



Knights of Columbus Blessed Sacrament Council 13240

KNIGHTLY NEWS

MARCH 2024



March: St Joseph

Upcoming Events

Mar 7 – Council Meeting
Rosary @ 6:30PM
Meeting @ 7PM

Mar 14 – Assembly Meeting 7 PM

Mar 16 & 17 – Knights' Food
Drive Weekend

Mar 19 – Solemnity of St Joseph,
Spouse of the Blessed Virgin Mary

Mar 22 – Knights' Hosting Lenten
Friday Soup Meal

Mar 24 – Palm Sunday

Mar 28 – Holy Thursday

Mar 29 – Good Friday

Mar 30 – District Hockey
Challenge @ Resurrection Church

Mar 31 – Easter

Council Survey Results

The results are in! The January Council Survey is complete and the results will drive the council's actions during the upcoming year.

As we covered, and you saw last month, the results have already shaped the content of the newsletter.

The remaining survey questions dealt with the actions of the council. Even though 89% of respondents have a positive opinion of the direction and actions of the council. There are some things that were brought up that have necessitated changes. Therefore, these are the actions that the council will take based on the survey results.

1. Improve communications - there will be a focus on providing more information about upcoming events to improve communications within the council and increase involvement.

2. Meetings will stay on Thursday nights.

3. Members felt that the council's priorities should be (in order) Our Parish, The Local Community and The Church. The council will look for opportunities to help our parish family first, then the local community population and finally the physical needs of the church.

4. Based on the survey responses the council will focus on Food for Families, Pregnancy Support Centers,

Cont: Survey

Survey (Cont.)

and Food for Preschoolers, throughout the year.

4. Based on the common responses to survey questions the council will be limiting out of area events to focus our efforts closer to our home parish.

The council will refer to the survey results when making decisions on upcoming events an attempt to align our efforts with the wishes of the membership.

Coming Next Month!

The council will be conducting the second of our semi-annual Golden Ticket fundraisers. Ticket sales will be on the weekends of the 14th, 21st, and 28th of April. The drawing will be on the 30th of April. This time there will be two prizes. Grand prize \$100 and \$300 in Florida Lottery tickets. The Runner up prize is \$50 and \$100 in Florida Lottery tickets. **We are asking council members to donate Florida Lottery tickets to support this fundraiser. Please bring them to the March or April meeting, or give them to a council officer when you see them at Mass.**



He is Risen!



March in Your Catholic Church

Prayer for the month of March: FOR THE INTERCESSION OF SAINT JOSEPH

O Joseph, virgin-father of Jesus, most pure spouse of the Virgin Mary, pray every day for us to the same Jesus, the Son of God, that we, being defended by the power of His grace and striving dutifully in life, may be crowned by Him at the hour of death.

Monthly Intentions for March 2024.

Pray for: For the new martyrs

We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.

Prayers for Holy Thursday: *On this blessed night, we recall the great graces of the Last Supper as we pray:*

For the Church: that in the gesture of the washing of the feet she will rededicate herself to the life of service and sacrificial self-giving.

That on this night in which the Lord establishes the priesthood, all priests will recommit themselves to holiness with renewed zeal for the Blessed Sacrament of the Altar.

That the power of the Holy Eucharist will transform the hearts of all people so that Christ will become the source and summit of their life.

That Christ's Passion will generate lasting peace in the world. That all will live with a strong awareness of Christ's Real Presence and offer their lives to him in friendship.

That those who suffer will find consolation and blessing in their conformity to Christ crucified.

Most merciful Father, in the sacrifice of your Son is revealed the meaning of our life. May His love penetrate our own love so that it becomes truer and purer. Through Christ our Lord. Amen.

Magnificat: Holy Week 2024

Prayer for Good Friday: Father in Heaven, into Your hands I commend my spirit. As I gaze upon the crucifix and see Your Eternal Son looking to You in Heaven, I unite myself with His eternal surrender to You. My Lord, Jesus, draw me into Your surrender and help me to make Your perfect prayer my own. I love You, Most Holy Trinity, and pray that I may share in the eternal reality of Your love. Jesus, I trust in You.





Knights Investment Corner

LTC Is an Important Piece of the Puzzle

There are many financial consultants and retirement authorities who emphasize the need for a long-term care (LTC) product for estate preservation and family protection. While many commercial life insurance companies have gotten out of the long-term care business, the Knights of Columbus considers LTC a very important piece of the family protection puzzle. The Order has been actively offering our members this product for over 20 years without a premium increase on current policyholders. Members who wisely purchased an LTC plan from the Knights in 2000 are still paying the same premiums today. Even better, our LTC coverage is backed by the full strength of the Order, which remains rooted in our strong Catholic values. Talk about stability when it counts. If we have not spoken about your need for LTC coverage in your family portfolio, please take some time out of your schedule to meet with me. Remember, long-term care policies are underwritten based on your health, and you most likely will never be any healthier than you are today.

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The Lecturer's Corner

By: SK Pete Stauder

Pro-Life Walk

Life's Choices Women's Clinic is having a Walk for Life on April 6, 2024 at Clermont's Victory Point Park. It starts at 9am. Your contribution can help this local resource continue to support this part of Lake County. You can register at friendsoflifeschoices.com or call the office at 352-404-6116.

Life's Choices offers the following services: Pregnancy testing, ultrasound verification, STD testing, Adoption Education, Parenting classes, Fatherhood classes, Post Abortion support, medical referrals, and confidential options counseling. If you contribute \$100 or more, you get a T-shirt.

A Win

A California judge upheld a local school districts policy requiring the notification of parents if their child decides to change genders. The judge also let stand the district's policy banning the teaching of Critical Race Theory.

Relevant Radio

Relevant Radio, a great Catholic radio station, on a Feb. 16, 2024 broadcast by Patrick Madrid addressed "How Can I affectively Confront the LGBT Agenda at My Child's School." You can reach this at Relevantradio.com.

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.....?**

The Knights Blood Drive Results!

The blood drive that was sponsored by the Knights of Columbus on the 18th of February resulted in 12 donations. This surpassed the 10 donations anticipated by the One Blood organization. Each donation can be used for 3 patients. Therefore, those 12 donations assisted 36 patients. The next one will be in August. Sign up and give!



VIVAT JESUS !



**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.

Big Month for these Brothers

Which Saint said this?

"He who trusts in himself is lost. He who trusts in God can do all things."

"What does it cost us to say, 'My God help me! Have mercy on me!' Is there anything easier than this? And this little will suffice to save us if we be diligent in doing it."

St Alphonsus Liguori



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.

Birthdays

John Martin	03/07
Paul Gonzales	03/09
Peter Connelly	03/12
John McGuire	03/16
Andy Haywood	03/20
Robert Eonta	03/23
Victor Lira	03/23
Pablo Casiano	03/24
David Swathwood	03/24
Edward Oliveira	03/28
Timothy Behler	03/30
Ramon Avile	03/31

Spouse Birthdays

None on File

Anniversaries

David & Dara Swathwood
03/09

Years of Service Anniversaries

Andy Haywood	42
Don Seamann	42
John McGuire	41
Rev Lawrence Mulinda	30
Michael Dybiczy	18
Donald Paradis	14
Leo Brand	12
Paul Boyland	9
James Drazenovich	9
Karl Grabowski	9
Lester Rash	9
Wendell Ward	8
William Spinelli	3



The power of thoughts and emotions

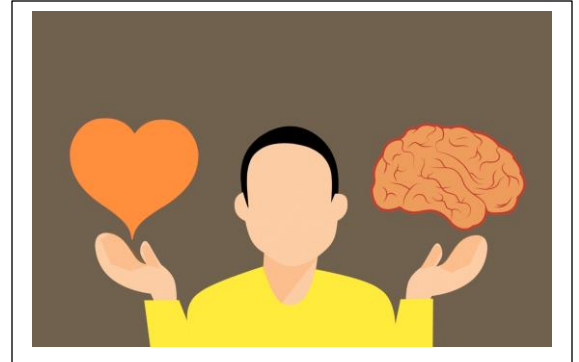
Staying Healthy Section

Did you know that thinking negative thoughts and experiencing negative emotions can amplify pain and make things hurt more?

Zeroing in on the negative aspects of life is part of human nature. We are all prone to pay greater attention to and remember more vividly the bad things that happen to us. If you live with chronic pain, negative thoughts can come up more frequently and make it difficult to find enjoyment in much of anything. Common thoughts about pain that make it worse include:

- I am just so tired of all this.
- Pain will prevent me from being able to do the things I enjoy.
- I am going to suffer for a long time.
- My pain is going to worsen, there is nothing I can do.

Does any of this sound like you?



If so, know that thinking this way is understandable. Most people would feel unhappy or discouraged if confronted with similar challenges. But just because it is understandable does not mean that it is helpful. In fact, the more you speak, think, act, and engage with others in a negative or unhelpful way, the more you're feeding your pain. In other words, thoughts can worsen pain and suffering.

Doing things you enjoy, increasing your social connection, talking less about pain and positive self-talk are concrete strategies you can use to separate yourself from negative thoughts, emotions, and actions.

Positive self-talk

The goal of positive self-talk is to transform the way you look at yourself so that it becomes a positive and helpful approach rather than a negative and unhelpful one. The process is straightforward, but it takes time and practice to master.

The first step is to become more aware of your thoughts in general. Throughout the day, stop and evaluate what you are telling yourself. You might be surprised by the things you are saying.

When you catch yourself thinking a negative thought, look at it objectively.

Challenge it. Is it true? Find a way to put a positive or more helpful spin on it. Respond with a more balanced thought that will help you feel better about yourself. And do not say to yourself anything that you would not say to someone else.

The point is not to always think happy thoughts but rather to examine the things you are telling yourself and begin to recognize patterns of thinking as they occur during periods of pain and struggle.

Shifting your thought process to a more balanced approach can help you create distance from your pain and help you feel better physically, mentally, and emotionally.

Grand Knight Around Town???



Knights of Columbus Pasta dinner





Council Officers

Grand Knight – John Martin
Deputy Grand Knight – Dave Swathwood
Chancellor – TBD
Recorder – Chris Duncan
Financial Secretary – Ernest Alcantara
Treasurer – Edward Smith
Advocate - Rosario Sulsenti
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 – TBD
Faithful Pilot – Ed Smith
Faithful Comptroller – Joseph Landon
Faithful Scribe – Dave Swathwood
Faithful Purser – Elliott Ogden
Faithful Admiral – Rosario Sulsenti
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 Sulsenti

Grand Knight Notes

Brother Knights,

It's hard to believe that we are already in the month of March. The year is going by fast. If you haven't had the opportunity to attend a council meeting this year please consider doing so. We meet the first Thursday of the month at the church social hall starting with rosary at 6:30pm followed by the meeting at 7pm. We look forward to seeing you there.

We have plenty of activities and events coming up such as the **Laps for Life** on Saturday March 2nd at Bishop Moore high school. You can go on the website for more information.

<http://www.cflaps4life.org>. Copy it and put it in your browser and it will take you to the fundraising pages. Also don't forget our backpack food drive every third weekend of the month. This food drive helps local schools supply food for needy children in our community. We are currently helping over (200) children with this program. Please consider supporting these two initiatives.

One last thing as a reminder to everyone we go back to daylight savings time on Sunday March 10th. We spring forward. Mark your calendars.

Vivat Jesus!
John Martin- GK

Council Administration

Financial Secretary

The financial secretary will be changing on 3 March from Ernest Alcantara to Dave Swathwood.
Email: daveswathwood@gmail.com

Administrative issues

The position of Deputy Grand Knight will be open starting 3 March. If you are interested in filling that position, please contact the grand knight. Email: brooklinboy62@gmail.com

We also need a Chancellor!

Prayer Requests

- + SK Karl Grabowski
- + Ashley DeJesus
- + Pete's Sister-in-law in hospice
- + Joe Pangia's Family
 - o Soul of Daughter Grace
 - o Grandson Miles
- + Soul of Donna McRobbie
- + Steve McRobbie
- + Mike and Joyce Crawford
- + Edward and Lynda Smith
- + Mac and Vida Ordone
- + Our fellow Brothers

