



Knights of Columbus

Council 2505

St. Joseph's Church

Lakeland, FL

November 2023

A message from the Grand Knight



Worthy Brothers,

I have heard on various television shows about mental health. I thought it was mental health month and I had to look up when mental health month was on the internet. I found out it was not until May. Then I had to ask myself why there was so much attention to mental health? Then I turned on the television one night to see the mass shooting in Maine. What happened to this man who served in the military for 20 years to make him do such a horrific thing?

My son works for the V.A. in Los Angeles. He had told me that almost every day in the parking lot where he worked a veteran committed suicide. How tragic to think that people can feel so badly about themselves that the only way out of their situation is to end their lives. Healthy minded people cannot comprehend this. Understanding this state of mind is nearly impossible for the average person. In 2021 there were over 48,000 suicides in the United States. Depression is the leading cause of suicide.

Hopefully none of my brothers ever get to a point of depression, desperation or hopelessness which changes how you view yourselves. This short message is directed at any Knight who may be at this point. Please get some help. Talk to someone. Sometimes it is a chemical imbalance which you have no control of. Everyone goes through days where they feel down or depressed. Usually a person can come out of this feeling in a few days.

It is when this feeling continues for weeks or months and gets worse is when you are in trouble. If you get to this point then things get even more difficult. Try to get an appointment to see a mental health specialist. This could take months to get an appointment. Your regular physician is usually no help in this area. Urgent care cannot help you. Your health department cannot help you. All these people will tell you to check yourself into the hospital. Once people have gotten to this point I am sure you can understand why they can see no hope for themselves. If you have a friend or loved one who tries to talk about their problems, please listen. Try and help them get help. Don't judge them.

There was a great commercial on a few months ago about someone opening up to a friend about their depression and the responses were: It will pass, keep your mind busy, find a hobby, get more sleep, or you're working too hard. None of these responses would help someone who is severely depressed. You may be the only, or last, person that someone suffering from depression may talk to. Please don't take this lightly. You may be this person's only chance from doing something terrible.

There are classes offered for CPR, and first-aid, but I am not sure if there is a class on what to do when someone has a mental problem and how you can help them. Maybe the best you can do is read up on depression or mental health and what you can do to help. Hopefully, you will never need this knowledge but if you ever do, you will be ready to help.

Vivant Jesus,

Mark Sagen

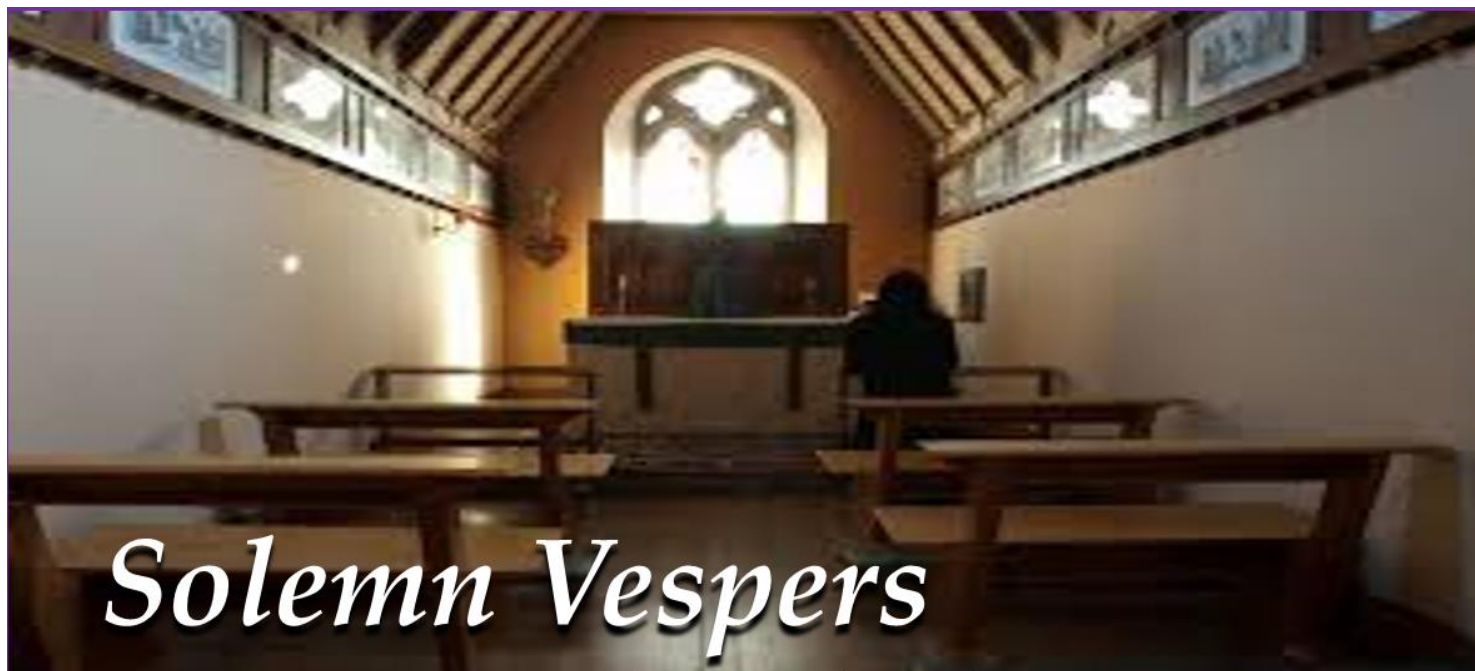
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Canonization of Blessed Michael McGivney Prayer

God, our Father, protector of the poor and defender of the widow and orphan, You called Your priest, Father Michael J. McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue may we follow Your Son, Jesus Christ, more closely, fulfilling His commandment of charity and building up His Body, which is the Church. Let the inspiration of Your servant prompt us to greater confidence in Your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that You glorify Your venerable servant Father Michael J. McGivney on earth according to the design of Your holy will.

Through his intercession, grant the favor I now present (*here make your request*), through Christ our Lord. Amen.



Solemn Vespers

*The Advent season is a time of **preparation** that directs our hearts and minds to Christ's second coming at the end of time and to the anniversary of Our Lord's birth on Christmas.*

Beginning with the First Week of Advent, Vespers will be prayed each Saturday at St. Joseph Lakeland immediately before the Vigil Mass, at 3:30. Vespers, or Evening Prayer, is a component of the second most important liturgy after that of the Holy Mass, the Liturgy of the Hours, also known as the Divine Office.

*Please consider joining this liturgy as part of **your** preparation for the birth of our Savior.*

Member Birthdays

November

Name	Birthday	Age
Mr Jeffrey S Hynes	11-01-1962	61
Mr Edward J Lavelle	11-08-1948	75
Rev Timothy P Labo	11-09-1958	65
Dr Sergio B Seoane	11-10-1959	64
Mr Patrick D Koegler	11-11-1932	91
Mr Marshall Parker	11-11-1963	60
Mr Louis E Stella	11-12-1956	67
Mr Daniel F Pilka	11-13-1959	64
Rev Frank G Buck	11-16-1943	80
Mr Michael J Monahan	11-17-1986	37
Mr Harry Oldham III	11-18-1946	77
Mr Stephen T Fosdick	11-19-1970	53
Mr Kenneth E Stadelman	11-21-1952	71
Mr William E Phalen	11-22-1933	90
Mr Kenneth M Zimmerman	11-24-1957	66
Mr David F Miller	11-29-1951	72
Mr Stanley A Saisa	11/30/1978	45

Wife Birthdays

November

Member's Name	Wife's Name	Birthday
Mr Frank A Kotomski	Theresa Kotomski	11-06
Mr Charles L Battle	Linda (Myra) Battle	11-15

Member Wedding Anniversaries

November

Name	Date	Wife's Name
Mr Gregory J Lemieux	11-01-1980	Beverly Lemieux
Mr James Joseph Connelly	11-22-2013	Claudia H. Connelly
Mr John D Duncan Sr	11-22-1969	Barbara Duncan
Mr Kenneth E Stadelman	11-24-1972	Susan Stadelman
Mr William Breier	11-25-2006	Nicole Breier
Mr Lawrence R Tapley	11-28-1970	Geraldine A. Tapley
Mr Magnus C Nwachukwu	11-29-1986	Maryjane A. Nwachukwu

November Call for Volunteers



"Keep Christ in Christmas"

will start the 1st weekend in December through the weekend prior to Christmas Day, the 23rd and 24th. Sales of magnets, lawn signs and holiday cards will take place after each Mass on Saturdays and Sundays

Contact Bob Renna robert.renna@verizon.net to get involved and support this important message and annual sale.



Special Olympics
Florida



November 11th
Disney World

Join your Brothers in
supporting the
Special Olympics

This will change your life!

Contact Steve Jones
Stevedolphin750@gmail.com

More Volunteers Needed –
Contact Mark Sagen ASAP!



Knights of Columbus District Soccer Challenge

On Saturday, October 21st District Soccer Challenge was held at Resurrection Church.

Congratulations go out to **Domenica Molina** representing St Joseph Council who won her division and is eligible to compete in the Regional Competition to be held in Melbourne Florida on November 18th .

Thanks go out to all our students who took part in the Challenge and to their parents who supported them. Thanks also to our Council Knights Billy Antley, Stan Saisa, Robert Renna, Jim Schmidt, Mike McFarland and Steve Jones for assisting in the smooth operation of the competition.



Knights October Social – *Special thanks to the Columbiettes for sponsoring the dinner for the Knights.*

The event featured a presentation by a St Joseph parishioner, Laura Tenpenny, on aspects of Managed Care.

In the presentation, Ms. Tenpenny outlined differences between nursing home care and managed care and also discussed different levels of care provided in managed care facilities. She fielded numerous questions from the attendees and provided follow up materials as well.

After the talk, Grand Knight Mark Sagen presented various certificates recognizing Knights' wedding anniversaries, the John Quirks for Family of the Month and a special birthday recognition for one of our Columbiettes, Judy Rookey.

Also attending the dinner were two Knights new to Council 2505, Ken Dauphinais and Gary Page, both in the process of transferring from their former Councils.



Membership Director Doug Cooper Dougstjoe@gmail.com

We continue to grow.

October's Membership Drive contributed 6 new candidates to Council 2505

Gary Page – transferring from Council 1736, Ridgewood, New Jersey

Past Deputy Grand Knight

4th Degree - Bishop Hoban Assembly 2605 Milford, Pa

Sean Rodby - transferring from Council 12376, Royal Palm Beach, Florida

Ken Dauphinais - transferring from Council 13907 St. John Neumann, Lakeland, Florida

Daniel Wagner - new Knight candidate, St Joseph Parish, Lakeland, Florida

Makenzie LeFort – new Knight candidate, St Joseph Parish, Lakeland, Florida

Edward LeFort - new Knight candidate, St Joseph Parish, Lakeland, Florida

All of the candidates are being vetted and will be voted on during our November 9th Business Meeting

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Additionally, two members were confirmed in our October 12<sup>th</sup> Business Meeting

*Fr. Francois Charles, St. Joseph's newest addition to its clergy, comes to our Council from Haiti and is in the process of getting his feet on the ground in parish life and service to our parishioners.*

*Our second addition is George H .Watson Jr, whose previous Council was #12746 in East Tampa, FL. He is a Past Grand Knight of that Council and a 4<sup>th</sup> Degree Knight*

*We are all recruiters of Catholic men.*



## ***Knight in Need Special Request***

We recently heard from our brother Nicholas Shirley regarding his request for support in raising a large amount of funds to help him recover from longstanding PTSD. Nick had been an active member of our Council, regularly volunteering to host Bingo, to participate in recruiting, and in cooking for the homeless.

His current circumstance finds him practically unable to continue his studies in Counseling and Clinical Mental Health and pursuing his therapist license due to the stress involved with his work as an EMT.

We posted the following on our Facebook page and reached out to other parish service and prayer organizations for their support and individual member consideration.

We recently heard from a long time Brother, Nicholas Shirley, who is suffering from PTSD from his work serving others as an EMT. In Nick's own words:

*Working with a therapist, and the challenges of PTSD for nearly 10 years, it was suggested I look into a service dog to help me in every day tasks and to live a more fulfilling life. The challenge now, is that the cost of a service dog at a minimum is approximately \$15,000 This is a huge ask, and the consideration is greatly appreciated.*

To learn more about Nick's request and to make a donation toward funding his request for a service dog, please click on the following link:

<https://www.givesendgo.com/GB7XX>.

**Please also share this message with your on-line circle of friends in support of Nick. All funds received will be forwarded to Nick by Council 2505.**



*We have just begun this special project and request all Brother Knights to consider cotributing to this funding page and also to share this outreach with others in their circle of friends and acquaintences. Of course, we ask you keep Nick in your prayers.*



## *Fr. Zack Presented an Instruction on the Mass.*

*Fellow Knights, you don't have to miss this terrific lesson on the history and the meaning of the Holy Mass. This is one of the best ways you will ever spend 90 minutes deepening your understanding and practice of your faith. The replay is available on our Parish website.*

[\*https://stjosephlakeland.org/mass-live-stream\*](https://stjosephlakeland.org/mass-live-stream)

Fr. Zack's presentation and discussion of the Mass to an



audience of greater than 130 last Monday.

Available for viewing in its entirety on the Parish web site.



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There has been a small change for our Business Meetings. Dinner will be from 5:30 till 6:00 in the Parish Hall, Praying the Rosary will be from 6:00 till 6:30 and the Meeting will start at 6:30. I encourage all Knights to join in saying the Rosary. Our next meeting is on Thursday November 9th

# *St Joseph Catholic Church 125<sup>th</sup> Anniversary Gala*

*Many of our brother Knights attended the Gala on October 6<sup>th</sup>. The Gala included dinner, dancing and a silent auction, which supported our Parish. A number of Knights pitched in when setting up the hall whose overall decorations were provided by the Columbiettes.*





## November Important Dates

|               |          |                                                                         |                                      |
|---------------|----------|-------------------------------------------------------------------------|--------------------------------------|
| October 30th  | Monday   | Planning Meeting                                                        | 6:30 PM                              |
| November 9th  | Thursday | Knights' Business Meeting<br>(Rosary at 5:30 PM)<br>(Dinner at 6:00 PM) | 6:30 PM                              |
| November 11th | Saturday | Special Olympics                                                        | 7:15:00 AM<br>ESPN Center<br>Orlando |
| November 20th | Monday   | 4th Degree Meeting                                                      | 7:00 PM<br>St. Joseph Lakeland       |
| November 23rd | Thursday | Thanksgiving - no Knights Social                                        |                                      |

*Brothers – please take a few moments  
to remember our Brother Knights*

*Deacon Ray Sakowski  
Eric Thomas  
Bob Hoffman  
Ray Chmielewski*

*And their families in your  
Prayers for the Sick.*



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*Have an idea to contribute to the newsletter?*

*Or would you like to help write the newsletter?*

Send your thought to [DougStJoe@gmail.com](mailto:DougStJoe@gmail.com) or call  
954.589.9446

*"Be anxious about nothing, but in all things by prayer and supplication with thanksgiving let your requests be made known to God; and the peace of God which passes all understanding will guard your hearts and minds in Christ Jesus." **Phillipians 4:6-7***