

# The Cross and Compass

Knights of Columbus St. Joseph Council #7528



Paul Savino, Grand Knight

Tim Philomeno, FFS—Editor

## From The Grand Knight

Brothers,

We (I) are (am) in the February Doldrums. We look back on the month, and nothing happened. We look forward to the next month, and nothing is happening. No Crab Feed, no fish fries, no spaghetti dinners with Papa Tim's famous sauce. No nothing.



But, I am excited! Through the great efforts of Reuben Morales, and Bev and Vince Mansanarez we have a new fund-raising initiative. We are preparing for an on-line auction. You should have received information through the 7528 website. Here is a great opportunity. We can work together again as a team, even if we are still in a remote setting.

## INSIDE THIS ISSUE:

GK Message	1
Insurance News	2
Good of the Order	4
Birthdays	4
Nativity House	5
KOM/FOM	5
Council Events	6

## Lecturer

### YEAR OF THE EUCHARIST Postures of Prayer



In continuing the reflection of Archbishop Etienne's pastoral letter entitled "The Work of Redemption: Eucharistic Belief and Practice in the Archdiocese of Seattle", this article focuses on how we present ourselves during mass; that our posture and physical acts are important to recognizing the sacredness of what we are experiencing.

During the Mass, we pray not only with our minds, hearts, and voices, but with our bodies as well. We stand — an ancient posture of prayer and reverence. We sit — the posture of listening and attention. And we kneel — the posture of humble adoration. All of these postures have their appropriate place in our liturgical celebrations: standing for the Introductory Rites, the proclamation of the Gospel, the

## PGK David Myers

How important are your relationships to you?



Does your behavior support your answer? You know most of us spend most of our lives living with other people or otherwise involved in close relationships. But have you ever had any formal schooling in relationships or even thought much about how they work? Most people would say not.

And most people, when you ask them if they feel happy and fulfilled in their present relationships, will give you wishy-washy answers like, "I guess so," or "Some of the time," or "We have our highs and lows. What more can you expect?" Very few people will answer, without hesitation, "Yes, absolutely, you bet!"

I can't help but wonder if these folks would ever consider taking a long trip to a foreign country without looking at a map or learning something about their destination. Yet they remain, year after year, in so-so relationships when life could be otherwise. Let me illustrate my point with this

(Continued on page 3)

(Continued on page 2)

## Insurance Corner

This month marks one year under COVID-19 restrictions. I remember when the news of shutting the Supreme Office was announced. I, like many I think,

thought this would last a couple of months and all of us would get back to normal. The reality is much different. Maybe some of you are working from home...maybe some will be working from home for the foreseeable future. I realize this has not been easy for many of you. When it began I wondered how I would be able to help my brother Knights. But as restrictions were put in place, we were provided with a new way to meet with members virtually on our computers and we were given a number of tools to ensure that you, our members and your families, were served.

Using these new tools I have found that I am more efficient. I save travel time and can have more meetings in a day. I've found that many of you like the idea of meeting virtually. It's less stress for you to simply sit down in front of your computer, click on a few buttons and we can have a confidential conversation about your needs, wants and desires. For service issues I can meet much more quickly and have all the forms I might need to help you right at my fingertips...No more running out to the car to get a form only to find out my paper file is depleted.

We've had our eApplication process for a while, and with pandemic restrictions members have found it very valuable to be able to sign electronically when we meet virtually. [New York agents may delete this sentence.]

It's been a very different year: We missed much of the solemnity of Holy Week and Easter with many of us either social distancing at church or live-streaming Mass; by summer we were able to get outside as long as we didn't get too close to others who were out. Vacations were pretty much out of the question—I know I had a "stay-cation" with my family. By fall we had figured out how to deliver candy from a socially acceptable distance to those few trick or treaters who braved the night. Thanksgiving traditions of large family gatherings were taboo, and Christmas was so much smaller in 2020. Joyously we experienced the beatification of Blessed Michael McGivney.

Now we've come full circle into 2021. The vaccine is on the way. Some of you have already received it. Looks like light at the end of the tunnel; but we still have to be vigilant, still have to protect each other.

I am most thankful to all of you. Many of you met with me this year and wanted to make sure your desire for financial security was up to date. It was my pleasure to take the time to analyze your situation and give you my recommendations. I look forward to meeting with many more of you in the months ahead whether



er virtually or face to face. Please contact me if you have any questions; I am here to serve you, my members, and your families.

I pray you will be safe and healthy.

Vivat Jesus!

*(Continued from page 1) David Myers*

story. A woman came out of her house and saw three old men with long white beards sitting in her front yard. She did not recognize them. She said, "I don't think I know you, but you must be hungry. Please come in and have something to eat."

"Is the man of the house home?" they asked. "No", she said. "He's out."

"Then we cannot come in", they replied.

In the evening when her husband came home, she told him what had happened. "Go tell them I am home and invite them in," he said.

The woman went out and invited the men in. "We do not go into a house together," they replied. "Why is that?" she wanted to know. One of the old men explained: "His name is Wealth," he said pointing to one of his friends, and said pointing to another one, "He is Success, and I am Love." Then he added, "Now go in and discuss with your husband which one of us you want in your home."

The woman went in and told her husband what was said. Her husband was overjoyed. "How nice!" he said. "Since that is the case, let us invite Wealth. Let him come and fill our home with wealth!"

His wife disagreed. "My dear, why don't we invite Success?" Their daughter-in-law was listening from the other corner of the house. She jumped in with her own suggestion: "Would it not be better to invite Love? Our home will then be filled with love!"

"Let us heed our daughter-in-law's advice," said the husband to his wife. "Go out and invite Love to be our guest."

The woman went out and asked the three old men, "Which one of you is Love? Please come in and be our guest." Love got up and started walking toward the house. The other two also got up and followed him.

Surprised, the lady asked Wealth and Success: "I only invited Love, why are you coming in?" The old men replied together: "If you had invited Wealth or Success, the other two of us would've stayed out, but since you invited Love, wherever He goes, we go with him. Wherever there is

*(Continued on page 3)*

(Continued from page 1) Lecturer

Profession of Faith, and the Prayer of the Faithful; sitting for the Liturgy of the Word and the homily.

With regard to the Eucharistic Prayer, I would like us to use common postures across the archdiocese during the Liturgy of the Eucharist and the Communion Rite, in keeping with the General Instruction of the Roman Missal and widespread practice in the United States. Thus, we "should kneel beginning after the singing or recitation of the Sanctus (Holy, Holy, Holy) until after the Amen of the Eucharistic Prayer." (GIRM, 43) Following the Eucharistic Prayer, we stand to pray together the Lord's Prayer and to exchange the sign of peace. The sign of peace is more than merely a gesture of goodwill. It is Christ's peace which we receive and share in this moment. The Lord's peace draws us into communion with the Lord and with one another.

In addition, we should "kneel after the Agnus Dei" (*Ibid*) until it is time to go forward in the Communion procession. Kneeling is a posture of adoration. When we are on our knees, we cannot "do" anything else! In this moment, we prepare to receive Communion by kneeling in the presence of Christ, already in our midst in the sacrament of his Body and Blood, until it is time to rise and join the Communion procession.

Reception of Holy Communion is a sacred moment of encounter with the risen Lord in the sacrament of his Body and Blood. It is intimate, yet it is not merely individual: This is a communal action. When we go forward to receive Communion, we do so as part of a procession with the whole gathered community. We become what we receive: the Body of Christ. For this reason, unity of posture is important in the Communion procession as well. In the Archdiocese of Seattle, we will follow the norms for the United States as expressed in the General Instruction of the Roman Missal. As we move in procession to the altar, we bow before receiving the Body or Blood of Christ, and remain standing to receive Holy Communion, whether the host or the chalice. To kneel at this point, or to add other gestures, individualizes the reception of Communion. But this is not the moment for personal expressions of piety, which can distract others and draw attention to ourselves. Rather, reverent in our belief in the Lord's true presence in the Eucharist, this is the time when we should be most unified as a community. In receiving the Body of Christ, we become one with Christ,

and through Christ, one with everyone else who receives the same Eucharistic Lord.

Participating in the Communion hymn while the congregation continues to process and receive Communion is another important form of worship and source of unity. Upon returning to our seats following Communion, it is appropriate to "sit or kneel during the period of sacred silence after Communion." This is a time to prayerfully reflect upon the mystery we have received and to give thanks for such a precious gift.

The purification of the sacred vessels after Communion is performed by the priest or deacon. While our reverence for the Eucharistic presence of the Lord demands that this rite be performed with care, it should not be unduly prolonged. Note that the GIRM allows for the vessels to be placed on a side table and covered, to be purified after Mass, an option to be considered if the purification would take a considerable amount of time.

I ask all our priests to spend time prayerfully reviewing the liturgical documents and texts so that we may humbly examine our practice as presiders and our fidelity in celebrating the Eucharist. For various reasons, over time, subtle but real changes can enter into our celebrations of the liturgy, whether in language of prayers or additional gestures or practices. Let us commit ourselves to greater fidelity to both the prayers and the rubrics of the Roman Rite, remembering that no person, "not even a priest, may add, remove, or change anything in the liturgy on his own authority."

(Continued from page 2) David Myers

Love, there is also Wealth and Success!" Makes you really think doesn't it?

Relationships can change and grow, just like people. A loving relationship can nourish and stimulate more than any other form of human behavior. It is loving relationships that ultimately give our lives meaning and purpose. Nevertheless, relationships are nothing more or less than the product of what the people in them do and think and say. So, if you value your relationships, let me ask you again. How does your behavior fit with that feeling? Who are you inviting in your home tonight? Is it Success? We all want that don't we? Is it Wealth? Certainly, financial independence is something we all would like to attain. Or is it love? Remember, it's in your hands. David

## Birthdays and Anniversaries for March

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

Don't see your Birthday or Anniversary? Send the dates to our FS, Mike Fay, [fs@kofc7528.org](mailto:fs@kofc7528.org), he will update our database and next time, you will be included.

## Good of The Order

The following is a list of those Brother Knights or family members who are sick or in distress that we have been asked to pray for:

Pete Anderson, Roland Anderson father of Chris Anderson, Susan Antoncich  
 sister of Deacon Jerry Graddon, Sharon Beadle wife of Garnett Beadle, Jim Bianchi  
 Cash Burton Great Grandson of Don Miller, Linda Doherty, DJ Mansanarez  
 nephew of Vince Mansanarez, Melaina Mansanarez sister-in-law of Vince Mansanarez,  
 Margie Fredrickson wife of Gary Fredrickson, Mary Garcia wife of Ray Garcia,  
 Ralph & Peggy Horner, Kathy Koch wife of Jerry Koch, Romeo Mayor, Joe Martinez,  
 Fr. William McKee, Kristine Mallari wife of Ramon Mallari, Katherine Myers  
 mother of David Myers, Larry and Ann Neville, Ralph Osman, Joe & Robin Penwell,  
 Jim Philomeno brother of Tim Philomeno, Jim Roten, Mike Rutland Jr., Dean Smith,  
 Jackie Spicer sister of Frank Spicer, Clair Tavares, Mother of Matt Tavares, Jim Yokum

Pray for an end to this pandemic that the Holy Spirit gives us all the strength and grace to deal with the challenges and pray for our first responders, Police, Fire and all Medical personnel who are on the front lines daily protecting us.

Pray for all priests and clergy that the Holy Spirit strengthen them and help them cope with all the changes as they minister to the faithful.

Pray for Our Country and leaders that the Holy Spirit descend upon us and lead us back to One Nation Under God for without Him we will not survive as a nation.

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### Knight of the Month for February

The Knight of the Month is  
Larry Neville

### Family of the Month for February

The Family of the Month is  
Robin and Joe Penwell

### Nativity House!

Come help feed the homeless Saturday March 17th. 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](mailto:nhb@kofc7528.org) for any additional information.

### Pennies for Heaven

Our goal for this year, as always, is a penny a day for Vocations, \$3.65.  
Please support our priests!

## Upcoming Events!

March		April	
2nd	Business Meeting (ZOOM)	6th	Business Meeting (ZOOM)
16th	Planning Meeting (ZOOM)	17th	Nativity House
20th	Nativity House	20th	Planning Meeting (ZOOM)

### Please Read and Respond

Printing and Postage are very expensive. This publication can be viewed on our website with full fidelity anytime. If you really want it mailed via USPS then email [CandC@kofc7528.org](mailto:CandC@kofc7528.org).

Thanks, Tim Philomeno, Editor.

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