A Quarterly Newsletter for the Knights of Columbus, St. Louis Martin Council 15256

The Columbian Gazette

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Ashburn, VA

A Message from Deacon Noah

Deacon Noah sends the following message on Lent from Fr Hezekias of the Institute of Catholic Culture (ICC):

"What is the power of fasting? The answer is found in the person of Jesus Christ and His salvific mission:

Christ is the New Adam. He comes to repair the damage inflicted on life by Adam, to restore man to true life, and thus He also begins with fasting. "When He had fasted forty days and forty nights, He became hungry" (Matt. 4:2). Hunger is that state in which we realize our dependence on something else—when we urgently and essentially need food—showing thus that we have no life in ourselves. It is that limit beyond which I either die from starvation or, having satisfied my body, have again the impression of being alive.

It is, in other words, the time when we face the ultimate question: on what does my life depend? And, since the question is not an academic one but is felt with my entire body, it is also the time of temptation. Satan came to Adam in Paradise; he came to Christ in the desert. He came to two hungry men and said: eat, for your hunger is the proof that you depend entirely on food, that your life is in food. And Adam believed and ate; but Christ rejected that temptation and said: man shall not live by bread alone but by God.

He refused to accept that cosmic lie which Satan imposed on the world, making that lie a self-evident truth not even debated any more, the foundation of our entire world view, of science, medicine, and perhaps even of religion. By doing this, Christ restored that relationship between food, life, and God which Adam broke, and which we still break every day.

What then is fasting for us Christians? It is our entrance and participation in that experience of Christ Himself by

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Support for the Military???

What a funny way to title an article … with three question marks no less. Hopefully it caught your attention.

Some history to begin with. If you are a more "senior" member of the Council, you will remember the Draft. From December 1st 1969 thru December 7th 1972, eligible 19-year-old men were drafted to serve in the military during the Vietnam War. It was the first draft since WWII. Physically fit men were classified as 1-A, college deferments were 1-H, and those unfit to serve were 4-F. From 1973 onward, all males between 18 and 25 are required to register with the Selective Service. Since there is no draft, our military is now comprised of all volunteers.

In the hustle and bustle of daily life, the majority of the U.S. population doesn't give a thought about our military and its personnel. They know about them thanks to news coverage from wherever our troops are deployed, especially when there are fatalities. But they most likely don't think about who the people are who are "in the news".

There are a multitude of reasons why men and women are volunteering to join the military. There are all sorts of reasons beyond patriotism, training, career, etc. But the plain fact is that tens of thousands have volunteered to be in the service of our country and continue to do so. While they may volunteer for just one tour, many more do multiple tours, and some even make it their career of choice. It certainly isn't a "get rich quick" kind of job. Not all of the assignments are hazardous but for those who wind up with, or volunteer for, those dangerous assignments, we all know that there is a price to be paid. Sometimes it is the ultimate price. Other times, the after-effects of serving last a lifetime.

Now back to the title of the article – support for the military. If you haven't previously focused on the volunteer nature of our military, now is a good time to think about it. Every man and woman who is serving now, or has in the past, deserves our thanks and support. Pretty much, we lead a rather comfortable life without direct threats to our

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(Continued from page 1) Deacon Noah

which He liberates us from the total dependence on food, matter, and the world. By no means is our liberation a full one. Living still in the fallen world, in the world of the Old Adam, being part of it, we still depend on food. But just as our death—through which we still must pass—has become by virtue of Christ's Death a passage into life, the food we eat and the life it sustains can be life in God and for God.

Part of our food has already become "food of immortality"—the Body and Blood of Christ Himself. But even the daily bread we receive from God can be in this life and in this world that which strengthens us, our communion with God, rather than that which separates us from God. Yet it is only fasting that can perform that transformation, giving us the existential proof that our dependence on food and matter is not total, not absolute, that united to prayer, grace, and adoration, it can itself be spiritual.

All this means that deeply understood, fasting is the only means by which man recovers his true spiritual nature. It is not a theoretical but truly a practical challenge to the great Liar who managed to convince us that we depend on bread alone and built all human knowledge, science, and existence on that lie. Fasting is a denunciation of that lie and also the proof that it is a lie. It is highly significant that it was while fasting that Christ met Satan and that He said later that Satan cannot be overcome "but by fasting and prayer."

Fasting is the real fight against the Devil because it is the challenge to that one all-embracing law which makes him the "Prince of this world." Yet if one is hungry and then discovers that he can truly be independent of that hunger, not be destroyed by it but just on the contrary, can transform it into a source of spiritual power and victory, then nothing remains of that great lie in which we have been living since Adam.

(From Fr. A. Schmemann, Great Lent: Journey to Pascha)

Are you stumbling under the weight of our weak human condition? Has fasting revealed your dependence on "food, matter, and the world"? The "real fight against the Devil" plays out in each of us, but we draw strength from Him who has defeated Satan decisively.

Lean on Christ, and take courage."

ICXC NIKA,
Deacon Noah

A Poem: The Coronation of Mary

"The Queen stands at your right hand, arrayed in gold."
- Psalm 45:9

The Queen was arrayed in gold
As the Bible had foretold.
My Son prepared my heavenly crown
As the heavenly host gathered all around.
Mother Anne was there with Joachim,
The angels and saints joined in the hymn,
The angels were kneeling and praising the Lord,
As heavenly music played in harmonious chord.

I am the lowly handmaid of the Lord,
And my soul was pierced with a sword,
As Simeon in the temple had foretold.

The Son of God I did give birth,
And now I'm Queen of Heaven and Earth.
How this came to be after my lowly start
Is a question I ponder in my heart.

- Poem by Robert N. Borghese 2023. All rights reserved.

K of C Council 15256 donates $4000 to Loudoun County Pregnancy Resource Centers

Last summer, in the wake of the Supreme Court overturning Roe v. Wade, the K of C Supreme Office created the Aid and Support After Pregnancy (ASAP) initiative. It challenged Councils, nationwide, to sponsor fund-raising events to support needy Pregnancy Centers and Maternity homes and offered up matching funds of up to $500 for those Councils that raise $2000.

St Louis Martin Council was able to raise $3500 from our October Pancake Breakfast and follow-on donation drive. Combined with Supreme's matching contribution, the Council donated $2000 each to Birthright of Loudoun County and Tepeyac (Divine Mercy Care). Checks were awarded at St. Theresa Church on January 11.

Barbara Carrescia, Myriam Perez, Denise Dicks (Birthright), Fr Hudgins, Eric Ciliberti, Rob McNamee, Dick Sena, Marianne Mazzatenta, Jack Hayes

Barbara Carrescia, Myriam Perez, Kathryn Doherty (Tepeyac), Fr Hudgins, Eric Ciliberti, Rob McNamee, Dick Sena, Marianne Mazzatenta, Jack Hayes

The Angel Gabriel Considers His Task

We all know the story of the Mary at the Annunciation; but have we ever considered the Angel Gabriel's point of view? The following is an imagining of how Gabriel felt.

Why did God Almighty assign the most important messenger task in the history of the world to me? I've had other important tasks before but nothing like this! It's true that I appeared to Daniel the prophet to explain a vision to him and that went well…notwithstanding that Daniel fell on his face in terror at the sight of me and was sick for days after his experience with me and the vision.

Then I was assigned to tell the priest Zechariah that his prayers had been heard and that his wife, barren up to that time, was going to conceive and bear a son, John the Baptist. You could say that went well except that Zechariah didn't believe me and so I struck him dumb until the day arrived to name the child and he wrote on a tablet "His name is John."

Now I must go to Nazareth to a young virgin named Mary and tell her that she is to be the Mother of God. No easy task! She is a very lovely, pious girl who has little experience in the ways of the world. Surely, she will be scared! Will she believe me? After all, she is a virgin and will have questions. I better be ready with answers. God gave Mary free will, as He did to all mankind and the angels. So, what if she says "No?" I would have failed my task.

The day has arrived for me to appear before Mary. How should I approach her? I have authority as God's messenger; but on the other hand, if Mary says "Yes", she will be Queen of Angels. I will go humbly, gently with comfort and cheer as befitting the event and so not to scare her.

There is Mary…She is in prayer…She is so beautiful… Here goes. I say "Hail Mary, full of Grace, the Lord is with thee" …She ponders what this means…She asks the question I anticipated about how this could be…I answer that it is through the Holy Spirit. She ponders some more… and then…and then…she says "Yes." She said "Yes!" The most important "Yes" in the history of the world!

I depart from her in awe. Now it is I who will honor her as Mother of God and Queen of Angels.

Praise be to God!

(Submitted by Brother Robert Borghese)

(Continued from page 1) Military

safety and security. All because of our military (first responders and others too). All those in the military, AND their families, deserve something from us. It could be something small like recognition and a thank you. It could be something large like a job or a house for a vet.

How could you personally support the military? The possibilities are endless. The list below barely scratches the surface of things you could do. Why not consider trading some of your time, talent, or resources to thank a soldier/veteran by recognizing them and/or assisting them directly or indirectly. These volunteers deserve so much more than they get – which isn't much – from the American public.

-- Say "Thank you for your service!" when you see someone in uniform or is a veteran;

-- Visit one of the D.C. area airports when the Honor Flights arrive or be at the memorials to welcome them;

-- Volunteer at any of the area facilities that cater to active and retired military members – the USO is one example;

-- Check out the local VFW or American Legion to see if they need anything;

-- Several area schools have programs that recognize and support military families –Belmont Ridge Middle School just received the Virginia Distinguished Purple Star Award for its commitment to military families. Only ***eight*** schools in Loudoun County have received this award.

-- Donate to, or get involved with, organizations or facilities that care for the wounded, disabled, or traumatized soldiers. The Sweats for Vets is a pretty simple way to be involved. Donate to the Wounded Warrior charity. Volunteer your time with Boulder Crest in Bluemont.

-- Do you have a business and do you actively recruit veterans? Many local businesses have programs for hiring and/or supporting military personnel.

-- To better appreciate our present military personnel, know the history of our military and its role. There is so much to read and view on the Internet.
Remember, a Knight is always in service for others.

- Doug Smith

From our Lecturer

Gospel Sunday February 5, 2023

Matthew 5:13-16
Jesus said to his disciples:
"You are the salt of the earth.
But if salt loses its taste, with what can it be seasoned?
It is no longer good for anything
but to be thrown out and trampled underfoot.
You are the light of the world.
A city set on a mountain cannot be hidden.
Nor do they light a lamp and then put it under a bushel basket;
it is set on a lampstand,
where it gives light to all in the house.
Just so, your light must shine before others,
that they may see your good deeds
and glorify your heavenly Father."

I viewed a reflection video on this gospel reading and there are 5 points that I took away from the video and self-reflected:

1. It's me – I am the salt of the earth and the light that stands out in darkness. Me, not someone else. When I hear this do I advocate this on to others. Do I think someone else will shine, be the light, that they will be saltier than me? Do I realize it's me as a Christians?
2. It's light that Jesus is telling me that I am…as Christians, as a follower…I am supposed to be the brightness to others. Not someone else, not our fellow Christians, but me.
3. If I am the light what am I doing? If I am not light, am I allowing myself to be darkened? Am I allowing the world to darken my heart, my mind, and my soul? Access to the world has been placed into the palm of my hand over the past 20 years….am I allowing what comes through it to darken or brighten me? Or am I am looking to use this access to be a light to others?
4. Challenge yourself to share the light. I asked myself, how am I sharing my light? These come to mind - Kindness, generosity, encouraging others, showing appreciation to others, expressing gratitude for what I have rather than complaining about what I lack, and a commitment to giving in charity to others.
5. Let your light shine and salt be of great flavor – its difficult, very much so in today's society. If I say

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Two Opportunities to Assist Our Veterans

Honor Flights -- The Spring 2023 schedule for veteran's flights into Dulles Airport will be posted in early March. Come out to the airport to cheer and thank our veterans for their service to our country. Each greeting takes about an hour. There are evening and weekend dates, even a 6am on a Sunday. This is also a great "outing" for companies with employee volunteer programs. Details at https://heroeswelcomeiad.com/

Boulder Crest Retreat -- With one or two sessions a month, Boulder Crest needs assistance in the kitchen preparing meals for the veterans, law enforcement, firemen, intelligence agency, and others who are affected with PTSD. Most shifts are a 2 ½ hour commitment. You can also volunteer to assist in housecleaning, caring for the horses, or gardening. Details at https://bouldercrest.org/volunteer/

- Doug Smith

Book Review:

The Practice of the Presence of God by Brother Lawrence

By ROBERT N. BORGHESE

The Practice of the Presence of God by Brother Lawrence of the Resurrection contains the teachings of Nicholas Herman of Lorraine (1614-1691), a Lay Brother of the Discalced Carmelites at Paris, France who became known simply as Brother Lawrence. The little book consists of his Conversations and Letters compiled by Abbé Joseph de Beaufort after Brother Lawrence died.

The writings were originally in French with numerous versions and translations now available from a variety of publishers. The book is also available online free of charge since it is in the public domain.

Brother Lawrence was a very humble man, modest and not learned, who nevertheless taught others through his actions how to "pray without ceasing" (1 Thessalonians 5:17) and stay in the presence of God through faith and love. He kept God at the forefront of his thoughts throughout the day even as he did the menial tasks around the Monastery like scouring the pots and pans as depicted in the following quote: "The time of business does not differ from the time of prayer; and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were upon my knees at the Blessed Sacrament."

(Continued from page 4) Lecturer

the right thing in the wrong manner or say the wrong thing by mistake and in a humble manner I can be persecuted. Through social and mainstream media I can be attacked, judged, labeled, targeted, gossiped about, have my character destroyed, and my reputation smeared for the world to see. The world today is lacking in mercy or forgiveness. The secular world, the growing popularity of cancel culture – it doesn't want me to shine, it wants me to hide in fear, to succumb to the darkness, to be extinguished and bland. The world would rather I be tasteless, without flavor, and to be easily trodden under foot.

Salt is a substance we all need as humans to live – chemically all of God's creatures depend on a minimum amount of salt for healthy bodily functions. Through photosynthesis Light is needed for life, without light there is no life – plants, trees, or plankton in the oceans….the food chain that God created makes all living creatures dependent upon it one way or another. So brother Knights, I took a moment to reflect on how salty and bright I was on Sunday. I asked myself - what can I do to become tastier and brighter tomorrow? Next week? Next month? Next year? This gospel is a reminder from Jesus of who I am and a challenge for me to grow in light and salt each day.

- Vince Tranchitella

In the century before Brother Lawrence, St. Teresa of Avila (1515-1582) perfected the Unitive Way of Prayer which is the highest form of prayer with an openness that results in union with God. Two centuries after, St. Thérèse of Lisieux (1873-1897) taught us the "little way" in which we find joy in doing ordinary things with great love. St. Thérèse said that she folded napkins with as much love and care as if Jesus himself was coming for dinner.

Clearly the Carmelites through the centuries have taught us how to pray and be open to the presence of God.

Brother Lawrence taught that we should love God equally in pains and pleasures. "It matters not to me what I do, or what I suffer, so long as I abide lovingly united to God's will - that is my whole business. Love sweetens pain; and when one loves God, one suffers for His sake with joy and courage."

"I am doing now what I will do for all eternity. I am blessing God, praising Him, adoring Him, and loving Him with all my heart." Brother Lawrence died peacefully on February 12, 1691, at the Discalced Carmelite Monastery in Paris, France.

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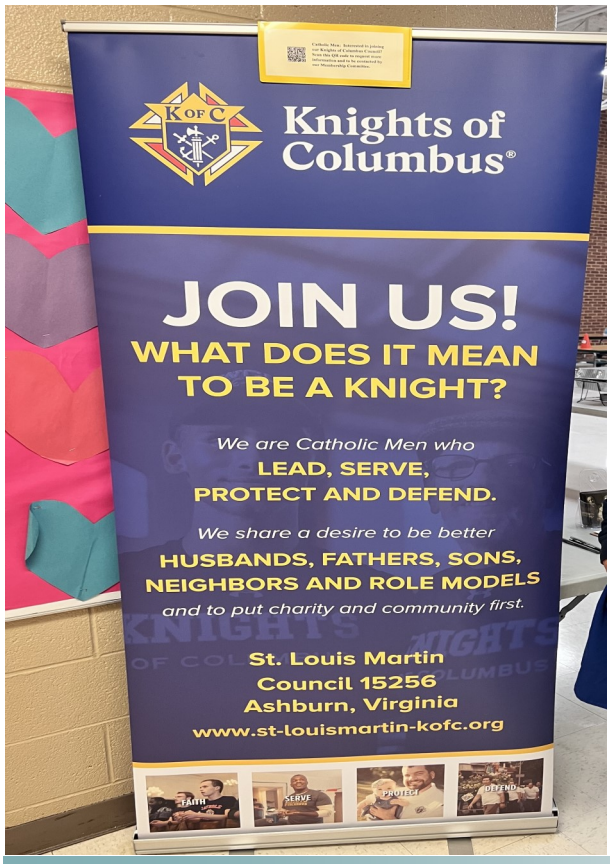
Pancake Breakfasts in 2023

So far this Fraternal year, we have had four pancake breakfasts in late 2022, and three in 2023, with our last one coming up on 5/7. Our donations have benefitted a number of charities, including the Military Archdiocese, Aid and Support after Pregnancy (ASAP), VA Special Olympics, our Diocesan Work Camp program, the St. Theresa Thunder Appeal, and the Knights of Virginia Wheelchair Ministry. Our last pancake breakfast of the Fraternal year, to be held on May 7, will benefit the Haiti Mission.

I have been truly impressed and thankful at the same time, at how generous and dedicated our volunteer helpers have been. Many of them come in time after time, covering the early morning and the late morning shifts. The results of all the efforts of our brother volunteers have had a tremendous positive impact. We have seen a steady and consistent increase in breakfast attendance this year as many parishioners have provided positive feedback that they really enjoy coming out for breakfast after Mass.

Thank you to all!

- Rudy Flores



February 12:

Top: Brothers Ted Spara, Don Burnham, Kevin Griffin, Rich Sena, Jack Hayes, Adam Yozwiak.

Left: Brothers Rudy Flores, Mike Zavala, George Alexa.

Bottom: Brothers Savio Thomas, George Alexa, Michael Lang, Joey Delaney.

Degree Exemplification Held on March 20

Congratulations and a warm welcome to The following new members, who joined our council and completed an exemplification (third-degree ceremony) on March 20, 2023. We look forward to their fraternity and involvement in our Council activities (candidate photo below).

Savio Thomas
Elijah Miniuk
Michael Lafferty

Front row, third from left: Savio Thomas, Firmin Njikam (Saint Frances Council, 11136), Michael Lafferty (our Council), Thomas Carroll (Saint Bridget of Ireland Council 16938) and Elijah Miniuk (our Council).

Pancake Breakfasts, continued from page 6

March 12 early shift serving crew: Brothers Ted Spara, Savio Thomas, Don Burnham, GK Rob McNamee, George Alexa, John Hegarty, Kevin Griffin, and student volunteer Adam Buchen

March 12 early shift kitchen crew: Brothers Dave Lilly, Savio Thomas, Jason Mello, John Kirincich, Len Pulley

March 12 second shift serving crew: Brothers Bruce Liberi, John Garry, David Hochstein, Joey Delaney, Adam Yozwiak, Brett Stefanko

March 12 second shift kitchen crew: Brothers Larry Colby, Mike Zavala, Gavin Colby, Stephen Shields

Knights of Columbus Council 15256 Calendar of Events

Grand Knight Robert McNamee

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4 VA State Quarterly Meeting (Glen Allen)
5	6 Business Meeting	7	8	9	10 STCS Student Holiday	11 Parish Consignment Sale (Parking)
12 Parish Pancake Breakfast	13 Food Drive Bag Prep; LCPS Student Holiday	14 St. Patrick's Day	15	16	17	18 Food Bag Distribution
19 Food Bag Distribution	20 Leaders Meeting	21	22	23 Interview Day	24	25 Food Drive Donations; State Free Throw Competition (Benedictine School of Richmond)
	Career Week at St Theresa School					
26 Food Drive Donations	27 Sort Food Donations; LCPS Student Holiday	28 Delivery Food Donations	29	30	31	1

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 KOVAR Collection (after Mass)
2 Palm Sunday; KOVAR Collection (after Mass)	3 Business Meeting	4	5	6 Holy Thursday	7 Good Friday; STCS - No School	8 Easter Vigil
			LCPS Spring Break			
9 Easter	10 Food Drive Bag Prep	11	12	13	14	15 Food Bag Distribution
	St Theresa School Easter Break					
16 Food Bag Distribution	17 Leaders Meeting	18	19	20	21 LCPS Holiday (Eid al Fitr)	22 Food Drive Donations
23 Food Drive Donations	24 Sort Food Donations	25 Delivery Food Donations	26	27	28	29 STCS First Holy Communion
30	1	Notes				

Calendar Templates by Vertex42
https://www.vertex42.com/calendars/

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 usiness Meetir	2	3	4	5	6
7	8 od Drive Bag Pr	9	10	11	12	13 d Bag Distribu
14 d Bag Distribu	15 eaders Meetin	16	17	18 Ascension Day	19	20 Food Drive Dona
21 od Drive Donatio	22 rt Food Donatio	23	24	25	26	27
Parish Pancake						
28 Pentecost	29 Memorial Day	30	31	1	2	3
4	5	Notes				

Calendar Templates by Vertex42
https://www.vertex42.com/calendars/

COUNCIL OFFICERS AND DIRECTORS 2022-2023

Chaplain	Father Hudgins
District Deputy	Steve Rogers
District Warden	Joe Potak
Grand Knight	Rob McNamee
Deputy Grand Knight	John Hegarty
Chancellor	John Beauchesne
Financial Secretary	Attilio Manziano
Warden	Mike Boyle
Recorder	Eric Ciliberti
Treasurer	Stephen Shields
Advocate	Toni Gizzi
Trustees	Manny Galvan
	William Lehner
	Miguel Rodriguez
Lecturer	Vincent Tranchitella
Inside Guard	Jim Sinnott
Outside Guard	Steve McLaughlin
Fraternal Benefits Field Agent	Benny Perez
Faith Director	Dana Stalcup
Community Director	Stephen McLaughlin
Life Director	John L. Hayes
Family Director	Erich I. Stefanyshyn
Membership Director	John Beauchesne
Youth Director	Adam Yozwiak
Public Relations	Rudy Flores
	Dave Schreder
	Eric Ciliberti
	Robert Borghese
Recruitment Committee	John L. Hayes
	Francis O'Gara
Construction Team Lead	James Sinnott
KOVAR Team Lead	Donald J. Smaltz
Technology Team	Anthony Gizzi
Parish Picnic	William Lehner

Visit our Website: https://www.st-louismartin-kofc.org/

Click or Scan below to See our full Fraternal Calendar
https://www.st-louismartin-kofc.org/upcomingevents