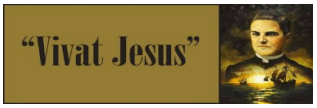
Knights of Columbus

Council #12196 & Bishop Greco Assembly #2160

"Do you wish your prayer to fly toward God? Make for it two wings: fasting and almsgiving." – Saint Augustine of Hippo



Knight's Messenger

2757 Alderman Rd., Palm Harbor, Fl 34684-1239

Charity - Unity - Fraternity - Patriotism

Volume 15 Number 03 Saint Luke's Council #12196 March 2026

COUNCIL OFFICERS 2025- 2026

Pastor	Rev. Timothy Sherwood
Chaplain	Fr. Camilo
Assoc. Ch.	OPEN
Grand Knight	Efrain Valles
Dep. G. K.	Mike Breton
Chancellor	Steve Putnam
Recorder	Jim Jurco
Fin. Sec.	Joe Cilento
Treasurer	Bill Gargiulo
Advocate	Khanh Mai
Warden	John Abernethy
I/G	Freddy Restrepo
O/G	Jim Kurzdorfer

Trustees

1 Yr.	OPEN
2 Yr.	Dennis Deperto
3Yr.	Bob Azbell

PROGRAM DIRECTORS

Program Dir.	Bill Gargiulo
Vocations	Andrew Carpenter
Community	OPEN
Culture of Life	Steve Taylor
Membership	OPEN
Youth	OPEN

Bishop Greco Assembly

Faithful Navigator	Mike Breton

Newsletter

kofccouncil12196@gmail.com

Supreme Council K of C

www.kofc.org

Grand Knight's Message

March Newsletter Message

Dear Brother Knights and Ladies Auxiliary,

As we enter the month of **March**, we continue our Lenten journey, walking with Christ through prayer, sacrifice, and charity. This sacred season invites us to deepen our conversion and strengthen our commitment as Catholics serving the Church and one another.

This month, we will continue to take an active role in parish life, especially through our participation in **Stations of the Cross**, opportunities for fellowship with the Coffee and Donuts and Fish Fry Meet up on Friday March 6th. We continue to gather clothes and food items for Feast and Pinellas Hope. All acts of service reflect the heart of our mission. Lent reminds us that our faith is lived not only in words, but in concrete actions rooted in love and humility.

March is also a time of continued fraternity. We encourage all to remain engaged, support one another, and invite other Catholic men to consider joining our council. Together, we grow stronger as we live out the values of **Charity, Unity, Fraternity, and Patriotism**.

As we move closer to Easter, let us persevere in finishing Lent strong—praying faithfully, serving generously, and trusting that God is at work in our parish and in our lives.

Please know that I am praying for all our brothers and their families during this holy season.

Vivat Jesus!

Efrain Valles GK

Prayer for First-Responders

Dear Lord, we pray for our first-responders and essential workers. Please protect them and keep them safe, bless them and draw them near to your heart. In Jesus name, Amen

Things to Do In:
March 2026
March 1st: Coffee & Donuts after the 8am and 10am Masses & Ladies Auxiliary Spring Fashion Show - The Center, Palm Harbor
March 3rd: Knights & Ladies Business Mtg. 7PM
March: 6th, 13th, 20th, & 27th Eucharistic Adoration after 8am Mass
March 6th, 13th, 20th, & 27th: Stations of the Cross 7PM Church
March 17th: Knights Officers Mtg. 7pm Parish Hall
Future Events:
April 18th: KofC & Ladies Auxiliary Annual Picnic Anderson Park Pavilion 4 11:30 til 1:30

SICK and DISTRESSED

Please keep in your prayers our Brother Knights & Ladies. Pray for the repose of the souls of all brother Knights, those who are having medical problems and for those who have lost a loved one.

Also, remember the men and women of our armed forces, first responders, fire and police!

Publication Deadline

Before the 1st of Every Month

St Luke Catholic Church Palm Harbor Mass:

Click for: Bulletin & Mass Times

Chaplain's Message

Dear Brother Knights,

March is a month of movement. We adjust our clocks for Daylight Saving Time, the days grow longer, and the Church invites us to walk more intentionally with the Lord through the holy season of Lent. And this reminds us that faith, like time, is not meant to stand still, it calls us to move forward.

As Brother Knights, we are men who have promised to lead by example: in our families, our parishes, and our communities. Lent gives us a sacred opportunity to examine how well we are living that call. Prayer, fasting, and almsgiving are not simply personal disciplines; they shape us into better husbands, fathers, brothers, and servants of the Church. I strongly encourage you to participate in the **Stations of the Cross every Friday**, a beautiful and time-tested devotion that allows us to walk step by step with Christ on His journey of love and sacrifice. When we pause before each station, we will realize that no suffering is wasted when united with the Cross.

March also brings us the celebration of **St. Patrick's Day**, a feast that is far more than cultural festivity. St. Patrick was a man of courage, faith, and missionary zeal. He returned to the very people who had enslaved him, armed not with bitterness, but with the Gospel. His life challenges us to ask: Is God calling me to witness more boldly—to my family, to a fellow Knight, or to someone on the margins?

Daylight Saving Time may cost us an hour of sleep, but it gifts us more light. Spiritually speaking, Lent does the same. It may ask us to sacrifice comfort, but it opens our hearts to the light of Christ. Let us use this season well by actively participating in council activities, supporting one another, and growing together in fraternity and faith.

May this Lent renew our commitment as Knights: to charity that serves, unity that strengthens, fraternity that supports, and faith that leads. Let us step forward together, trusting that the Lord who calls us will also give us the grace to persevere.

May our Lenten journey deepen our faith and charity.

Fr. Camilo Simoes SAC
Chaplain

Celebrating St. Joseph: The Quiet Strength of a Father

Abigail James March 19, 2025

On March 19th, the Catholic Church honors the Feast Day of St. Joseph, the foster father of Jesus and the earthly spouse of the Blessed Virgin Mary. St. Joseph is a figure of deep reverence, representing humility, obedience, and selfless love. Despite his significant role in the Holy Family, St. Joseph's life is marked by silence—there are no recorded words from him in the Scriptures. Yet, his actions speak volumes about his character and his unwavering faith.

A Man of Quiet Faith and Obedience

Though St. Joseph is often portrayed in the background of the Gospel narratives, he played an essential part in God's plan of salvation. Described as a "just man" in the Gospel of Matthew (1:19), St. Joseph exemplified the virtues of righteousness, integrity, and devotion to God's will. When he discovered that Mary was pregnant, he initially planned to divorce her quietly to avoid bringing shame upon her. However, after receiving a divine message in a dream, he immediately chose to take Mary and her child into his care, despite the personal risks. His decision to obey God's command without hesitation demonstrates a profound trust in God's plan, even when the circumstances were challenging and uncertain.

The Protector of the Holy Family

St. Joseph's role as protector and provider for the Holy Family was pivotal. As a skilled carpenter, Joseph worked tirelessly to provide for Mary and Jesus, teaching the value of hard work, responsibility, and dedication. He also guided Jesus in his early years, nurturing him in faith, wisdom, and strength. As the head of the Holy Family, St. Joseph set an example of fatherhood grounded in love, sacrifice, and faithfulness. His protection over Jesus and Mary is a reminder of the importance of fathers in families and the responsibility they have to guide, nurture, and protect their loved ones.

A Model of Fatherhood for Our Time

St. Joseph's example continues to resonate today. In a world where fatherhood is often undervalued or misunderstood, St. Joseph provides a model of what it means to be a loving, committed, and faithful father. He was not a figure who sought attention or recognition, yet his quiet strength and steadfast faith have made him a patron of fathers, workers, and the universal Church. By following St. Joseph's example, fathers can learn to lead their families with patience, humility, and unconditional love.

A Prayer to St. Joseph

On this Feast Day of St. Joseph, we turn to him in prayer, asking for his intercession and guidance.

Let us pray: *St. Joseph, protector of the Holy Family, guide and watch over all fathers and families. Help us to follow your example of humility, obedience, and devotion to God's will. Teach us to trust in God's plan for our lives, even when we face difficulties. Intercede for us, that we may grow in faith and be the loving, devoted parents, spouses, and children God calls us to be. Amen.*

As we celebrate the Feast of St. Joseph, may we remember his quiet strength and profound faith, striving to live out these virtues in our own lives. (Celebrated on March 19th)

Catholic Online News

Have you Heard of Compunction ?

In Catholic teaching, **compunction** (often called "compunction of heart") refers to a deep, piercing sorrow for sins—a "puncturing" or wounding of the heart that leads to genuine repentance, tears of sorrow, and a lasting hatred of sin rooted in love for God rather than mere fear of punishment. It's closely tied to **contrition** (sorrow for sin), but compunction emphasizes a more profound, habitual, and grace-given awareness that purifies the soul, heals it, and fosters ongoing conversion. Pope Francis has described it as a "beneficial piercing that purifies and heals the heart," not discouragement or scrupulosity, but a grace that reveals our sinfulness while highlighting God's greater mercy.

The Church teaches that true compunction is ultimately a **gift from God** (through the Holy Spirit), not something we manufacture on our own. However, we cooperate with grace by disposing our hearts through prayer, reflection, and spiritual practices. The **Catechism of the Catholic Church** (CCC 1451–1452) stresses that contrition—sorrow of the soul and detestation for sin, with a firm resolve not to sin again—is the most important act of the penitent in Confession. When arising from perfect love of God (perfect contrition), it can even forgive mortal sins (with the intent to confess sacramentally as soon as possible).

Practical Ways to Garner or Cultivate Compunction

Catholic tradition, including saints like St. Teresa of Ávila, St. Bernard, and others, offers these time-tested steps to open oneself to this grace:

1. **Pray earnestly and persistently for the gift of compunction** Ask God daily (even for years if needed, as St. Teresa did) to grant you this piercing sorrow. Pray simple, humble prayers like: "Lord, give me true compunction of heart" or invoke the Holy Spirit. Many spiritual writers emphasize perseverance in this petition.
2. **Meditate deeply on the Passion of Christ** Contemplate Jesus' suffering on the Cross while reflecting on your own ingratitude, lowliness, and how your sins contributed to His pain. This arouses sorrow from love of God offended, not just fear. St. Leonard of Port Maurice strongly promoted the Stations of the Cross for this very purpose, as meditating on Christ's Passion stirs heartfelt repentance.
3. **Examine your conscience thoroughly and honestly** Regularly reflect on your sins—mortal and venial—considering their gravity, how they wound God's love, and their consequences (e.g., separation from Him). Face the truth without self-deception. Reading Scripture (e.g., Psalm 51, the Miserere) or writings like *The Imitation of Christ* (which has a chapter (21) on compunction) helps reveal sin's wickedness.
4. **Frequent the Sacrament of Reconciliation (Confession)** Even for venial sins, regular Confession brings grace that softens the heart and deepens sorrow. The humiliation of confessing fosters aversion to sin. Absolution strengthens resolve and invites deeper compunction.
5. **Remember your own death and judgment** Meditate on the "four last things" (death, judgment, heaven, hell). This sobers the soul, reminding us of eternity and the fleeting nature of earthly joys, countering complacency.
6. **Practice acts of penance and self-denial** Offer small sacrifices, fast, or perform works of mercy to make reparation. These humble the will and unite us to Christ's suffering, opening the heart to sorrow for sin.
7. **Cultivate devotion and love for God** Grow in charity through prayer (e.g., adoration, Rosary), reception of the Eucharist, and acts of love.

   True compunction flows from loving God above all—when we see how sin offends Infinite Goodness, sorrow deepens naturally.

Compunction often manifests as tears (the "gift of tears"), but it doesn't have to be emotional; it can be a quiet, intellectual recognition of reality leading to firm amendment. Avoid extremes: it's not endless self-chastisement or despair (which is "worldly grief"), but "Godly grief" that leads to joy in forgiveness (2 Cor 7:10).

If habitual sin blocks this, persist—grace builds over time. Many saints struggled before receiving profound compunction. Frequent Confession, prayer for the gift, and meditation on the Cross are the most reliable paths.

Saints that Embodied True Compunction:
The lives of the saints provide powerful, concrete examples of **compunction**—that deep, heart-piercing sorrow for sin that leads to repentance, conversion, and often the "gift of tears." These aren't just emotional outbursts but grace-filled responses to God's mercy, often triggered by meditating on Christ's Passion, personal failings, or overwhelming love for God. Here are some classic examples from Catholic tradition:

St. Peter the Apostle: One of the most famous biblical examples of compunction is St. Peter after denying Christ three times during the Passion. When the rooster crowed and Jesus turned and looked at him (Luke 22:61), Peter "went out and wept bitterly" (Luke 22:62). His tears flowed from profound sorrow for betraying his Lord, yet they led to deep repentance, humility, and eventual restoration—Jesus later commissioned him to "feed my sheep." Tradition holds that Peter continued to weep whenever he heard a cock crow, as a lifelong reminder of his sin, etching lines of compunction on his face. This shows how compunction can become habitual, purifying the soul over time.

St. Mary Magdalene: Often called the model of compunction, she washed Jesus' feet with her tears, wiped them with her hair, and anointed them (Luke 7:36-50). Jesus said, "Her sins, which are many, are forgiven, for she loved much." Her tears expressed overwhelming sorrow for her past life of sin combined with burning love for Christ. Saints and spiritual writers see her as the archetype of the penitent whose compunction flows from gratitude for mercy, turning bitter tears into joyful devotion.

St. Ignatius of Loyola: The founder of the Jesuits frequently experienced the gift of tears during prayer and Mass, weeping copiously out of compunction for his sins and awe at God's love. He actively prayed for this gift and advised others to do the same, seeing tears as a sign of spiritual consolation and genuine sorrow that purified the heart. His tears often came during meditations on Christ's Passion or his own past worldly life, leading to profound conversions in himself and those he directed.

St. Teresa of Ávila: As a young nun, she struggled with lukewarmness but cultivated compunction through persistent prayer and meditation. She wept over her sins and ingratitude, especially contemplating Jesus in the Garden of Gethsemane at the end of each day. Her tears were a "bath of cleansing" that helped her progress in mysticism. She described compunction as piercing the heart, leading to deeper union with God, and emphasized asking for it daily—even if it took years.

St. John Vianney (the Curé of Ars): Known as the patron of parish priests, he could not speak of sinners or sin without weeping profusely. When asked why he cried so much, he replied, "Because you don't cry enough." His compunction stemmed from love for souls and sorrow over offenses against God; he offered his life in penance for others, often in tears during Confession or preaching.

St. Catherine of Siena: She wrote extensively on tears in her *Dialogue*, describing various kinds—from tears of fear and repentance to tears of fire (burning love) and sweetness. Her compunction drove her to intercede tearfully for the Church and sinners, seeing tears as a powerful offering that mitigated divine justice. She viewed them as drawn from the fountain of divine love, washing the "face" of the suffering Church.

St. Padre Pio: In his early years as a friar, he wept so constantly in choir that he placed a handkerchief on the floor to catch the tears. His compunction arose from awareness of his own unworthiness and the sins of the world, yet it brought him joy in God's mercy.

These saints show that compunction often begins with a sting of conscience (like Peter's denial or Magdalene's past) but matures into joyful sorrow—leading to greater love, humility, and zeal for souls. It's a grace to pray for, especially through meditating on the Cross, frequent Confession, and simple petitions like "Lord, grant me compunction of heart."

During **Lent**, we confront our **sinfulness** while embracing **God's mercy**.

This reflection on **compunction**—a rarely mentioned but powerful grace of deep sorrow for sin—seeks to awaken genuine remorse and inspire renewed **devotions**: praying the **Rosary**, walking the **Stations of the Cross**, and drawing closer to Christ Crucified.

Imitation of Christ Book

Get Tickets from a member of the Knights of Columbus

Knights of Columbus
Florida State Council

STATEWIDE RAFFLE

Top Prize: $25,000

MULTIPLE PRIZES

- **First Prize: $25,000**
- **Second Prize: $5,000**
- **Third Prize (2): $1,000 each**

Get Your Tickets from a member of the Knights of Columbus

TICKET INFORMATION

- Donation: $3.00 per ticket
- Suggested: $10.00 per book (4 tickets)

IMPORTANT DATES

- Early Bird Drawing: March 13th
  - One prize to seller: $400
  - Ticket stubs and payments due: February 10
- **Final Drawing: May 23, 2026**
  - State Convention at Rosen Shingle Creek, Orlando
  - Winner need not be present
  - Raffle ends: May 1, 2026
  - All ticket stubs due: May 10, 2026

SELLERS WIN TOO!

1. Seller of 1st Prize ticket: $500
2. Seller of 2nd Prize: $250
3. Sellers of 3rd Prize: $100 each

OFFICIAL RULES

- Donations for tickets
- Random drawing
- Need not be present to win
- All prizes paid by Florida State Council Knights of Columbus

Fund-raiser for Florida State Council and Local Councils

Chairman: Al Connizzo

Coordinator: Jerry Graceffo

See raffle guidelines for complete details

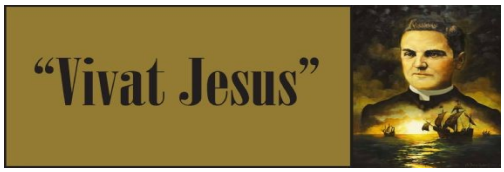
Bishop Greco Assembly #2160 Announcements
Fourth Degree

The Fourth Degree is the Patriotic Degree of the Knights of Columbus, and it comprises of 17% of the membership of the Order. The distinctive uniform of Sir Knights make them the most visible arm of the Order to the public.

Purpose

As Fourth Degree Knights, our purpose is to:

- Promote and strengthen the patriotic spirit of the civic community,
- Educate its members and others, both in the teachings of Holy Mother Church, and the history of the USA,
- Promote by example the highest type of citizenship so necessary for the preservation and perpetuation of the Republic form of government and its democratic institutions,
- Oppose dissemination and spread of doctrine dangerous and contrary to our form of government, and to the Divine law of faith and morality; and,
- Support by word and deed, the duly constituted authorities of local, state, and national government, and to recognize excellence in public life.
- The Fourth Degree, both collectively and individually, supports those religious, civic, and charitable causes which are designed to implement one or more of these five objectives.



Knights of Columbus
FOURTH DEGREE
Patriotic degree of the Order.

District Deputy Report

Brother Knights,

As we go further into Lent, we listen in the Gospels of how Jesus was acting as He prepared for the Passion that was going to lead to His rising and for us to have a chance at an eternal after-life with Him. Our actions aren't as critical as His were, but the consequences of what we do have effects on ourselves and on others. Through Prayer, Fasting, and Almsgiving, we put ourselves in a better position to help not only us but those around us. With each good act we get closer to God and then we are in a holier frame of mind to direct not only ourselves, but those closest to us. Good actions don't have to be directed to those we don't know, but should involve those closest to us in order to influence the ones we love so that they can better themselves and so that they too can do charitable acts for others. Being an example for others to see is as important now as ever to bring as many as possible closer to God as we get closer to Easter.

May God bless us for all that we do.

Vivat Jesus!

David Creamer

District Deputy 37

St. Luke's Retreat Invites Participants to Let Go of Worry and Embrace the New Year with Hope

Feb 11, 2026 | Jean Marie Gaspar

As the new year began, St. Luke the Evangelist Parish in Palm Harbor offered a meaningful opportunity for spiritual renewal through its retreat, "Letting Go of Worry in the New Year," held on January 31, 2026.

The half-day gathering welcomed 140 parishioners and guests from surrounding Diocese of Saint Petersburg parishes who were seeking peace, clarity, and a faith-centered approach to navigating life's uncertainties.

The retreat was led by Melissa Overmyer, author of From Worry to Wonder: A Catholic Guide to Finding Peace Through Scripture, who guided participants through prayerful reflection on three key spiritual themes: trust, rejoice, and stand firm. Rooted in Scripture and shaped by Overmyer's personal struggles and conversion to Catholicism, the retreat encouraged attendees to begin the year by intentionally placing their worries in God's care.

Overmyer opened the retreat by acknowledging worry as a shared human experience – one that often intensifies during seasons of change or uncertainty. Rather than viewing worry as a failure of faith, she invited participants to see it as an invitation to deeper trust. Drawing on biblical examples and practical insights, Overmyer emphasized that trust is not about having all the answers, but about choosing to rely on God even when outcomes remain unclear. Participants were encouraged to reflect on areas of their lives where fear or control may be limiting their sense of peace.

The retreat's second theme, rejoice, focused on cultivating joy as a spiritual discipline. Overmyer reminded participants that rejoicing is not dependent on perfect circumstances, but on an awareness of God's presence and goodness. Through guided prayer and reflection, attendees were invited to identify moments of gratitude and wonder in their own lives, recognizing how a posture of joy can transform perspective and lessen the hold of anxiety. This theme resonated strongly with participants seeking ways to live their faith more intentionally amid busy and often stressful routines.

The final theme, stand firm, called participants to spiritual perseverance. Overmyer spoke about the importance of remaining rooted in faith during times of challenge, emphasizing that standing firm means continually returning to God's promises. Participants reflected on the spiritual practices and relationships that help anchor them, and how they can draw on those supports when worry threatens to overwhelm.

Continued

Throughout the retreat, St. Luke's provided a welcoming and prayerful environment that fostered both personal reflection and communal connection. Group discussions allowed participants to engage with the retreat's themes while learning from one another's experiences, and many attendees expressed appreciation for the opportunity to step away from daily distractions and begin the year grounded in faith and hope.

As the event concluded, participants left with practical tools like the Worry to Wonder Checklist and Talk-Back Truths to use when they feel worried. Participants were also encouraged to commit to practicing turning from worry to wonder by journaling for 40 days using the process provided in the book.

As Overmyer wrote, "You will never regret one step you take that brings you closer to full trust in God and thus to true freedom in him – freedom from worry, freedom to take delight in the life you have been given." For more information about St. Luke the Evangelist, click here.

Gulf coast Catholic

ROMAN CATHOLIC DIOCESE OF
SAINT PETERSBURG

COURAGEOUSLY
Living the Gospel

"LETTING GO OF WORRY IN THE NEW YEAR: LIVING IT DAILY"

Follow Up Event
Saturday, March 14
8:30 - 10:30 a.m.

Did you attend January's "Letting Go of Worry" retreat? Or are you longing to deepen your trust in God amid life's ongoing uncertainties? Join us for a special 2-hour follow-up experience with guest speaker (via Zoom)

Melissa Overmyer,
author of *From Worry to Wonder: A Catholic Guide to Finding Peace Through Scripture*.

This morning of reflection, prayer, and community will help you move beyond simply managing worry to truly living in trust, joy, and spiritual steadiness. Together, we'll revisit the themes of trust, rejoice, and stand firm - sharing stories of growth, surrendering lingering worries to God.
Whether you completed the 40-day journaling journey or are just beginning, this gathering will encourage you to shorten the distance between worry and trust.

Free

Includes breakfast

8:00 a.m. Mass available in the church

Sign up at the church office.

SPONSORED BY PUTNAM DISPUTE RESOLUTION LLC, LADIES AUXILIARY, ST. LUKE'S HOSPITALITY AND BEREAVEMENT MINISTRIES

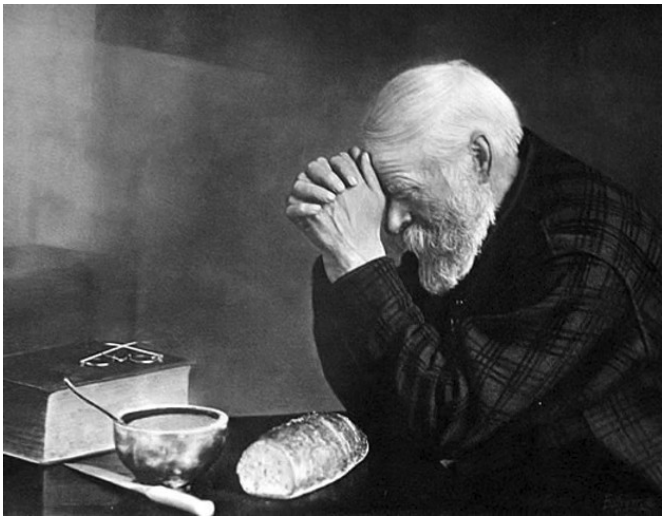
Exorcist Diary #382: Demons Feel Entitled

Msgr. Stephen Rossetti 7 days ago 11 min read

["Grace," photograph by Eric Enstrom]

Theologians tell us that Satan and his demons fell due to pride and envy-- God would become a man and not an angel. Thus, humans will have something that the angels would not. Despite being dazzlingly beautiful and powerful, Satan wanted more. As perhaps the highest of angels, he felt entitled. And legions of demons followed him.

I was in an exorcism and demanding the demons to leave. After the person renewed baptismal promises and rejected Satan, I said to the demons:



"In Jesus' name, do you have any authority over this person? Tell the truth."

The demons snarled their response: "No."

"Does she want you to be here?" I demanded.

Again, their snarling response: "No."

"Do you any right to be here?" I demanded again.

"No," they snarled.

"You are a thief and a robber," I responded, quoting John 10:8, "In Jesus name I command you to leave." Of course they did not leave voluntarily and eventually had to be forced to leave by the power of Christ.

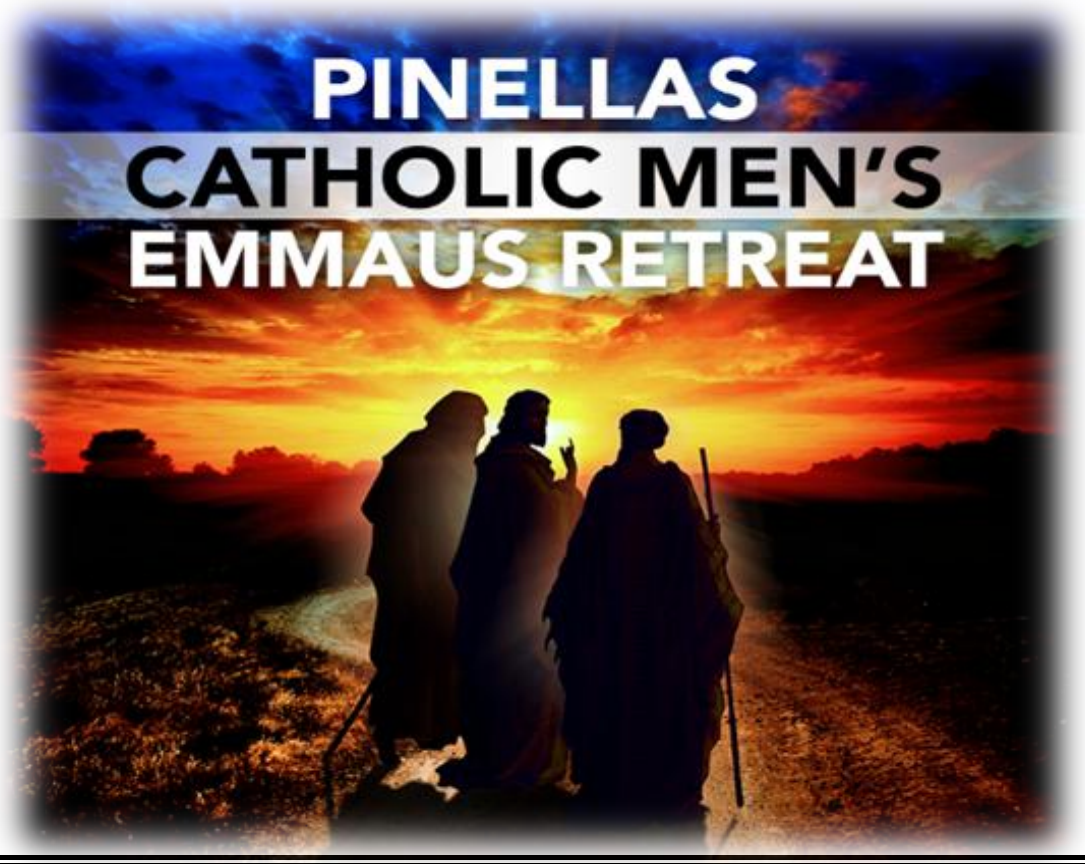
Satan and his demons wanted more than what was given them. They felt entitled and they grasped for more. Instead of gratitude for their incredible gifts, they wanted more and they reached out to grab it. In the process, they lost everything.

The heart of the follower of Jesus is gratitude, which increases with each passing day. Heaven will be for them a place of joy to thank God for His infinite blessings and graces. Christians willingly accept such graces as they truly are: unwarranted gifts. We are not entitled to them.

Much of the strife in today's world might be traced back to a similar sense of entitlement, grasping for control and for more. No wonder that the hallmark of Satan's presence is discord, distrust and conflict. "I want more" is Satan's refrain. "Thank you Lord" is the hymn of heaven.

The antidote to much conflict today is gratitude. To see all that God gives us as gift. We only need to accept it with love and thanks.

Msgr. Stephen Rossetti



Franciscan Center – May 1 - 3, 2026

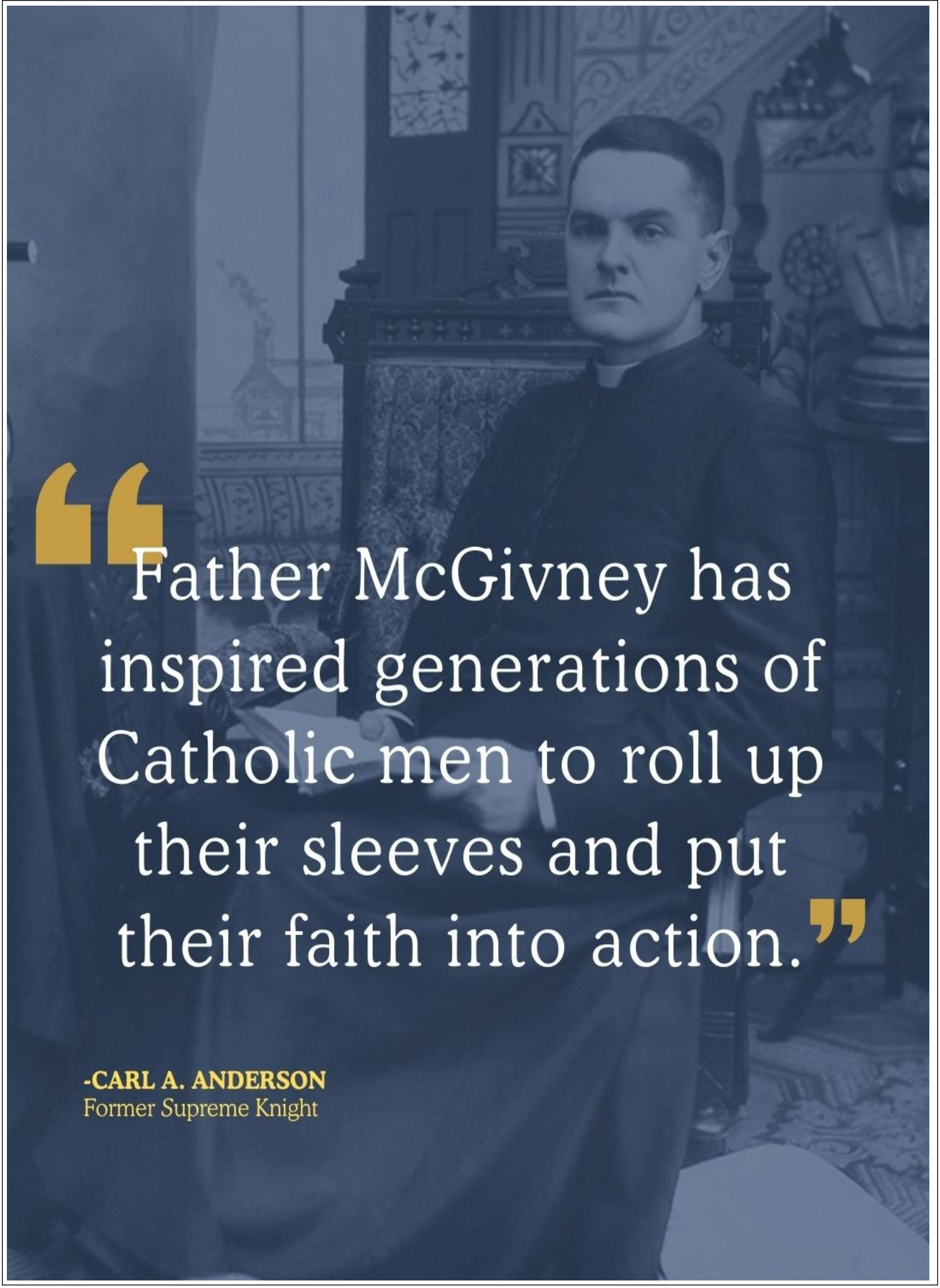
What is an Emmaus Retreat?

Emmaus is a passive retreat weekend designed for men who would like to explore their own relationship with Jesus. It is hosted by men who are called to share parts of their own Emmaus Journey. The weekend consists of a series of talks by speakers who share their very personal life experiences along with their personal relationship with God and with their family. It may prove to be a Journey you may not soon forget. Come join us for the next step in Your Journey!

Cost: Double $250 / Single $350

Partial Scholarships Available

Contact: Chuck Warrington (727) 224-7055


“Father McGivney has inspired generations of Catholic men to roll up their sleeves and put their faith into action.”
-CARL A. ANDERSON
Former Supreme Knight

Knights of Columbus Annual Communion Breakfast

LENT STARTS

ASH WEDNESDAY

WHAT IS LENT?

Ash Wednesday begins the 40 days before Easter Catholics call Lent. We practice prayer, fasting, and sacrifice.

WHAT ARE FASTING AND ABSTINENCE?

Fasting

Catholics who are 18-58 years old are required to keep a limited fast: a single, normal meal & 2 snacks.

Ash Wednesday & Good Friday

Abstinence

Catholics 14 years & older are required to abstain from eating meat and fowl.

Ash Wednesday & Fridays of Lent

Do I have to give up something for Lent?

No. Giving something up is a beneficial custom. You can give up something you enjoy, engage in physical or spiritual acts of mercy for others, pray, fast, abstain, go to confession, and other acts expressing repentance in general.

WHEN DOES HOLY WEEK BEGIN?

Jesus' triumphal entrance into Jerusalem on **Palm Sunday** begins Holy Week.

HOLY TRIDUUM STARTS with the Mass of the Lord's Supper on Holy Thursday when Jesus celebrated the first Mass, AND LENT OFFICIALLY ENDS.

Good Friday marks the anniversary of the crucifixion and death of Jesus Christ on the cross.

HOLY SATURDAY Our Lord lay in the tomb Holy Saturday before his resurrection.

EASTER SUNDAY the Resurrection of Christ, is the greatest holy day of the Christian year!

CATHOLIC.COM

Catholic Answers

GUIDE TO FASTING

FRIDAYS OF LENT:
March 7, March 14, March 21, March 28, April 4, April 11, Good Friday April 18

RULES FOR FASTING & ABSTINENCE

Catholics between the ages of eighteen and fifty-nine are required to fast and abstain from meat (fish is permitted) on Ash Wednesday and Good Friday. Catholics over fourteen should abstain on all Fridays in Lent.

The law of fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing—as far as quantity and quality are concerned approved local custom.

Ash Wednesday and Good Friday, we should not only abstain from all meat, but also fast by limiting ourselves to one meal for the entire day.

TIPS FOR FASTING

Start Slow: If you're new to fasting, begin with small steps like skipping one meal.

Stay Hydrated: Drink plenty of water throughout the fasting period to stay healthy.

Choose Wisely: Opt for nutritious foods when breaking your fast to nourish your body.

Pray and Reflect: Use fasting as a time for prayer, self-examination, and drawing closer to God.

BENEFITS OF FASTING

Spiritual Growth: Fasting can deepen our spiritual connection and focus during Lent.

Self-Discipline: The Catechism of the Catholic Church explains that fasting "helps us acquire mastery over our instincts and freedom of heart" (2043)." Fasting teaches self-control and strengthens our willpower.

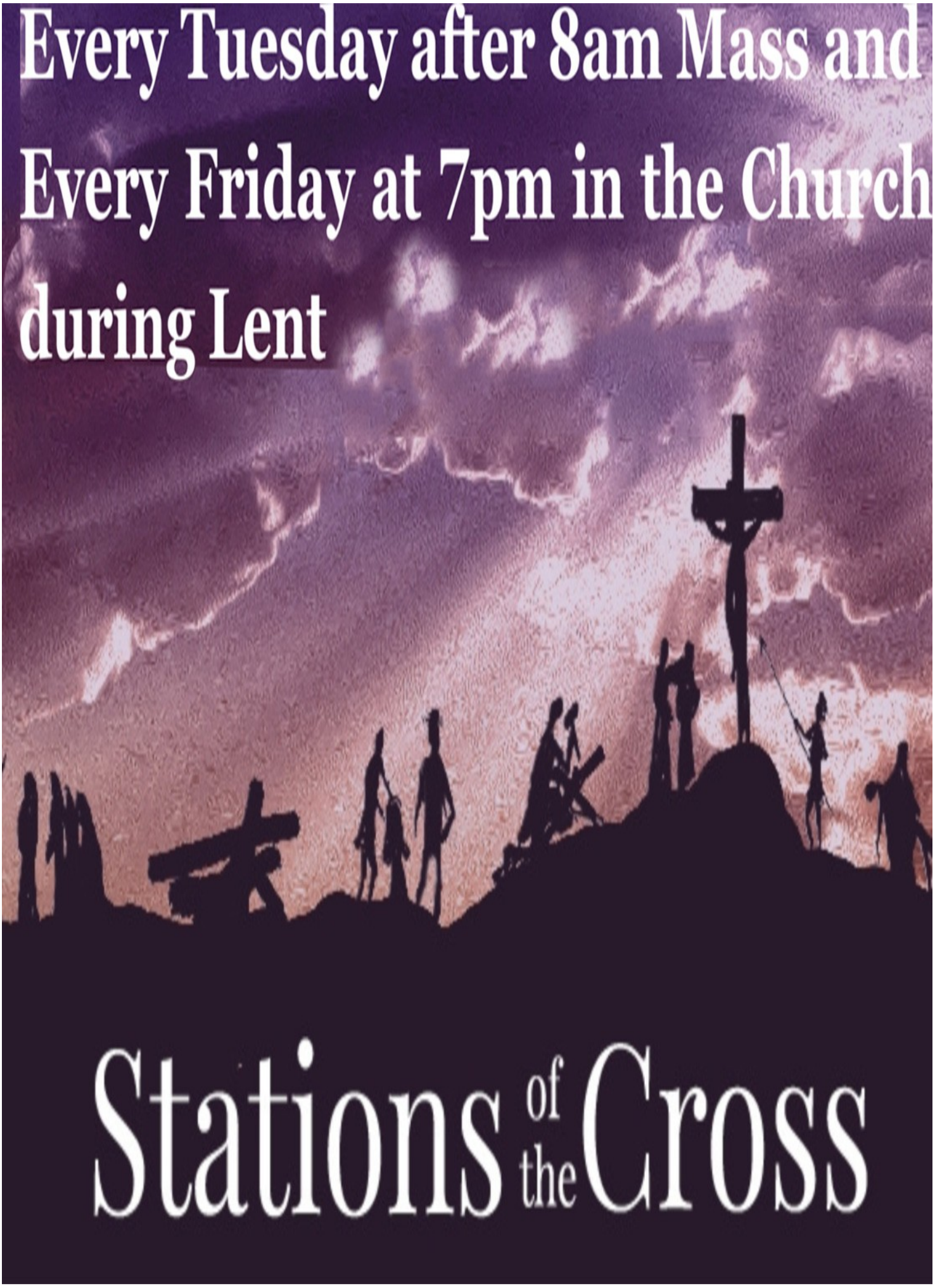
Solidarity: Fasting in solidarity with others fosters empathy and compassion.

EXCEPTIONS TO FASTING

Those with health conditions, pregnant or nursing women, and the elderly are exempt from fasting requirements.

If fasting poses a risk to your health or well-being, you are not obligated to fast.

CATHOLIC.COM


Every Tuesday after 8am Mass and
Every Friday at 7pm in the Church
during Lent
Stations of the Cross

COLLECTION DRIVE

Help Others In Need!

Donations for Pinellas Hope

- **Men's Clothing and Toiletries**
- **Shampoo, Deodorant, Shaving Cream and Razors**
- **Perfume, Soap**

Donations for Feast Food Pantry

- **Non-Perishable, Cans of Food**
- **Canned Goods:**
  Beans, Vegetables, Meats
- **Dry Staples:**
  Rice, Pasta, Oats

We Will Collect These In Our Meetings All Year Round

See The Knights with the black plastic totes!

Coffee & Donuts

share Christ & fellowship with other Parishioners

March 1st

(and every 1st Sunday of the month)

In the Parish Hall

Available after the 8am and 10am Masses

Sponsored by the

Knights of Columbus Saint Luke Council #12196

FIELD AGENTS

Knights of Columbus
INSURANCE
YOUR SHIELD FOR LIFE

John Ruckart

Field Agent

john.ruckart@kofc.org

813-855-5111 - Oldsmar, Florida

Lawandus Agency

John Ruckart

Councils: 08095, 00667, 03580, 05092, 05635, 07109, 08612, 09916, 10950, 11138, 11211, 11295, **12196**, 14456, 15798

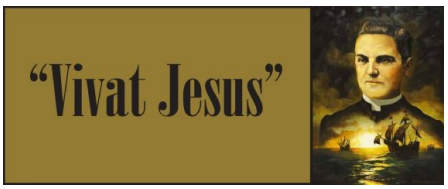
Book an Appointment | Catholic Investments

John and his wife Kathleen were married on Valentine's Day in 1997 and are blessed with 4 wonderful children, Matthew, Haley, Johnny and Allison. They are also proud grandparents to 3 awesome grandkids, Clay, Bentley and Annabelle.

John lives in Oldsmar in the same house he was raised in since the age of 4. Along with having proudly served, and recently retired, as an officer in the US Army Signal Corps after 29 years, he also volunteered in the BSA as Cub Scout leader and Scoutmaster for over 13 years. John also currently serves as the Chair of the Oldsmar Veteran's Advisory Board.

John has many favorite pastimes but spending quality time with the family is always top of his list. His family enjoys going to Disney, family get-togethers, visiting their son in Savannah, boating, cruising and traveling to fun and different places. John's hobbies include computers, 3-D printing, drone flying, and playing with the latest tech gadgets.

John is driven by his deep Catholic beliefs and by the love and support of his family. John has been a Knight since 1992 and is dedicated to the mission of the Knights of Columbus and feels honored to serve in this wonderful organization. In following his desire to help others, he is grateful to have the opportunity to serve his brother knights and their families, helping them achieve the financial security they strive for.



Dear Parish:

As we turned in our Survey of Fraternal Activity. We want to extend our heartfelt thanks to our parish community and to the dedicated members of the Knights of Columbus and the Ladies Auxiliary for coming together in service, faith, and fraternity. Through acts of service, including parish work projects; moments of fellowship, such as Coffee and Donuts, parish meals, celebrations, and social gatherings; and opportunities for faith and prayer, including Holy Hours and devotional events, we have truly lived out parish life. We are deeply grateful to everyone who donated, volunteered, organized, and participated—your generosity and teamwork continue to strengthen our parish community. We look forward with great anticipation to many more opportunities to gather, serve, and grow together as one parish family in Christ.

- St Luke Council 12196

Marriage Matters

Many gathered for the Marriage Jubilee Mass. | Photo by Allison Munden.

Feb 11, 2026 Brittany DeHaan

Celebrating the Beauty of Sacramental Marriage

On February 8, 2026, couples from throughout the Diocese of Saint Petersburg gathered at the Cathedral of St. Jude the Apostle to celebrate World Marriage Day at the annual Marriage Jubilee Mass.

Couples celebrating anniversaries of 25 years, 50 years, or 51 or more years of marriage were invited to register and participate. There were 278 couples present, representing 53 of our parishes. This included Bill and Janet Swengros who celebrate their 73rd anniversary this year– the longest married couple present at the Mass. In total, over 14,000 years of marriage were represented.

Of those in attendance, 48 couples celebrated 25 years, 67 couples celebrated 50 years, 103 couples celebrated 51-59 years, 53 couples celebrated 60-70 years, and seven couples celebrated more than 70 years of marriage.

“A faithful marriage enriches the lives around it and quietly makes present the presence of God in our world today,” said Bishop Gregory Parkes in his homily. “In a world where promises seem to be easily broken and commitments are often temporary, your marriages have helped to preserve something very special – the belief that forming a lifelong covenant of love is possible, that fidelity matters, and that vows are meant to endure.”

During the Mass, couples have the opportunity to not only pray with each other and receive the Eucharist, but also to renew their marriage commitment. As the couples faced each other and spoke the words of renewal, many were moved to tears, showcasing that their love continues to run deep even after decades of marriage.

A unique element this year took place during the presentation of the gifts. Two sisters and their husbands brought forward the gifts during the Mass. The sisters were married in the same year and are each celebrating their 25th wedding anniversaries.

- More: Gulf Coast Catholic

In Memorandum

Eternal rest grant to them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Mike Giacalone 08/18/20
Brian McParland 5/10/21
Ken Listle 8/18/21
Eugene Wittman 11/20/21
Richard Sweeney 8/27/21
"Ted" Kostanski 11/07/21
Thomas Riggio 05/02/22
Charles Viaud 04/22/22
Rich Barbaro 01/31/23
Armand Iannone 7/29/23
Walter Schwacke 09/02/23
Deacon Joe Reid 09/16/23
Nunzio Quagliana 03/14/24
Robert Kurtz, 08/0 1/24
Fr. Matteo Rizzo 03/20/25
Fr. Richard Rosin 12/01/24
William "Bill" Kelly 04/03/25
Henry J. Schum 09/27/25
Victor Huff 01/19/26

Terry Biondi 8/19/21
Mary Cabano 11/22/21
Molly Garofolo 02/22/21
Myra Grayem 11/18/21
Nancy Giacalone 01/30/22
Nancy Lay 07/02/22
Peggy Caufield 10/5/22
Carol Murray 09/10/23
Muriel Crane 12/2/23
Lucille Matejka 12/10 /23
Teresa Schum 02/13/24
Marilyn Breton 02/15 /24
Barbara Chicano 03/04/25
Kathryn Batassa 12/24/25

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, fullfilling 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 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 interscession, grant the favor I now present (*here make your request)* through Christ Our Lord. Amen.

Please report all favors received:
The Father McGivney Guild
1 Columbus Plaza
New Haven, CT 06510-3326 USA
www.fathermcgivney.org

Painting by: Chas Fagan © Knight of Columbus

A Family Prayer

Heavenly Father, thank you for the gift of our family. Enlighten our hearts and minds that we may live more fully this vocation to love.

In our daily life and work, may we reflect the self-giving love which you, O Father, eternally show with your Son and the Holy Spirit.

May our family always be a place of generosity, understanding, forgiveness, and joy. Kindly give us the wisdom and courage to be witnesses to your eternal design for the family; and grant that the Holy Family of Nazareth may always guide our path to holiness as a family.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever.

Amen.

Founders' Award

The **Knights of Columbus Founders' Award** (often called the Founders Award) is a recognition given by the Supreme Council of the Knights of Columbus to individual councils that demonstrate excellence in promoting the organization's insurance programs and fraternal benefits.

This award is a key component required (along with others like the Father McGivney Award for membership growth and the Columbian Award for service programs) to qualify for the overall **Star Council Award**, which honors outstanding overall performance by a council.

According to official Knights of Columbus resources:

- The Founders' Award focuses on councils that actively promote awareness and participation in the fraternal insurance benefits (such as life insurance, annuities, and other financial products offered through the Knights' insurance program).
- To earn it in recent fraternal years (requirements can be updated annually), a council typically must host or promote at least **two Fraternal Benefit Events** (seminars or presentations, which can be in-person or virtual) during the fraternal year.
- These events aim to educate members and potential members about the benefits.
- There are minimum attendance thresholds for unique members or "member-eligible" attendees (Catholic men 18+ who are not yet members): usually 10 total across the events for smaller councils (under 100 members) or 14 for larger ones.
- The Grand Knight submits documentation (such as via online form #11077) directly to the Supreme Council, often including attendee details for verification.
- In some past or varying criteria, it has involved achieving a net increase in insurance certificates (e.g., around 2.5% growth), though the emphasis has shifted toward event-based promotion in more recent guidelines.

This award honors the legacy of the Knights' founders by encouraging councils to highlight the protective and financial aspects of membership alongside charity, unity, and fraternity. For the most current requirements for the ongoing fraternal year, check the official Knights of Columbus website (kofc.org) under officer resources or awards sections, or consult your local field agent or state council.

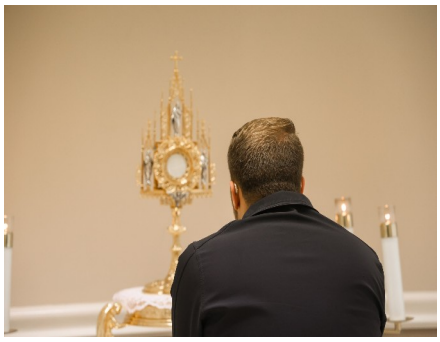
Annual Tampa Bay Men's Conference

What a powerful and faith-filled day at the 16th Annual Tampa Bay Men's Conference! Hundreds of brothers in Christ gathered at St. Lawrence Catholic Church in Tampa for "Finding Hope and Healing in a Broken World," hosted by Suncoast Catholic Ministries, for a day rooted in prayer, formation, and fellowship. From Mass celebrated by Bishop Gregory L. Parkes to Adoration, Reconciliation, the Rosary, and inspiring talks from Fr. Dan Reehil, Dr. Dillon Caswell, and Fr. Chuck Dornquast—along with a moving personal witness—the Holy Spirit was clearly at work!

St. Luke was well represented with attendees and played a key role in coordinating the event through dedicated volunteers; all the Knights proudly wore their council shirts, showcasing a spirit of unity.

This year's gathering was remarkable, with over **550** men in attendance, creating an incredible atmosphere of fellowship. We are blessed to have participated, bringing back graces, blessings, and favors to our parish.

Additionally, the Florida State Council had a table in the exhibitors hall, registering men and sharing resources for ongoing spiritual growth. Let's continue praying for the men of our Diocese—that they may boldly live with hope and be instruments of healing in a world that needs Christ more than ever. Tag a brother who should join you next year.



March 2026

Dear Members of the Ladies Auxiliary,

LADIES AUXILIARY MEETING is TUESDAY, MARCH 3, 7:00 p.m. in the Parish Hall. We will celebrate the success of our Fashion Show fundraiser and share ideas about the organizations to receive donations from our 2025-26 fundraising.

STATIONS OF THE CROSS: The Stations of the Cross will be held every Friday in Lent at 7:00 p.m. in the church. On **Friday, March 13**, the Stations of the Cross will be prayed for the intentions of the Ladies Auxiliary. Please mark your calendars and do your best to attend.

ANNUAL PICNIC is on Saturday, April 18, 11:30 a.m.-1:30 p.m. at Anderson Park, Pavilion 4. Free. More details to follow.

REMAINING MEETINGS FOR THE YEAR:

- **Tuesday, April 7** – Guest speaker to be determined.
- **Tuesday, May 5** – Brief meeting, including vote on 2026-27 slate of officers, followed by pizza party with the Knights of Columbus.

2026-27 SLATE OF OFFICERS: Please think about how you would like to serve the Ladies Auxiliary next year. "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace." 1 Peter 4:10-11

Thank you.

Jean Gaspar,
President

President
Jean Gaspar

Vice President
Alice Ennis

Secretary
Karen Kurzdorfer

Treasurer
Christine Bailiff

Sergeant of Arms
Carol Abresch

THE KNIGHTS OF COLUMBUS COUNCIL 12196
AND THE LADIES AUXILIARY
INVITE YOU TO OUR

ANNUAL PICNIC

JOIN US FOR FOOD, FUN, AND FELLOWSHIP!

SATURDAY, APRIL 18, 2026 | 11:30 AM - 1:30 PM
ANDERSON PARK - SHELTER #4*
39699 US HWY 19 N, TARPON SPRINGS, FL 34689

* SEE MAP ON FOLLOWING PAGE.

Pinellas County
Parks & Conservation Resources

Anderson Park

39699 U.S. Highway 19 • Tarpon Springs, FL 34689

LEGEND	
	Boat Ramp (fee charged)
	Boardwalk, Nature Trail
	Dog Park
	Fishing
	Parking
	Pier
	Playground Equipment
	Restroom
	Shelter & Grills

pinellas.gov/parks

March 2026

March is dedicated to Saint Joseph

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Coffee & Donuts after 8am & 10am Masses 	**2**	**3** KofC Business Meeting & Lds. Aux Mtg. 7 PM Parish Hall	**4**	**5**	**6** **Eucharistic Adoration** after 8AM Mass 8:30 AM -9:00 AM	**7**
8	**9**	**10**	**11**	**12**	**13** **Eucharistic Adoration** after 8AM Mass 8:30 AM -9:00 AM	**14**
15	**16**	**17** K of C Officers Mtg. 7PM Parish Hall **St. Patrick's Day**	**18**	**19** **Saint Joseph's Day**	**20** **Eucharistic Adoration** after 8AM Mass 8:30 AM -9:00 AM	**21**
22	**23**	**24**	**25**	**26**	**27** **Eucharistic Adoration** after 8AM Mass 8:30 AM -9:00 AM	**28**
29	**30**	**31**				
1st **Ladies Auxil. Fashion Show** **1p to 4pm** **The Center** **16th St. Palm Harbor**						**Saints Feast Days for March (Click)**

*Overview for the Month

The entire month of March is the liturgical season of **Lent** which is represented by the liturgical color violet or purple — a symbol of penance, mortification and the sorrow of a contrite heart. All saint days that are usually Memorials are shifted to Optional Memorials during the season of Lent.

As we continue our journey "up to Jerusalem" during the month of March, three prominent ideas are proposed for our contemplation by the liturgy of Lent: the Passion and Resurrection of Christ, baptism, and penance.

The **Solemnity of St. Joseph** (March 19) is a special landmark this month in which we will celebrate the great honor bestowed upon the foster father of Jesus. The **Solemnity of the Annunciation** is celebrated on March 25. And if you are Irish (who isn't?), **St. Patrick's feast** is another cause for a joyful celebration. (March 17)