

January 2023



The Beacon

A Publication of the St. Albert Knights of Columbus Council #4742

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Grand Knight's Report

Happy New Year, Brothers!

This is the time of new resolutions, new beginnings, a time to shed those extra Christmas pounds, to kick that bad habit.

Many of us have gone through the "Bible in a Year" with Fr. Mike Schmitz, but do you know that there is a new podcast that goes through the Catechism? It began on January 1st and goes on for the full year. But don't worry if you haven't started; they are short (less than 15 minutes) and it will be easy to catch up.

Keeping up is another story. For that we need lots of help.

That's why Fraternity is one of the pillars of the Knights of Columbus. We need others to bolster, encourage and support us, as we do for others. Many Catholic men subscribe to the philosophy of Stoicism without even realizing it. Essentially, grinning and bearing our suffering quietly and alone. That's not who we are. We are part of the same body of Christ and therefore need to work together, unite our lives and suffering. (Unity is another Knights Pillar).

Ultimately, we want to unite our lives, suffering and all, with Christ crucified. As Catholic gentlemen we are called to "*be perfect, as your heavenly Father is perfect,*" and "*Always be prepared to make a defense to anyone who calls you to account for the hope that is in you, yet do it with gentleness and reverence*"

This is all to say that right now is a great time to start new improvements in our lives, be that learning or growing in virtues.

In Christ, through Mary and Joseph,

Brother Brent Heit - Grand Knight, Council #4742

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Chaplain's Corner

Brothers,

What now after Bethlehem?

In Matthew's gospel the magi come to Bethlehem with the guidance of a star; In Luke's gospel the shepherds arrive at Bethlehem through the message of angels. Most if not all of us have come to Bethlehem by the path of the Jewish people. As Jesus notes (Matt 7:12), the Jews encounter the God of the golden rule (e.g. Moses- Exodus 3:1-12) but later discover that God needs to act in a fuller way (Ezekiel 34:11-16).

The God known only by way of the golden rule does not help to deal with sinners (those who do not keep the golden rule ---- the temptation is to practice revenge against them -- '*an eye for an eye*') nor does such limited knowledge of God help deal with the tragedy of human death.

Christians discover in the Jesus of Bethlehem the God who through the death and rising of Jesus shares His own LIFE with us human beings. The risen Jesus gathers us to share God' s life by gathering us into a community (the Body of Christ) wherein each shares his gifts for the good of all.

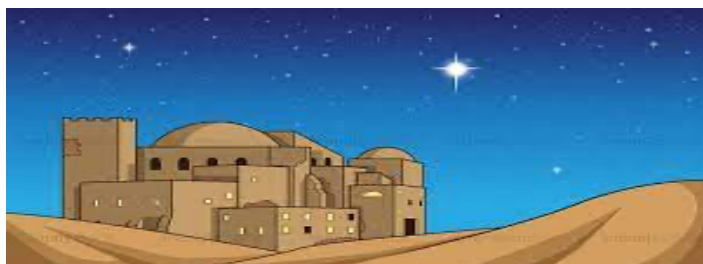
The Knights of Columbus have taken up the Lord's call by supporting the welfare of families, by providing food for the poor, by supporting the community life of the Church (with pancake breakfast etc.), helping seminarians and students in our schools, giving financial support to other groups and promoting spiritual reflection on the challenges in today' society.

The Knight's present a wonderful opportunity for life after Bethlehem in most practical ways. A great help is to share in the good work of another.

Joy shared is doubled; Sorrow shared is halved.

A special thanks to all who have supported the initiative of the Knights. Let's live as fully as we can the LIFE God has shared with us.

Father ED, OMI



UPCOMING EVENTS

January 2023

- 7 – Saturday, Starlight Mass & Dinner after 5PM mass at Star of the North Retreat Centre
- 8 – Sunday, Pancake Breakfast after 9AM and 11AM masses
- 9 – Monday, 5:30 PM Executive Meeting (note 2nd Monday for this month only)
- 14 – Saturday, 10AM – Noon, Food Collection (for Sacred Heart Parish) and Grocery Card Sales
- 18 - Wednesday, 7PM General Meeting (Coffee & Donuts) – return of Formation Programme; *LGBTQ Community and the Catholic Church* presented by our Worthy Lecturer, Br. Eamon Cunningham
- 21 – Saturday, 5PM Chili Chili Bang! Bang! – mass, fireworks, chili, hot chocolate, ...
- 28 – Saturday, 10AM – Noon, Food Collection (for Lac Ste. Anne) and Grocery Card Sales

February 2023

- 5 – Sunday, Pancake Breakfast after 9AM and 11AM masses
- 6 – Monday, 5:30 PM Executive Meeting
- 11 – Saturday, 10AM – Noon, Food Collection (for Sacred Heart Parish) and Grocery Card Sales
- 15 - Wednesday, 7PM General Meeting (Coffee & Donuts)
- 25 – Saturday, 10AM – Noon, Food Collection (for St. Albert Food Bank) and Grocery Card Sales

March 2023

- 5 – Sunday, Pancake Breakfast after 9AM and 11AM masses
- 6 – Monday, 5:30 PM Executive Meeting
- 11 – Saturday, 10AM – Noon, Food Collection (for Lac Ste. Anne) and Grocery Card Sales
- 15 - Wednesday, 7PM General Meeting (Coffee & Donuts)
- 25 – Saturday, 10AM – Noon, Food Collection (for Sacred Heart Parish) and Grocery Card Sales

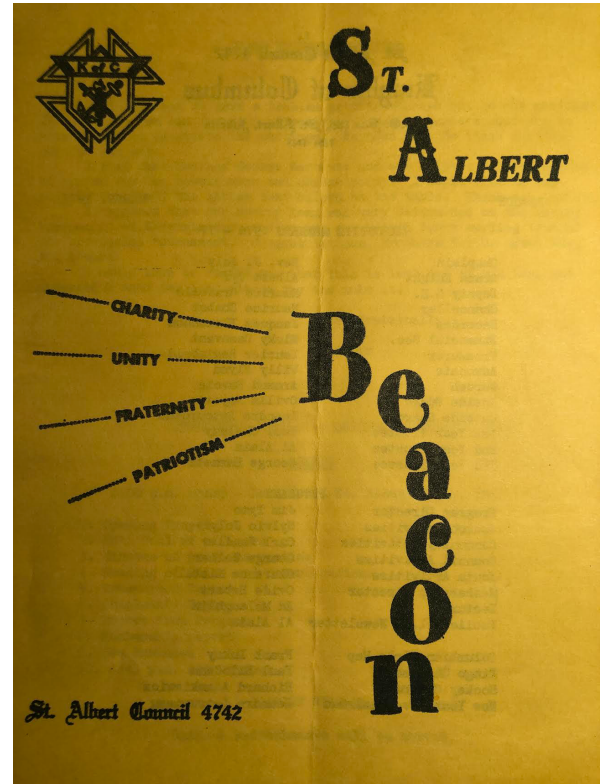
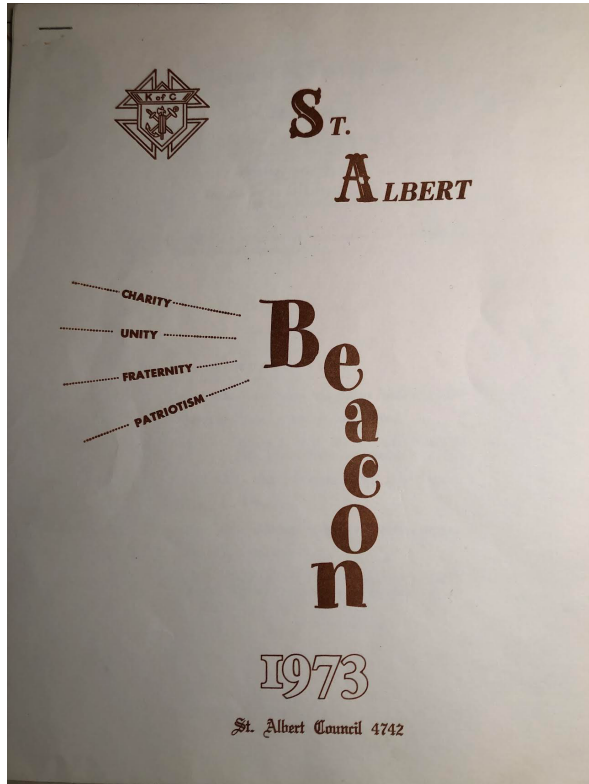
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Food Drives and Grocery Gift Card sales continue every second Saturday from 10AM until Noon in the Parish Hall.

Thank-you to everyone who supports the Drive & Grocery Gift Card sales

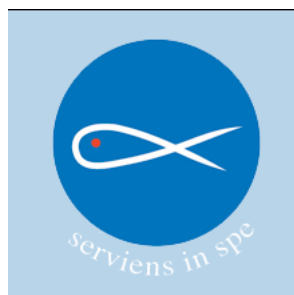


Blast from the Past, front covers of Council #4742 Beacon...



November 1973 on the left (A.J. Alain, Grand Knight) and March 1977 on the right (Albert Cyr, Grand Knight). These and other copies of the Beacon will be available for perusing at the January 18th General Meeting.

After expenses we raised **\$850** for the
SOCIETY OF SAINT VINCENT DE PAUL - EDMONTON AREA
at the January 8th Pancake Breakfast.



"We bring the love of Christ to serve the poor on a person to person basis. Those in need are always treated with dignity and provided with support as they struggle in crisis situations."

At the February 5th Pancake Breakfast, we will be raising funds for:



**CATHOLIC
SOCIAL
SERVICES**

Sign of
Hope!

Getting To know your Brother Knights in Council #4742...

This month, Br. Ken Gallagher



Br. Ken dreams of a much larger warehouse for the Society of Saint Vincent De Paul – Edmonton Area

Br. Ken Gallagher, born in Winnipeg, Manitoba, and his wife Carole have lived in St. Albert off and on for more than 34 years with stints in Saskatoon (13 years) and 3 years spent between living on an acreage north of St. Albert and a condo in Edmonton. Br. Ken became a 4th Degree Knight soon after joining Council #4742 in 2004 (he became a Knight in 1998). He is a two-time *Knight of the Year*; 2005 and 2018. He and Carole have been married for 52 years and have two children and four grandchildren. Br. Ken enjoys playing Pickleball, and downhill and cross-country skiing. That's when he has time!

You see Br. Ken Gallagher is the Vice President of Central for the Society of Saint Vince De Paul – Edmonton Area. His responsibilities include;

- ⇒ Generating income and fundraising, i.e. Vinnies (thrift store), garage sales, "Skip the Depot" bottle collection, ...
- ⇒ Managing 19 "Conferences"; St. Albert Parish + Holy Family Parish are one Conference
- ⇒ Managing, and ongoing maintenance, of delivery vehicles; all delivery have been donated.
- ⇒ And everything else the SSVDP President takes on!

Rides to our Monthly General and Executive Meetings

Further to our Grand Knight's appeal for Brother Knights within our Council to "*look for opportunities to share your talents*", we are asking any and all Br. Knights that are able to assist with giving rides to Brothers that are no longer able to drive to these meetings to put your name forward to assist with this worthy cause. And also, any Knight that wishes to attend the meetings but is not able to get to the meetings on their own, to please forward their name to our Deputy Grand Knight, Br. Marc Lambertus (587)982-3557 or by email at; lambertusm@shaw.ca



Photos from recent Knights of Columbus Council #4742 events...

Starlight Mass & Dinner held on January 7th at the Star of the North Retreat Centre





Beacon Contest...

Guess who this Br. Knight is and win a Tim Horton's \$10 Gift Card. A draw of all the correct entries will be made and the winner and announced in the February 2023 Beacon. Please email your guess (1 guess only per Br. Knight) to st.sperling@telus.net



Council Message – January 2023

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 others:

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.
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.

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.

Vivat Jesus!

Kevin A. Paish FIC, CFP, CPCA

Field Agent – Knights of Columbus Office - 780-458-3936

Email: kevin.paish@kofc.org

From the desk of our Worthy Financial Secretary, Br. Tony Csilics



Membership Dues

The 2023 Membership Dues for Council #4742 were mailed out December 15th. Please consider using e-transfer to pay for your membership. Please use the following email address for e-transfers to Council #4742: kofc4742@gmail.com

This email address has been registered for Interac Autodeposit and doesn't require a security question. Transfers sent to this email address will be deposited directly into the account and cannot be cancelled. Please use "2023 Membership Dues" in the subject line of the email.

Please complete the "Annual Survey of Fraternal Activity" that was mailed with your 2023 Membership Dues Notice. It is very important for the Knights to track all of the hours Brother Knights are volunteering no matter how large or small, i.e. Food Drives, Pancake Breakfasts, Funerals, Mother's Day Roses, Parish Country Fair set-up, Parish Pilgrimage set-up, Ushers, RCIA program, ...

Changes to your Contact Information

Please advise the Council of any changes to your mailing address, telephone number, and email address. Simply send an email to; kofc@stalbertcouncil4742.ca with all the particulars.

Where do my Dues go?

The Knights of Columbus Board of Directors has approved assessments to be levied on the membership of record as of January 1, 2023 (twice annual):

- **Per Capita** assessment of \$1.75 (excluding honorary life and exempt members). This assessment is used to support general operations such as the production of Columbia Magazine,
- **Catholic Advertising** assessment of \$0.50 (excluding honorary life and exempt members). This assessment is used to support Catholic Information Service and the distribution of evangelization materials,
- **Culture of Life** assessment of \$1.00 (excluding honorary, honorary life, exempt and inactive insurance members). This assessment is used to support ultrasound projects and life issues in North America.
- **State per capita** assessment of \$17.00/member plus Liability insurance on a sliding scale (ie. up to 200 members is \$205 /year)

We can safely say 50 % of dues (\$25) is divided between Supreme and State and 50 % (\$25) stays with Council #4742.



Brothers, the Bethlehem cards we received in the mail were brought back from Jerusalem by Br. Bernie Hryciw.

Thank you to Br. Bernie.

Good of the Order



Keep in your prayers our Brothers Charlie McGregor, Joe Radosh, Liam Connelly, Glenn Fritz, Albert Menard, Noel O'Sullivan, Gerry Woodlock, and Fred Esslinger.

We have returned to visiting our fellow Brothers who are ill and in continuing care. Please call Br. Tony Csilics at (780) 458-0065 if you are aware of a Knight who is ill or who has passed away.

We Are People of the Eucharist

Towards a renewed love for Holy Communion

Reflections on the Eucharist
By Bishop David Motiuk, Eparchy of Edmonton

January 2023

The Eucharist. Making it Personal.

We are people of the Eucharist.

During the pandemic, one of the hardest things for me as a bishop to endure was that the faithful could not regularly receive Holy Communion.

At the same time, this brought me to a renewed realization that while we could pray online and follow online church services, what we truly longed for was to receive Jesus' very own body and blood. We are people of the Eucharist.

Praise God that that which we hungered for during the pandemic is now within our reach. We can return to regular reception of Holy Communion, each and every Sunday. That which was lost now is found.

This year, join me in a series of monthly reflections upon the Eucharist in a desire to rediscover and deepen our love for Jesus' body and blood, which perhaps before the pandemic we simply took for granted.

Let us begin with the experience of our very first Solemn Holy Communion.



For me it was Sunday, August 7, 1971. I remember it like it was yesterday.

The Sisters Servants of Mary Immaculate had been leading a two-week summer children's camp at Saint John the Baptist Parish, Lavoy, where my family attended. The camp was to culminate in the reception of First Holy Communion by many of the parish's young children, something that we looked forward to together with our parents, godparents, and family members.

Rev. Roman Starodub was our Pastor. He served the Innisfree and District Parishes, rotating once a month on Sundays among the many parishes in the area assigned to him.

On that particular Sunday, Father Roman celebrated the Divine Liturgy (Mass) with great solemnity, preached about the Last Supper where Jesus first offered his body and his blood to the disciples, then the moment arrived. With paparazzi everywhere and cameras flashing, each of the children approached to receive for the very first time Holy Communion. Our hearts were filled with love and joy. For a child, it doesn't get any better!

As the Divine Liturgy completed and the crowds exited the church, more pictures and congratulations were offered by the parishioners and guests. To top it off a great banquet was held in our honour!

The Eucharist. Making it personal.

As we begin our year-long journey, I invite you to recall the memories of your First Solemn Holy Communion. Ask family members to help you fill in the blanks. Find your First Holy Communion certificate and photos from the day.

But don't keep the memories for yourself. Share your recalled experiences with your spouse, with your children and grandchildren. Let them know how important this event was for you, the time that Jesus chose to come and be part of your life and your faith journey.

We are people of the Eucharist.

