

# Grand Knight's Message

As Catholics, and as Knights of Columbus, each of us is called to faithful citizenship—to live out our Catholic faith in our public lives as well as our private lives. But how to do this, especially when representing yourself as a knight on social media, is not always clear. When in doubt, follow these guidelines:

Talk about the issues, not the candidates. It is very important that our council never endorse one specific candidate or party. Instead, share information about the prolife movement and issues that Catholics care about when they go to the polls. Our



council encourages you to register to vote with the Knights of Columbus 'Get Out the Vote' initiative.

Separate your candidacy from your being a knight. If you are running for your city council, state legislature, or a national office, you cannot campaign as a member of the Knights of Columbus on social media, or offline. The Officer's Desk Reference has a detailed guide of how to conduct yourself as a knight when running for political office—it's a resource every brother knight should look to!

Be positive and polite online (and in person!). As always, be gracious and charitable when using social media to discuss political issues. Rather than attacking a candidate or political party, share resources to guide others in their faithful citizenship. Refrain from engaging with people who leave inflammatory or impolite comments on your council's website.

#### THE ROSARY

How do you define the rosary in your daily prayers?

"The Rosary is a school of Prayer. The Rosary is a school of Faith." ~ Pope Francis

"With the Rosary, we allow ourselves to be guided by Mary, model of faith, in meditating on the mysteries of Christ, and day after day we are helped to assimilate the Gospel, so that it shapes all our lives." ~ Pope Benedict XVI

"The Rosary is the best therapy for these distraught, unhappy, fearful, and frustrated souls, precisely because it involves the simultaneous use of three powers: the physical, the vocal, and the spiritual, and in that order."

~ Venerable Fulton J. Sheen

"With the Rosary, the Christian people sits at the school of Mary and is led to contemplate the beauty on the face of Christ and to experience the depths of his love."

~ Pope St. John Paul II

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Recruiter's Role

# 2020-2021 Council Officers





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#### **OUTSIDE GUARDS**



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#### **TRUSTEES**



3rd Year Joe Diaz



2nd Year Charlie De Los Santos



1st Year Ron Benning



Insurance Agent Manuel Moreira



Ed Clark District. Deputy.

#### **Program Directors**

Community Bill Durborough



**Family Bob Accacian** 



Life Tony Cravotta



Faith John Morrill



**Council Coordinators** 

Al Smith **Event Manager** 



Colin Cooper **Public Relations** 



Frank Newton Degree Captain



David Kee Website



**Shining Armor** Joe Diaz



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# **COMMENTARY**

Dale Carnegie once said, "Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

Perhaps both political parties should take note of this? Both are playing a lethal game of chess. Neither seems to understand that they are dismantling the essence of what this country stands for.

The political football goes bank and forth and alone the way a piece of who we are as nation is being chipped a way. The sad thing is neither is paying attention to dismantling that is taking place or are they??

In reflecting on the state of current environment. The current situation is challenging in ways that, a mere six months ago, were almost unheard of. Some families have lost a loved one, a job, perhaps future plans and more than likely a sense of normalcy. According to some media outlets the healthcare system, economy and social support networks have strained to a near-breaking point. The country is experiencing a rising wave of protest against injustices and inequalities that have always existed, and persisted, for some time.

Needless to say neither party seems to care. They only seem to care about the up-coming election.

The current administration is trying to juggle what is happening and come up with a viable solutions. The other doesn't seem to care and simple wants to make the current situation worse in hopes that it will weaken the other.

As things are shifting we are all adjusting to the transformation brought about by this pandemic fallout and confronting social change and social justice with boldness and fortitude. Perhaps like many, we are relying on our connection to God to find meaning and direction in these times of change. Unfortunately, It is evident that God is being taken out of the picture, perhaps because they won't feel guilty for hurting others and destroying their property.

As political parties argue back and forth. People are not turning to God. Basically he doesn't matter. What matters is winning no matter who might get hurt in the process.

What is happening today has been brewing for quite some time. It just took someone to expose the issues and challenged those who kept them inbound.

Once the lid was exposed, all hell broke lose. Is it any wonder why there is so much chaos and lack of mutual respect among and between politicians. The problems we are experiencing now is the result of not confronting the issues in the past. Individuals seem to be dealing with these social injustices issues from a subjective perspective rather than an objective one. Emotions and lack of understanding seem to be driving their subjectivity.

Law and Order, social justice, rational behavior maybe coming to a brink of extinction. We must rise up and bring God back into the picture and pray that we can bring one's objectivity in confronting yesterday's issues and develop a better understanding of working together in addressing present and future issues. We must strive to bring our Lord's presence back in all that we do.

We must be an example of reason in addressing past and future issues. As Catholic men we should lead the way. As things are shifting we need to adjust to the transformation brought about by this pandemic fallout, and confronting social change and social injustice with boldness and fortitude. We must keep on trying and hope and pray that all will turn out fine.

Vivat Jesus



Don't be fooled by misinformation.

# A Word About Change

Dear Brothers,

In Christ, Change is the most difficult concept to accept, requiring us to step out of our personal comfort zone. Disruption has become the new normal. Yet God is challenging us to be more vibrant, more passionate, more flexible and more understanding than ever before. Let me explain. During my flying career, I saw aircraft design in the cockpit change radically. For those of us who grew up with round dials, manual trim, and the smell of 115/145 octane aviation gas, the move to a glass cockpit became a bridge too far for many. We were told in every training session, simulator ride, and check ride, that these changes were human factor driven, often the result of pilot error. The point is change is inevitable. Our choices are accepting this fact or resist it and flounder. I am asking for your strong support in accepting the challenge. There has been a trend afoot for some time to move away from paper to doing everything digitally; Covid19 has accelerated this process exponentially. The last five years have seen dramatic changes in the structure of the Knights of Columbus: visual changes in the uniform most notably the removal of the plumed Christopher Columbus hat, elimination of the waiting period between degree advancement, and changes to new members recruitment and induction.

The way things were done in the past has been shaken to the core. Our strategic plan, revised last year, adopted changes put in place by Supreme, but since Covid, further changes will have to be incorporated. We all need to reflect on how we can do things better, even if that requires us to change our long-held beliefs of how things should be done. One of the more difficult changes facing us is how we budget our funds. To make some of the needed changes will require new ways of looking at revenue sources, "more bang for the buck", working smarter rather than harder. Specifically, we need to develop new ways of raising revenue without exerting more effort than is currently spent on existing fundraising events. We will have to invest in computers, laptops or tablets, storage, security, recovery, software, training and more to compete in this fast-changing environment. This must be done while retaining our core values of Charity, Faith, Family, Life and Community. We are men of action, called upon by our faith to rise to this challenge. It is our mission to spread the love and teachings of Christ through charitable acts, and we must overcome these obstacles and adapt to our ever-changing environment or risk losing the opportunity to achieve spectacular results. As Pope Francis said, "Catholic men: "Challenges exist to be overcome! Let us be real-

realists, but without losing our joy, our boldness and our hopefilled commitment. Let us not allow ourselves to be robbed of missionary vigour!"

Sincerely,

SK John Steele, Deputy Grand Knight

Brother Jack wrote this piece last month via e-mail. Thought it would appropriate to re-publish it in the Armor.

#### **Good of The Order**

#### Lord,

We ask that You bless and watch over all those affected by coronavirus.

For those who have fallen ill,
Those who have lost their lives,
And those who have lost a loved one.
May You grant them eternal rest in
the comfort of Your Kingdom.
Provide comfort to all those who
have lost their jobs,
And are experiencing financial hard-

ship.
Remind them of Your presence in their lives.

And fill them with serenity.

Lord, we all turn to you during this concerning time.

Grant us the peace and comfort that can only come through You.

Amen.

Please rank the following in terms of importance to you (with 1 being most important and 5 least important) Quick Survey — Volunteering Attending Meetings Recruiting ——— Sharing of self Praying with others —— Involved in charitable works Pro-life issues —— Social concerns Issues ——Being an example of my children/Grand Children — Family activities —— Helping the community Copy page and send your ratings to joereina@msn.com Thank you



Mark and John are at Top Golf deciding what to register for in their golf system.

Brothers who attended had a good time socializing at this event.





Pray to our Blessed Mother for the conversion of hearts.

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#### Conversion of the Heart

In this piece I will be sharing some of Pope Francis' comments on conversion. I have taken his September 26, 2020 homely and adapted it to our council in a way that I hope will point out the need to become involved through active member participation.

The focus of this homily was conversion. According to him, "conversion- is a heart that is always open to encounter God's love. It's a path of mutual encounter":

The way of conversion is closeness, but a closeness that is service. Each time you approach to serve, you imitate Jesus Christ.

Every time you take a step to bring help to others, you're doing a service, you're making a conversion that's service. And the way you do it, you are doing good to others.

Your service is a double conversion: a conversion of your own, like that of Jesus Christ, to leave your comforts zone, and say,. "I will serve"; puts you in place with the humility of Jesus. Thus Jesus asks you to be like him: strong, disciplined, but humble in service. As Pope Frances emphasized: a heart that is always open to encounter with God—that is conversion, being open to encounter with God—what is the pattern?

The pattern is that of the gospel, of the rich, of the poor, the model is Jesus Christ. He went out to meet us. That is what we do when we serve others, we bring His presence in service. Jesus came to meet us, shouldn't we do the same in service? Jesus asks you to be like him: to be strong, disciplined, but a humble servant.

Our path is that of service-are you ready to leave your comfort zone and help bring Christ's, love to others? Make the conversion and start getting involved-What say you, are you ready?

In Christ

## Recruiter's Role Explained

The growth of the council depends not only on recruiting new members, but also on retaining current ones. These retention efforts for new members begin once he joins the council. At the same time efforts must be made to retain longstanding members

I recently received a copy of council members who recruited members over the last few years. The data has the recruiter and the name of the individuals they recruited. It was interesting to note that the majority of those recruited have not been active in any council activities, to my knowledge. I have been a member of the council coming on 7 years. In reviewing the names of those recruited I was unable to put a face to the names of those recruited.

The data lists 255 recruited members and 89 recruiters. Out of those recruited only 89 have be been active to some degree. Keep in mind that I am only limiting this information based on my years of service with the council. and on my face recognition of those members whom I have met and have seen at council events. Perhaps some of the 225 members were involved prior to my joining this this council. Older active members might be able to identify those who may have been active. So the following question begs to be asked is: Why aren't more of these members active now?

In discussing this question, it became clear as to why most of these members have not been active. Unfortunately, it has to do with the council's current attitude towards

recruitment and the lack of follow through once a new member has been initiated into the council. Recruitment goals have been focused on winning an award or awards. Now, I realize that I may be stepping on some feet regarding the council's attitude on recruitment. In my opinion, the council needs to evaluate how it recruits and focus on what it can do to build our church but before this it need to define its purpose for being here at St. Clare. What is its role, what does it want to accomplish and how does it go about it? The Strategic Planning Committee is refining the council's operational goals which will help define its purpose here at St. Clare's. But for it to be successful, membership involvement is critical.

So, what does the council need to do to encourage more membership involvement.? The recruitment process, note-the recruiter's role needs to be defined. The recruiter's role plays an important role in the retention of membership and is critical for the success of the council and membership participation.

- Recruiting a new member is a terrific achievement. But, turning over a Form (#100) to the grand knight is not the end of the job. A recruiter needs to maintain a personal relationship with the new Knight to see that he is integrated and stavs involved in council activities. There are several steps recruiters can take to ensure this: After signing up a prospect, explain to him that the council's Admission Committee will examine his qualifications for membership. Accompany the prospective member to the Admission Committee meeting. Introduce him to the members present.
- Once the prospect has been accepted by the council, escort him to the Degree exemplifications and remain with him throughout the event. Introduce him to his fellow council members after the exemplification.
- Take the newly initiated member and his family under your wing. See that he learns council procedures (such as meeting times, committee assignments, etc.) and meets other council members.

Introduce him and his family at council events. Encourage him to get involved.

Recruiting a new member is a terrific achievement. But, turning over a completed Membership Document (#100) to the grand knight is not the end of the job. As the recruiter you need to maintain a personal relationship with the new Knight to see that he is integrated and stays involved in council activities. There are several steps you can take to ensure this:

- After signing up a prospect, explain to him that the council's Admission Committee will examine his qualifications for membership. Accompany the prospective member to the Admission Committee meeting. Introduce him to the members present.
- Once the prospect has been accepted by the council, escort him to the Degree exemplifications and remain with him throughout the event. Introduce him to his fellow council members after the exemplification.
- Take the newly initiated member and his family under your wing. See that he learns council procedures (such as meeting times, committee assignments, etc.) and meets other council members

Introduce him and his family at council events. Encourage him to involved in council activities. Always make it a point to contact the new member before each council meeting and bring him to a meeting if necessary. If the new member becomes inactive in council activities, try to find out why. Call and ask him to visit with him.

• Explain your concerns about his absence and offer support or assistance. If he becomes in danger of being suspended, you as his recruiter should work with the retention committee to find out the reasons for his lapsed interest and to work to conserve his membership. With a little personal effort you can help guarantee that the recruit becomes an active member of the council.

If the council is to be successful in retaining members, it is imperative that it re-evaluates its position once new members have been brought into the council. As a recruiter you need to follow the afore mention if the retention process is to be successful. As the recruiter you need to understand that your role isn't done when the new member signs up. It is the beginning of building the council and encouraging members to get involved and in so doing will help in retaining new members in the long run.

Fruit for thought.

We can't encourage members to participate in council activities unless we have a plan for them to get involved.







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### Community Director's Report

- 1 camping stove, 2 tents, 40 tarps to a Sacramento River homeless camp
- 8 bags of clothes to wellspring Women's Center in Oak Park
- 1 Big box of clothes to the Gathering Inn
- 5 truck loads and 3 car loads of furniture and household items to the Gathering Inn
- 2 car loads of clothes to Wellspring Women's Center in Oak Park
- 1 baby bouncer 2 booster seats, 3 car seats, 1 pack n play, and 6 bags of clothes to the Sacramento Life Center
- 3 big bags of clothes to WWJD
- 2 truck loads and 1 car load of furniture to the Gathering Inn
- 2 car seats with 4 bases, 1 high chair, 2 baby bouncers and 1 bag of clothes to Sacramento Life Center
- 1 microwave, 1 coffee table, I end table, kitchen items and 175 Cup of Noodles to the Gathering Inn
- 4 bags of clothes to Wellspring Women's Center

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2400-sandwich donations in August:

- 310 lunches (620 sandwiches) to Mercy Peddlers
- 180 lunches (360 sandwiches) plus and extra 500 sandwiches to the Gathering Inn
- 660 sandwiches to Sharing God's Bounty thru Saint Philomene's Catholic Church
- 375 sandwiches to the North Highlands Christian Food Ministry

Total 2400 sandwiches.

385 sandwiches to the Saint Vincent DePaul kitchen to feed the homeless

# **Dealing with STRESS**

I would imagine that the majority of you have adjusted to staying at during these crazy times and perhaps may be bored or stressing out. I would thus, like to share with you some ways to help keep stress from getting to you. The following comes from Onhealth.

#### 1. Mind your health

No one can completely avoid stress, but physical activity, good nutrition, and plenty of rest can help you keep your energy level high and ready to face your daily challenges.

#### 2. Write it down

Make a list of the things in your life that causes you stress

Beside each one, write down one or two ways you can lessen the stress and then work towards those goals. If you have trouble finding solutions, talk to your doctor.

#### 3. Plan ahead

Stress can be caused by having too many things to do, in too short a period of time. Instead, break larger projects into smaller, more manageable tasks; delegate at work or at home when you can. Set priorities. Spend most of the time on those things you feel are important and less time on things that are lower priorities.

#### 4. Be positive

If you demand too much of yourself or let negative thought s run through your mind, you're setting yourself up for added stress. Each time this happens, task a minute to redirect your thoughts to some thing more positive.

#### 5. Get away

When stress seems to be getting the better of you, take a break. Even a quick five-minute walk away from what you are doing can help you relax.

6.Relaxation exercises, which combine deep breathing with releasing muscle tension, are simple to do anywhere and can help

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Check out the following exercise and consult with your doctor about other ways to cope with stress.

- Inhale through your nose slowly and deeply to the count of 10.
- Make sure that your stomach and abdomen expand, but your chest does rise up
- Exhale through your nose, slowly and completely, to the count of 10.
- To help quiet your mind, concentrate fully on breathing and counting through each cycle
- Repeat five top ten times.

  Make a habit of doing the exercise several times a day.

  Good luck hope this will help you with you. Remember, consult with your doctor if continue stressing out. OF course, you can meditate by praying the rosary focusing on each decade..

RELAY DOWN
SLOW THI FASY
BREATH LIFE
TAKEN
ENTILE
SMILE
SMILE

Brother Knights,

The council officers would like to express their gratitude to those of you who have helped out during these unprecedented times in dealing with the limitations imposed on us by the covid 19 conditions.

Things have been quiet over these several months, but some of us have been active in other areas.

The council wants you to know that it is grateful for your support. All of you came to join the knights and brought your unique talents, passions and backgrounds. One thing that connects us is the sense of purpose that leads us to roll our sleeves to make a difference in our parish and community and most of all bring our Jesus Christ into the lives of those we help and serve., a purpose embodied by your participation in council activities.

Whether you know it or not your participation changes the lives of those we serve. The response we get from the parish and community gives the council a since of purpose and willingness to give back during these challenging times- to encourage more membership involvement.

Our core values-Charity, Unity, Fraternalism and Patriotism ensure the council twill always be empowered to serve the parish, our community and transform the lives of those we come in contact with. And just as important transform who we are as Catholic gentlemen. In sharing Christ with others.

The council needs leaders who think both heart and mind. Your talents and sharing your time with the council will help build a better parish and community for all of us to enjoy a better tomorrow.

Peace



+Here we see brother Hank Deeken, parishioner, his wife and Terry Coates filling sandwiches that will feed the homeless.

These individuals meet every Monday from 8:30 to 9:00am to prep food to feed the homeless from our area. For more information contact Bill our community director.

Consider that the council is virtually reaching out for your hand, holding it tightly, connecting our strengths, our hope and our faith that we will work together and grow stronger together when we serve as one.

### FYI

In every council there is a group of brother knights who constantly share their time and talent. Without them their dedicated service to their council would be for not. St. Clare coun-

These are the men who are active 99% of the time in council activities. Their outstanding abilities have been demonstrated through their participation in council activities as well as through out their membership. These dedicated brothers have been an asset to the council and have been for sometime.

Nine times out of then one will see these brothers helping out at almost all council activities. Those of you who attend council meetings or have supported the council by attending functions will recognize who these brothers are.

The following named brother knights have been keeping the council afloat for sometime via their active participation in all council activities, note: Dinners, breakfast, meetings just to name a few activities. The named below are members that I personally have observed during my six years as a member of this council. I am sure there are more of you but these are members I have observed sharing their time with the council:

Bob Acacia

Ron Booker

Bill Durborough

John Eleazarraraz

Ray Chiarani

Al Cirimele

Colin Cooper

Vaughn Gaither

Dick Gilbert

Tony Gravotta

Mark Grgurich

John Davidson

Willie Douglas

Charlie de los Santos

Jim de Maria

Hank Deeken

Frank de Grande

Val Hager

Dave Illingworth

Wayne Jensen

John Kennedy

Leonard Marshall

Chris Martinez

Darrell Mederios

John Morrill

Frank Newton

George Palicki

John Raniseski

Tom Schuster

Wayne Silvernagel

Al Smith

Jack Steele

Roy Valone

Dave Vincent

Jack Willoughby

Jerome Whooley

These 36 brothers,(33%) in my opinion, keep the council active and vibrant. Not bad, normally most councils have a 25% active participants. Keep in mind that the council has 379 registered members. So, the questions that begs to be asked is "Why aren't their more brothers active"? Hopefully, when the council's retention committee gets its feet on then ground and running, we will have an answer to this question.

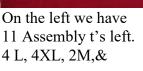
The future of the council belongs to you brothers. Let us all rise up to build our council today and tomorrow!

May Christ's passion be with you!

Vivat Jesus



For sale is this council shirt Large for \$32.50



1 3XL and 1 M and 2 L golf shirts



Tony Cravotta Life Directors Message

Brothers, as we enter the month of October which is dedicated as the Rosary of our Blessed Mother Mary and the Rite for Life month.

The Month of May and October are set aside for our Blessed Mother Mary as May was when her first appearance to the children of Fatima and October was the last time she appeared to them. Our Mother asked the children to pray the rosary on a daily basis from war, peace, suffering and conversion. As we look at the world today, we are in the same position as we were 100 years ago. Civil unrest which could lead to civil war, people suffering from loss of job due to Covid-19 and conversion to our Catholic faith as we are sinners. The hope of Peace will follow after we keep on praying the Rosary Fasting repentance. So brothers let us unite by saying the Rosary as many days as you can and you will see the change in your lives as well as our country.

The National 40 Days for Life has already started on September 23<sup>rd</sup> and will go thru November1st, where fellow Catholics take the time to pray the Rosary at an Abortion Clinic. The Parishioners of St. Clare Catholic Church pray the Rosary and other Prayers at FPA Abortion Clinic 2322 Botano Dr. Sacramento on Saturdays around 11:00AM. Different pray groups or individuals can pray from 8:00AM to 6:00PM from Monday thru Wednesday, Friday and Saturdays. The Clinic is closed on Thursdays.

Through Prayers, Fasting, Peaceful Vigils and Community Outreach the 40 Days for Life has inspired 1,000,000 volunteers, with God's Grace and help has saved 17,226 babies lives from abortion, 206 abortion workers converted and 107 abortion centers closed thru 26 coordinated campaigns like the one we are involved with.

The power of Prayer and the Rosary works So Brothers if you can spare a couple hours at the abortion clinic in Prayer on Saturdays, just think of how many more lives can be saved, workers converted and abortion clinics closed.

Let us get out there on Saturdays or whatever day you choose and support life. Keep in mind the Walk for Life is in January 2021 – more to follow.

Some times I am reminded of Colossians 3:23-

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward.

It is the Lord Christ you are serving

Brothers in all honesty, being a knight should not be about what we get out of it but what we give. It's about how we serve and how we build up the body of Christ.

Vivat Jesus

#### **FYI**

Thought I would share some stats with you. Based on the information I currently acquired, the council has 365 members of which, 14 percent are actually involved in council activities. That is they attend council meetings, have helped at council events, such as Sunday Breakfast and dinners. The mean age of those involved and who have maintained the council over the last few years is 73.

The youngest member is 22 years old and the oldest 103 giving us a range of 81. Below are the age groupings:

Grouping	Active Grouping
18-30= 9	0
31-40=23	1
41-50=60	0
51-60=83	10
61-70=70	9
71-80=65	13
81-90=44	16
91-100+=11	2
Total of 365	52

In essence we need to have members ages 18–60 (175 total) to start getting involved.

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Chancellor



Mark Grgurich Marko.grgurich@gmail.com

#### Recruitment Director







October Birthdays

Name age (years of service)

Jose Abalos 46 (8) Dan Botatti 69 (4) Phil Darling 53 (11) Frank Grande 72 (7) Ricco Chess 77 (9) Bill Cook 76 (4) Colin Cooper 51 (14) Brian Carmody 44 (13) John Davidson 84 (8) Tony Cravotta 74 (11) Richard Driggs 86 (8) Al Espinas 23 (23) Raul Garcia 61 (23) Tom Johnsen 82 (45) Noel Marin 49 ((3) Lucio Parado 61 (7) David Powell 63 (12) Manuel Rodriguez 34 (5) Richard Sequeira 69 (38) Genero Tiogson 83 (44) Dan Borgatti 31 (4)



Many of my clients express that financial and economic circumstances change at such a fast pace, that it is often difficult to keep up. That's why I focus on working with my fellow Knights and clients in reducing taxes, increasing after-tax income and increasing wealth.

Some financial mistakes in life provide no second chances for those you love the most.

Even an unintentional oversight can have financial repercussions that may last a lifetime.

When a loved one dies, family values remain...but for some. A death may destroy our loved one's dreams-dreams such as

college education, income security, family vacation or retirement nest egg.

Are you confident that you are adequately protected? With Today's

Contract choices, life insurance coverage maybe more affordable than you may ever imagine.

Give me a call to share with ideas that may be helpful in securing your future finances.

Manuel Moreira 916-850-5834 manuel.moreira@kofc.org Knights of Columbus 3160 Willow Bridge Court Roseville, CA 95747





What did Jesus do when he heard that John The Baptist was dead?

What major event happened later?