



Knights of Columbus Blessed Sacrament Council 13240

KNIGHTLY NEWS

FEBRUARY 2024



February: The Holy Family

Upcoming Events

- Feb 1 – Council Meeting
Rosary @ 6:30PM
Meeting @ 7PM
- Feb 8 – No Assembly Meeting:
Valentine Dinner
- Feb 14 – Ash Wednesday
- Feb 14 – Novena for Life begins
- Feb 17 & 18 – Knights' Hosting
Hospitality Weekend
- Feb 17 & 18 – Knights' Food
Drive Weekend
- Feb 18 – Knight's Blood Drive
- Feb 22 – Novena for Life ends

The Knights are hosting a Blood Drive!

That's right, the Knights are bringing back the blood drive to Blessed Sacrament. On February 18, the Blood Mobile will be at our church from 9:00 AM until 2:00 PM. Reservations are advised, but walk ins are welcome. See the poster on page 7 of this newsletter for more info.



VIVAT JESUS !

Coming Next Month !

The council's and district's **Hockey Challenge** is coming up on March 30th at Resurrection Catholic Church in Winter Garden registration starts at 10am. This event is open to all boys and girls ages 11-17 will be held. More information can be obtained from Mike Crawford at (352) 978-0787.

***We still need a
Chancellor !***

Council Survey

Last month the Grand Knight sent out an email inviting all council members to partake in a survey about the council's activities. The results are in and are being looked at by the officers of the council. Some changes are already being implemented right here in the newsletter.

The survey question regarding the newsletter content revealed that the upcoming events section was favored by 92% of you. Therefore, that section will remain in the newsletter. The "Staying Healthy" and "Prayer Requests" were also popular and will stay in the monthly publication.

The newsletter sections "Pope Francis' Words" and "The Father McGivney Page" received very low approval ratings (around 20%) and therefore have been removed from this month's newsletter.

The Saint of the Month section is on its last month in the newsletter due to low approval/interest by our members.

New Newsletter section!

Page 7 contains our new Lecturer's Corner. Each month we will have current topics and news that pertain to our faith, focus and activities as Knight's of Columbus.



The season of Lent starts this month.
Prepare the way.
Are you ready?



**Saint for the Month of February
St Valentine (Feb 14)**

Patron Saint of Love, Young People, Happy
Marriages

Saint Valentine, officially known as Saint Valentine of Rome, is a third-century Roman saint widely celebrated on February 14 and commonly associated with "courtly love."

Although not much of St. Valentine's life is reliably known, and whether or not the stories involve two different saints by the same name is also not officially decided, it is highly agreed that St. Valentine was martyred and then buried on the Via Flaminia to the north of Rome.

In 1969, the Roman Catholic Church removed St. Valentine from the General Roman Calendar, because so little is known about him. However, the church still recognizes him as a saint, listing him in the February 14 spot of Roman Martyrology. The legends attributed to the mysterious saint are as inconsistent as the actual identification of the man.

One common story about St. Valentine is that in one point of his life, as the former Bishop of Terni, Narnia and Amelia, he was on house arrest with Judge Asterius. While discussing religion and faith with the Judge, Valentine pledged the validity of Jesus. The judge immediately put Valentine and his faith to the test.

St. Valentine was presented with the judge's blind daughter and told to restore her sight. If he succeeded, the judge vowed to do anything for Valentine. Placing his hands onto her eyes, Valentine restored the child's vision.

Judge Asterius was humbled and obeyed Valentine's requests. Asterius broke all the idols around his house, fasted for three days and became baptized, along with his family and entire 44 member household. The now faithful judge then freed all of his Christian inmates. St. Valentine was later arrested again for continuing to try to convert people to Christianity. He was sent to Rome under the emperor Claudius Gothicus (Claudius II). According to the popular hagiographical identity, and what is believed to be the first representation of St. Valentine, the Nuremberg Chronicle, St. Valentine was a Roman priest martyred during Claudius' reign. The story tells that St. Valentine was imprisoned for marrying Christian couples and aiding Christians being persecuted by Claudius in Rome. Both acts were considered serious crimes. A relationship between the saint and emperor began to grow, until Valentine attempted to convince Claudius of Christianity. Claudius became enraged and sentenced Valentine to death, commanding him to renounce his faith or be beaten with clubs and beheaded. St. Valentine refused to renounce his faith and Christianity and was executed outside the Flaminian Gate on February 14, 269. However, other tales of St. Valentine's life claim he was executed either in the year 269, 270, 273 or 280. Other depictions of St. Valentine's arrests tell that he secretly married couples so husbands wouldn't have to go to war. Another variation of the legend of St. Valentine says he refused to sacrifice to pagan gods, was imprisoned and while imprisoned he healed the jailer's blind daughter. On the day of his execution, he left the girl a note signed, "Your Valentine." Pope Julius I is said to have built a church near Ponte Mole in his memory, which for a long time gave name to the gate now called Porta del Popolo, formerly, Porta Valetini.

The romantic nature of Valentine's Day may have derived during the Middle Ages, when it was believed that birds paired couples in mid-February. According to English 18th-century antiquarians Alban Butler and Francis Douce, Valentine's Day was most likely created to overpower the pagan holiday, Lupercalia.

Although the exact origin of the holiday is not widely agreed upon, it is widely recognized as a day for love, devotion and romance.

Whoever he was, Valentine did really exist, because archaeologists have unearthed a Roman catacomb and an ancient church dedicated to St. Valentine. In 496 AD Pope Gelasius marked February 14th as a celebration in honor of his martyrdom.

Knights Investment Corner

Last Minute Tax Strategies

Before you file your 2022 Federal Tax Return, talk to me about the advantages of a Knights of Columbus Traditional or ROTH IRA. Not eligible for an IRA? Let's talk about how a KofC IRA rollover, ROTH IRA conversion, or a non-qualified annuity may be suitable for your financial situation.

The Knights of Columbus offers you the opportunity to earn a guaranteed rate of return through its annuity program. Our annuities offer a guaranteed minimum interest rate for life. Current interest rates are adjusted to reflect current market conditions and may be more, but never less, than the guaranteed minimum interest rate.

For those with an interest in investing in the equity markets, the Knights of Columbus began offering mutual funds in 2015. Members and non-members alike now have the benefit of investing in funds that follow the guidelines of the United States Conference of Catholic Bishops (USCCB). The Knights of Columbus have seen multiple pandemics, world wars, euphoric stock market bubbles, and painful equity market crashes. Knights of Columbus Asset Advisors (KoCAA) and its predecessor organization – a division of Knights of Columbus – has invested through all of these challenges. As a result of

Continued: Tax



Tax (Cont)

administrative success and strong historical investment results, our investment professionals have earned the Knights of Columbus a Superior rating for financial strength from independent rating agencies Standard & Poor's every year since 1991 (currently AA+).

Our \$28 billion+ investment portfolio is diversified across fixed income (bond), equity (stock), and alternative investments and is designed to meet a wide variety of short-term and long-term investment objectives. Investors with KoCAA gain access to the same time-tested investment team and fundamental strategies used by the Knights of Columbus to invest their own multi-billion portfolio.

For any of your life insurance, annuity, long-term care insurance, or disability income needs, schedule an appointment today so we can have a discussion about how the Knights of Columbus can cover your needs.

Larry Kennedy, FICF MDRT
Field Agent/Central Florida
407-579-9888

Lawrence.kennedy@kofc.org



The Pope's Monthly Intentions for February 2024.

For the terminally ill

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.



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, the staff is looking to hold an exemplification ceremony soon. Let the Grand Knight, Deputy Grand Knight or the Financial Secretary know you are interested!

Step back into the council..... step up to the 3rd degree..... and get involved in the upcoming year! There are a lot of fun and interesting events going on ...and coming up! Come and see for yourself!

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

Big Month for these Brothers



Birthdays

Nicholas Downey 02/01
Allen Joseph Venezio 02/01
Michael Keller 02/03
David Saucier 02/07
Thomas C. Murray 02/08
Donald Higgins 02/11
Wayne Garanito 02/14
Rev. Pontian Kaweesa 02/14
Luis Ortiz 02/15
Alejandro Luyando 02/20
David Palka 02/22
Donald Morrissey 02/25
James Galvin 02/28
Jack Kennedy 02/28

Knight of the Month for November: Mike Crawford



Which Saint said this?

"I will go anywhere and do anything in order to communicate the love of Jesus to those who do not know him or have forgotten him."

"We must pray without tiring, for the salvation of mankind does not depend on material success; nor on sciences that cloud the intellect. Neither does it depend on arms and human industries, but on Jesus alone."

St Francis Xavier Cabrini

Knight of the Month for December: Paul Kleponis



Spouse Birthdays

Chery Brand, wife of Leo Brand 02/01
Mathilda Granucci, wife of John Granucci 02/07
Heidi Miller, wife of Charles Miller 02/09

Anniversaries

Ernest Alcantara and Barbara Cox 02/14
Richard and Sarah Ford 02/19

Years of Service

Anniversaries

Alejandro Luyando 29
Gerald Sulsenti 22
Michael Keller 20
Rev. Mark Wajda 20
Anthony Giamboi 17
Robert Micai 17
Robert Thomen 17
Jorge Oliveras 17
Robert Berardi 14
Joseph Lederer 14
Steve Cruz 13
Joseph Mortillaro 13
Glenn Koch 12
Daniel Raichel 12
Deacon Richard Ferris 11
Lawrence Hull 11
Robert Richey 11
Frank Hernandez 9

Knight in the Spotlight



Unfortunately, we have run out of inputs from our brother Knights.

If you want to see more knights in the spotlight, then we need each of you to go to the council website and enter your information.

Assembly 3025 News

Monthly Meetings:

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

Want to become a 4th Degree Knight?

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

Council 13240

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



Dry Skin

Staying Healthy Section

Dry skin can occur for a variety of reasons. Most commonly, it's the result of dry air, cold weather, hot showers, harsh soaps and detergents, or too much sun.

Dry skin is often temporary — you get it only in winter, for example — but for some, it may be a lifelong problem. Most cases of dry skin respond well to lifestyle and home remedies.

Treatment

If you have a more serious skin disease, such as atopic dermatitis or psoriasis, your healthcare provider may prescribe prescription creams or other therapies to treat the condition. Otherwise, the following steps can help to keep your skin healthy.

- **Moisturize.** Moisturizers provide a seal over your skin to keep water from escaping. Apply them several times a day. Thicker moisturizers (brands such as Eucerin and Cetaphil) work best. If your skin is extremely dry, apply an oil, such as baby oil, while your skin is still moist. Oil has more staying power than do moisturizers and keeps water from evaporating from the surface of your skin. Ointments that contain petroleum jelly are helpful, but they may feel too greasy.
- **Apply moisturizers after bathing.** Gently pat your skin dry with a towel so that some moisture remains. Immediately moisturize your skin to help trap water in the surface cells.
- **Limit showers.** Long showers or baths and hot water remove oils from your skin. If possible, don't bathe daily (use a washcloth to cleanse key areas). Keep your shower time limited to 5 to 10 minutes and use warm, not hot, water.
- **Avoid harsh, drying soaps.** Choose mild soaps with added oils and fats.
- **Use a humidifier.** Dry indoor air can worsen itching and flaking. A portable humidifier or one attached to your furnace adds moisture to inside air. Be sure to keep the humidifier clean.
- **Choose skin-friendly fabrics.** Natural fibers, such as cotton and silk, allow your skin to breathe. Wool, though natural, can irritate your skin. Wash your clothes with detergents that don't contain dyes or perfumes, both of which can irritate your skin.

Most cases of dry skin respond well to lifestyle changes and home remedies.

- Your skin doesn't improve in spite of your best efforts
- Dry skin is accompanied by redness
- Dryness and itching interfere with sleeping
- You have open sores or infections from scratching
- You have large areas of scaling or peeling skin
- The itching is out of proportion to the dry skin



THE GRAND KNIGHT OUT & ABOUT



Father Mark gives the opening Prayer
(isn't setting a timer on the camera
awesome!you can pray and still get the
picture!)

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

Men's Morning of Reflection.

Nearly 40 men from the Parish gathered on January 6th for a morning of reflection. The event started with morning Mass celebrated by Father Roy and moved to the social hall for refreshments and discussion from Deacon Richard and Father Mark



Deacon Richard addresses the gathering



The Grand Knight John Martin greets the attendees

Recruiting Members

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

Our Council can grow, but only if we engage our Catholic Brothers and invite them to join us. Enrollment forms are available on the website or from council officers.



**Knights of
Columbus®**

KNIGHTLY NEWS

FEBRUARY 2024

The Lecturer's Corner

By: SK Pete Stauder

Just because Roe vs Wade was struck down does not mean the issue of abortion has gone away. It is now up to each state to set its own laws. Florida has a law at the State Supreme Court that would limit the time for an abortion to be performed to 15 weeks and another to further reduce that time to 6 weeks. In addition, there is a group advocating amending the Florida Constitution to guarantee the right to abortion. You need to be aware of these movements and be ready to defend life.

You may have heard people discussing the Pope's supposed authorizing the blessing of same sex or irregular unions. That is not true, and I suggest you read the extensive article published by the Vatican Dicastery for the Declaration of Faith that attempts to clarify what the Pope wrote in the declaration Fiducia supplicans document. EWTN's National Catholic Register and The Loop at catholicvote.org. are good sources of information.

Lastly, there is a definite rise in the cases of Gender Dysphoria in the USA. Many states are engaged in addressing this in various aspects-- medical, parental rights, school responsibilities and individual rights. It would be wise for you to know what is happening in your state and your community. Again, the sources cited above are good.



NOVENA FOR LIFE



Please join the Knights of Columbus Blessed Sacrament Council 13240 in a Novena for Life to pray for a culture of life and civilization of love in our community, nation, and world.

The novena will begin on Ash Wednesday (Valentine's Day), February 14th and end Thursday, February 22nd.

A novena is a period of sustained prayer over nine (9) days for a particular intention. Community, as well as church, members are encouraged to pray in their homes on each of the nine days of the novena.

The particular intention of this novena is life, especially the life of the unborn. A prayer card entitled "Celebrate the Gospel of Life" will be available in both English and Spanish in Blessed Sacrament Catholic Church's and Santo Toribio Romo's vestibules.

The protection of life is a sustained prayer intention of the Catholic Church and the Knights of Columbus. A Novena for Life is meant to bring Knights of Columbus and parish families together in a spiritual battle to lead their communities, through both public and private acts of prayer, to ensure a culture of life in our nations.



DONATE BLOOD

**Knights of Columbus
Blessed Sacrament Council 13240**

**Sunday, February 18
9:00 AM - 2:00 PM**

All donors will receive*:

- **\$20 eGift Card**
- **Long-sleeved T-shirt**
- **Wellness Checkup** including blood pressure, pulse, temperature, iron count and cholesterol screening.

Fact: Approximately 62% of the population is eligible to donate blood.



Appointments are encouraged, please visit oneblood.org/donate-now and use sponsor code **9686**

ID REQUIRED

*One offer per donor per donation. No cash value. Not transferable. Gifts may vary. For more information please visit oneblood.org/details.

Donors
Receive



- PLUS -



- PLUS -



oneblood
Share your power



Council Officers

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



Assembly Officers

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

Grand Knight Notes

Brother Knights,

Thank you to everyone who participated in the recent council survey. The results are posted in our current newsletter and we plan on making some changes to reflect your suggestions and ideas. It is our goal to move our council forward as we continue to have a positive impact in our church and our parish.

It is that time of year again to elect delegates for the State Convention. After the election the Financial Secretary must enter the two delegates and two alternate delegates names. Once this is done then the delegate can go and register for the convention. If you are making hotel reservations they should be made quickly.

We will also need volunteers for the February hospitality weekend hosted by the Knights on the 17th and 18th. We will be sending out a volunteer schedule soon. Your participation is greatly appreciated.

Vivat Jesus!
 John Martin- GK



Council Administration

Financial Secretary

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

Administrative issues

If you need to update your personal information such as your anniversary, spouse's birthday or if your years of service look wrong, contact the Financial Secretary.

Prayer Requests

- + Ashley DeJesus
- + Pete's Sister-in-law in hospice
- + Citizen's Happy New Year
- + Joe Pangia's Family
 - o Daughter Grace
 - o Grandson Miles
- + Jim Batalitzki & his wife Patricia
- + Steve and Donna McRobbie
- + Mike and Joyce Crawford
- + Edward and Lynda Smith
- + Mac and Vida Ordon
- + Karl and Donna Grabowski
- + Our deployed military

