

The Cross and Compass

Knights of Columbus St. Joseph Council #7528



Rick Lowman, Grand Knight

Tim Philomeno, FSS—Editor

From The Grand Knight

Lent, a season of repentance, prayer and fasting

Worthy Brothers All,

The season of Lent begins with Ash Wednesday, this year March 6th. I thought some discussion about Lent would be of interest to all of us, and some of this content comes from the United States Conference of Catholic Bishops usccb.org and Catholic.org.

Lent consists of 40 days of penance, prayer and fasting beginning with Ash Wednesday and concludes at sundown Holy Thursday, before the evening Mass of the Lord's Supper. Lent is a time of spiritual preparation prior to the Easter season. The 40 days of Lent correspond to the 40 days that Jesus spent in the wilderness to fast, pray and endure the temptations of the devil before He began His public ministry (Matt 4:2).

Ash Wednesday is one of the most popular and important holy days of the church



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Recruiting Corner

By Mike Rutland

Their NO is an initial reaction to what they may perceive as an uncomfortable situation. It's a knee jerk reaction to a question. Think about being in a car dealership. You are looking at new cars when a sales person approaches and asks "the" question, "Can I help you find something?" What is your first gut reaction? No I'm just looking. Your response to the salesperson is no different to their response when you ask someone to join the Knights. It's just their first gut reaction.



You are probably asking yourself, okay what do I ask? Well when serving at a pancake breakfast or one of our dinners, you could start with a family member like one of their children. A great ice breaker is asking how did they like the pancakes. It goes a long way when you show an interest in a family member. The husband or dad is more than likely to open up to you and

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Our Personal Commitment: "More Skin in the Game"

Our Cross and Compass Newsletter is filled with reports and stories of charity and united efforts in and out of our St. Vincent's parish. Great things are happening and we as members of the Knights of Columbus are invited to participate.



When we involve our children and spouses in baking cookies and helping with Fish Frys, many good things happen. Our family members outside the parish often join us for a Friday family meal at the parish. They are fed well, meet old friends, and have a fun dinner. Family involvement is a great way to cement those early values we learned from Mom and Dad. My mother made sure we helped in our church at St. Mary's in Seattle. Things learned and old friendships are still mine. Many good and kind habits have helped make a wonderful life. It is in giving that we receive. We can't outdo God in generosity.

Patti and I have often talked about how we never know all the good we do. We hope for blessings and joy for you all.

Vivat Jesus, Don Miller,
Past Grand Knight

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your approach. Then you turn to the prospect and ask "Say are you a brother Knight?" That starts the conversation.

But how do I carry on the conversation? That's the easy part, first think of your why. Why did you join? What is it that keeps you as an active Knight? The next time you ask a Catholic man about joining the Knights, Tell him about why you joined, what it's meant to you, how you're better for it and how you hope you've made the world just a little bit of a better place because of your membership in the Knights. Then ask him what he's looking for...I think no matter what he says, you'll have a solution for it...right here in this council.

2019 Fish Fry Season Is Here

Beginning Friday March 8, 2019 and every Friday through April 12, 2019 our council holds our Lenten Fish Fry. Although this is a money maker for the council, it is also done to bring the parish families together during lent by offering a great meal at a reasonable price. The dinner is from 5:00pm to 7:00pm and gives people the opportunity to attend the Stations of the Cross after the fish fry. This is a great way for our Council to show the parish our community involvement and is a good recruiting tool. But this does not happen without YOUR participation and help. By now you have seen the request for help that has been e-mailed to you, but if you have not seen it or have mislaid it, I have included it below. Please respond to the call and let us know if you can help and invite all your family and friends to come and eat a great meal. Thank you.



Brother Knights of St. Joseph Council #7528, Friday 3/8/2019 is our first Fish Fry of the 2019 season and we need your help if we are to make this the best season ever. We need your help for setup, food prep, serving and clean up. If you can help consider volunteering for any and all of our needs and let me know what you can do. If you can't help, then at least come and enjoy a great meal and bring your family and friends. Every Friday-Set up help starts at 2:00pm. Food Prep 1:30pm. Serving 5.00pm and clean up from 5:30pm until finished. We serve from 5:00pm until 7:00pm. Come and be a part of a great Parish and Community event. Thank you to the Lady Knights who again will provide the dessert of the Knight. The Fish Fry is every Friday through 4/12/2019 See you at the fish fry. -----Tony

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calendar. The ashes symbolize the dust from which God made us. As the priest or Eucharistic Minister applies the ashes to a person's forehead the following is stated: "Remember that you are dust, and to dust you shall return," or alternatively "Repent and believe in the Gospel." With the sign of the cross on our forehead made from the ashes, we mourn Christ's suffering and our own sins.

Many Catholics will make a Lenten sacrifice, giving up something special for the 40 days. Fasting is the standard practice. Also we abstain from eating meat on Fridays during Lent, and fish is permitted as a substitute. Hence the Knights of Columbus Fish Frys for the six Fridays of Lent beginning March 8, not including Good Friday.

However, Lent is not just about giving something up. Lent can involve doing something positive, such as strengthening your spiritual life or almsgiving as described in Acts 4:32-37. Lent is also about true conversion of our hearts and minds as followers of Christ. The goal is not to abstain from sin only during Lent, but to continue that conversion away from sin always as we turn to Christ and His way of life. This brings to mind two of my favorite verses in the Bible: "do not be conformed to this world, but be transformed by the renewing of your mind" (Rom 12:2) and "put off...the old man...and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness" (Eph 4:22-24).

Brothers, may we be followers of Christ this Lenten season through penance, prayer, fasting and almsgiving as we prepare for the greatest holy day of the liturgical year, Easter.

Vivat Jesus, Rick Lowman, Grand Knight

Next Business Meeting!

Brother Knights,

Just a friendly reminder. We will be having our next general meeting Tuesday, March 5th. Come down and see the fun we have in store.

Vivat Jesus!, Rick Lowman, Grand Knight

March Birthdays and Anniversaries!

Members	28th Alejandro Paves
3rd Steven Gentry	31st William Herbert
3rd Gerald Wilson	
4th Jeffrey Burgess	Wives
6th Kevin Fleming	1st Yong Ruiz
7th Matthew Tavares	1st Margie Fredrickson
7th James Yokum	4th Ifeoma Chiedu
8th Gary Hunter	6th Jean Duran
12th Lou Soros	7th Shirley Hemmer
13th Ted Colby	8th Paula Mayfield
15th Robert Bowell	19th Cindy Amato
16th Dennis Kamau	20th Heidi Colby
18th Adrian Ryder	27th Marilyn Courtney
18th Jeffrey Lee	28th Judy Gonzalez
18th Martin Moore	28th Helen Rabara
20th Ken Landreth	
20th Frank Spicer	Anniversaries
21th Rev Thomas Vandenberg	19th Thomas and Barbara Skoda
22th Samuel Schroeder	25th Randall and Jovita Jarrell
23th Mark McGregor	30th Henry and Rosita Anusiem
24th Scott Baukol	31th Tony and Carol Robinson

Don't see your Birthday or Anniversary? Send the dates to our FS, Joe Krick fs@kofc7528.org, he will update our database and next time, you will be included.

Good of The Order

Listed are all of the those Brother Knights or family members who are Sick or in Distress.
 Dean Smith, Gary Mesick, Jim Roten, Matt Siverly, Joe Penwell, Mike Fay, Jerry Koch and wife Kathy, Joey Romero, Deacon Jerry Graddon, Jim Yokum, Joe Martinez, Tony Robinson, Peggy Horner wife of Ralph Horner, Joe Jarrell father of Randall Jarrell, Dennis Tavares father of Matt Tavares, Bernice (Bunny) Nelson widow of PFN Roy Nelson, Joi Holter wife of John Holter
 Pray for our soldiers and first responders (Police & Fire) as they perform their duties protecting us.
 Pray for the Church to heal all wrong doing and lead us to follow Christ's way.
 Pray for an end to abortion and the killing of the unborn.

Meeting Raffle
 Each meeting, we draw a member's name for a chance to win the Meeting Raffle. We start the year with \$25.00 and add \$5.00 each month that there is no winner. You MUST be present to win.
 The winner for January was <not reported> . They were NOT present, the winnings will be carried over to next month. Jim Roten

Nativity House!
 Come help feed the homeless Saturday March 16th! Everyone will be meeting in the church parking lot at 7:45 and leaving promptly at 8AM. From there everyone will be heading to the Tacoma Nativity House to feed the homeless pancakes and sausage! This is a great opportunity to help those in need!
 Contact Ted Colby at nhb@kofc7528.org for any additional information.

2018-2019 Council Leadership

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January Knight of the Month and Family of the Month

Knight of the Month: David Myers was awarded Knight of the Month for January at our February General Meeting. This is to honor David's service in leading our Annual Crab Feed. David was in charge of ticket sales totaling approximately 600, was in charge of beer and wine operations, and once again was an outstanding Master of Ceremonies creating a buzz of fun and excitement for everyone. In typical Dave fashion, the very first thing he did was to thank all those around him who helped make this Crab Feed so exceedingly successful. In addition to our thanks to Dave, at his request we also thank Tony Robinson in charge of all food preparations, supplies and kitchen operations; Reuben and Waka Morales for training and organizing the 100 young adults; Tim Philomeno, Joe Krick and Paul Savino for setting up the sound system and the curtain in the gym; and the 25 or so Brother Knights and their wives who worked so hard to set up, execute and then clean up after the event. Dave's name is so synonymous with the Crab Feed, that is why we affectionately refer to him as "Mr. Crab." Outstanding job Mr. Crab!

Family of the Month: Paul and Marianne Savino. Paul and Marianne have been involved in nearly every event for a long time in a major way. From the two Dinners for Seminarians to the Crab Feed to the upcoming Fish Frys they are everywhere. They designed and then purchased from Ikea the new curtains used in the gym at the Crab Feed. Paul is always in the kitchen helping out, especially with making the salads. Marianne provides the white tablecloths, red and white checkered table toppers and table centerpiece decorations. In addition, Marianne is kind enough to wash all the tablecloths for us. But wait, there's more. Paul's son, who he calls Paul II, provided the speakers in the gym for the Crab Feed. Paul's daughter Sara was a huge help rolling up the blue tarp from the gym floor the Sunday after the Crab Feed. Paul himself led the project to rebuild Cindy Vicars fence, and has worked on a list of other outside projects as long as my arm. So you see, the Savino family is well deserving of our recognition as Family of the Month, thank you!

Lecturer—Bill Shell

February was an especially challenging month for me. I was out of town at the beginning and upon my return dealt like all of you with the weather as well as doctor's appointments for my wife including cataract surgery. Before I knew it the deadline for publishing an article for the Cross and Compass loomed. After many nights of brain wracking and prayer, I still had not come up with an idea. Then, Eureka!, it suddenly came to me on Saturday, Feb 23rd.

Daniel H. Mueggenborg, Auxiliary Bishop of the Archdiocese of Seattle, gave the keynote reflection for St. Vincent's Ministry Day. The theme was Unity, one of the principles of our order. It occurred to me that since most of our members did not attend his talk, they would benefit from some of his insights. Bishop Mueggenborg explained how the parts of the mass are an expression of our unity. I cannot do justice to the breadth and depth of the bishop's message but will present a few points that were noteworthy to me.



1. Gathering: Our arrival at mass is a microcosm of the world coming together with all our differences and experiences with God. It is God's desire for all creation to be together to be in unity with Him.
2. Procession: The entrance is an expression of our common spiritual journey leading us to our common destiny with the priest representing Christ guiding us on this journey. The design of our sanctuary contributes to this meaning for it leads from the baptismal font to the altar representing our ultimate destiny in communion with God. The opening hymn is a symphony of our many voices singing as one, not a cacophony of different sounds. This why we should never be late for mass.
3. Sign of the Cross: We bless ourselves at the beginning of mass as a reminder of our communion with the central mystery of our faith.
4. Penitential Rite: Here we acknowledge our common reality as imperfect people. We are not perfect. We are sinners in need of a savior.
5. Opening Prayer: Here is where the celebrant voices our common prayer to God.
6. Scripture Readings: In the scriptures we recall our salvation history in the Old Testament readings and the lessons Christ taught us in the New Testament. Jesus frequently quoted the psalms during His ministry. This was the way that He prayed for all of us.
7. Homily: Through the homily, we receive a common spiritual direction on how to respond to Christ's lessons.
8. Creed: This is our collective prayer to God. A response to God's call.
9. Universal Prayers: This is our collective expression as a community of charity. We petition on behalf of all of God's people in need.
10. Offering: Our gifts are a joining with Jesus' spiritual offering, His sacrifice. Our sacrificial giving as well as our gifts of bread and wine are symbolic of the total offering of ourselves upon the altar of sacrifice.
11. Preface: This is our common prayer before God, a lifting of our hearts to heaven.
12. Eucharistic Prayer: The priest celebrant reenacts Jesus' addressing the Father who sees the world coming to Him. We also express our desire to be in communion with all we name (saints, the dead and all humanity).
13. Great Amen: This is our common response and assent to all that was offered in the Eucharistic Prayer.
14. Lord's Prayer: This is the beginning of our reception of Holy Communion. It is placed here because we are united with Christ. Jesus is praying to Abba Father. But we are the Body of Christ and we lift our voices to our Abba Father. Our "daily bread" means our spiritual needs.
15. Sign of Peace: "Peace be with you" were Jesus' words to the Apostles when He appeared to them after he had risen. It was meant to ease their anxiety and to be in "Right Relationship." It also offers reconciliation making us ministers of reconciliation.
16. Reception of Holy Communion: Here we receive the gift of a transformed Jesus. Our Amen upon receiving the Body and Blood is an expression of our willingness to be living tabernacles of Jesus.
17. Final Blessing: Whenever we hear the words, "The Lord be with you", we are being informed that a significant thing is about to happen. Unlike the beginning of mass where we bless ourselves, the priest blesses us as a sign that we are commissioned as witnesses of our mission to spread the Good News.
18. Dismissal: We are sent out to the world on our mission.

These points made me appreciate the mass in a new way and (I hope) enrich my experience as well. I pray that it will be the same for each of you.



Invitation to Support those who chose Life

By Ted Colby

Greetings brother Knights. March 1st marked the start of the 5th annual march for diapers. This is a month-long volunteer project to collect as many diapers and wipes as possible to be distributed to social support agencies throughout the Northwest. There are over 30 collection sites that will be taking donations all month long, which will then be distributed to local social service agencies serving poor and at-risk families. Locally this includes the Multi-Service Center in Federal Way, Federal Way Day Center, Fusion transitional housing, and many more.



Last year the March of Diapers collected a total of over 60,000 diapers. Fueled greatly by the generosity of the St. Vincent de Paul Parish and School communities – I was able to collect over 20,000 diapers in my office alone! This may have been prompted a little bit by the fact that I made a deal that when I reached my goal, I had to run the length of 320th street wearing a giant diaper costume. After those results (and the run of shame) I was designated the Diaper King and recognized as Citizen of the Month by the Federal Way Mirror where I could sing the praises of our amazing faith community. Now there are some other locations that want to take the title, so I am going to need your help!

As Catholics, and particularly as Knights of Columbus, we spend our time, attention, and resources supporting the family. I know that

when I started my family, the expense of diapers was an immediate and notable financial burden. Was it for you? It costs about \$1000 a year to diaper one baby, and for low income families, there is no government safety net to help cover diapers like they have for food or healthcare. Parents are then forced to leave babies in soiled diapers longer, or even have to empty and reuse disposable diapers. The impact on babies is a higher risk of illness and infections. Research shows the impact on parents includes more difficulty with stress management, depression and coping with trauma. And all of those things ultimately have a negative impact on families. As a group that prays and fights hard for the rights of the unborn child, it is the natural next step for us to help support low income, young, and single parent families who chose life and need a hand up during those first years.

I would like to invite all Knights to please support this worthy cause with your prayers during the month of March.

If you can support the cause with diapers or a financial contribution to purchase diapers you can contact Ted Colby 206 697 8481 or dormilongo@gmail.com

And just maybe, if we pass 25,000 diapers, you'll see me and few more friends running down 320th at the end of the month...



Help Wanted

This is early but I am recruiting as many knights as possible to help with our Fri. fish breeding this coming lent. We currently try to have at least 3 volunteers helping from 1:30 PM till done (around 3PM) We will have a schedule for each week & make any accommodations needed for any new member of our crews. This is a great way to help with our weekly fish fry & get to know many of our present Knights. If interested please contact me at: 253 735 6035 or Rhussy1@gmail.com

Looking forward to another great weekly fish fry during lent.

PS we do have a GREAT time working (if that's what you want to call it). Ralph Osman



Save The Date

You never know what can happen at a baseball game at any level. One warm summer night, I decided to go to a Tacoma baseball game and witnessed an unknown pitcher in the LA Dodgers system set a PCL record by striking out 19 batters in one game. This pitcher went on to the majors and became one of the main pitchers for the Dodgers for many years. His name was Bert Hutten. It was something that I have always remembered and has endured me to baseball.

This year this counsel will have a Knight's night @ the ballgame with the Wounded Warriors at the Tacoma rainier game on Sat. Aug. 3rd. This will be a great family affair for everyone.

Signups & ticket information will be coming out at a later date.

The Last Cab Ride

Submitted by David Myers

I don't know about you, but I appreciate a story that makes me reflect on life. You know, takes you back to your childhood, remembering little things, like staying with your grandparents and family reunions (when you were 7 or 8 not much older). The events you remember made an enormous impression on you. Old people especially, some frail, little, repeating the same stories over and over. You get the picture, they were good times for you and that's why you have such fond memories. Nothing to worry about. Well, I found this remarkable story about a cab driver and was touched. I think you will be too.



Twenty years ago, I drove a cab for a living. One time I arrived in the middle of the night for a pick up at a building that was dark except for a single light in a ground floor window.

Under these circumstances, many drivers would just honk once or twice, wait a minute, then drive away. But I had seen too many impoverished people who depended on taxis as their only means of transportation. Unless a situation smelled of danger, I always went to the door. This passenger might be someone who needs my assistance, I reasoned to myself. So I walked to the door and knocked.

"Just a minute," answered a frail, elderly voice.

I could hear something being dragged across the floor. After a long pause, the door opened. A small woman in her 80's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940s movie. By her side was a small nylon suitcase.

The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

"Would you carry my bag out to the car?" she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness.

"It's nothing," I told her. "I just try to treat my passengers the way I would want my mother treated."

"Oh, you're such a good boy," she said. When we got in the cab, she gave me an address, then asked, "Could you drive through downtown?"

"It's not the shortest way," I answered quickly.

"Oh, I don't mind," she said. "I'm in no hurry. I'm on my way to a hospice."

I looked in the rear-view mirror. Her eyes were glistening.

"I don't have any family left," she continued. "The doctor says I don't have very long."

I quietly reached over and shut off the meter. "What route would you like me to take?" I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me.

It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

"How much do I owe you?" she asked, reaching into her purse.

"Nothing," I said.

"You have to make a living," she answered.

"There are other passengers."

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

"You gave an old woman a little moment of joy," she said. "Thank you."

I squeezed her hand, then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly, lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away? On a quick review, I don't think that I have done anything more important in my life.

Wow! What a story. We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware—beautifully wrapped in what others may consider a small one. I hope it touched you too. Remember, it's in your hands. David Myers PGK

Upcoming Events!

March		April	
3/5/2019	General Meeting	4/2/2019	General Meeting
3/8/2019	Fish Fry - Social Hall @5:00pm	4/5/2019	Fish Fry - Social Hall @5:00pm
3/15/2019	Fish Fry - Social Hall @5:00pm	4/12/2019	Fish Fry - Social Hall @5:00pm
3/16/2019	Nativity House (page 3)	4/16/2019	Planning Meeting/1st Degree
3/19/2019	Planning Meeting/1st Degree	4/20/2019	Nativity House
3/22/2019	Fish Fry - Social Hall @5:00pm	4/21/2019	Easter
3/29/2019	Fish Fry - Social Hall @5:00pm		

Please Read and Respond

Printing and Postage are very expensive. This publication can be viewed on our website with full fidelity anytime. If you are willing to help us keep costs down, please email CandC@kofc7528.org if you are willing to receive a copy electronically and NOT via USPS. Thanks, Tim Philomeno, Editor.

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