

# WASHINGTON STATE KNIGHTS OF COLUMBUS

COVID-19

STEVE  
SENELLER  
EDITOR

"THE SECOND EDITION"

APRIL 2020



654-509-0041 - 509-686-3462  
steveseneller@gmail.com



KNIGHTS OF COLUMBUS

March 2020

# COLUMBIA

Featured in the March Columbia Magazine



# LAKEWOOD COUNCIL 4322

**B  
O  
Y  
S  
  
A  
N  
D  
  
G  
I  
R  
L  
S**

## **YOUTH SOCCER CHALLENGE**

**K  
N  
I  
G  
H  
T  
S  
  
/  
N  
A  
C  
T  
I  
O  
N**

ST. FRANCES CABRINI COUNCIL 4322 IN LAKEWOOD, WASHINGTON, HELD A KNIGHTS OF COLUMBUS SOCCER CHALLENGE COMPETITION FOR BOYS AND GIRLS AGES 9 TO 13. ALL PARTICIPANTS WERE RECOGNIZED WITH CERTIFICATES, AND THE WINNERS RECEIVED PRIZES.

**Knights of Columbus**  
We Save Lives | We Change Lives  
Washington State Council





Featured in the April Columbia Magazine

KELSO COUNCIL 12786

MILL CREEK COUNCIL 9434



#### COUNCIL ALLOWANCE

**KNIGHTS IN ACTION**

St. Michael's Council 12786 in Kelso, Wash., organized its fourth annual shopping charity event for elementary and middle school students. Teachers, principals and counselors identified 18 children in need, and the council used funds raised from dinners and other donations to give each child \$200 to spend on coats and other clothes. Members accompanied the students as they picked out items at a local department store.

#### FOR VISITING FAMILIES

North Creek Council 9434 in Mill Creek, Wash., donated \$500 to Matthew House, a Christian non-profit that provides temporary housing, food and other services to families of people incarcerated in nearby prisons.

**Knights of Columbus**  
We Save Lives | We Change Lives  
Washington State Council



Not all heroes wear capes... but a whole dedicated bunch of them wear scrubs.

Not all heroes wear capes... but a whole dedicated bunch of them wear scrubs.





A mother had been lecturing her small son, stressing that we are in this world to help others. He considered this for some time, then asked somberly:  
What are the others here for?"



**THE HARDER YOU WORK, THE LUCKIER YOU GET.**

# **The "Second Edition" is your Soap Box!**

*The "Knight's Soap Box" is the "Second Edition" where you, our Brother Knights, can speak your mind. You can write about whatever interests you. It's your Newsletter. Ultimately, this Newsletter is for Knights, by Knights. So if you would like to submit anything to the Newsletter, e-mail it to stevesnell@charter.net.*

## **YOU SHOULD CONSIDER WRITING IN THE "SECOND EDITION".....BECAUSE:**

**Most of us read, in hope of finding beauty, truth and justice laid bare, life heightened, and its deepest mysteries probed. We are reading in hope that the writer will magnify and dramatize our thoughts, will illuminate and inspire us with wisdom & courage, give meaning to our life, and will open our minds to the deepest of human emotions, so we may feel their majesty and power?**

**Why do you never find anything written about your thoughts, accomplishments, or interests? Or perhaps about your fascination with things no one else writes about? Well my friend that's because it is up to you. Is there something you find interesting or have doubts about? For some reason it's hard to explain but you have never read it on any page; this is where you may begin. You were made and set here to give voice to this, your own thoughts, ideas & your council's goals and accomplishments.**

**Brothers here you may begin.....**



# HAVING TROUBLE FINDING THE WORDS ?



# SUCCESS COMES ONLY WHEN YOU ARE CONSTANTLY TRYING

IN THE END; YOUR WORDS ARE THE BEST!

# COUNCIL NEWS



**C  
O  
U  
N  
C  
I  
L  
1  
6  
6**

Due to the coronavirus pandemic there have been many disruptions in our daily lives. This holds true for the K of C's as well. Because of the directive of Governor Inslee and Bishop Daly as well as a recommendation by Supreme I have decided to suspend all activity of the Council and Assembly. I do so with much regret but feel that I have no choice. This suspension will be for thirty days at which time I will reevaluate the issue.

Carl Ungerecht GK.766, FN.1169

**A  
S  
S  
E  
M  
B  
L  
Y  
1  
1  
6  
9**

With our church being shut down, Sandwich Sunday was cancelled. The Knights stepped in this month to make sure our parish's monthly contribution to the Union Gospel Mission in Pasco continued. In addition to the unused food from Fish Fridays (also cancelled), we delivered enough bread, ham, tuna, rice, potatoes and chicken to make at least 2 dinners and lunches for 170 men.

Kirk McGahey GK. 10543

**1  
0  
5  
4  
3**

The chapel at Union Gospel Mission in Pasco. Pictured is Director Andrew Porter. The Prosser Knights have stepped in to purchase and deliver food during Covid-19 crisis.



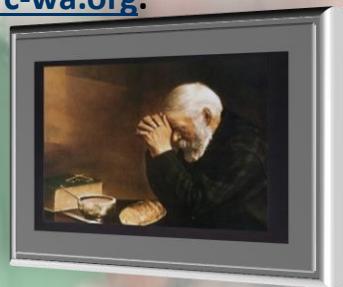
# FROM A "CONCERNED DISTRICT DEPUTY"

1. There is a maxim that states “you do not miss something until you no longer have it.” There is also an adage that states “every dark cloud has a silver lining.” How are these two widely divergent ideas related to each other? And why have I included the corona virus pandemic with them? Here is why they have converged and are applicable to us today.
2. We are all familiar with the shortage of Priests throughout the world. And, perhaps to a lesser extent, the Archdiocese of Seattle, has been affected by a lack of Priests to fully staff all the Churches in Western, Washington. We have been provided with the Sacraments and the frequent celebration of the Holy Sacrifice of the Mass. Thus, we have been spared having to wait for the next visit of an itinerant Priest and the reception of the Holy Eucharist and the remaining Sacraments, such as Confession and Matrimony.
3. The “Dark Cloud” is the corona virus pandemic that has radically, yet temporarily, changed our perception of the lack of Priests. The cancellation of all Masses is the equivalent of the total absence of all Priests. We are approaching the first Sunday in which there will be no public Masses celebrated in the Archdiocese. For me, it is an unsettling experience and will become more disquieting as the Sundays pass without being able to actively participate in parish Mass.
4. The “Silver Lining” is the positive aspect of this pandemic and is the realization of the absolute importance of the Catholic Priest in our lives as Christians. An intellectual understanding of the lack of Priests is academic; the lack of a Priest to offer Mass and the Sacraments is actual and tangible. As we become more aware of this drastic change to our weekend worship and its effect on our spiritual lives become more “real”, the need for Priests may be better appreciated.

5. My suggestion to each Council is to recite the Prayer for Vocations at the end of every meeting. I also ask the Officers and members of each Council to seriously consider supporting as many Seminarians as possible through the RSVP program and to donate more to Pennies for Heaven than the assessed \$3.65 per member. Our Seminarians and the Bishop White Seminary rely on our prayers and financial assistance to make it possible for more men to be ordained as Priests in the Holy Catholic Church.

6. The Program Chair for RSVP/PFH/Vocations is Timothy J. Coyle. He may be contacted at (509) 939-3424 or emailed at [pfh@kofc-wa.org](mailto:pfh@kofc-wa.org).

## Prayer for Catholic Men



Let us pray: Heavenly Father, we humbly beseech You to call Your faithful sons to a fuller life as Catholic men of faith and action in the Knights of Columbus. Help them to be joyful, knowledgeable Catholics living in the modern world. By Your Grace, guide them so that they will become beacons of light shining forth in defense of the Church's Sacred Scripture, Sacred Traditions, and Magisterium, her teaching Office. Help them to always cultivate the virtues of Faith, Hope, and Charity in their daily lives so that they may always share Your Truth with others. We ask this through Your Son, Our Lord Jesus Christ, Who lives and reigns with You in the unity of the Holy Spirit, one God forever and ever. Amen.

Mary, mother of the Redeemer and of the redeemed, pray with us for more Catholic men to labor in the vineyard of your Son as Knights of Columbus.





**GRANDMA SURVIVED THE GREAT  
DEPRESSION**

**BECAUSE HER SUPPLY CHAIN WAS LOCAL  
AND SHE KNEW HOW TO DO STUFF.**



# GOVERNOR ORDERS WASHINGTONIA STO



*Washington Gov. Jay Inslee, left, and Seattle Mayor Jenny Durkan stand at an appropriate “social distance” in a conference about the coronavirus outbreak today.*

March 23, 2020

Gov. Jay Inslee has ordered all Washington residents to stay at home, except for crucial activities like buying groceries, seeking medical care or going to work at essential businesses.

The stay-at-home order goes into effect immediately and will last for two weeks. It bans all gatherings of people for social, spiritual and recreational purposes, whether by public or private groups. That includes weddings and funerals. Any non-essential businesses still operating must close in 48 hours.

Washington's definition of "essential business" will be modeled on lists developed by the federal government and by California. Those have significant exceptions — allowing restaurants to still offer take-out and delivery, in addition to exempting pharmacies, food banks, convenience stores, banks and laundromats, among other services.

Inslee's action came the same day Boeing announced it will suspend its Puget Sound manufacturing and maintenance operations for two weeks, beginning Wednesday, after a worker at the company's Everett plant died of a COVID-19 infection.

S  
T  
A  
Y  
H  
O  
M  
E

# TOKYO OLYMPICS 2020 POSTPONED

The International Olympic Committee (IOC) president and Japanese Prime Minister agreed to postpone the Tokyo Olympics and move it to 2021 due to the notorious COVID-19 outbreak.

The Tokyo 2020 organizing committee and the IOC released a statement, which says, “The IOC president and the Prime Minister of Japan have concluded that the Games ... must be rescheduled to a date beyond 2020 but not later than summer 2021, to safeguard the health of the athletes, everybody involved in the Olympic Games and the international community.”



---

***M  
E  
S  
S  
A  
G  
E  
  
F  
R  
O  
M  
  
S  
U  
P  
R  
E  
M  
  
K  
N  
I  
G  
H  
T***

*Be assured of my continued prayers for you, your family and for all our brother Knights. In this difficult time, I believe God is asking every Knight of Columbus to pray in a special way for one another and for our Order, not just for health or wellbeing, but also that we be faithful to the great calling the Lord has given us as Knights in this challenging time.*



The Supreme Council is changing the format and timing of Knightline. During this unprecedented time, it is important that we are in more regular contact with you, and we will work hard to provide resources, both spiritual and practical, for you and your family. We are all facing challenges — I believe as Knights we are all called to be leaders in a special way during this critical time. The question we all must face to lead in this time of trial right now, today, is this: “What does it mean to lead in this time of trial?”

# KNIGHTS ON BIKES NEWS



Today while sitting in my truck waiting at my local FedEx shipping center to ship out a 10" over DNA Springer front end I get a phone call.....I didn't recognize the number but I answered anyways "hello Tri City Cycle Works this is Bruce" the gent on the other end tells me he is parishioner from local Catholic Church and wanted to know if me or my family needed any help in the current social epidemic? I replied nope we have all the Angels and Saints in Heaven praying for us and all our prayers to them are being answered....My reply caught him off guard and there was dead air for so long I truly thought he hung up.... on me? I than said hello this Bruce Hines a parishioner of Christ The King Parish in Richland and a Knight of Columbus of council 3307 and our council was also making similar calls as well.

After my reply sunk in had a great visit promising to keep each other and our families in prayer. After we hung up I told Lady Angie dang I forgot to ask if he had a motorcycle....

LOL OK talking points for the WA KonB bros.

- 1) April 25<sup>th</sup> SE Washington Bike Blessing: Following current protocol from our Washington state KofC instructions and local councils WA KonB will be postponing the SE Washington blessing of the bikes event for but will reschedule once clearance from our State Deputy is posted.
- 2) WA State KofC convention in Yakima: Well the same Protocol we will follow...to date as far as I know has not been canceled?
- 3) WA KonB state officer installation: Defaulting back to the latest national KonB By-Laws we have a couple WA KonB officer open positions,
  - a. WA KonB State Road Captain ....This position is open if interested please email me for official position job discretion.





b. WA KonB State Advocate....WA KonB founding member SK JD Devine has asked to fill this position and waiting for his reply. Prayers his way!

c. WA KonB Secretary....I have asked current WA KonB Membership Director "Wild Bill" to consider filling this position combining both membership duties with the secretary duties.....OUR most dedicated and founding Honorary Member under 1<sup>st</sup> President SK Tommy Rosati said YES. KUDOS "wild Bill" wish you were here in my dioceses bro, but you are where God and KofC/KonB needs you bro. TFMM

d. Richland Assembly 1174/ Tri City Cycle Works joint 4th degree Chalice Program project committee progress update. Brothers as shred In my earlier report local embroidery vendor Ringolde of West Richland has donated design and digital graphics works to this Patch project where at the sale price of \$10.00 including out bound shipping WA KonB donates \$1.50 from profit towards purchase of a \$450.00 4<sup>th</sup> degree chalice donated to an assembly in need. I am proud to share today after the sale of the first batch of 25 patches assembly 1174 of Richland Washington has donated \$38.75 towards the project. Yes, the progress is slow but we will get there with the prayers of our founder. TFMM

OK Final: ....Washington KonB under my watch aligns our state with all other states in supporting KonB National and forward our prayers to our support of Supreme recognition, TFMM

WA Knights on Bikes Director/Pres.

Bruce Hines "Blanco"

509-727-8251

[rodlink@charter.net](mailto:rodlink@charter.net)

"IN GOD WE TRUST AND RIDE



# PERSONAL PONDERING

The numbers of COVID-19 patients are still rising. As a direct result of the virus the economic carnage continues unabated. The quarantines and lockdowns that are needed to fight the virus's spread are freezing the economy, too, with unprecedented force and speed. **The good news however there's a life line in the form of a comprehensive economic relief package available.**



**REMEMBER FEAR AND PANIC  
ARE CONTAGIOUS,**

BUT SO ARE HAPPINESS,  
LAUGHTER AND PEACE.  
**CHOOSE WISELY.**



To homebound Brothers, remember to wash your hands often and it's also a good idea for everyone to shower once a day, as a thoughtful gesture of compassion and compatibility toward your tribe. Great opportunity to use some of this time to wrap your arms and prayers around your family.



# KNIGHTS OFFER CREDIT LINE FOR US DIOCESES



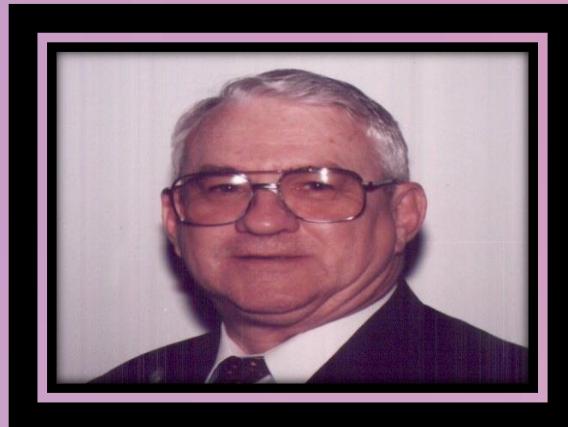
*The Knights has established a \$100 million fund, with up to a \$1 million secured line of credit per Catholic diocese. The program will be available for 60 days beginning on Monday, March 30.*



“It is critical for us to support the Catholic Church in the United States at this time, so that the Church can continue to provide irreplaceable spiritual and charitable support, and can keep the staff supporting its mission and outreach employed,” noted Supreme Knight Carl Anderson. “Our fund is designed specifically to help dioceses and their parishes weather this pandemic financially so that they can continue their important work – now and after the KOFC LOGO pandemic.”

The lines of credit will have a very competitive interest rate equivalent to that of the one-year Treasury bill, plus 225 basis points (2.25%)The line of credit has a two-year term. At the end of that term, dioceses will have the option to convert the line of credit to a Knights of Columbus church loan, fully amortizing at the prevailing rate for a term selected by the borrower of five, 10 or 20 years – the same low-interest terms offered by the Knights’ existing and long-standing Church Loan program. The Knights of Columbus has been a key lender to parishes and dioceses for more than a century, and the [Church Loan program](#) remains a key source of financing for Catholic parishes and institutions

# SAFE GROCERY SHOPPING IN COVID-19 PANDEMIC



By Everett J. Roberts PSD

To one and all I don't know how many of you have the capacity to get this you tube note, but it is fantastic. If u can't then maybe you can look it up on your own.

My classmate sent me this, Mike and I have been friends since 1951, and he passes some good info.

Please take the time about 15 minutes to look at this as I am home-bound also but learned a lot as far as what to do.

Please share with family, friends and not so much friends to BE SAFE and God Bless

Rob Semper Fi

(Ed Note: Please copy and paste(or manually type) link below into your browser's address box and go. Well worth your time)

<https://www.youtube.com/watch?v=sjDuwc9KBps>





**B  
E  
L  
L  
I  
N  
G  
H  
A  
M  
  
C  
O  
U  
N  
C  
I  
L  
8  
2  
9**

This is the story of the first-degree team that was formed in 1998, and to some extent, the council's participating in the second-degree team since 2003.

It has been 22 years since our now-terminated first-degree team was formed. As noted in the March issue of The Bellingham Good Knight, this first-degree team was formed at the instigation of District Deputy Larry Stanek, who served as Bellingham grand knight, 1998-2000. In the fall of 1998 he recruited Brothers Gary Metcalf, Dick Banning, Bob Grasher, Joe St.Hilaire, and two other members to join him on the team. That team has evolved over the years, but Brothers Gary, Bob, and Joe remained till the end. If you took your first degree with Bellingham Council since 2006, perhaps you can locate the photo of your first degree below. Photos were not taken at the degrees prior to 2006. Also included are photos of some of the second degrees at which some of the same team members performed.

First Degree Team Evolved Over the Years

In 1998 Grand Knight Larry Stanek got a first (Admission) degree team operating, with himself as deputy grand knight, Gary Metcalf as chancellor, Bob Grasher as financial secretary, and Joe St. Hilaire as grand knight. The latter three have served in those same positions to the present.

Over the years, some team members dropped out and were replaced. Brother Lou St.Hilaire did the DGK part from 2004 to 2018. Original warden, Dick Banning, was replaced by Jim Eastwood, and frequent sub Tom Jessup. Jim Sofka did inside guard for a period. Brother Gordy Wilson took over as DGK in 2018.

Mention also should be made of several of our members who have served in recent years on the second (Formation) degree team. They include: Joe St.Hilaire (FS 2003-08 and chancellor 2008-20), Lou St.Hilaire (GK 2004-18) and Rik Dalvit (GK 2018-20), Jim Eastwood (W 2009-20) and Tom Jessup (CO and W substitute). Bellingham members were involved in this more regional second degree team for about 17 years. Others who have served on the team include Brother John Lee (Sedro Woolley - CO), who has the longest tenure on that team, going back to the early 1990s, and Dave Santana (Sedro Woolley – chancellor), who served from 2003 to 2008. Occasionally, others were pressed into service when a regular team member couldn't be there.

*To learn more and to view pictures of the Degree teams please contact ....Joe St.Hilaire, joesthilaire@hotmail.com*

**S  
U  
B  
M  
I  
T  
T  
E  
D  
B  
Y  
J  
O  
E  
S  
T  
H  
I  
L  
A  
I  
R  
E**

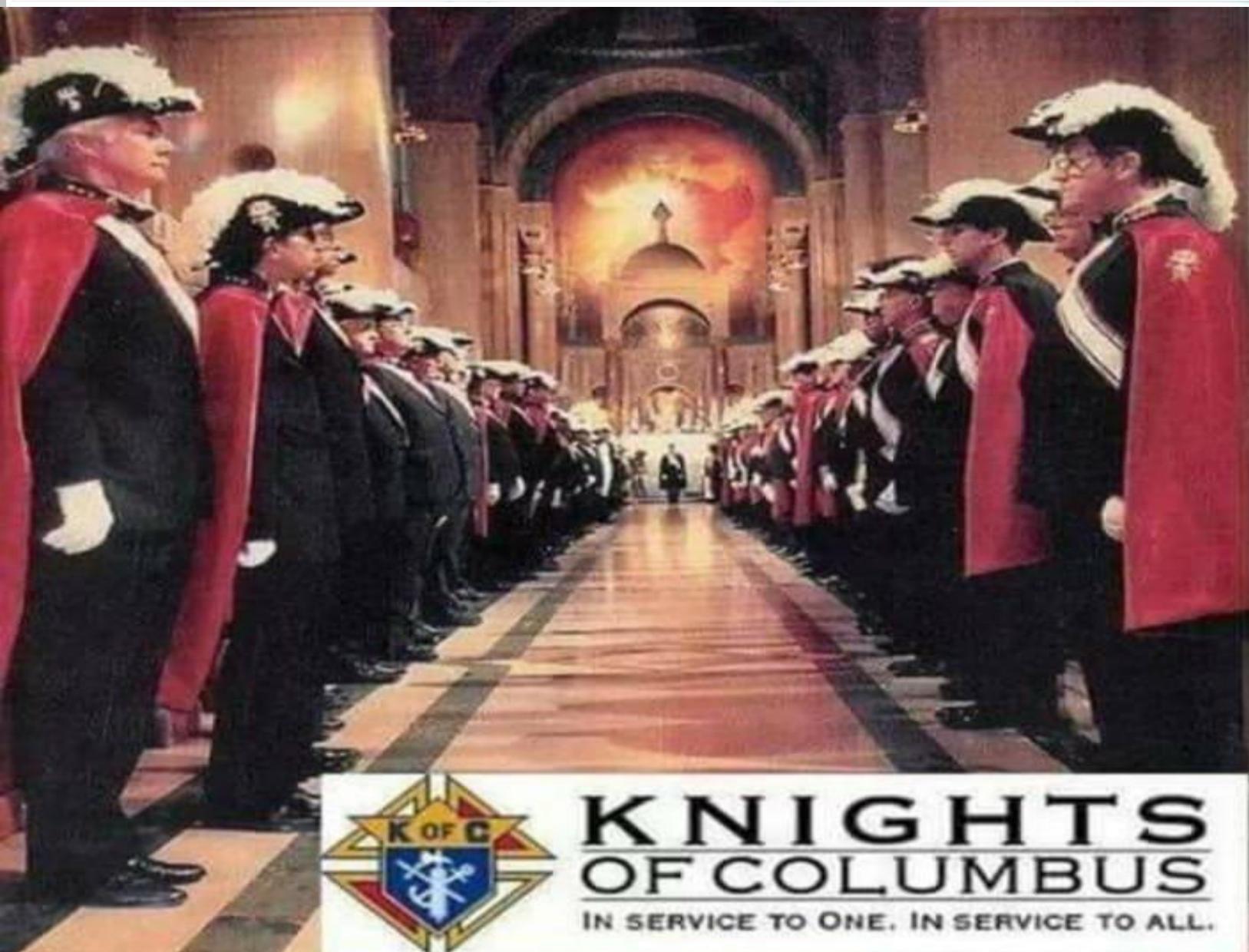
# Happy 138th Founding Anniversary

**INTERNATIONAL ORDER OF THE  
KNIGHTS OF COLUMBUS.**

- \* **Charity**
- \* **Unity**
- \* **Fraternity**
- \* **Patriotism**

**In Service to One, In Service to All.**

**Since March 29, 1882 at St. Mary's Parish in  
New Haven, Connecticut, US.**



# COVID-19

**Subject:** information from Johns Hopkins

**Subject:** Johns Hopkins

*The following is from Irene Ken, physician, whose daughter is an Asst. Prof in infectious diseases at Johns Hopkins University, quite informative.*

- \* *The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells.*
- \* *Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.*
- \* *The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.*
- \* *HEAT melts fat; this is why it is so good to use water above 77 degrees Fahrenheit for washing hands, clothes and everything. In*

*addition, hot water makes more foam and that makes it even more useful.\* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.*

*\* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.*

*\* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.*

*\* NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.*

*\* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only -between 3 hours (fabric and porous),  
-4 hours (copper and wood)  
24 hours (cardboard),  
42 hours (metal) and  
72 hours (plastic).*

*But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.*

*\* The virus molecules remain very stable in external cold, or artificial air conditioners in houses and cars.*

*They also need moisture to stay stable, and especially darkness.*

*Therefore, dehumidified, dry, warm and bright environments will degrade it faster.*

*\* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.*

*\* The virus CANNOT go through healthy skin.*

*\* Vinegar is NOT useful because it does not break down the protective layer of fat.*

*\* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.*

*\* LISTERINE IF IT SERVES! It is 65% alcohol.*

*\* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.*

*\* You must wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.*

*\* You must Moisturize dry hands from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.*

*\* Also keep your NAILS SHORT so that the virus does not hide there.*

**JOHNS HOPKINS HOSPITAL**



# THESE THINGS I WISH FOR YOU

*(Paul Harvey read this essay during his September 6, 1997 radio-broadcast. The Editor finds value in the message so please enjoy it, many of us old timers, you know who you are, can relate to it.)*

**They tried so hard to make things better for their kids  
that they may have made them worse.  
For my grandchildren, I'd know better.**

**By Lee Pitts**

I'd really like for them to know about hand-me-down clothes and home-made ice cream and leftover meatloaf. I really would.

My cherished grandson, I hope you learn humility by surviving failure and that you learn to be honest even when no one is looking.

I hope you learn to make your bed and mow the lawn and wash the car — and I hope nobody gives you a brand-new car when you are sixteen.

It will be good if at least one time you can see a baby calf born, and you have a good friend to be with you if you ever must put your old dog to sleep.

I hope you get a black eye fighting for something you believe in.

I hope you must share a bedroom with your younger brother. And it is all right to draw a line down the middle of the room, but when he wants to crawl under the covers with you because he's scared, I hope you'll let him.

And when you want to see a Disney movie and your kid brother wants to tag along, I hope you take him.



I hope you must walk uphill with your friends and that you live in a town where you can do it safely.

If you want a slingshot, I hope your father teaches you how to make one instead of buying one. I hope you learn to dig in the dirt and read books, and when you learn to use computers, you also learn how to add and subtract in your head.

I hope you get razzed by friends when you have your first crush on a girl, and that when you talk back to your mother you learn what Ivory soap tastes like\*.

May you skin your knee climbing a mountain, burn your hand on the stove and stick your tongue on a frozen flagpole.

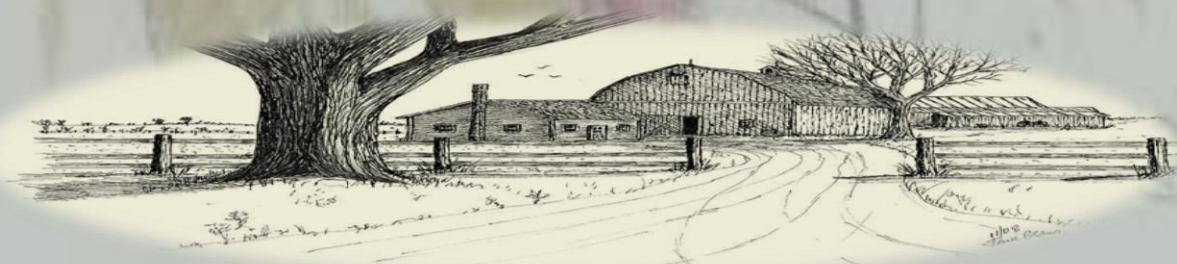
I hope you get sick when someone blows smoke in your face. I don't care if you try beer once, but I hope you won't like it. And if a friend offers you a joint or any drugs, I hope you are smart enough to realize that person is not your friend.

I sure hope you make time to sit on a porch with your grandpa or go fishing with your uncle.

I hope your mother punishes you when you throw a baseball through a neighbor's window, and that she hugs you and kisses you when you give her a plaster of paris mold of your hand.

These things I wish for you — tough times and disappointment, hard work and happiness.

**ED NOTE:** \**(Ivory soap)....Grandma and mom for a time back on the farm made homemade soap, real strong, it made Ivory soap taste like desert. I was a slow learner.*



# INTERESTING ITEMS

B  
Y  
G  
E  
O  
R  
G  
E

**SPIRITUAL COMMUNION:** Pope Francis prays for those who are isolated due to the spread of COVID-19, he invites Catholics to unite ourselves to Christ and one another in the spiritual communion of the Eucharist. "In this situation of pandemic, in which we find ourselves living more or less isolated, we are invited to rediscover and deepen the value of the communion that unites all the members of the Church."

The Pope said: "United to Christ we are never alone, but we form one single Body, of which he is the Head." The pope called it "a union that is nourished with prayer, and also with the spiritual communion in the Eucharist, a practice that is highly recommended when it is not possible to receive the sacrament." Spiritual Communion is the practice of desiring union with Jesus Christ in the Holy Eucharist. It is used primarily by individuals who cannot receive Holy Communion, such as the ill, the divorced and remarried, and those who have not yet been received into full communion with the Church. St. Thomas Aquinas described it as "an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him" at a time or in circumstances when we cannot receive him in sacramental Communion. [Repeat the Act of Spiritual Communion below.](#)

\*\*\*\*\*  
**ACT OF SPIRITUAL COMMUNION:** My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You. Amen. [INLAND REGISTER - April 2020](#)

\*\*\*\*\*  
**DIVINE MERCY SUNDAY:** The Feast of the Divine Mercy is celebrated on the Sunday after Easter, the Octave Day of Easter. The feast day is originally based on the Catholic devotion to the Divine Mercy that Saint Maria Faustina Kowalska reported as part of her encounter with Jesus, and is associated with special promises from Jesus and indulgences issued by the Catholic Church.

The feast of Divine Mercy, according to the diary of Saint Kowalska, receives from Jesus the biggest promises of grace related to the Devotion of Divine Mercy, in particular that a person who goes to sacramental confession (the confession may take place some days before) and receives Holy Communion on that day, shall obtain the total forgiveness of all sins and punishment. That means each person would go immediately after death to heaven without suffering in purgatory (or hell). Additionally, the Roman Catholic Church grants a plenary indulgence (observing the usual rules) with the recitation of some simple prayers.

Saint Maria Faustina Kowalska, a Polish nun, reported visions and visitations from Jesus and conversations with Him. He asked her to paint the vision of His merciful Divinity being poured from His Sacred Heart and specifically asked for a feast of Divine Mercy to be established on the first Sunday after Easter so mankind would take refuge in Him:

I want the image solemnly blessed on the first Sunday after Easter, and I want it to be venerated publicly so that every soul may know about it. — Jesus' words, Diary 341

**Special dispositions:** Additionally, for the faithful who, for a justified reason beyond their control, are unable to go to church or chapel, may obtain forgiveness with the recitation of one Our Father and Creed before a devout image of Jesus adding "Merciful Jesus, I Trust in you." They will receive the plenary Indulgence that day with the condition of fulfilling the usual sacramental requirements at a later time. Even if the above is impossible to do, the indulgence is granted if with spiritual intention they unite themselves to the ones carrying on the prescribed practices with the intention of fulfilling the requirements as soon as it is possible.



# GREAT WOMEN SAINTS!

## MONTHLY QUIZ

BY KARL HADLEY PSD, FMFD, FVSM



*Kyle and I went on a pilgrimage in September 2019 to visit Abbeys and Great Women Saints of France. See if you can identify who we saw and where we went in this monthly quiz:*

She was the firstborn daughter of a miller in France. Between February and July 1858, she experienced visions of a "young lady" who asked for a chapel to be built at the site. The lady who appeared to her identified herself as the Immaculate Conception. Despite initial skepticism from some Church authorities, her claims were eventually declared "worthy of belief" after a canonical investigation.

Disliking the attention, she was attracting, she went to a school run by the Sisters of Charity in Nevers, France. On July 29, 1866, with 42 other candidates, she took the religious habit of a postulant and joined the Sisters of Charity at their motherhouse at Nevers.

She spent the rest of her brief life at the motherhouse, working as an assistant in the infirmary and later as a sacristan, creating beautiful embroidery for altar cloths and vestments. Her contemporaries admired her humility and spirit of sacrifice. One day, asked about the apparitions, she replied: "The Virgin used me as a broom to remove the dust. When the work is done, the broom is put behind the door again."

She eventually died of a long-term painful illness of tuberculosis of the lungs and bones at the age of 35 on April 16, 1879 while praying the holy rosary. Her body was laid to rest in the Saint Gildard Convent.

The Church exhumed her body three times in 1909, 1919, and 1925 in the presence of representatives appointed by the postulators of the cause, doctors, and a sister of the community. They claimed that her body appeared incorrupt. This was cited as one of the miracles to support her canonization. The remains were then placed in a gold and crystal reliquary in the Chapel at the motherhouse in Nevers.

**WHO IS SHE?**

[ANSWER: Saint Bernadette of Lourdes.](#)



On December 8, 1933, Pope Pius XI declared her a saint of the Catholic Church. The Basilica of the Immaculate Conception was consecrated at Lourdes in 1876. The Marian shrine went on to become a major pilgrimage site, attracting over five million pilgrims of all denominations each year. (We visited Nevers in September 2019 and Lourdes in October 2017.)





**B  
Y  
M  
I  
K  
E  
C  
A  
L  
D  
E  
R  
O  
N  
F  
O  
R  
M  
E  
R  
  
S  
T  
A  
T  
E**

We like St. Paul are chosen to be missionaries to our brethren, bringing families closer to understand our Lord and Savior through our works and actions. During these troubled times of Corona virus everywhere, a wakeup call, an invite to live the gospel of Jesus Christ.

EWTN tells us that viewing increased by a huge number, an opportunity for family prayer as we isolate ourselves during pandemic times. This will pass; let us not forget prayer as we hurry back to normality.

Isidro a Caballero (member of KofC Hispanic RT) employed at Portland French Bakery supplying stores with quality bread. Isidro suggested distribution of bread loaves for persons without benefits. The idea expended supplying loads of bread on a regular basis distributed from my garage. Sign at entrance of driveway reads free bread, drive in, then another sign reads, take your needs and for your neighbor, pray. We thank Portland French bakery owners for their generosity of supplying countless loaves of bread during these past weeks, they must have seen just Jesus, did not turn their backs on the needy.

God's works, we may not understand, received note from SHARE thanking for generosity. Replied that if they needed bread contact me, she did, SHARE desperate need for new source bread, SHARE will now receive weekly service. Many with no place to find a meal can find a warm meal at SHARE.

Bread has been sent to areas where people are not able to receive benefits, Thanks to Mario a non-Catholic as well families of Hospital

**H  
I  
S  
P  
A  
N  
I  
C  
M  
E  
M  
B  
E  
R  
S  
H  
I  
P  
C  
H  
A  
I  
R  
M  
A  
N**

workers, restaurant workers supplying hospital food plus low-income housing. Countless phone calls, e mails have been sent to every corner of this county, helping families in need of a helping hand. We that are involved in this distribution of fresh bread give praise to our Lord for this opportunity. When the light at the end of the tunnel arrives, I pray the families live the gospel of kindness to neighbors; many unknown needs will appear, let us all be understanding and help where help is needed.

I was asked, what do Knights of Columbus members do, replied, "God disciples, servants just as Jesus came to serve, not be served".

A Brother Knight that I respected greatly learned of his passing. Brother John Walker was SD when he traveled from Kennewick to Vancouver, twice, accepting an invitation to a new event, Crab and Steak dinner. There are many other instances when he treated me with respect as a friend and brother. John is signing with the Angels; he will greet us when we arrive in paradise. **Love you John Walker.**

**Ygnacio (Mike) Calderon**





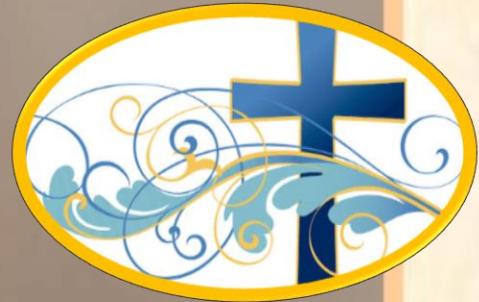
## THE OLD WISDOM

By Goodall

When the night wind makes the pine trees creak  
And the pale clouds glide across the dark shy,  
Go out, my child, go out and seek  
Your soul: the Eternal I.

For all the grasses rustling at your feet  
And every flaming star that glitters high  
Above you, close up and meet  
In you: the Eternal I.

Yes, my child, go out into the world, walk slow  
And silent, comprehending all, and by and by  
Your soul, the Universe, will know  
Itself: the Eternal I.



# Come Follow Me,

“Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song. “

John Paul II

WHEN UNDER A BURDEN  
THE SOUL AWAKENS AND SINGS,  
IN HIS NAME.

**B  
E  
L  
L  
I  
N  
G  
H  
A  
M  
  
C  
O  
U  
N  
C  
I  
L  
  
8  
2  
9**

# SALMON DINNER AT SACRED HEART A BIG SUCCESS

juiolk

Twilight found them in what looked like one big garden.

"Let's sleep here," said the old man.

This is the last trip I take with you, snapped his son.

You're more interested in flowers than in making money.

"That's the nicest thing you've said in a long time," smiled the old man.

*The crew at the successful salmon dinner at Sacred Heart March 6: L-R: Brothers Rob Murphy, Don Baldwin, Chet Zender, Rita and Larry Kerstiens, and Jack King. Photo taken by GK Preston Knutson.*



## Grand Knight's Message

**Grand Knight Preston Knutson:** It looks like we are in for another month of "sheltering at home". I know this means something different to all of us. Some might be at home with family, some might be at home alone, and others could be existing somewhat normally. For those of you who are experiencing emotional or financial stresses, I have an abundance of empathy for you. I know this is hard and it is affecting us all in some capacity or another.

Now is the time for endurance and perseverance. There have been times in my life when endurance and perseverance have been what defined my ability to get through difficult times. This ability does not come from within, it comes from God. Allow God to give you strength for as long as this pandemic continues.

As for the council, this month's meeting will be canceled. However, we need to continue with necessary council activities; one of which is elections for next year. If you currently hold a council position and are interested in continuing through the next year, please contact me. If you do not hold a position but are interested in serving the council in a leadership role, please get ahold of me as well. For the elective offices that don't have a candidate, I have appointed Jack King, Don Baldwin and Charlie Whelan to a nominating committee that will nominate people for the remaining positions.

Under the "new business" heading of May's meeting we will formalize the positions through the election process.

"What then shall we say to these things? If God is for us, who can be against us?" (Romans 8:31)



**S  
U  
B  
M  
I  
T  
T  
E  
D  
B  
Y  
J  
O  
E  
S  
T  
H  
I  
L  
A  
I  
R  
E**

# **BE SAFE, AND DON'T WORRY, BE HAPPY!**

**G  
E  
O  
R  
G  
E  
  
C  
Z  
E  
R  
W  
O  
N  
K  
A  
  
J  
R.  
~  
P  
S  
D**

- 1) Keep you cooking but serve only half portions.
- 2) Limit your drinks to one per day...protect against fatty liver.
- 3) Don't spin that toilet paper roll like you are on Wheel of Fortune, act like a safecracker now.
- 4) Everyone must learn to practice social distancing from the refrigerator.
- 5) If you can't decide where to go for Easter, try the Living Room or your Bedroom...the back patio will work too and eat out!
- 6) If you are worried about your fitness, every few days try your jeans on, pajamas are nice, but your jeans may now be too small for you.
- 7) Is your home schooling going according to plan...no students suspended for fighting or teachers suspended for drinking on the job?
- 8) I moved the clocks to Standard Time, but don't know how to adjust them for the Twilight Zone. Any ideas?
- 9) This morning I saw our neighbor lady talking to her cat. It was obvious she thought her cat understood her. When I came back in the house, I told our dog and we laughed a lot.
- 10) My body has absorbed so much soap and disinfectant lately that when I pee, I notice that I automatically clean the toilet.
- 11) Tell your homeschoolers that a call-in bomb threat is not going to work.
- 12) I was so excited to take out the garbage this morning, but did not know what to wear? I get the paper in my PJ'S.
- 13) I hope the weather is good tomorrow for my trip to Puerto Back-yards...Going to pick some daffy's coming up for the table.
- 14) We saw a Classified Ad in the paper this morning: "Single man with toilet paper."

**George H. Czerwonka, Jr PSD**



**P  
A  
S  
S  
I  
N  
G  
O  
N  
S  
O  
M  
E  
H  
E  
L  
P  
F  
U  
L  
O  
B  
S  
E  
R  
V  
A  
T  
I  
O  
N  
S**

# FROM SHEILA



This corona virus has slowed down the world as we know it, and I find it in some ways very refreshing, if inconvenient. It seems as if it came at the perfect time, Lent, a period set aside for reflection, and has probably enhanced many persons' time of introspection as it has mine.

God has shown me how unimportant so much of my material wants are, that He is the all-important One to focus on. I knew that, intellectually, but think this pandemic has brought the emphasis back to Him, and to our purpose here on earth. He is where our hearts should be; He is the Creator Who loves us unconditionally, so much that he sent His only Son to suffer and die for our salvation.

John and I have been self-quarantined for about four weeks now and enjoy our time together more than ever. We feel blessed that He has given us this time with Him. We pray more than before for our loved ones and for the whole world, as we have become increasingly aware of the needs of others during this crisis.

Our own family has had to confront the corona virus, which struck our son, Scott, and his family. As I prayed in fear the night I learned of their illness, God showed me I needed to take my thoughts off the fear, and just praise and thank Him for what was going on. As I began to give Him praise and glory, my fears subsided, and peace returned. And that peace has stayed with me ever since.

While our son was very ill, his wife, daughter and son had milder forms of illness and recuperated fairly quickly. Scott, on the other hand, is still very weak, with some other symptoms that have not fully faded away yet. However, through the grace of God, he is recovering.

Our son works for Ibero American Ministries, and travels to many countries in the world, teaching and promoting the gospel. We believe he may have contracted the virus while returning from one of these trips. I would like to share a letter he wrote to the supporters of his ministry. Perhaps it will encourage others who are suffering from this deadly virus.

**Sheila Wallace**



# PEACE IN THE STORM

**Wow!** I didn't see that coming. I tested positive for the virus and have been in recovery for a bit., more than three weeks now. But God has been so faithful. In the midst of feeling badly, He has reminded me that He is the God of Peace. That's good news in a time of uncertainty and fear.

Gideon experienced God this way when the Angel of the Lord revealed to him that he would not die; the angel said, "Peace, do not be afraid, you are not going to die." (Judges 6:23-24) so Gideon called the Lord, "Jehovah-shalom," which means God of Peace. In the New Testament, Paul, the apostle, also refers to Him as the God of Peace. (Romans 15:33, 16-20).

Most of us know this about Him, but how do we really feel this peace in the midst of the Covid-19 storm? For me, it was a battle to maintain my peace while at the same time suffering symptoms of Covid-19 that seemed to get worse by the day. There were two battles being waged, one against my body and the more important one against my spirit. The enemy of our souls tried to overcome both my body and my spirit. I began to wonder if God were angry with me, if He had forgotten me, and I even began to wonder if I were still saved. The enemy picked away at my confidence, and suddenly I had no peace of mind even while I suffered physically.

I remember asking the Lord in desperation one night, "God, would you send me some assurance of your love, give me a scripture, grant me a passage that will speak to me in some way that I can accept and believe."

A day or so later, my daughter, Ericka, called me to tell me that her friend Mitch wanted to pray for me. Of course, I agreed and that evening on video conferencing he began to pray. But even before he prayed, he said to me,

# TRUST IN HIM

"God wants you to know that He loves you, that He has not forgotten you; and for you to have peace you will need to simply surrender to His love in faith." Later that evening as I was laying my head down on my pillow, I began to surrender to the love of the Father in faith. And guess what!? Game changer! Peace flooded my soul and that was the night that I began the slow turn to recovery from Covid-19.

My friends, do not let this thing steal your peace. Yes, some of us, even we who are Christ followers, will get sick and some may even die, but that does not change the love of God for those who have made Him their refuge. As the apostle says, to be absent from the body is to be present with the Lord. (2 Corinthians 5: 6-10)

The disciples were doing quite well. They had the Messiah with them, people were being healed, demons were being cast out, and miracles were happening every day. Following Jesus at that time was easy. But then they got on a boat, and then a storm arose. When they looked for Jesus he was nowhere to be found. He had gone below decks to take a nap on a cushion. When they found Him, they said, "Don't you care, if we drown?" I can relate. But Jesus got up, rebuked the wind and the waves, and said, "Peace, be still!" And the storm obeyed. Then Jesus had some words for His disciples. "Why are you so fearful? How is it that you have no faith?" (Mark 4:36-41).

**Peace in the storm comes when we exchange our fear for faith.** Trust in Him today, my friends, surrender to His love, make surrendering your prayer in faith tonight as you lay your head down on your pillow, and His peace will flood your souls like a river. We are praying for you.

**Shalom,**

**Scott n Ellen Wallace**





# SAINIT IN TRAINING, MORE OR LESS!!

In my youth I noticed that there were so many people in the world that I felt crowded, I looked for those moments when less was better. In an effort not to be “crowded” in life or in choosing an occupation, I found myself leaning in the direction of becoming an apprentice saint. As all thinking men will at once realize, sainthood is perennially one of the underpopulated professions, so there is always a need for another saint. **I became a saint in training!**

First, I must tell you that being an apprentice saint **is** all it's cracked up to be and more. Within a “saint in training’s” circle of associates, less is more and **more is less** are always **more or less** happy. As a pupil of saintly wisdom, I was just thinking..... Liberty evokes a need in the needy. **Liberty** is usually presented as freedom from something rather than freedom for something. **Fraternity** is a dream, a bonding in pursuit of an ideal. As a saint “wanna be,” I can tell you this my Brothers - when **equality** stakes a claim, when it stands in protest in writings or in crowds, then all of this forecasts that a change is in the air, **it's a rebellion.**

Equality is often at the root of class war and of the struggle for a classless society, some call this social justice, socialism or even pure religion. Often however these are the skirts that social engineers and political operatives hide behind in search of your vote. **Think before you vote!**

**I'm married.** In my house there is little day to day respect given a man because he is a saint in training, the man's respect is earned everyday by being there, by taking out the garbage, raking the leaves, and remembering birthdays and anniversaries. I've found that the typical saint gets very little slack cut him at home unless he listens more than he talks. A man's pedigree means little or nothing when I face off with her in a board game, the wife always beats me at scrabble, I think she might be smarter than me, **more or less!** So, I've concluded that no man is a saint in his own home It follows then that doing a “saint's laundry” can diminish the glow of a future Saint. **More or Less.**



M  
O  
R  
E  
O  
R  
L  
E  
S  
S

# HEALTH WARNING!

**DO NOT SHAMPOO IN THE SHOWER  
DO NOT WASH YOUR HAIR THE SHOWER!!**

*(It's so good to finally get a health warning that is useful!!!!)*

**IT INVOLVES THE SHAMPOO  
WHEN IT RUNS DOWN YOUR  
BODY WHEN YOU SHOWER WITH  
IT. WARNING TO US ALL!!!**



I don't know WHY I didn't figure this out sooner! I use shampoo in the shower! When I wash my hair, the shampoo runs down my whole body, and printed very clearly on the shampoo label this warning;  
**“FOR EXTRA BODY AND VOLUME.”**

*(no wonder I'm having trouble losing weight!)*

Well! I got rid of that shampoo and I am going to start showering with Dawn Dishwashing Soap.

**(It's label reads:)**

**“DISSOLVES FAT THAT IS OTHERWISE  
DIFFICULT TO REMOVE.”**

***(Problem solved! If I don't answer the phone, I'll be in the shower!)***



# HAPPY EASTER TO ALL OF MY BROTHER KNIGHTS

Christ is truly risen. It was definitely a different Easter for all of us, but I hope you had a truly Blessed Easter. I wrote of two legislative bills last month that had been passed by the State House and Senate but had not yet been signed by Governor Inslee. The first bill was SHB2554 which targets religious health care and the second bill was ESSB 5395 which is referred to as the health education bill. This bill mandated that sex education will be required for all students from Kindergarten thru 12<sup>th</sup> grade and would be effective for the 2020 / 2021 school year. As expected, both bills were signed into law since that writing. I understand that there is an effort to pass a referendum on the Sex Education law. Please keep up on it and help raise support the referendum. As I wrote last month many of us believe that this would be better decided by parents rather than government law which dictates morality.

We have added three more pregnancy centers that have been approved for Ultrasound machines by Supreme to the 4 ultrasound machines that had previously been reported placed here since the first of the year. The sponsoring councils for these 3 new machines are Tacoma Council #809, Grand Knight Andrew Kormos for Care Net Tacoma; Saint Joseph's Council #7528, Grand Knight Bill Shell together with the State Council for Care Net of Federal Way and District 31, District Deputy Gary Cloninger together with John Payton Council #15338 and St. Paul Catholic Church Pro Life Committee for Pregnancy Choices of Skagit County. WAY TO GO ALL!!!



I have received many Life Service Program entries this year and had a great competition. I was very impressed with the work being done by the Knights throughout Washington for Life. The Pro-Life essays were again very special. Our 7<sup>th</sup> and eighth grade students did a great job. Due to the repercussions of the Corona virus we haven't received as many posters as we normally get. Because we will not be having our normal convention, I will accept your winning posters thru Thursday, May 14<sup>th</sup>. You can mail them to me at:

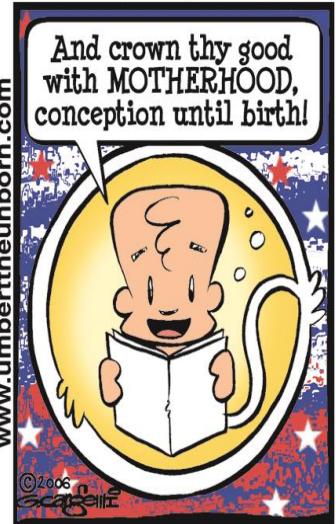
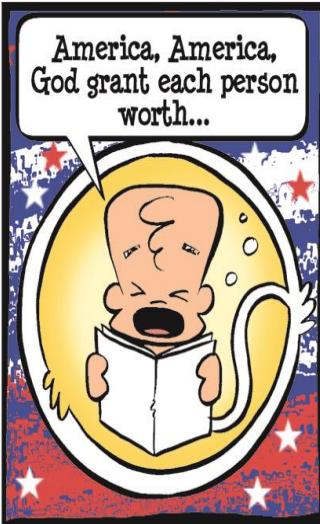
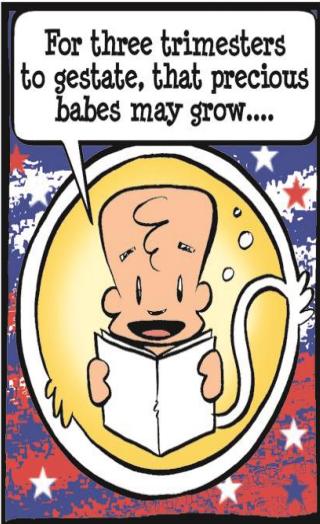
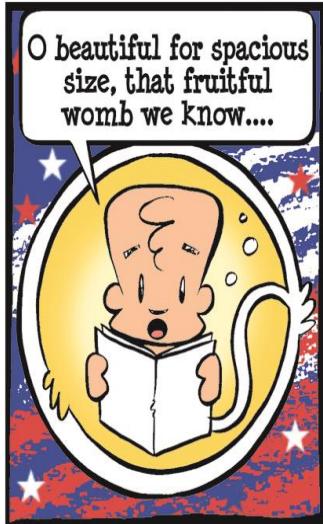
**Ron DeGroot, Life Director  
Washington State Council  
Knights of Columbus  
3420 78<sup>th</sup> Ave SE  
Olympia, WA 98501**

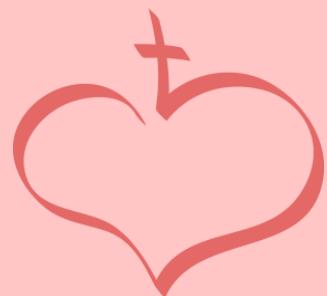
**God Bless, stay well,  
Ron**



## **Umbert the Unborn**

by Gary Cangemi





**SEE YOU NEXT MONTH!**

I AM NOT  
BLIND  
I'VE JUST SEEN  
ENOUGH

