



Knights of Columbus Blessed Sacrament Council 13240

KNIGHTLY NEWS

JANUARY 2025

Happy New Year!!!



January:

The Holy Name of Jesus

Upcoming Events

Jan 1 - Solemnity of Mary, Mother of God

Holy Day of Obligation

Jan 1 – 58th World Day of Peace

Jan 2 - Council Meeting

Rosary @ 6:30PM

Meeting @ 7PM

Jan 4 – Knight's Pasta Dinner

Tickets go on sale

Jan 9 - Assembly Meeting 7 PM

Jan 11 – Men's Moring of Reflection

8:30 AM Mass

Jan 18 & 19 - Knights' Food

Drive Weekend

Jan 25 – Knight's Pasta Dinner

5:30PM

Happy New Year



What are your goals for 2025? How about more involvement in your council?

This year we will see turnover in several positions. You know about the opening in the Financial Secretary position starting in February. But what about the positions that will open in the Council officers? Could you take on a support position within the Council

Could you consider getting more involved in your church? Several of the ministries need volunteers. Help make Mass happen! Be an Extraordinary Minister of Holy Communion (EMHC) Be part of the Body of Christ, bringing the Body of Christ to the Body of Christ.

Pray and consider your ability to get more involved in 2025.

Jubilee Year has Begun!

The Jubilee of Hope is the first ordinary jubilee since the Great Jubilee of 2000.

The theme of the jubilee is "pilgrims of hope" and Pope Francis has called on Catholics to renew their hope in Christ.





January in Your Catholic Church

Prayers for the month of January

Be our light for the new year:

Come, Holy Spirit, Spirit of the Risen Christ, be with us today and always. Be our Light, our Guide, and our Comforter. Be our Strength, our Courage, and our Sanctifier.

Lord,

As the new year begins, I look to You for our hope, joy, and peace. Give me the courage to do all that You ask of me. Please also make me brave to not do what isn't from You. Show me how to walk in grace and embrace Your love for me even more. In Jesus' Name, Amen.

Heavenly Father,

At midnight, When the old year dies, And the new comes bounding in, I draw strength from knowing that in the next twelve months the snows will go, the buds will burst, the heat will rise, the leaves will fly, that all these things will happen according to Your schedule and in Your time; that there is order in Your universe, and that I am part of it.

Lord Jesus,

I thank You that You are with me, that You are in me. Resolutions might come in one year and go out the other. Open my ears this year, so that I can hear You and enjoy You at every junction, when You tell me to turn right or left.

Amen.

Monthly Intentions for January 2025.

Pray for: Pilgrims of Hope

The Pope's monthly prayer intention for January 2025 is for the right to an education. The intention is to pray for migrants, refugees, and those affected by war that their right to an education is respected.

Lecturer's Corner

By: Brother Pete Stauder

U.S. Supreme Court Agrees to Hear *Kerr v. Planned Parenthood* Case Will Address a State's Ability to Direct Taxpayer Funds Away from Abortion Providers

The U.S. Supreme Court agreed to hear *Kerr v. Planned Parenthood*. At issue is a 2018 order by South Carolina Governor Henry McMaster to the state's Department of Health and Human Services to stop abortion facilities from receiving taxpayer funds from the state's Medicaid program.

The following is a statement from Carol Tobias, president of National Right to Life:

We are pleased that the U.S. Supreme Court will take up *Kerr v. Planned Parenthood*. Taxpayers should not be forced into supporting or supplementing abortion facilities and states should not be forced to override state pro-life laws that citizens support.

No American taxpayer should be forced to use their hard-earned dollars to put more money toward Planned Parenthood's over \$2 billion a year in funding. It is good that the U.S. Supreme Court will weigh in on the rights of citizens to direct how their state spends taxpayer funds.

Here are some tips for a Healthier New Year

- 1. Eat Breakfast** – Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.
- 2. Make Half Your Plate Fruits and Vegetables** – Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate.
- 3. Watch Portion Sizes** – Use half your plate for fruits and vegetables and the other half for grains and lean protein foods.
- 4. Be Active** – Regular physical activity has many health benefits. Start by doing what exercise you can.
- 5. Get to Know Food Labels** – Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.
- 6. Fix Healthy Snacks** – Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods.
- 7. Consult an RDN** – Whether you want to lose weight, lower your health risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.
- 8. Follow Food Safety Guidelines** – Reduce your chances of getting sick with proper food safety.
- 9. Drink More Water** – Quench your thirst with water instead of drinks with added sugars.
- 10. Get Cooking** – Preparing foods at home can be healthy, rewarding, and cost-effective.
- 11. Order Out without Ditching Goals** – You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully.
- 12. Reduce Added Sugars** – Foods and drinks with added sugars can contribute empty calories and little or no nutrition.
- 13. Eat Seafood Twice a Week** – Seafood – fish, and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters, and sardines are higher in omega-3s and lower in mercury.
- 14. Explore New Foods and Flavors** – Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family.
- 15. Experiment with Plant-Based Meals** – Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.
- 16. Make an Effort to Reduce Food Waste** – Check out what foods you have on hand before stocking up at the grocery store.
- 17. Slow Down at Mealtimes** – Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

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

KNIGHTLY NEWS

JANUARY 2025

Big Month for these Brothers

Vivat Jesus

Farewell Letter

Brother Knights,

I will be leaving you next month. I will miss the brothers that I have met here at Blessed Sacrament Council #13240. Together, and under the leadership of the Grand Knight, we have done some great things for our church and our community. I encourage you to keep up the good work. I hope that over the past three years as I have provided you with a monthly newsletter, I hope you have found it informational, entertaining and useful. It was my honor and privilege to help the council in whatever way I could. As a closing thought I encourage you to get involved in your council. Only then can the council thrive. You, my Brothers, are the life blood of this council and only thorough you and your efforts can it continue in its good works for our church and those in need.

Vivat Jesus!

Dave Swathwood (Financial Secretary/Media Coordinator)

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 Christ, Lord of all things! You see my heart; you know my desires. Possess all that I am—you alone. I am your sheep; make me worthy to overcome the devil.”

Saint Agatha

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

Richard K Ford 01-01
Larry L Claude 01-04
James Loesch 01-05
Paul A Wood 01-07
Kevin S Van Scoyk 01-13
Joseph R Roesch 01-14
Rick J Kleinschmidt 01-17
Reinaldo F Hernandez 01-21
John M Berko 01-23
Joseph L Mitchell 01-25
Pasquale R Maiellano 01-28
William Lance Sutter 01-30
William Spinelli 01-31

Spouse Birthdays

None on file

Anniversaries

None on File

Years of Service

William Lance Sutter 35
Michael Bilo 31
Deacon Rafael Gonzalez 29
Steven Hatch 27
Chad J Pittman 18
Edward P McIntyre 11
Enrico DiFinizio 6



Council Giving



LAKE HILLS SCHOOL

909 S. Lakeshore Blvd.
Howey-in-the-Hills, Florida 34737
"Center of Excellence"
Phone: 352.324.3175
Fax: 352.324.3654

November 20, 2024

John Martin, Grand Knight

Knights of Columbus
Blessed Sacrament Council 13240
13113 Moonflower Ct
Clermont, FL 34711

Dear Mr. John Martin and the Knights of Columbus,

I would like to express my heartfelt gratitude for your continued support of our school, especially during the holiday season. Your generous donation of 45 turkeys will go a long way in helping our most needy students and their families this Thanksgiving.

Your kindness and commitment to our community are truly appreciated. Thank you for making this season brighter for so many.

Warm regards,



Robin Meyers, Ed.D
Principal

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

Happy New Year! I hope all of you had a joyous and merry Christmas.

All of us start the new year afresh. We make resolutions. Let's plan now to look back at the end of 2024 and be able to say, "I kept those resolutions to improve myself, to improve my relationship with my family and friends, and my relationship with God!" An improved prayer life is the goal of many. I know I've made that resolution almost every year. Some years I do better than others.

But here are few things I've found about making resolutions that helped me. First, I don't want to make a resolution that is not possible to keep. I've got to be realistic. I can't go to an extreme. For example, to improve my prayer life, I can't go from praying for 15 minutes in the morning to reading a chapter of the Bible, attending daily Mass, reciting the rosary, and saying the Liturgy of the Hours each day. For me, that's too much of a jump. I'm going to follow that for a day or two and then something will get me off track. Myself, I need to take baby steps. Maybe start with saying the rosary each day. I've got to make my resolution achievable.

The same is true of all those other resolutions we make. I can't go from being a couch potato to running six miles a day...but I could start by walking a mile each day as an achievable step in that direction.

I can't starve myself trying to lose weight...but I could cut out snacks between meals as a start. Again, an achievable step.

I might want to read more, so I can start by reading a chapter a day in a book. You get the idea. The resolution has to be reasonable, achievable, and specific. Now here is one resolution that is reasonable, achievable, and specific: Resolve to meet with me to update the information on your family's financial needs analysis. (Or maybe you need to complete a financial needs analysis.) Let's see where you stand. Your financial health is critical to your family's future security. As your field agent I'm charged to meet with each of my members each year. We can take a look at your goals and aspirations and make sure you're on track to keep your family appropriately protected.

I'll contact you soon to see if an appointment should be our next step.

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 Sul senti
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 Sul senti
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 Sul senti

Grand Knight Notes

Brother Knights,

Happy New Year to all. May the new year be filled with hope, paving the way for prosperous months ahead. Wishing everyone abundance and many possibilities in every step we take.

We have our second annual Men's Morning of Reflection on Saturday January 11th after the morning Mass at the social hall. Pastries and coffee will be served. Please join us for the start of the new year with spiritual message. See you there.

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

- + Ed Smith's Wife (Health)
- + Claudio's Brother (Health)
- + Our Country in the New Year
- + The Year of Jubilee in the Church
- + Father Mark
- + Father Roy
- + Father Juan

