



Knights of Columbus Blessed Sacrament Council 13240

KNIGHTLY NEWS

JANUARY 2024



January: The Most Holy Name of Jesus

Upcoming Events

- Jan 1 – Mary, Mother of God
- Jan 4 – Council Meeting
Rosary @ 6:30PM
Meeting @ 7PM
- Jan 6 – Epiphany
- Jan 6 – Men's Morning of
Reflection @ 8:30
- Jan 8 – Baptism of the Lord
- Jan 11 – Assembly Meeting 7PM
- Jan 20 & 21 – Knight's Food
Drive Weekend
- Jan 23 – Day of Prayer for the
Legal Protection of
Unborn Children

Men's Morning of Reflection is coming up!

On Saturday, January 6th, the Knights of Columbus will be hosting a Men's Morning of Reflection. This retreat is open to all of the men of the parish. It will give us an opportunity to reflect on our priorities and resolutions in the new year. Are they centered on God? Guest speakers will provide us with motivational and contemplative subjects during the morning event. It starts with Mass at 8:30AM, followed by some refreshments. Next will be a time of talks, discussion, and prayer. The event will finish up before noon. The sign-up sheet is in the church vestibule. You do not want to miss this event that will bring the men of the parish together for a morning of fellowship and worship. See you there in your Knights of Columbus shirts!

Schedule:

- 8:30 Mass
- 9:30 Refreshments in the Social Hall
- 10:00-11:45 Guest Speakers, Prayer,
Reflection & Discussion

VIVAT JESUS !



Upcoming Events

Brother Knights, here is a look at the events, by month, that we have coming up in the new year. Some have hard dates assigned to them and some are still in the planning stage.

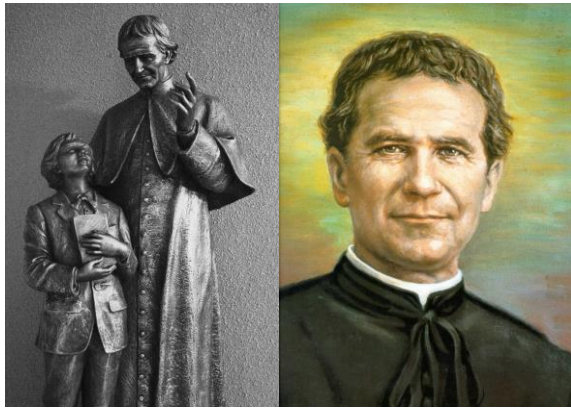
January 27th- Spaghetti dinner
February – Knight's Mass
February 14 - Ash Wednesday
Feb 16, Feb 23, Mar 1, Mar 8, Mar 15, Mar 22 - Lenten Friday dinners (expect 2 dates)
Feb 17 & 18 Knight's Hospitality Weekend
Mar 24-Mar 31 Easter week
April – Knight's Golden Ticket Spring Raffle
May – Nominations for 2024/2025 officers
May 18 & 19 Knight's Hospitality Weekend
June - Elections and Installation
July - New Fraternal Year

What fits into your schedule?

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

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.



Saint for the Month of January
St John Bosco (Jan 31)

Apprentices, boys, editors, Mexican young people, laborers, magicians (performers, not black magic), schoolchildren, schools, colleges, universities, students, young people, young workers, World Youth Day 2019. World Youth Day 2023

“Be brave and try to detach your heart from worldly things. Do your utmost to banish darkness from your mind and come to understand what true, selfless piety is. Through confession, endeavor to purify your heart of anything which may still taint it. Enliven your faith, which is essential to understand and achieve piety.”

The youngest of three sons, John Bosco was born into a poor family in northwest Italy in the rural hamlet of Becchi. His father, a farmhand for a neighboring family, died when John was only two. His mother continued to raise her sons with much love and affection.

Until the age of twelve, John spent most of his time trying to support the family by working as a shepherd and farmhand like his father. His family's poverty made it difficult for him to obtain a good education. His learning came from his lived experience, homelife, and the sermons at church that he listened to attentively.

At the age of nine, John had the first of many dreams that would greatly influence him. In his dream, he came across a group of rough boys who were talking and cursing. John became angry with them and raised his fists to threaten them for their cursing. Suddenly, a man appeared in his dream who was radiant like the sun. The man said to John, “Conquer the hearts of these, your friends, not with violence but with charity. Begin at once. Teach them the evil of vice and the excellence of virtue.” When John asked the man who he was, the man replied, “I am the Son of the lady I will send to be your teacher.” With that, the Blessed Mother appeared in the dream and began to teach John about his future mission of caring for boys with kindness.

John began his “ministry” when he was only ten. He would attend the shows of entertainers who performed juggling, magic tricks, and acrobatics. John studied their shows and then attempted to imitate them for other boys, always including prayers within the show and lessons he learned from Sunday sermons.

As was typical with many boys, John and his brother were always fighting with each other. This was one of the reasons that John decided to leave home at age twelve to look for work. A few years later, John caught the attention of a newly ordained priest and future saint, Father Joseph Cafasso, who saw his intellectual gifts and assisted him with his education. By the time John was twenty, Father Cafasso, with the help of some money from John's mother, helped him enroll in the seminary. After six years of study, at the age of twenty-six, John was ordained a priest.

After ordination, Father John joined his mentor, Father Cafasso, in Turin to continue his studies at the Institute of Saint Francis where Father Cafasso was in charge. The two also engaged in ministry to the poor and imprisoned, cared for girls at a boarding school, and assisted in country parishes. It was in the prisons that Father John became aware of the number of boys who needed help. Of this experience, he later wrote in his *Memoirs*, “I saw large numbers of young lads aged from 12 to 18, fine healthy youngsters, alert of mind, but seeing them idle there, infested with lice, lacking food for body and soul, horrified me. Public disgrace, family dishonor, and personal shame were personified in those unfortunates.” He thought to himself, “Who knows?...if these youngsters had a friend outside who would take care of them, help them, teach them religion...they could be steered away from ruin...” Many of them were repeat offenders, and Father John's heart was drawn to help them. His dream from when he was nine years old began to come to fruition as he sought to teach them, encourage them, listen to them, and befriend them as a mentor and spiritual father.

Father John's plan was to found an oratory to provide structure and purpose for these boys. He helped them get jobs by teaching trades. At the same time, he provided them with food and shelter, taught them catechism, and gave them moral guidance and hope. Within ten years, Father John was assisting as many as 800 boys in need.

Less than a decade later, in 1861, some of the boys Father John mentored wanted to follow in his footsteps and assist other boys. Therefore, Father John founded the Society of St. Francis de Sales with a priest, seminarians, and a high school boy. The Salesian Order was formally approved by the Vatican in 1869. In 1871 Father John expanded his mission by founding a Salesian religious order of women called the Daughters of Mary Help of Christians to care for girls. Finally, in 1874 he founded the Salesian Cooperators, a lay organization that worked with the male and female Salesian Orders.

Saint John Bosco saw a need as he encountered troubled, imprisoned, poor, orphaned, but good-hearted young boys. He followed his inspiration not to be harsh with them, but to offer them loving discipline, friendship, education, skills to support themselves, and a family within his oratory. This loving concern for these young boys overflowed into the hearts of many others, and God used this saintly man to save the souls of many by raising up an army of workers to care for them.

Knights Investment Corner

New Year Resolutions

Happy New Year to all my brothers and their families! I wish you peace, joy and good health this coming year! It's that time of year when we make resolutions. Have you made any yet? Maybe the realistic question is, "Have you already broken some of them?"

Here are 10 popular New Year's resolutions from the internet along with some of my own:

1. Get in shape; for some of us this means to lose some weight, exercise more and staying fit; to stop smoking or eat healthier foods.
2. Stop procrastinating; I don't know about you, but I'm going to put this off for yet another year!
3. Improve my prayer life; there's an app for that! The Laudate app claims it is the most downloaded Catholic app. It has an immense library of prayers, devotions, daily readings, podcasts and Vatican documents.
4. Improve on a skill or develop a new hobby; maybe you want to lower your golf handicap or learn to bowl. Go for it!
5. Be more thankful; God has blessed me in so many ways and sometimes I forget to thank Him for all of those things ...usually because I'm too busy asking for something else.
6. Spend more time with the people that matter most; sometimes I get so busy working, keeping the house up or going to some meeting, I forget the ones I do these things for. I've got to set aside more time to just be with them.

Continued: Resolutions



Resolutions (Cont)

7. Reduce stress; in this sometimes hectic and seemingly crazy world, it's easy to get swallowed up in the latest tragedy and worry all the time. Cutting out those sources of stress or learning how to deal with them more effectively means a more settled life.
8. Read more; with so much on the internet, TV and radio it's easy for me to get lost in those. Reading for pleasure has become something of a lost art.
9. Spend wisely; it's so easy to spend money on things we really don't need, buy on a whim or because we're keeping up with the Joneses.
10. Review your current financial situation; it's always a good idea to take stock on a yearly basis.
11. Now this last resolution I can definitely help you keep. My resolution is to contact each of you this year to check in and if appropriate, set up a time to meet. We can update your information and see where you stand. Your financial health is critical to your family's future security. We'll take a look at your goals and aspirations and help make sure you're on track to reach them.

Larry Kennedy, FICF MDRT
Field Agent/Central Florida
407-579-9888
Lawrence.kennedy@kofc.org



Pope Francis' Words

"We need to keep watch over our heart. Much of the favorable outcome of every spiritual battle is determined at its outset — by consistently watching over our heart."

"Saint Stephen, the first martyr or 'witness', was the first among a multitude of brothers and sisters who still today continue to shed light in darkness: people who respond to evil with goodness and break the spiral of hatred with the gentleness of love."

"To the intercession of the first Martyr, I entrust the plea for peace of peoples torn apart by war. We have witnessed Syria; we behold Gaza. Let us think of martyred Ukraine. A desert of death. People desire peace. Let us pray for peace. Let us strive for peace."

The Pope's Monthly Intentions for January 2024.

FOR THE GIFT OF DIVERSITY IN THE CHURCH:

We pray that the Holy Spirit may help us to recognize the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.





Knight in the Spotlight

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

Which Saint said this?

"No one should follow what he considers to be good for himself, but rather what seems good for another. Let them put Christ before all else; and may he lead us all to everlasting life."

St Benedict



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.

Big Month for these Brothers

Birthdays

John Berko
Larry Claude
Richard Ford
Reinaldo Hernandez
Rick Kleinschmidt
James Loesch
Pasquale Maiellano
Joseph Mitchell
Joseph Roesch
Kevin Van Scoyk
William Spinelli
William Sutter
Nduese Udom
Paul Wood

Spouse Birthdays

None on File

Anniversaries

None on File

Years of Service Anniversaries

William Sutter 34
Michael Bilo 30
Deacon Rafael Gonzalez 28
David Shumway 25
Chad Pittman 17
Steven Hatch 16
Edward McIntyre 10



Name: Greg White

Hometown (Originally): Taunton, Ma

Current Hometown: Clermont, Fl

Number of Years with the Knights of Columbus: 1

Degree of Knighthood: 3rd Degree

Knights of Columbus positions held: Secretary.

Knights of Columbus programs involved in: Right now, I'm very involved with many ministries @ BSCC:

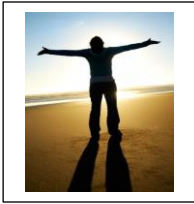
Altar Server, Sacristan, EMHC, EMHC of the sick and homebound, Hospitality Count Team, Coordinator of Backpack Program, Work in front office 1 day a week.

Occupation (if retired, what DID you do?): Oil Delivery manager (Petro) Boston, Dispatch Manager (Southwaste) Orlando, Monorails Disney World

Family (Wife, Children, number of Grand/Great Grand Children)
Wife- Karolynn
Kids - Kim, Shawn, Ryan, Kyle, Karolynn
Grand Children - Rowen

Hobbies: Umpiring Baseball

Mass Usually Attended: 4 PM



Gratitude & Well-being

Staying Healthy Section

Gratitude, especially as it correlates to a higher sense of well-being, is a way of being that habitually focuses on noticing and appreciating the positive aspects of life. It's being thankful for the people and experiences that make up your life.

People who score high on measures of gratitude understand that they have much to be thankful for. They reflect on how fortunate they are to have basic things such as food, clothing and shelter. They realize that things could be worse, that life is short and that it's important to enjoy life as it is.

Gratitude does more than just create positive feelings. In surveys, a disposition toward thankfulness predicted a decreased risk of mental health disorders. It also helped people overcome trauma. A number of studies support a link between gratitude and being in a good mood and feeling happier and more satisfied with life. Gratitude has also been linked to self-acceptance, independence from peer pressure, personal growth, and a sense of purpose and control over your circumstances.

One study even found that higher levels of gratitude resulted in better sleep. Results showed that grateful people sleep better because they worry less and have fewer negative thoughts before falling asleep. They also tend to focus on positive things before falling asleep, which protects the quality of their rest.

How to practice gratitude: Do you want to spend more time practicing gratitude but aren't sure how to begin? Consider these ideas:

- Keep a gratitude journal, writing down the things you're grateful for each day.
- Think about the people in your life who you're grateful for before getting out of bed in the morning.
- Write a letter to a loved one, expressing your appreciation for them.
- Meditate on or pray for the things you're grateful for before going to sleep at night.
- Write thank-you notes for the gifts in your life.

The Four Pillars of Financial Health

1. Spend.

To spend wisely, you need a budget. With a little time, you can put together a clear budget to improve your spending habits. You can easily find budgeting tips online. There are also tools and apps that you can download to automate the budgeting process for you. Whatever method you choose to use to budget, you must stay within that budget. That means using healthy spending habits to stay on (or even better – under) budget.

2. Save.

Everyone needs to be saving each month, but the realities of life sometimes make that difficult. In general, you should aim to save a minimum of 10% of your monthly income. If that's not possible, any amount saved helps improve your financial fitness. Once you start saving, those funds should be considered untouchable. They are not for meeting monthly bills or impulse buys. Instead, they should be used to begin building an emergency fund and more considerable savings for long-term goals. Having these funds readily available will keep you from putting these expenses on credit cards.

3. Borrow.

Healthy debt payments should be no more than 15% of your income (not including mortgage and transportation loans). Remember, higher debt payments can indicate that your debt load is no longer sustainable, and therefore, unhealthy.

While credit cards can have perks, such as raising your credit score for on-time payments or rewards, they can also be dangerous. If you have more credit card debt than you should, paying down debt fast should be a priority.

4. Plan.

Where do you see yourself financially in 5 years, and where would you like to be? Those questions are part of planning your healthy financial future. Take some time to figure out what you want your life to look like in the future: Do you need retirement funds? Do you want to be able to buy a house or maybe an income property? Will you need to help a child with college tuition costs?

These questions factor into your goals and what you need to do (or change) to get there. By focusing on long-term goals, rather than just monthly spending, you can start to re-prioritize your budget in ways that make sense for your goals.



THE GRAND KNIGHT OUT & ABOUT



John Martin (GK), Barbara Cox, Ed Smith (Treas), Paul Kleponis (PGK, Trustee), Dave Swathwood (DGK) & Ernest Alcantara (FS) put together 15 Noche Buena food boxes for families at Santo Toribio Romo

What is Noche Buena?

In the simplest terms, Noche Buena is a Christmas Eve celebration for Christian Latinx populations. Noche Buena is a time for family and friends to gather and eat, drink, be merry and, celebrate the religious component of the holiday, the birth of Jesus.



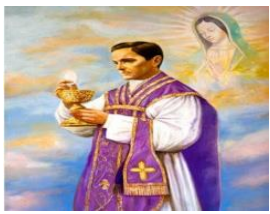
Santa dropped by for the families of Santo Toribio Romo (Thanks Ed)

The Blessed Sacrament Council Annual Christmas Party

The Council's annual Christmas party was held on December 17th. Carrabba's catered 75 meals for the festivities.



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



The Blessed Father McGivney Page

Father Michael McGivney around the world



Manila Oratory and Cupola

Three sites were dedicated to Father McGivney in the Philippines where the Order was established in 1905. Statues of Father McGivney were blessed and placed in these locations: a multimedia studio at the headquarters of the Catholic Bishops' Conference of the Philippines (CBCP); a cupola outside the headquarters of KCFAPI, the Knights' insurance program in the Philippines; and an oratory inside the headquarters.



Querétaro, México

The second McGivney statue was placed in the Immaculate Heart of Mary Chapel at Parroquia de la Sagrada Familia in Querétaro, México. The event was presided over by Archbishop Faustino Armendáriz Jiménez of Durango, then serving as bishop of Querétaro and chaplain of México Central State. After Mass, the sculpture was unveiled by Archbishop Faustino Armendáriz, State Deputy Francisco Sáenz Muñoz and state officers.

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!



Council Officers

Grand Knight – John Martin
 Deputy Grand Knight – Dave Swathwood
 Chancellor – TBD
 Recorder – Chris Duncan
 Treasurer – Edward Smith
 Advocate – Rosario Sulsentti
 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 – TBD
 Faithful Purser – Elliott Ogden
 Faithful Admiral – Rosario Sulsentti
 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 – TBD

Grand Knight Notes

Brother Knights,

As we look forward to the new year and the endless possibilities that lie ahead let's focus on growth, resilience and gratitude. We have the chance to make a fresh start and to really make a difference.

I encourage all my fellow Knights to mark your calendars for Saturday January 6th and join us for the Men's Morning of Reflection for an early Mass followed by refreshments and a message from Father Mark and Deacon Richard. It's a great opportunity to start the new year right. And remember to bring a friend. I hope to see you there.

Vivat Jesus!
 John Martin- GK

In Memoriam

- + John Bomm
- + Salvatore Sangemino
- + Carl Townsend



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

- + Brother Robert's Aunt Marilyn & Uncle James
- + Larry Barber
- + Donna McRobbie
- + Carmen Garcia
- + Ameythyst Loftus
- + Joe Pangia's Family
 - o Daughter Grace
 - o Grandson Miles
- + Jim Batalitski & his wife
- + Marco Sultenti
- + George Duffy
- + Tammy Wise
- + Dan & Deb Leuszler
- + A safe and prosperous New Year

