1815	Chaplet of the Divine Mercy	SK R. Carestia
	1900	Assembly Meeting Knight's Room – 312	WFN B. Quinn
Fri 6 th	0900 - 1000	Highway Cleanup (Knight's House)	SK R. Lascody
Sat 7 th	1000 - 1200	State Soccer Challenge (MCC Football Field)	SK D. Blair
	1400	Bible on Parade (Start/Finish MLB Auditorium)	CCC E. Merlet
Sat 7 th – Sun 8 th	All Masses	Keep Christ in Christmas Car Magnet Sales	SK J. Cardet
Sun 8 th	All AM Masses	Serve Coffee and Donuts (Parish Hall)	SK J. Miller
Thu 12 th	1830	Council Officers' Meeting (Knights Room – 312)	GK J. Montes
Fri 13 th	0900- 1100	Keep Christ in Christmas Poster Contest Judging (Buescher Center 411)	SK D. AmRhein
Sat 14 th	0715	Pray for Life (In Orlando, Meet at North Melbourne Home Depot)	SK R. Sepulveda

DATE	TIME	EVENT	CHAIR
Sat 14 th	0930- 1130	Wreaths Across America (Shady Oaks & JS Sloan Cemeteries)	WFN B. Quinn
	1800- 2130	KofC Christmas Party (Buescher Center 411) Reservations Deadline Fri 12/6	R. Becker
Sun 15 th	All AM Masses	Serve Coffee and Donuts (Parish Hall)	SK J. Miller
Thu 19 th	1815	Power Rosary (Rm 313 Ministry Building)	SK B. Sullivan
	1900 - 2000	Council Meeting (Rm 312 Ministry Building – Knights Room)	WGK J. Montes
Sun 22 nd	All AM Masses	Serve Coffee and Donuts (Parish Hall)	SK J. Miller
	1030 - 1300	Council 14573 Daily Bread (815 E Fee Avenue)	SK R. Robinson
Sun 29 th	All AM Masses	Serve Coffee and Donuts (Parish Hall)	SK J. Miller

LOOK AHEAD

DATE	TIME	EVENT	CHAIR
Jan 11 th	TBD	Flag Retirement Ceremony	WFN B. Quinn
Jan 18/19 th	All Masses	Global Wheelchair Mission	GK J. Montes
Jan 27/28	TBD	Council Free Throw Championship	SK M. Marzec

***Please provide inputs for the monthly council events to Jose Cardet at: fso123788@cfl.rr.com

Near Term Important Dates at Ascension Parish:

- Monday December 9th - Feast of the Immaculate Conception – Holy Day of Obligation
- Wednesday December 25th - Christmas Day
- Each Wednesday (except for 12/25) : Holy Hour (1700-1800)

Activity Chairmen Phone Numbers:

WGK Jose Montes	321-795-8171
WFN Bill Quinn	321-917-8413
DGK J. Cardet	321-951-6476
SK Randy Lascody	321-626-0804
SK Ric Robinson	321-501-6772
SK Rey Sepulveda	321-255-3706
SK Bobby Sullivan	321-223-2473
SK D. Blair	321-412-2191
SK R. Carestia	321-432-8439
Richard Becker	561-523-0499

Ladies Auxiliary President Becky Richard	412-779-9970
Ladies Auxiliary Vice President Lyn Becker	561-531-3173

[Click here](#) to subscribe to the Council and Assembly Calendar.



CHRISTMAS MASS SCHEDULE

CHRISTMAS EVE

Tuesday, December 24, 2024

4:00PM - Church

3:30PM Prelude - Youth Choir

4:00PM - Hall

3:30PM Prelude - Contemporary Music Group

6:30PM

6:00PM Prelude - Adult/mix Choir

9:00PM

8:30PM Prelude - Contemporary Music Group

11:30PM

11:00PM Prelude - SCHOLA (Small Choir)

CHRISTMAS DAY

Wednesday, December 25, 2024

9:30AM • 11:30AM

No 7:30AM or 5:30PM Mass

MARY MOTHER OF GOD

Sunday, December 31, 2024

4:30PM Vigil

Monday, January 1, 2025

9:30AM • 11:30AM

No 7:30AM Mass



✦ THE 4TH DEGREE ✦



✦ PATRIOTISM ✦

Assembly Officers

Faithful Navigator
SK Bill Quinn
(321) 917-8413

Faithful Friar
SK Fr. John Bosco Maison
(321) 254-1595

Spiritual Advisor
SK Deacon Tom Stauffacher
(321) 242-4504

Faithful Captain
SK Rob Light
(321) 626-9641

Faithful Pilot
SK Ralph Carestia
(321) 432-8439

Faithful Admiral
SK John Pechar
(724) 263-0273

Faithful Comptroller
SK Randy Lascody
(321) 626-0804

Faithful Purser
SK Elmer Rivera
(787) 619-7684

Faithful Scribe
SK Bob Richmond
(321) 298-3884

Faithful Inner Sentinel
SK Bobby Sullivan
(321) 223-2473

Faithful Outer Sentinel
SK Joe Ameigh
(321) 242-0694

Trustee (One Year)
SK Eddy Merlet
(954) 882-3687

Trustee (Two Year)
SK Jim Chatman
(321) 223-8963

Trustee (Three Year)
SK Rich Passarella
(321) 431-0982

Color Corps Commander
SK Eddy Merlet
(954) 882-3687

BISHOP NORBERT M. DORSEY CP ASSEMBLY #3482



From the Faithful Navigator



Sir Knights

National Elections. We had 10 volunteers who worked the National Election held on Tuesday, November 5. All money received by our volunteers will be donated to the Council and Assembly. We have had this regular group of volunteers for quite some time, so if this is something you think you would like to try, contact SK Rich Passarella for details. This would be for the next election, so you would have plenty of time to prepare. A big thank you to all who were able to support the election — it was a very long day of over 17 hours but their efforts will bring in \$2000 to the Council Treasury. And we can all thank God for the rejection of Amendments 3 and 4!

Veterans Day

- We had talked about a flag ceremony at J.N Tucker Memorial Cemetery. But after having thought about this a bit more — Veterans Day is a day set aside to honor those veterans who are still with us; Memorial Day is when we honor those veterans who have passed. So we will wait until Memorial Day to honor the Veterans at Shady Oaks.
- We did have a wonderful ceremony here at the Church at IPM on November 11. This annual event was performed by the Ascension School and honored all Veterans here in the Ascension Community.
- There was also a ceremony at the Veterans Center on Merritt Island at 9:30 on November 11.
- The Council and Assembly also participated in the Palm Bay Veterans Parade on Saturday, November 9.

Wishing you all a wonderful and Blessed Advent season and a happy and prosperous New Year.

Vivat Jesus

SK Bill Quinn
Faithful Navigator



J.N. Tucker Memorial Cemetery

- **Wreaths Across America** is an annual event that we will be doing once again at J.N. Tucker Memorial Cemetery on Saturday, December 14 at 9:30.
- We will also need to plan a clean up day for the cemetery. There is still a lot of debris there from the hurricanes that needs to be removed. That and general cleanup is necessary to keep the cemetery in tiptop shape. The Brevard County Veterans Cemetery Restoration Committee does plan to have a cleanup day soon. More on this to come..

Corporate Communion was held on November 17 at 11:30 Mass. Thank you all for your participation.

Our **next meeting is January 2** at 7PM in the Knights Room. Immediately before the meeting at 6:30 we will pray the Chaplet of the Divine Mercy. We moved the Chaplet to 6:30 in hopes of increasing participation. We will also try and move it next door to room 313 (if available). This was our second month to pray the chaplet and we had 7 people who came early at 6:15 to join in. Please do try and get here a little early so you can participating in the Chaplet.

- The Chaplet of Divine Mercy is recited using ordinary Rosary beads of five decades. The Chaplet is preceded by two opening prayers from the *Diary of Saint Maria Faustina Kowalska* and followed by a closing prayer.

[How to Recite the Chaplet](#)

We had a rousing election last month. Here are a few words on the election from SK Deacon Chris Meehan from our last Assembly meeting.

All of you as Knights should take a look at how we can help grow our community — the local community, the state and Nation and of course our Parish Community. We had a lot of things go in our favor this election especially with Amendment 4 not being approved. Of course that will not be the end as far as Pro Choice advocates are concerned. So we have to continue to do all we can to support life and justice. We can use these years before the next major election to try and educate the culture — to use our own circles of influence to spread the word and perhaps guide our friends and family who may be influenced by some of the extremes of our current culture. We can remind them of what we as Catholics are all about. As Knights we have an special obligation to do that.

Next Assembly Meeting — January 2, 7 PM in the Knights Room
Chaplet of the Divine Mercy Prior to the Meeting at 6:30



FOCUS ON CHARITY

The Children's Hunger Project at Ascension Catholic Church

Under the guidance of The Children's Hunger Project, whose main office is in Cocoa, Ascension Parish has "adopted" three local elementary schools, committing to financing, packing, and delivering meals for the weekends for needy children in those schools. Currently we at Ascension support 183 children with weekend food packages, but that number is expected to grow based on historical trends. The Children's Hunger Project throughout Brevard County provides over 4,300 meals a week to needy children in 60 schools.



Women of Faith and Prayer Shawl Ministry assist with meal packing.



A huge shout out of thanks to the Women of Faith Bible Study Group that packed 200 meals on September 17th, The Prayer Shawl Ministry that packed on November 7th, and the Knights of Columbus that packed on November 14.



Knights of Columbus assist with meal packing.

If you/your family/your parish group would like to help us in this parish ministry please contact Eileen or Tim Hillmann by email at childrenshungerproject@ascensioncatholic.net or by telephone (leave name and your number) 321-364-1003.

If you are not able to pack, but would like to offer financial support, donations may be sent to the main office at **The Children's Hunger Project, 26 Forrest Avenue, Cocoa, Florida 32922**. A one time donation of \$190 (or 12 monthly donations of \$16) feeds one child for the entire school year. We are currently supporting 183 children, times \$190 per child for the school year equals

\$34,770.00. All donations of any amount are greatly appreciated. Please indicate on your check "on account of Ascension Catholic Community."

On behalf of The Children's Hunger Project and the children we serve, thank you for your support!

For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me something to drink; I was a stranger, and you invited Me in;

— Matthew 25:35 [NASB]

Adopt-a-School Program



Adopt a School Program

In Brevard County, more than 60% of children utilize free and reduced-price meal programs through their schools, and although students are provided for during the week, the weekend is often unaccounted for. As a result, many kids are at risk of childhood hunger and malnutrition. The Children's Hunger Project, Inc. (CHP) exists to help elementary schools provide food for the weekend to as many kids as possible every week.

FAST FACTS:			
The cost to feed one child per year is	Currently, 60 schools feed children through our program.	CHP serves more than 4,300 food packages every week.	Schools have 20-400+ children who need our services.
\$190			



Fourth Degree Exemplification Ceremony

On Saturday November 30th five of our Knights attended the Florida District, De Soto Province Patriotic Exemplification at Resurrection Catholic Church in Winter Garden, Florida. Let's welcome to Bishop Norbert M Dorsey, CP Assembly 3482 our new 4th Degree members: Sir Knights Issac Dominguez, Brian Ellerhorst, Eddie Farrell, Mike Marzec and Jim Guin. Supporting our new Sir Knights at the Patriotic Exemplification was Assembly Faithful Navigator Sir Knight Bill Quinn, Faithful Comptroller Sir Knight Randy Lascody and PGK and PFN, Faithful Membership Director Sir Knight John Miller. This is first Exemplification under our new State Master Robert Urrutia and it was celebrated in honor of Past State Master John O'Toole. Let's congratulate and welcome our new Sir Knights. (From SK Rich Passarella)



Knight of the Month for November — SK Mike Marzec



All Souls Day Memorial Service

As we have done in years past, the Knights recognized brothers and sisters who have passed. This year, this was done after the 4:30 Vigil Mass. Thank you to all those who attended and participated in the service — special thanks to SK Norm and Doreen Boudreau for the reading of the names.





Around the Ascension Community



Highway Cleanup November 1



Daily Bread November 24



Edward and Eugena Krassel Memorial Bench



Packing meals for Children's Hunger Project



Christmas Nativity setup — November 30





Around the Ascension Community



Funeral at Holy Name — November 19



La Petite Academy Thanksgiving donations to the vets



Veterans Day Parade — Saturday, November 9 — Palm Bay



Spiritual Corner from SK Deacon Chris Meehan

Deacon Chris gave a wonderful talk on “Gratitude.” Below are his notes from the talk:

How Practicing Healthy Gratitude Can Help You Navigate Life’s Challenges

Posted on November 5, 2024 by Rachael Popcak

“Just be grateful.” It seems like everyone is touting gratitude lately: Kelly Clarkson is “Thankful,” medical researchers say it’s good for you, and even the makers of home décor want us to be “Grateful,” in loopy, cursive writing. Later this month, most Catholics will undoubtedly hear a sermon on gratitude connected to the celebration of Thanksgiving.

But what if you aren’t feeling grateful? What if, in fact, you feel like you’re struggling to keep your head above the waves?



Gratitude Isn’t About Denying Real Problems

Rachael Isaac, a pastoral counselor at CatholicCounselors.com, runs into this a lot.

“One of the common misconceptions that I come across is, ‘Oh, I should just be grateful,’ meaning I should just be grateful and ignore my struggles,” Isaac explains. “But gratitude is not meant to invalidate our struggles. It’s a way to help us gain a better perspective on them.”

Rather than viewing gratitude as an either/or proposition—either we’re grateful or we’re acknowledging difficulties—Isaac advocates for a both/and approach.

“We have to acknowledge when bad things are bad,” she says. “That’s okay. We can acknowledge when hard things are hard. But then we can say, ‘Okay, what is also true? What also exists? What are the good things that are also happening in my life?’”

This balanced approach serves a practical purpose beyond mere positive thinking. As Isaac points out, “it allows me to break out of that all-or-nothing thinking, it allows me to see something other than the anxiety that I am experiencing due to the challenges that I’m facing.”

The Many Benefits of Gratitude

Humans are wired to give more of their attention to threats and challenges. That’s a useful trait if you’re battling a predator or figuring out how to stave off hunger or cold. But focusing too narrowly on your problems can actually be counterproductive: when your brain is on high alert, it may be more difficult to think through complex challenges that require a more nuanced solution than fight or flight.



Intentionally acknowledging the good as well as the challenge allows us to calm down and puts the brakes on the stress hormones flooding our brains. “And that allows us to bring that more solution-focused part of our brain online, so that we can think through our challenge,” Isaac says.

The past few decades have seen an explosion of research into the benefits of practicing gratitude, with researchers saying it can help improve sleep, cardiac health, social connections, mood, and problem-solving abilities, to name a few. The Bible recommends giving thanks to God as well, and spiritual masters have been pointing to the importance of gratitude for thousands of years.

But while the benefits of gratitude are well-attested, developing the practice takes time and intention.

“More often than not, it’s not a natural thing for people to do,” Isaac acknowledges. “At the end of our day, we kind of go through that litany of ‘didn’t get this done, I should have done this, I should have said this in that conversation.’ All these things are still on my to-do list that now I have to add on to tomorrow...”

“That’s what we’re thinking about, and it requires some very conscious and intentional effort to say, ‘What went well today?’”

Practicing gratitude can be even more challenging for people who have feelings of low self-esteem or who suffer from religious scrupulosity, the sense that they can never be “good enough” to deserve God’s love and care.

The good news, Isaac says, is that the more we practice gratitude, the easier and more natural it becomes.

Three Tips for Effective Gratitude Practice

To help practice gratitude in a healthy way, Rachael Isaac offers her clients several practical tips.

First, be specific about what you are grateful for now, today. Yes, you “should” be grateful for your family, for the roof over your head, for your health. But reciting the same broad categories every day dilutes the power of gratitude.

Second, set aside a few moments at the end of the day to practice gratitude, but also begin practicing it in the moment. For example: “You’re driving to the store, and the store is packed...and then you find a parking space really close to the door. And you take that moment to say, ‘Oh, thank you, Lord.’”

And third, write it down. Keeping a gratitude journal can actually be quite helpful. You’re more likely to stick with the practice if you have to sit down with a pen and paper, plus writing engages more areas of our brain so that our act of gratitude leaves a more lasting impression.

Here are a few questions Rachael Isaac suggests to make the above points practical and simple:

- What went well today?
- Where did I see beauty today?
- What did I do well today?
- What blessings did I receive today (that parking spot, or kind words from a friend)?



A New View of Life

For clients who embrace this balanced approach to gratitude, the results can be profound. "People feel a lot more peaceful and a lot more hopeful," Isaac reports. "Because again, it doesn't make everything better, but it allows us to see that the good exists, too."

This shift can be even more profound for people who feel they are not "good enough" to receive God's blessings.

"It can really start to draw us into a closer and healthier relationship with God," Isaac explains. "I'm not doubting his love for me anymore, I can see it all around me."

The practice of gratitude, when approached with balance and intention, offers more than a temporary mood boost—it provides a pathway to deeper peace, stronger faith, a more nuanced understanding of our life, and more resources for creatively tackling our troubles and challenges.

If you are struggling with anxiety or negative thinking, reach out to Rachel Isaac or the other pastoral counselors at CatholicCounselors.com <<https://catholiccounselors.com/>>. And if you are ready to begin journaling, and cultivating a new mindset, take a look at "A Beautiful Life: A Year of Monthly Journal Prompts for a Happier, Healthier, Holier Mindset" <<https://catholiccounselors.com/product/a-beautiful-life-a-year-of-monthly-journal-prompts/>> .

FOCUS ON GRATITUDE

Official welcome back to the church building is 1st weekend of Advent!

It is with great joy that we announce the conclusion of Phase 1 of Ascension's Renew the House of the Lord renovations and our return to the church building for Advent through Easter 2025. We give thanks to God for the blessing of safety upgrades that bring our sanctuary and church building up to current code.

You may notice subtle aesthetic improvements such as the upper walls, new paint, and conceal boxes that cover the fire sprinkler piping running along the original wooden ceiling beams.

Phase 1 of the renovation completed an immense amount of work that was required behind the walls, along the ceiling, and to the east grounds of the property with the installation of a new plumbing and fire sprinkler system. New sound insulation has also been installed which will complement the change in acoustics resulting from the

renovations. These were the projects intended for completion in Phase 1 and all has been completed according to the schedule that was set.

Now, what everyone is really looking forward to are the projects of Phase 2 which will commence summer 2025! This is the beautification phase. The sanctuary will be renovated to include the Tabernacle front center, a handicap access ramp to the sanctuary, new altar and ambo. Statues of the Blessed Mother and St. Joseph will flank each side of the sanctuary. New flooring and pews will be installed.

Again, thank you Ascension Community families, ministries, volunteers, staff and clergy for your presence each week at Mass and for your gracious patience and support throughout this first phase of our Renew the House of the Lord Campaign.





Article from our seminarian Michael Anctil submitted by Lady Susan Blair

A blessed Advent season to you all. Thank you for your continued encouragement of me through your prayers and support as I continue as a seminarian along the formation journey towards ordination to the priesthood. I am now in the midst of my fourth year as a seminarian; this is my second year of formation and theology study near the center of the Church in Rome.

This summer I was helping in a parish in my diocese, just outside of Richmond, Virginia. It is always wonderful to be in a parish and to be able to spend some time accompanying people on their journey of faith. Following the summer of pastoral ministry, I returned to Rome to help with orientation for the newly arriving seminarians. Having been in their same situation a year prior, it was a blessing to be able to begin to get to know them and to help them as they acclimated to life abroad.

The academic calendar is delayed in Italy compared to the United States, so we begin our priestly formation activities and conferences several weeks before academic classes begin. This year, my second-year brother seminarians and I are spending a lot of time learning about and practicing homilies. A gifted preacher teaches us, and we are in small groups to practice and receive feedback. It is good to be able to learn and practice an activity so closely linked to the role of the priest, who, through his preaching, communicates and explains the saving work of the Lord in order to help bring men and women closer to God. It is a further grace to be able to hear some of my brothers and friends preach edifying messages that impact me now; I know in a few years they will be helping lead others towards Jesus.

Academic classes began in October, where we primarily learn about scripture and theology (a study of God). The classes often feed and support one another. I continue to help at a refugee center in the city on Mondays. The city itself is under much construction as we are about to begin the Church's jubilee year. Associated with the restoration and cleaning work in the Basilica of Saint Peter, the ancient chair of St. Peter is temporarily on display in the center of the church (see the photo). Normally it is housed in a bronze reliquary.



As we enter into the Advent season, we may think of many things. In the busyness and the memories of this time, one of our important thoughts as Catholics is on the birth of our savior. When the Magi arrived at the place where Jesus had been born in Bethlehem, they were filled with an extremely great joy, as Saint Matthew tells us. Next, they entered and worshiped the Lord. In the midst of the darkness, they had followed the glimmer of light that led them to the true Light, Jesus Christ. Only in Jesus do we find our ultimate fulfillment and happiness. Only in him do we find our true purpose. May we draw ever closer to him this Advent season so that we, too, can find true joy as the Magi did. Jesus is always waiting for us, always loving us, always wanting to draw us closer to himself. In his graciousness, he left us the sacraments of Confession and the holy Eucharist to bring us to himself in a supernatural way. Let us recommit ourselves to these fountains of grace.

May God bless you.

Michael Anctil
Seminarian, Diocese of Richmond
Pontifical North American College



From the Ladies Auxiliary



Wishing all of you a Blessed Advent! I pray that Thanksgiving found each of you surrounded by loved ones, family and/or friends. I know that our Ladies have been busy serving our community, as always! Here are a few highlights from November...

Both District and Regional Soccer Challenges took place in November, with Susan Blair as Co-Chair. Thank you to Susan and all who helped in these fun events.

All Souls Day was observed and that means there was a candlelight service planned. Thank you to Laurie Chatman, Co-Chair, and all who helped and participated.

November also meant it was time for our LA Annual Thanksgiving Collection for Social Concerns. This collection took place over three weekends, and was headed up by Co-Chair, Lyn Becker. A big thank you goes out to Lyn and all of her angels who helped with this collection. Also, thank you to all of you who donated. I am thrilled to report that an outstanding \$7,000 was presented to Social Concerns from this collection, which will go far to help in serving our community at Thanksgiving! Right you will see the presentation being made by all of those who helped make this collection possible. Well done!



Looking ahead, the Ladies agreed to make our annual donation to the Ascension Angel Tree. Our Treasurer, Grace Bono, has already purchased \$250 worth of \$25 gift cards and they are in the hands of those collecting for this year's Angel Tree, which should have made its appearance in the Narthex very recently. Thank you, Grace, for carrying out the details of this year's donation!

Also looking ahead, plans are well underway for our KoC and LA Christmas Party, to be held December 14! The Annual Bible on Parade will be taking place on Saturday, December 7. There will also be a State Soccer Challenge, and a Keep Christ in Christmas Poster Contest.

A lot going on, as always, to keep one as busy as they would like to be! What a blessing!

Just a reminder that our next Ladies' Auxiliary meeting will be held on Thursday, January 16. I am very much looking forward to being back in Florida and seeing you all there! Until then, have a beautiful Advent and a very Merry Christmas!

Your Sister in Christ,

Becky Richard
President, Ladies Auxiliary



INSURANCE FIELD AGENT



**Knights of
Columbus®**



Knights of Columbus®
INSURANCE
YOUR SHIELD FOR LIFE™

John G. Barfield, FICF

Field Agent

407-433-5421

john.barfield@kofc.org



**Life Insurance • Long-Term Care Insurance
Retirement Annuities • Disability Income Insurance**

Protecting Catholic families since 1882.

As Knights, we emphasize the importance of keeping Christ in Christmas. In fact, keeping Christ at the center of everything we do is a year-round mission. Whenever we serve our parish or community, we serve Christ. I also see my service to families as a way to honor Him. When I sit down with a family and help them ensure their financial protection, I am serving His Church. I think about this often, and as I look back on the year – reminiscing on all of the relationships I have made with Knights and their families, and the security I have helped provide them; I am incredibly grateful!

Now, I ask you – as we close out 2024 and as you spend additional time with your family, consider how any changes from the past year might affect your financial portfolio. Even joyous occasions like buying a new house or sending a kid to college this fall can impact your needs. Are you certain your current coverage is adequate and up to date? What would your family's financial situation be this time next year if the unimaginable happened to you or your spouse? Is there a change of beneficiary needed? These are all good questions to reflect on.

If your answers to these questions are not certain, I encourage you to set up time to meet with me. Let's work together to create a plan that would not only help protect your family but give you the peace of mind and security you all deserve.

Meanwhile, may you each have a holy and peaceful Christmas season with your loved ones. Let's continue to focus on Jesus through the end of this year, and let's pray for one another — especially for those who may be struggling in any way during the holidays.

If there is any way I can offer help, please reach out to me.

Thank you and Merry Christmas!

Vivat Jesus!

John Barfield FICF, MDRT

1900 S. Harbor City Blvd.

Suite 321

Melbourne, FL 32901



www.johnbarfieldkofcbenefits.com

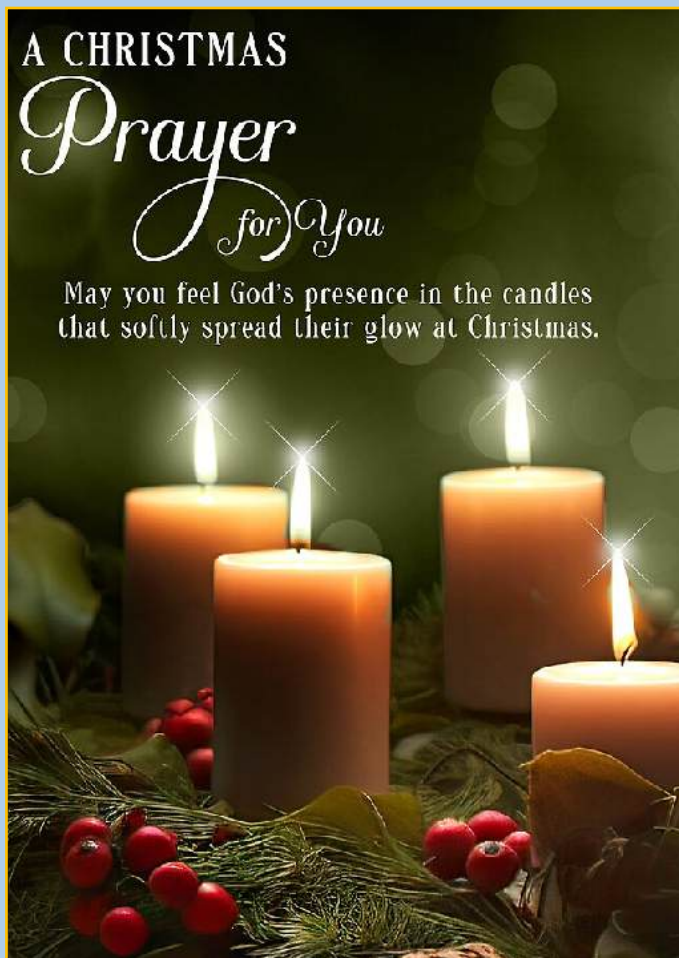
Email: john.barfield@kofc.org

Office Ph#: 321-294-3086

Personal Ph#: 407-433-5421



Pope John XXIII's Christmas Prayer



O sweet Child of Bethlehem, grant that we may share with all our hearts in this profound mystery of Christmas. Put into the hearts of men and women this peace for which they sometimes seek so desperately and which you alone can give to them. Help them to know one another better, and to live as brothers and sisters, children of the same Father. Reveal to them also your beauty, holiness and purity. Awaken in their hearts love and gratitude for your infinite goodness. Join them all together in your love. And give us your heavenly peace. Amen.

Christmas Eve Prayer

Loving God, Help us remember the birth of Jesus, that we may share in the song of the angels, the gladness of the shepherds, and worship of the wise men. Close the door of hate and open the door of love all over the world. Let kindness come with every gift and good desires with every greeting. Deliver us from evil by the blessing which Christ brings, and teach us to be merry with clear hearts. May the Christmas morning make us happy to be thy children, and Christmas evening bring us to our beds with grateful thoughts, forgiving and forgiven, for Jesus' sake. Amen.

Prayer for Christmas Dinner

Eternal God, This joyful day is radiant with the brilliance of your one true light. May that light illuminate our hearts and shine in our words and deeds. May the hope, the peace, the joy, and the love represented by the birth in Bethlehem fill our lives and become part of all that we say and do. May we share the divine life of your son Jesus Christ, even as he humbled himself to share our humanity. Bless us and the feast that You have provided for us, let us be thankful for the true gift of Christmas, your Son. Amen.

Prayer for Christmas

A Root shall come forth from the stock of Jesse And a Flower shall rise out of his root! And the spirit of the Lord shall rest upon Him the spirit of wisdom and of understanding, the spirit of counsel and of fortitude, the spirit of knowledge and of godliness. The people that walked in darkness shall see a great light, For a Child is born to us and a Son is given to us. To Him all power shall be given. His Name shall be: Wonderful One, Strong God, Eternal One, Prince of Peace. He shall sit on the throne of David, And He will found a new Covenant which will last for ever and ever. Amen.



Videos of the Month





Ascension Catholic School





🙏 **Prayer Requests** 🙏

Pray For Recently Deceased

Pat Beall, sister of PGK/FN Bill Quinn,

Healthcare Providers and First Responders Worldwide

Service Men and Women serving our Country Worldwide

Victims of Hurricanes, Tornadoes, Fires and other Natural Disasters

Refugees and others suffering from the Terrorist Attack in Israel, the invasion of Ukraine and loss of life in other war-torn areas

All those suffering under the jack boots of oppression

All those in need of prayers for health issues

WRA SK Gerry Grillo

SK Doug Blair

SK Marc Worchel

SK Werner Schulz

SK Pat Martin

SK Earl Miller

SK Allen Allebach

SK Nicholas Desimone

Brother Bill and Betsy Hampton

Lady Phyllis Ceravolo

Lady Zory Cortes

Jacob, Son of WRA SK Gerry Grillo

Genevieve Harris, granddaughter of Lady Kathy Harris and SK Jack Duggan

Tatiana Karpova, wife of Brother Knight Gus Velazquez

Chris McCord – Brother Knight Tom Giblin's son's father-in-law

All Those Men in Formation for the Sacrament of Holy Orders – Priest and Deacon

Michael Anctil

Jonathan Amgott

Gavin Foreman

SK Rob Light

Prayer for Blessed Michael McGivney

God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Blessed Michael McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue, may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church. Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify Blessed Michael McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (here make your request). Through Christ our Lord. Amen.



Power Rosary



My Brothers and Sisters,

Monthly Power Rosary — Power Rosary every 3rd Thursday with SK Bobby Sullivan and SK Ralph Carestia — immediately before the membership meeting in the Ministry Building, Room 313 — 6:15 PM. Contact Brothers Bobby or Ralph if you want to lead one of the decades.

They sought strength in solidarity, and security through unity of purpose and devotion to a holy cause: they vowed to be defenders of their country, their families and their faith.

These men were bound together by the ideal of Christopher Columbus, the discoverer of the Americas, the one whose hand brought Christianity to the New World. Their efforts came to fruition with the incorporation of the Knights of Columbus on March 29, 1882

Behold, how good and how pleasant it is for brothers to dwell together in unity! (Psalm 133:1)





**Knights of Columbus
Council 14573
Ascension Catholic Community
2950 N. Harbor City Blvd
Melbourne, Florida 32935**



And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth. (*John 1:14*)

Editor
SK Bob Richmond
bobr52@gmail.com

!!!PLEASE BE AWARE!!! EMAIL AND TEXT SCAMS CONTINUE TO CIRCULATE!!! Please spread the word among your fellow Knights.

If you receive an email or text that appears to be from any Council or Assembly Officers, Church clergy or staff member requesting a moment of your time, need your help, asking for a favor, etc. **DO NOT REPLY!!** These scam emails continue to circulate and parishioners, out of the goodness of their hearts in trying to help, are falling victim.

We will NEVER request special favors, ask for your time, ask you to buy gift cards or make any such request via email or text, nor will any clergy or staff. PLEASE DELETE IMMEDIATELY AND DO NOT CLICK ANY LINKS. No matter how authentic it looks, it is a scam.