



Knights of Columbus

Msgr. Martin B. Power Council 14573



March 2025

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,

What a busy time of the year! Wow, there is a lot going on during this season of Lent. We started some planning in January for this and it is finally here.

In February, the Polar Plungers including Fr. John and Fr. Zach took the plunge in the ocean for Special Olympics and raised \$2900! Thank you to the Polar Plunge team and to Paul Kuracz for leading that program. We also had District and Regional Free Throw Championship competitions and I would like to thank SK Mike Marzec, SK Dwight Collins, and SK Bob Richmond for helping with those. The State competition will be on March 9th at MCC at 10 AM. On February 24th we received the Sacred Heart of Jesus Pilgrim Icon on the 25th conducted a Holy Hour presided by SK Deacon Chris. Our thanks to SK Rich Passarella for coordinating the activities related to hosting the icon.

During February we also did a lot of planning and now we transition into execution. We start March with a super busy March 1st that includes the [Laps for Life](#) at 9AM at MCC, then our Corporate Communion at the 4:30 Mass, and a social gathering afterwards. Lent starts on Wednesday March 5th, and so does the [40 Cans for Lent](#) pledges. Then we start the first of our [Lenten Fish Dinners](#) on Friday March 7th, followed by the [St Patrick's Day Party](#) on Saturday March 15th, and 3 more Fish Dinners on the 21st and April 4th and 11th.

There are also requests to help with school related events like the setup for [Space Day](#) on March 9th and set up, serving, and teardown for the Gala.

April might not be as busy as March but it will be the month we launch the Baby Bottle Campaign with the bottle distribution on Divine Mercy weekend.

I would like to welcome Jose Rodriguez who is our newest Knight and a great addition to our council, as well as Brothers Brian McCann and Nick Garcia, who have transferred into our council. We look forward to seeing them engaged and active in our council.

Please keep an eye on emails and on the [Upcoming Events](#) Page of the website for details on the activities and also to sign up to help. Thank you for making all of these activities happen!

Vivat Jesus,

**SK Jose Montes
Grand Knight**

The next monthly Council meeting will be held on March 20 at 7PM in the Knights Room. Power Rosary at 6:15 in the Ministry Building, Room 313.



Grand KnightRemarksContinued

- **Lent Fish Frys** – The First Friday in Lent is March 7th. This will be the start of our Annual Fish Frys. Fish dinners will be served on March 7, & 21 and April 4 & 11 in the Parish Hall from 4:30 until 7 PM. We will need volunteers in various functions. You can check the latest information — [here](#).



- **40 Cans for Lent.** The Knights of Columbus are challenging all parishioners to join them in their 40 CANS FOR LENT Annual food drive. The plan is simple: pledge, purchase and donate one can of food per day for the 40 days during the Lenten season starting Ash Wednesday and ending Good Friday. **Donations can be brought to Church or Social Concerns all at once or weekly. Put the cans in the baskets already designated for food collection.** Information will be made available in the Parish Bulletin and we will have signup sheets available at each Coffee and Donuts during Lent as well as the Lenten Fish Frys. Food can be dropped off at the Church in Our Ladies Chapel or brought directly to Social Concerns during their operating hours — Monday-Friday, 9-11 AM. Our goal is to increase the donations given to our food pantry while living the Gospel value of feeding the hungry. To accept this challenge, sign up in the Donut Hall, or **text 321-252-8125, or email ascension14573@gmail.com, or fill out the form below. To reach our goal of 10,000 cans, we need everyone's pledge.**



[Submit Your Pledge Online! 40 Cans for Lent - Pledge Form](#)

- We had a fantastic response from the Ascension parishioners during this **American Wheelchair Mission** weekend. After all the weekend masses we had received over \$5,700 in donations via cash, checks, and online. There were a few parishioners who indicated that they would be bringing their checks to the Church office so we don't have a final count but we should have funds to cover 45 wheelchairs!
- **Ascension Thrift Store.** The store continues to fall short in having enough volunteers to support all the hours necessary to bring in the revenue needed to support the Social Concerns Ministry and the Ascension Catholic School. The store is a key source of revenue for these ministries. If you can spare a few hours, please consider volunteering. The Thrift Store is also looking for a number two person to help out John Casco. You can contact the Thrift Store to [volunteer here](#).

ASCENSION THRIFT STORE VOLUNTEER OPPORTUNITIES

Below are QR code links to sign up to volunteer. Please consider joining this amazing group of people, for it is in giving that we receive. Feel free to pass this along to anyone who may be interested in helping out. Thank you for your time and consideration. May the peace and love of our Lord Jesus Christ be with you always.



WEEKDAY VOLUNTEER



SATURDAY WAREHOUSE

**Ascension Thrift Shop is in need of
TENTS AND SLEEPING BAGS**

Please bring donations to the Thrift Shop during hours of operation.

Thank you for your generosity.

For more information on volunteering, please call: 321-610-8742 or email: info@AscensionThriftShop.com



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:

- **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.
- **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.



Assembly Dues were due on January 1. Please pay your annual dues of \$25 at your earliest convenience. Followup notices will sent after the first of the year to all members who have not paid their dues — you can pay in person or through the mail. Dues are the main funding for the Assembly so please pay promptly.



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. POC: SK John Autio

[Visit Bartman here](#)



Highway Cleanup — February 7



Daily Bread — February 23



Birthdays for March

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.

Sergio Colon-Velez	March, 3
Arthur Navarro	March, 3
Darrel Keim	March, 4
Robert Lang	March, 6
Michael Smith	March, 13
Geoffrey Schmits	March, 15
Sam Zeidan	March, 15
Ronald Bourque	March, 16
Andrew Vernon	March, 17
Andrew Whelan	March, 19
Nicholas St Gabriel	March, 25
Joseph Tocco	March, 26
Robert Baird	March, 28
Brian Ellerhorst	March, 30
George Luniw	March, 30

[You can find the Ascension 14573 Monthly Newsletters
on the Ascension Knights Council & Assembly Website](#)

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

**March
2025****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
Sat 1 st	0900	Laps for Life (MCC Track)	SK J. Barfield
	1630	Council Corporate Communion	WGK J. Montes
	1745	Council Social – Potluck Gathering	
Sat 1 st Sun 2 nd	All Masses	Food for the Poor/ Red/Assembly Shirt	SK J. Kelly
Sun 2 nd	1345	Life Chain (Corner of Pineda and Wickham)	SK B. Sullivan
Wed 5 th	1630	40 Cans for Lent	SK D. Collins
Thu 27 th	1815	Chaplet of Divine Mercy (Ladies Room – 313)	SK Ralph Carestia
	1900	Assembly Meeting (Knight's Room – 312)	WFN B. Quinn
Fri 7 th	0900	Highway Cleanup (Knight's House)	SK R. Lascody
	1630	Lenten Fish Fry Dinner (Parish Hall)	WGK J. Montes
Sat 8 th	0715	Pray for Life (In Orlando, Meet at North Melbourne Home Depot)	SK R. Sepulveda
	1000	State Free Throw Competition (MCC High School Gym)	SK M. Marzec
Thu 13 th	1830	Council Officer's Meeting (Knights Room – 312)	WGK J. Montes Lady Ginny Reeder
Thu 15 th	1800	St. Patrick's Day Party (Parish Hall)	

DATE	TIME	EVENT	CHAIR
Sat 15 th	0900	St. Patrick's Day Parade (Gather at Melbourne Auditorium, Step off at 10AM)	CCC E. Merlet
Wed 19 th	1830	Meeting with District Deputy & Other Councils	WGK J. Montes
Thu 20 th	1815	Power Rosary (LA Room – 313)	SK B. Sullivan
	1900	Council Meeting (Knights Room – 312)	WGK J. Montes
Fri 21 st	1630	Lenten Fish Fry Dinner (Parish Hall)	WGK J. Montes
Sun 23 rd	1030	Council 14573 Daily Bread (815 E Fee Avenue)	SK R. Robinson
Thu 27 th	1900	Charity, Unity, Fraternity Exemplification (Note 1)	WGK J. Montes

LOOK AHEAD

DATE	TIME	EVENT	CHAIR
April 4 th	1345	Flag Retirement Ceremony	FN B. Quinn
April 15 th	1500	Round Table with Fr. John Bosco	WGK J. Montes
April 26 th /27 th	All Masses	Baby Bottle Campaign – Bottle Distribution	SK J. Autio
April 28 th	1800	Laying of Wreath at Vietnam Veterans' Memorial	FN B. Quinn

*** Please provide input for the monthly council events to DGK Jose Cardet at: mm123788@gmail.com.

Notes

1. This event is held only if there are candidates ready to join the Council.

Near Term Important Dates at Ascension Parish:

- Each Wednesday: 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
CCC E. Merlet	954-882-3687
SK Randy Lascody	321-626-0804
SK Ric Robinson	321-501-6772
SK D. AmRhein	321-591-6697
SK Rey Sepulveda	321-255-3706
SK Bobby Sullivan	321-223-2473
SK R. Passarella	321-431-0982
SK R. Carestia	321-432-8439
SK John Autio	321-312-7117

Ladies Auxiliary President Becky Richard 412-779-9970

Ladies Auxiliary Vice President Lyn Becker 561-531-3173



✦ THE 4TH DEGREE ✦



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

New Members. We continue our push for new members. All Council members are invited to move up to the Fourth Degree. It will be a very rewarding experience for you as we support the patriotic activities of the Knights. You do not need to join the Color Corps to be a member of the Assembly. We have 6 new members for this Fraternal Year — we need 7 to meet our goal.

We had a very important celebration in February — **125th Anniversary of the Fourth Degree** on February 22 at Holy Name of Jesus Parish. — 4:30 Mass. All were invited to attend and wear their Assembly shirts.

Color Corps. You don't need to be part of the Color Corps to join the Patriotic Degree but we do need more members for our Color Corps. We support many activities in the local area — especially important are funerals for our departed members. We need to be there to honor them so the more members we have in the Color Corps, the easier it is to support these important ceremonies. Some activities do not need the Color Corps to be there — these can be supported by any Fourth Degree member.

Flag Retirement Ceremony. We held a Flag Retirement Ceremony with the Ascension school on May 9. We plan to do this again in 2025 with the 7th and 8th grade students. Ascension School staff has been contacted to provide a date and we did hear back from Principle Claudia Stokes and she has asked if we could perform the ceremony on Friday, April 4, at 1:45. So we will put this date on the Assembly calendar. Most of the ceremony will be done inside to avoid problems with passing trains — possibly in the Parish Hall or School Cafetorium. The Flag Burning Ceremony will then be conducted at the Knights House. John Autio is Chairperson for the retirement ceremony.

Vivat Jesus

SK Bill Quinn
Faithful Navigator

Next Assembly Meeting — April 3, 7 PM in the Knights Room
Chaplet of the Devine Mercy Prior to the Meeting at 6:15



Sacred Heart of Jesus Icon and Holy Hour



Tuesday evening on February 25 at 6PM, Ascension observed a special Holy Hour centered around The Icon of Sacred Heart. The Sacred Heart Holy Hour included readings from Sacred Scripture and reflections on the Sacred Heart of Jesus, prayers to the Sacred Heart, and time for silent prayer and adoration of the Blessed Sacrament. About 60 Knights, Ladies Auxiliary and parishioners attended. The music and songs in the program were led by Director Doug Duca with Ascension's Gregorian schola was amazing.

The holy hour, flowing from the jubilee for the 350th anniversary of the apparitions of the Sacred Heart of Jesus to St. Margaret Mary Alacoque (Dec. 27, 2023 – Jun. 27, 2025) and inspired by Pope Francis' encyclical letter Dilexit Nos (He Loved Us). An icon depicting the most famous image of the Sacred Heart of Jesus, painted in 1767 by Pompeo Batoni and now venerated in the Church of the Gesù in Rome, was on display. This reproduction of the original image bears the blessing of Pope Francis and is one of more than 300 icons traveling across the world as part of the Knights of Columbus Pilgrim Icon Program. (From SK Rich Passarella)





Devotion to the Sacred Heart of Jesus

Presentation by SK Deacon Chris Meehan

Introduction

Soon we will receive the icon of the Sacred Heart of Jesus to host in our parish. Some of you are probably not familiar with this tradition in the Church so I am pleased to present to you now some information that should encourage you to avail yourselves of this opportunity to worship Jesus.

What is the Sacred Heart devotion? [1]

“it will be well to remember the meaning and use of the word heart in current language.” “The word heart awakens, first of all, the idea of a material heart . . . this heart of flesh is currently accepted as the emblem of the emotion and moral life . . . as also the use of the same word to designate those things symbolized by the heart. Note, for instance, the expressions ‘to open one’s heart’, ‘to give one’s heart’ . . . and, by a perfectly natural figure of speech, we use the word heart to designate a person.”

“Devotion to the Heart of Jesus alone, as to a noble part of His Divine Body, would not be devotion to the Sacred Heart as understood and approved by the Church . . . in the devotion, there are two elements: a sensible element, the Heart of flesh, and a spiritual element, that which this Heart of flesh recalls and represents.

“Consequently, devotion to the Sacred Heart may be defined as devotion to the adorable Heart of Jesus Christ in so far as this Heart represents and recalls His love; or, what amounts to the same thing, devotion to the love of Jesus Christ in so far as this love is recalled and symbolically represented to us by His Heart of flesh.

“Hence the devotion is based entirely upon the symbolism of the heart. It is this symbolism that imparts to its meaning and its unity, and this symbolism is admirably completed by the representation of the Heart as wounded.

“The heart is, above all, the emblem of love, and by this characteristic, the devotion to the Sacred Heart is naturally defined.

“On the other hand, the devotion to the Sacred Heart, being directed to the living Heart of Jesus, thus becomes familiar with the whole inner life of the Master, with all His virtues and sentiments, finally, with Jesus infinitely loving and lovable. Hence, a first extension of the devotion is from the loving Heart to the intimate knowledge of Jesus, to His sentiments and virtues, to His whole emotional and moral life; from the loving Heart to all the manifestations of Its love.

“In thus devoting oneself to Jesus all loving and lovable, one cannot fail to observe that His love is rejected.

“This love is everywhere manifest in Jesus and in His life, and it alone can explain Him together with His words and His acts.

Why is it special?

What is truly amazing about this devotion is that through it we realize that God Himself, Creator of the universe, infinitely wise and powerful, has opened up His Heart to us! This is the very basis of devotion to the Sacred Heart. While we were still sinners, still rebelling against God’s plan for our lives, He took on human nature through the incarnation of the Eternal Word in Jesus Christ and He revealed His Heart, the very centre of His Divine Person, the very core of His identity. This means that God wants to be known by us. He wants to enter into relationship with us. Devotion to the Sacred Heart then, is devotion to the very essence of God, to the deepest core of His divine nature. Devotion to the Sacred Heart is simply devotion to God as He has chosen to reveal himself to us.

[3]





History (Where & When started; How it spread, etc.)

See article from New Advent.org for data. < <http://www.newadvent.org/cathen/07163a.htm>>

Why practice this devotion ?

Quote from Pope Benedict XVI

On the 50th anniversary of Pope Pius XII's encyclical *Haurietis Aquas* on devotion to the Sacred Heart, Pope Benedict wrote, "This devotion (to the Sacred Heart) is 'the contemplation of the 'side pierced by the spear,' in which shines the limitless will of salvation on the part of God.'" For this reason, "it cannot be considered as a passing form of worship or devotion. Adoration of the love of God, which has found in the symbol of the 'pierced heart' its historical-devotional expression, continues to be vital for a living relationship with God" [4]. The Divine Mercy devotion has become an extension of this devotion.

Special graces and indulgences are available to those who properly and faithfully carry out devotion.

How we can continue to practice it.

One popular devotion is the First Friday Devotion, where Catholics receive Holy Communion on the first Friday of nine consecutive months, as Jesus requested to St. Margaret Mary. This practice makes reparations for the sins committed against the Heart of Christ and enables us to grow closer to him. Jesus promised St. Margaret Mary that he will grant twelve special and powerful graces to the devout soul who completes the nine first Fridays.

The Twelve Promises of the Sacred Heart

- I will give them all the graces necessary for their state of life.
- I will give peace in their families.
- I will console them in all their troubles.
- I will be their refuge in life and especially in death.
- I will abundantly bless all their undertakings.
- Sinners shall find in my Heart the source and infinite ocean of mercy.
- Tepid souls shall become fervent.
- Fervent souls shall rise speedily to great perfection.
- I will bless those places wherein the image of My Sacred Heart shall be exposed and venerated.
- I will give to priests the power to touch the most hardened hearts.
- Persons who propagate this devotion shall have their names eternally written in my Heart.
- In the excess of the mercy of my Heart, I promise you that my all powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.

Prayer to the Sacred Heart

O Sacred Heart of Jesus,
living and quickening source of eternal life,
infinite treasure of the Divinity,
and burning furnace of divine love,
You are my refuge and my sanctuary.
O my amiable Savior,
consume my heart with that burning fire
with which Your Heart is ever inflamed;
pour down on my soul those graces
which flow from Your love;
and let my heart be so united with Yours
that our wills may be one,
and that mine may be
entirely conformed to Yours.
May Your divine will be equally the standard
and rule of all my desires and of all my actions.
Amen.

Sacred Heart of Jesus
Painting by Pompeo Batoni (1765)
Church of the Gesù, Rome
Drawing by Thomas Scharfstein





Pope Leo XIII approved the following indulgences for the devotion:

- For performing the devotion publicly or privately, seven years and seven quarantines (the remission of temporal punishment equivalent to what would be granted for forty days of penance) each day;
- If the devotion is practiced daily in private, or if a person assists at least ten times at a public function, a plenary indulgence (remission of all temporal punishment for sins) on any day in June or between July 1-8 (Decree *urbis et orbis*, May 30, 1992);
- The indulgence *toties quoties* (for the souls in Purgatory) on the thirtieth of June or the last Sunday of June (January 28, 1908) in those churches where the month of June is celebrated solemnly. Pius X (August 8, 1906) urged a daily sermon, or at least for eight days in the form of a mission (January 26, 1908);
- To those priests who preach the sermons at the solemn functions in June in honor of the Sacred Heart, and to the rectors of the churches where these ceremonies are held, the privilege of the Gregorian Altar on June 30 (Pius X, August 8, 1906).
- A plenary indulgence for each communion in June, and to those who promote the solemn celebration of the month of June ("*Acta Pontificia*", IV, 388, August 8, 1906)

One can pray a Novena to the Sacred Heart. EWTN and Catholic Answers both offer novena prayers.

One can start simply by coming to morning Mass on the First Friday of the month; we pray the Litany of the Sacred Heart at the end of 7:30AM Mass. Solemnity of the Most Sacred Heart of Jesus is celebrated on the Friday (27 June 2025) following the Solemnity of Corpus Christi.

Or just regularly pray to the Sacred Heart. Prayer to the Sacred Heart can be prayed anytime but especially during adoration time in front of the Blessed Sacrament.

Prayer to the Sacred Heart of Jesus

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen.

References

[1] Bainvel, Jean. "Devotion to the Sacred Heart of Jesus." *The Catholic Encyclopedia*. Vol. 7. New York: Robert Appleton Company, 1910. <<http://www.newadvent.org/cathen/07163a.htm>>. This article was transcribed for New Advent by Christine J. Murray. Dedicated to Mary Christie and John A. Hardon, S.J. **Ecclesiastical approbation.** *Nihil Obstat.* June 1, 1910. Remy Lafort, S.T.D., Censor. *Imprimatur.* +John Cardinal Farley, Archbishop of New York.

[2] Schulte, Augustin Joseph. "Privileged Altar." *The Catholic Encyclopedia*. Vol. I. New York: Robert Appleton Company, 1907. <<http://www.newadvent.org/cathen/01348c.htm>>.

[3] <<https://www.kofpb.org/2020/05/06/sacred-heart-of-jesus-part-1-history-of-the-devotion/>>

[4] Sisters of Reparation to the Most Sacred Heart of Jesus Copyright © 2012-2018 All Rights Reserved. <<https://sacredheartbasilica.com/history-and-devotion-of-the-sacred-heart-of-jesus>>



Sailing Antarctica

My Trip to the end of the world sailing Antarctica. Paradise Bay is one of the Antarctica's is one the most beautiful and pristine spots, located in the Antarctica Peninsula which is located in the northernmost part of the mainland of the Antarctica and almost the only part of that continent that extends outside of the Antarctica.

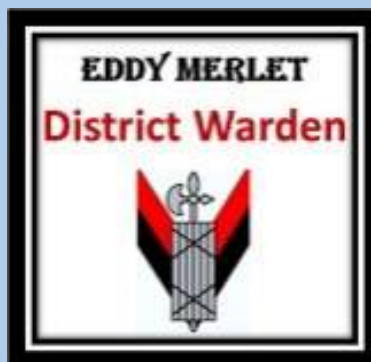


My wife and I just got back from an unforgettable trip to Paradise Bay, and I can't recommend it enough. It's one of the most breathtaking places we've ever visited. The Antarctic Peninsula is absolutely stunning—jagged mountain peaks covered in glaciers, some flowing into the sea, while others rise up hundreds of feet into the sky. You can't help but be in awe of the natural beauty.



Paradise Bay, named by whalers in the 1920s, is even more incredible in person. Towering glaciers rise out of the deep blue sea, and icebergs sparkle along the shoreline. We were fortunate to see countless adorable penguins, waddling around and gracefully diving into the icy waters. It was definitely one of the highlights of the trip.

This place has a fascinating history, once being used by whale hunters in the early 20th century as a place to anchor their factory ships. Now, it's a peaceful, protected haven for wildlife. Located just north of the Lemaire Channel, Paradise Bay offers a truly special experience. Definitely a spot worth exploring if you want a truly epic experience! I can't wait for others to enjoy it just as much as I did.





February Council Meeting



Knight of the Month
November
Tom Giblin



Knight of the Month
January
Bob Holby



Family of the Month – December
Richard and Lyn Becker



Free Throw Championship

The first event with the school for the new year was the Free Throw Competition. We usually like to pick a Monday and Tuesday to allow the best opportunity to ensure all students get to participate in the free throw during PE class. We try to coordinate dates with the school a few weeks before the District Competition. This year we spread the Council competition over two weeks and held the local completion in the school gym Tuesday, January 21 and Monday, January 27.

Winners for the local competition this year are:

Age	Name
9B	Brodie Willingham
10G	Keyla Linares
10B	Michael Falzarano
11G	Wavy Dutra
11B	Dalton White
12B	Ashton Franzen
13G	Molina Zizzo

Follow on competitions will be held at MCC.

- District — February 8
 - Our District Winners:
 - 9B Brodie Willingham
 - 10B Michael Falzarano
 - 11G Wavy Dutra
 - 11B Dalton White
- Regional — February 22
- State — March 8
- We did not have any students from Ascension move on to the State Match.





CHRIST RENEWS HIS PARISH

Experience a personal spiritual renewal and an abundance of love in Christian Community.

A retreat given "by" parishioners, "for" parishioners
 Christ Renews His Parish is a retreat weekend open to every adult member of ASCENSION Parish

This is an opportunity to draw away from the everyday world, a time for listening, sharing, praying, fun and food. A team of parishioners, along with a Spiritual Director, have formed in prayer and love during the past 6 months to offer this gift to you. The retreat will be held in the Buescher Center.

WOMEN'S RETREAT
 March 8 & 9


MEN'S RETREAT
 March 22 & 23

Women's Retreat MARCH 8 & 9: [CLICK TO REGISTER NOW](#)

Michelle Devoid: wmd321@dfam.me • 321-576-8413
 Gerry Blanchard: gerry@globaltours.com • 321-960-1714

Men's Retreat MARCH 22 & 23: [CLICK TO REGISTER NOW](#)

Joshua Porche: joshuaporche@yahoo.com • 321-537-0541
 Angelo Rodriguez: angelorod65@gmail.com • 321-266-9712



STATIONS OF THE CROSS

I II III IV V VI VII VIII IX X XI XII XIII XIV

Fridays during Lent • 5:30pm in the church



Saint Patrick's Day Party

Council 14573 and the Ladies Auxiliary are hosting once again a St. Patrick's Day Party on Saturday, March 15th from 6PM to 10PM in the Parish Hall. The event, open to all parishioners, will include dinner with traditional Corned Beef & Cabbage, Potatoes & Carrots, Irish Soda Bread, Dessert, Iced Tea, Lemonade and Coffee. In addition there will be live entertainment, traditional Irish music, singing, dancing, gift basket raffle and fun! The event will feature once again performers from the Magennis Academy of Irish Dance. Admission is \$25 per person. Additional details are provided in the attached flyer and on the Council web site [here](#).

Tickets can also be purchased online [starting now](#) for the same price via the Council [website](#). Tables are set up to seat a maximum of 8 people. Reservations for seating will be accepted only for parties of 8 (i.e. for a table) and are subject to availability. If someone purchases 8 tickets please ask for their name and contact information so we can attempt to reserve the table.

We still have areas where we need help starting on Friday (3/14) and continuing on Saturday (3/15), before, during, and after the event. We have a signup set up with the different tasks and if you can help in any of these areas please sign up using this [LINK](#).



St Patrick's Day Party!

Sponsored by the Knights of Columbus

Saturday March 15th, 6 to 10 PM

Ascension Parish Hall

DOORS OPEN AT 5:30 PM




Join us for an evening with dinner, live entertainment, traditional Irish music, singing, dancing, gift basket raffle and fun! Featuring performers from the *Magennis Academy of Irish Dance*.



Dinner includes traditional Corn Beef & Cabbage, Potatoes & Carrots, Irish Soda Bread, Desserts, Iced Tea, Lemonade and Coffee

Admission : \$25

Soft Drinks, Beer, Wine and Irish Coffee available for donations
Please: No BYOB!

Tickets will be sold after Mass the weekends between Feb 15th/16th and Mar 8th/9th. Tickets can also be purchased online now through Mar 10th by scanning the QR code or at www.kofc14573.weebly.com/spd.



There will not be ticket sales at the door.

Proceeds go toward the KofC Council 14573 Benevolent Fund



From the Ladies Auxiliary



Luck O' the Irish to ye all! March is upon us, and February seemed to just fly on by...perhaps because of how busy we all seemed to be, and to being a "short" month. :)

Here are some of the Highlights of Ladies' Auxiliary participation and support for February 2024...

- * Polar Plunge - co-chaired by Paul and Sue Kuracz What a beautiful day to hold this awesome event! What fun it was for so many of us to come out and support our Polar Bears for the day, including our two priests! What a great cause the monies will go towards, providing wheelchairs for those in need of them. Thank you to all who participated!
- * District Free Throw Competition- Co-Chaired by Pat Ferrelly and Susan Blair Thank you both, and to all who helped pull off this fun and rewarding event for ACS.
- * Ministry Fair - Chaired by G.K. Jose Montes Thank you to all who came out and represented the Knights of Columbus and Ladies' Auxiliary at our tables at this Ministry Fair. You represented us well, and helped introduce others to us, and us to them.
- * Regional Free Throw Competition - Chaired by Doug Blair - Thank you to all who helped with this event!
- * Laps for Life - Chaired by John Barfield - Thank you to all involved in supporting this cause!
- * A Special Mass for and hosting the Sacred Heart of Jesus traveling Icon

We celebrated our "Lady of the Month" of February, Joanne Voltaire! Joanne can be seen helping out at almost every event, jumping in and getting the job done. Recently, she even helped out a beloved member of the KoC who just happens to also be her neighbor, by making meals, and keeping a check on his needs while he was convalescing. Joanne, you really do exemplify what it is to be a Lady! Thank you for all that you do for so many!

In March, we are looking forward to a very busy Lent, including our Fish Fry and St. Patrick's Day Party, a Corporate Communion Mass and potluck after, and helping support CRHP for the men and women, among other events. We always enjoy working in community with and supporting our Knights in serving our parish and community!

What a beautiful blessing it is to be busy! Looking forward to seeing all of you in March!

Your Sister in Christ,
Becky Richard
President, Ladies' Auxiliary





Ladies Auxiliary Birthdays and Anniversaries

A very happy belated birthday to:

- Betsy Hampton Feb. 8,

(whose birthday was accidentally left off of last month's newsletter submission)

...and a "Happy belated Anniversary!" to:

- Sherry and Gerry Grillo Feb. 13,
- Dorothy and James Ayers Feb. 21

(whose names were also accidentally missed last newsletter)

HAPPY BIRTHDAY to the following celebrating in March:

Kathy Amrhein	March 1
Sandy Sepulveda	March 4
Susan Blair	March 5
Suzy Winans	March 7
Kathy Harris	March 8
Grace Belfiore	March 24

And a great big HAPPY ANNIVERSARY to:

Shelly and Dave Wackley	March 12
Doreen and Norm Boudreau	March 20
Judy and John O'Loughlin	March 23
Lan and Be Duong	March 28

(If you had a birthday or anniversary in March, and did not see it listed here, please make sure that we have this information in our Membership Roster!)



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.

Create Tax Advantages

Tax Day, April 15, will be here before you know it. Do you know if your tax rate or bracket has changed? If so, are you aware of the implications?

Your income throughout life can fluctuate, causing you to potentially end up in a higher tax bracket than anticipated. And following an election year, each new administration can change tax brackets and tax rates. As a result, you may not have as much disposable income or as much money to leave to family as you planned. This can be true earlier in life, or in retirement when your income sources may change.

You can protect yourself against these potential losses and build dependable cash value through permanent life insurance with the Knights of Columbus.

Permanent life insurance allows you to build cash value that you can access tax-free while you're alive. You can also create an income tax-free inheritance for your loved ones after you pass.

Of course, we always recommend that you work with a qualified tax advisor or CPA. But permanent life insurance can be a useful tool for tax planning in a range of situations.

In partnering with you to secure your financial future and legacy, we're fulfilling the mission of Blessed Michael McGivney, who founded our Order 143 years ago this month.

I'd love to share how permanent life insurance may be able to help you prepare for the unexpected. If you have any questions, please come chat with me and we can schedule a time to meet.

Vivat Jesus!

John Barfield FICF, MDRT

1900 S. Harbor City Blvd.

Suite 321

Melbourne, FL 32901



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Personal Ph#: 407-433-5421



2025 Polar Plunge

By SK Paul Kuracz



SK Joe Ameigh, SK Paul Kuracz, Father John, Father Zach, SK Jim Voltaire and SK Bobbie Sullivan

before taking the 2025 Polar Plunge

What an amazing 2025 Polar Plunge campaign. With the help from Father John and Father Zach, we were able to raise \$2900.00 for Special Olympics which was our second highest total. On a beautiful winter day at beach near Tide's Club across from Patrick Space Force Base, the Polar Plungers jumped into the 65-degree water. Father John stayed with some of us for the promised 3 minutes! Along with the continued support of Council 14573 and the Ladies Auxiliary, we could not have been a success without Father John and Father Zach, the wonderful Church Office staff, and Joyce DeFusco's embroidering. To date, the Polar Plunge has raised \$12314.00 in 5 years!



Post Polar Plunge



Father John Greets Parishioners after Mass with his Polar Bear Hat



Polar Cubs SK Bobbie Sullivan, SK Joe Ameigh and SK Jim Voltaire

help with the after Mass collection



PRAYERS FOR LENT



From the Jesuits

Invite Us Deeper

Almighty and ever living God,
you invite us deeper into your world, your people, your Lent.
May this time be one of outward focus;
seeking you in those we often ignore.
Help us live a Lent focused on freedom, generosity, and encounter.
Give us hearts hungry to serve you
and those who need what we have to give.

- Author Unknown

A Lenten Prayer

Look with favor, Lord,
on your household.
Grant that,
though our flesh be humbled
by abstinence from food,
our souls, hungering after you,
may be resplendent in your sight.

- Pope Pius V

Come, My Light

Come, my Light,
and illumine my darkness.
Come, my Life,
and revive me from death.
Come, my Physician,
and heal my wounds.
Come, Flame of divine love,
and burn up the thorns of my sins,
kindling my heart
with the flame of thy love.

- Dimitrii of Rostov

From the Beginning of Time

Jesus,
you have known us from the beginning of time,
you have known us in the depths of our dreams and in the darkness of our shame,
you know us as your beloved.

Help us to own that core identity more and more in this season of repentance and mercy.
Give us the rock-solid assurance of your unwavering faith in us
as we seek the same in you.
Amen.

- Author Unknown



Fasting During the Lenten Season

*As we begin the Lenten Season lets pause and reflect on where we want to be in 40 days
In the words of Pope Francis:*

Let us pray that as we begin the season of lent we embrace the opportunity to:

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 our hearts with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so we can listen.

We pray that
our only desire
and our one choice
is to choose
what better leads
to the deepening
of God's life in us.

We ask the lord to guide our decisions today and to bless the Xavier Community
with His peace, His joy, His love.

- Attributed to Pope Francis, offered by Tim Reilly

Let Us Fast

While fasting with the body,
brothers and sisters,
let us also fast in spirit.
Let us lose every bond of iniquity;
let us undo the knots of every contact made by violence;
let us tear up all unjust agreements;
let us give bread to the hungry
and welcome to our house
the poor who have no roof to cover them,
that we may receive mercy from Christ our God.

- Byzantine Vespers



Celebrate St. Patrick's Day the Catholic way

By Nancy Flanders on March 13, 2019 ([Visit Catholic Digest](#))

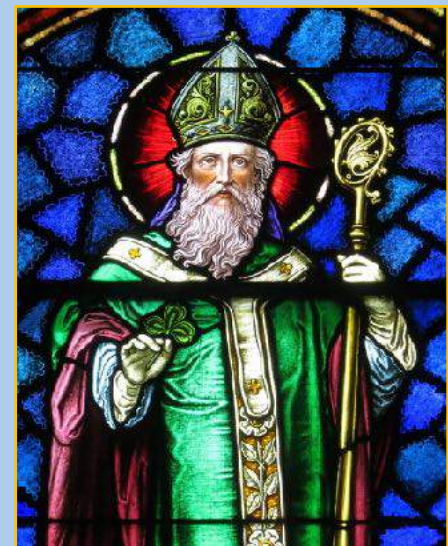
According to television and the internet, St. Patrick's Day was made for the 21-and-over crowd and is best celebrated with green beer. But, if you're reading this, there's a good chance you've got children or grandchildren. And since you're likely Catholic, St. Patrick's Day means more to you than dropping food coloring into everything you eat and drink. St. Patrick's Day is a celebration of overcoming all the ways that evil has tried to take you down and praying for even the people who seek to hurt you.

St. Patrick was a brave man who returned to Ireland, where he had been kept as a slave, to help convert the people of Ireland to Christianity from paganism. He lived with constant danger to his life. Legend has it he drove away the snakes of Ireland and used the shamrock to explain the Holy Trinity. This year make St. Patrick's Day about the man and the beauty of the Catholic faith, not leprechauns and rainbows.

Start the day with a prayer

Begin St. Patrick's Day with a prayer such as this popular one below attributed to St. Patrick. (This excerpt is from [Our Catholic Prayers](#).)

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.



Teach your children like St. Patrick taught

St. Patrick taught the Irish about the Holy Trinity using the shamrock. Three leaves to one shamrock like three persons in one God — God the Father, God the Son, and God the Holy Spirit. There are multiple ways in which you can make this fun for your kids.

- For breakfast, try making [fried eggs](#) cooked in a horizontal slice of a green pepper. It will look like a shamrock.
- Go outside and hunt for shamrocks together and then talk to your children about the Holy Trinity.
- Do a shamrock craft together. This can be anything from coloring a picture to using construction paper pieces to create a shamrock.
- [Plant and grow](#) your own shamrocks.
- Our friends at Today's Catholic Teacher magazine have fun [St. Patrick's Day printables](#) about the saint and the Holy Trinity.

Give a history lesson

Children love having their parents and grandparents read to them, so head to the library or your local Catholic store to pick up a [children's book](#) about St. Patrick if you don't already have one. His story is remarkable and fascinating. You can also have a movie night and play a family-friendly movie about the saint if you have small children. [CCC of America](#) has great children's movies.



Videos of the Month





Ascension Catholic School





🙏 **Prayer Requests** 🙏

Healthcare Providers and First Responders Worldwide
Service Men and Women serving our Country Worldwide
Victims of Hurricanes, Tornadoes, Fires and other Natural Disasters
All those suffering from terrorist attacks, invasions by foreign governments, and loss of life and oppression in all war-torn areas

All those in need of prayers for health issues

WRA SK Gerry Grillo
SK Doug Blair
SK John Miller
SK Marc Worchel
SK Werner Schulz
SK Pat Martin
SK Allen Allebach
SK Nicholas Desimone
Sir Knight Malachy McGuiness
SK Geoff Schmits
Brother Bill and Betsy Hampton
Brother Richard Ceravolo
Lady Phyllis Ceravolo
Lady Kathy Harris
Lady Lyn Becker
Linda Reeves, wife of SK David Reeve
Jacob, Son of WRA SK Gerry Grillo
John Hemel Jr, son of SK John Hemel
Genevieve Harris, granddaughter of Lady Kathy Harris and SK Jack Duggan

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**



So humble yourselves under the mighty hand of God, that he may exalt you in due time. (1 Peter 5:6)

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.