



Knights of Columbus Blessed Sacrament Council 13240

KNIGHTLY NEWS

DECEMBER 2024

Happy (Liturgical) New Year!!!

The season of Advent is upon us. Are you ready for the upcoming church new year? Are you ready for the season of Advent? Is it time for the Sacrament of Reconciliation in preparation? The church's penance service is on Monday, December 16th at 7PM in the main church. Priests from all around will be on hand for you to get better prepared for the celebration of the birth of our Lord.

Website Update

As of December 1st, the website will no longer be updated. All information about upcoming events will come via an email from the Grand Knight and/or listed in the monthly newsletter. Access to the meeting minutes will be via email at the beginning of the month in the same email that contains the newsletter. The website will officially shutdown on January 1st.



December: *Immaculate Conception of* *the Blessed Virgin Mary*

Upcoming Events

- Dec 5 - Council Meeting
Rosary @ 6:30PM
Meeting @ 7PM
- Dec 8 – Solemnity of the
Immaculate Conception
- Dec 8 - Council Christmas Party
- Dec 12 - Our Lady of Guadalupe
Feast Day
- Dec 12 - Assembly Meeting 7 PM
- Dec 16 - BSCC Penance Service
7pm
- Dec 21 & 22 - Knights' Food
Drive Weekend
- Dec 24 – Jubilee Year Begins
- Dec 25 - Christmas
- Jan 1 - Solemnity of Mary, Mother
of God
Holy Day of Obligation



Merry Christmas !

Welcome to our newest Brother, Brother Mateo



Mateo was exemplified on November 7th. Pictured here with our District Deputy Bob Higgins. Thanks to the Exemplification team for a great ceremony!





December in Your Catholic Church

Prayers for the month of December

The Immaculate Conception

A prayer to Mary Immaculate, the sinless Mother of God, asking for her assistance in life's journey

Christmas Novena

A prayer to ask for supernatural virtue so that the coming of the Lord will be a consolation to those who hope in His mercy

Christmas Prayer

A prayer to thank God for the day and blessings, and to ask for a restful night of sleep as people await the celebration of the birth of Jesus

Winter Prayer

A prayer to remind people of the warmth of God's love in the midst of winter, and that His light still shines in the darkness

Advent Prayer

A prayer to ask for peace in the world, and to ask for Jesus, the Prince of Peace, in people's hearts

December 31 Prayer

A prayer to give thanks for the past, to trust the past into God's hands, and to ask for inspiration in the year ahead

Monthly Intentions for December 2024.

Pray for: Pilgrims of Hope

We pray that this Jubilee Year strengthen our faith, helping us to recognize the Risen Christ in our daily lives, and that it may transform us into pilgrims of Christian hope.

Lecturer's Corner

By: Brother Pete Stauder

What did I hear the day after the election?? We won, we defeated Amendment #4! Well, yes, But. We had 57% of Floridians vote for the amendment. That means we have a lot of work ahead of us. Our current laws allow abortion but not after 6 weeks. The "Heartbeat" law. It will face challenges.

The availability of chemicals to abort are flowing into this state as well as many others. How do we challenge and eliminate those? Who do we align with to challenge these silent killers? We had numerous groups linked together, including the Governor, fighting to defeat the Amendment. Respect Life will be a subject we as Knights and Catholics will need to continue to support. We need to look not only at this issue of challenging the birth of a human but also such things as support of the woman and baby after birth, the need to get back to the core of Family and how do we deal with aging.

Think about what role you want to play in this effort to bring the love of Christ to all.

Are you expecting changes when the new administration comes online? I am! We as Catholics have experienced great challenges these past few years. Christens, overall, are being persecuted all over the world. (Sorry- nothing new here.) The Family structure is rapidly falling away. The postulation of different ideas about gender identification, trans rights and what should be a parent's role are going to continue. We, as Catholics and the supporters of our parish Priest must focus on how we will help address these challenges. Pray and step forward!

Here are some tips for the holidays

Eating-

Eat regularly: Don't skip meals, as your body may crave fatty foods when you're hungry.

Eat slowly: Give your brain and stomach time to communicate.

Drink water: Alcohol can dehydrate you, so drink water to stay hydrated and fill up your stomach.

Choose vegetables: Fruits and vegetables can be great snacks, side dishes, or main dishes.

Bring a healthy dish: If the holiday event you're attending doesn't have healthy options, bring your own.

Choose drinks wisely: Stick to calorie-free drinks like water, tea, or seltzer, instead of high-calorie festive drinks.

Choose nutritious snacks: Prepare satisfying snacks that won't sacrifice taste.

Exercise: Exercise can relieve holiday stress and prevent weight gain.

Savor the flavors: Give yourself permission to enjoy the holiday season and savor each bite.

Stress-

Don't over schedule yourself: The holiday season is a time of parties and other social gatherings. Remember that you don't have to do it all. Figure out what you really enjoy versus what you feel you're supposed to do. Focus the majority of your energy and time on activities that are fun for you. Do your best to limit or avoid those activities that are less enjoyable. Your happiness is an important consideration in planning how you spend your time.

Simplify travel and limit car time: Travel can be especially stressful during the holiday season. If you must travel, do what you can to make it as easy as possible on yourself. Try to get direct flights or at least minimize the number of stops along the way. You'll avoid the stress of having to rush from one plane to the next or having to wait around for long periods of time. Many people complain about spending too much time in the car during the holiday season driving from one gathering to the next. If possible, limit your driving to one or two events that you truly want to attend. It's part of setting healthy boundaries and keeping a reasonable schedule.

Manage gift giving: For many, the holidays are a time of gift giving. This can be a lot of fun, but it can also be financially stressful. Do your best to make a budget and stay within the spending limits that you have set.

You're not obligated to spend beyond your means, and you will very likely regret it if you do. Even a small gift lets people know you cherish them. Bigger is not necessarily better.

Be responsible about food and alcohol consumption: Do your best to stick with healthy eating choices.

Moderation is key, especially with holiday treats and alcohol. Many of us succumb to the pressure to overeat or drink to excess during the holidays. Try to stay within your usual guidelines for healthy eating and responsible drinking. Remember to drink plenty of water to stay hydrated.

Enjoy family on your terms: While it can be enjoyable to see family during the holidays, some people find extended family time to be stressful. Do whatever you need to do to take care of yourself. If necessary, take a break from the gathering. Go for a walk. Call someone you enjoy talking to. Take some alone time if you need it.

Respect differences: We all have different perspectives on a variety of things. There's quite a lot that can divide us and bring tension to social gatherings. Do your best to find and focus on our common ground. We are all better off when we seek peace and understanding with one another.

Take time for yourself: Consider giving yourself the gift of time during the holidays. Take a break from the rushing around, the shopping, the cooking, and the cleaning. Set aside time to read a good book, watch your favorite movie, go for a bike ride or take a nap.

Honor the losses of the year: The holidays can be especially challenging for those of us who have lost loved ones. Be sure to make space for your grief. Consider changing up your traditions to make your feelings of loss more manageable. You can also find a new way to weave in the memory of your loved one into your existing holiday traditions.

Don't forget routine maintenance: Get plenty of sleep. Eat regularly. Exercise. Get a massage. Meditate. Don't forget to breathe.

Reach out if you need help: If you know that this time of year is typically hard for you, lean on your friends and family. Talk to them about how you're feeling and let them help you set boundaries and practice self-care.

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

KNIGHTLY NEWS

DECEMBER 2024

**Big Month for
these Brothers**

Vivat Jesus

**Knight of the Month
Pete Stauder**



Pete was awarded the Knight of the month by the Grand Knight for his efforts during the 2024 election cycle to help defeat Amendment 4 and protect the sanctity of life.

Congratulations Pete!

Assembly 3025 News

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

Want to become a 4th Degree Knight?

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

Which Saint said this?

"Jesus loves hidden souls. A hidden flower is the most fragrant. I must strive to make the interior of my soul a resting place for the Heart of Jesus."

Saint Maria Faustina Kowalska

Council 13240

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

Birthdays

Robert Micai 12-01
Anthony Giamboi 12-05
Elliott Ogden 12-11
Chad Pittman 12-12
Don Seamann 12-14
Donald Navara 12-18
Dockins Grantham 12-21
Gerald Sulsenti 12-22
Paul Kleponis 12-24
Joseph Large 12-28
William Overbay 12-28
Thomas AJ Brown 12-29
Louie Harris Jr 12-31

Spouse Birthdays

None on File

Anniversaries

None on File

Years of Service

Joseph Landon 64
John Knoblich Sr 42
Larry Claude 40
Deacon Michael Shortell 40
Ronald Koenig 27
Thomas Murray 23
Reinaldo Hernandez 23
Thomas Michalik 22
Donald Morrissey 22
Jack Moscato 22
Donald Navara 22
Leslie Panek Jr 22
Rick Kleinschmidt 17
Michael Tomberg 17
Pablo Casiano, Jr. 15
Ramon Castro 15
Luca Del Verme 15
Vincent DiFraia 15
Frank Regiacorte 15
Domingo Valeros Jr 15
Kevin Van Scoyk 15
Michael Scotto 15
James Fleming 11
Robert Ouellette 10
Claudio Romani 1

Grand Knight and Council Giving

The Council provided monetary support to the Neighborhood Center of South Lake at the end of last Fraternal Year. That gift generated a \$300 rebate to the Council from Supreme. The Grand Knight delivered that \$300 to the Neighborhood Center of South Lake to further help feed our families in Lake County that suffer from Food insecurity.

Knight's Sunday Gathering



The Council held our annual Knight's Sunday Gathering on November 10th in the Adult Ministries building. After a lunch the attendees enjoyed an informative presentation by our Insurance Representative Larry Kennedy. Several items were discussed and a question-and-answer session provided information to all who were in attendance. Thanks Larry!

Annual Pasta Dinner is Coming: Tickets go on sale Jan 4th



Knights of Columbus Pasta Dinner

Saturday January 25th at 5:30 PM

\$15 Adult \$8 Child (10 yrs old or under)

All you can eat



Knights Investment Corner

Insurance Check-Up for 2025

Where did 2024 go? It seems like it was summer yesterday and yet we just celebrated the Thanksgiving holiday.

I hope you and your family had a great 2024. Now, we are all preparing to 'ring in' 2025. Hopefully, you've established a few goals for the upcoming year. I've learned a great tip regarding resolutions. First, write them down. It's not too late if you haven't already done this. Commit your goals to paper and post it someplace you will see it often. Writing down a goal is the first step towards achieving it. It may not make sense at first, but I'm sure you have heard stories of the success this simple task can bring. Whether your goal is to exercise more, give more to charity, read more or watch less television, you're more likely to accomplish it if you write it down.

Second, resolve to have an expert look at your finances. I recommend that you have a team of experts help you, and I would love to be the first you sit with. Let's schedule some time to meet together, and I, your professional Knights of Columbus insurance agent, will provide an "insurance check-up" (at no cost!) that will evaluate any gaps in your family's life insurance protection. Now might be the perfect time to fill those gaps, not later. Keep in mind that unlike many other products, you don't just need money to obtain life insurance; you also need good health, and no one knows when your health could change.

Did I mention my check-up is free of charge? When was the last time you received something for free that could provide value to you and your family for generations? Call me today.

Vivat Jesus!

Larry Kennedy FICF MDRT
Financial Advisor/Central Florida
407579-9888
Lawrence.kennedy@kofc.org



Are you a 1st or 2nd Degree Knight?

If you are a 1st or 2nd Degree Knight and want to be a 3rd Degree Knight, we will be holding an exemplification ceremony soon (probably at the November meeting) Let the Grand Knight, Deputy Grand Knight or the Financial Secretary know you are interested!

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





Council Officers

Grand Knight – John Martin
Deputy Grand Knight – Ralph Reuter
Chancellor – Karl Grabowski
Recorder – Elliot Ogden
Financial Secretary – Dave Swathwood
Treasurer – Greg White
Advocate - Rosario Sulsenti
Warden – John Proteau
Inside Guard – Chris DiPasquale
Outside Guard – Robert Sullivan
3 Year Trustee – Ed Smith
2 Year Trustee – Paul Kleponis
1 Year Trustee – Ken Krewson
Lecturer – Peter Stauder



Assembly Officers

Faithful Navigator – Steve Cruz
Faithful Captain – Don Barone
Faithful Pilot – Edward Smith
Faithful Comptroller – TBD
Faithful Scribe – TBD
Faithful Purser – Elliott Ogden
Faithful Admiral – Rosario Sulsenti
Inner Sentinel – Glenn Koch
Outer Sentinel – Robert Sullivan
3 year Trustee – Jim Batalitzky
2 Year Trustee – John Proteau
1 Year Trustee – Jack Moscato
Color Corps Cmdr – Gerald Sulsenti

Grand Knight Notes

Brother Knights,

We recently had several brother Knights make donations to San Toribio Romo for the signage project and also giving to Faith Formation. I want to thank those that were involved for your support.

We have our annual men's morning of reflection on Saturday morning, January 11th at the social hall after the morning mass. Invite a friend to join us. Please remember to sign up, the sign-up sheet is in the vestibule. Look forward to seeing everyone there.

We still have tickets left for our Christmas party. Sales close out on 2 December (we need to get an accurate count to the caterer). Don't forget to make your purchase. Be safe this month and I wish everyone a very merry Christmas

Vivat Jesus,

John Martin

Grand Knight
Blessed Sacrament Council 13240
Clermont, FL



Council Administration

Financial Secretary

Is there anything that needs to be changed in your membership information? New phone number, Email..? Let the financial secretary know.

The financial secretary is Dave Swathwood. Email: daveswathwood@gmail.com

Administrative issues

Do you know of a brother that is in need of assistance? Contact the Grand Knight so we can help our Brother Knights

Prayer Requests

- + Family Members with Health issues
- + Those experiencing their first Christmas without a loved one
- + Our Priests
- + Our Deacons
- + Those less fortunate
- + The World's Children

In Memorium

Jean Gauthier

Stanley Sarnowski

Allen Venezia