

# The Cross and Compass

Knights of Columbus St. Joseph Council #7528



Bob Butzrin, Grand Knight

Tim Philomeno, FFS—Editor

## From The Grand Knight

I would like to wish all of my Brother Knights and your families, a very merry Christmas. There are so many limitations placed on us due to Covid and tight money supplies. Yet we have remained engaged with the community and busy.



I would like to thank the Knights and their wives, who ran Coats for Kids, the Christmas Greenery sales and were helping prepare for the crab feed. It will no longer be a viable option to proceed with the crab feed, though expert skill and enthusiasm was there when needed. Our inabilities lay largely outside our sphere of influence. But what amazing people we have!

As we enter into Christmas and the new year, let's reflect on what life and Christmas were like last year. We have come a long way. It has been a tough year and there has been much to worry about. I take great comfort in working with and seeing my

*(Continued on page 3)*

## INSIDE THIS ISSUE:

GK Message	1
Good of the Order	5
Birthdays	5
Nativity House	6
Council Leadership	6
KOM/FOM	6
Council Events	7

## Lecturer

### 10 Simple Resolutions for the New Year

As the New Year dawns, many of us take stock of our lives and make resolutions to improve ourselves. It is a kind of promise to ourselves. Most common resolutions include losing weight, eating healthier, exercising more regularly, getting more sleep, or quitting a bad habit. All of these are certainly worthwhile goals. Probably 90% or more break that promise and return to our normal way of living. Have you thought instead about making spiritual resolutions for 2022? It's great to focus on physical health, but what about your spiritual health? What might a spiritual resolution look like? The following comes in part from suggestions from Father Edward Looney in the Catholic Digest.



#### 1. Begin your day with the Morning Offering

What is the first thing you do when you wake up in the morning? Hit the snooze button? Roll over? Complain that you need more sleep? St. Josemaria Escrivá wrote about

*(Continued on page 2)*

## From your Financial Secretary

Dear Brothers,

Merry Christmas and Happy New Year!

The 1st notice dues letters for 2022 were mailed to all the Honorary and Regular members Dec 13.

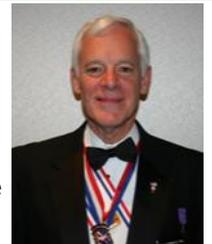
Hopefully you have received your letter by now. If you did not receive a dues notice please contact me at [mwfay@comcast.net](mailto:mwfay@comcast.net).

If your dues payment is not received by January 14 a 2nd notice will be mailed.

Thank you for your support of St. Joseph Council 7528.

Fraternally,

Mike Fay, FS



*(Continued from page 1) Lecturer*

the heroic minute, meaning that once the alarm rings, get up, and say a prayer. There is a traditional prayer you could learn called the Morning Offering. It's a beautiful prayer which helps us give to God everything we will do during the day.

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the holy sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

## 2. Daily or weekly rosary

Many Catholics learned the rosary as a child. Some pray it every day, others occasionally, and the rest, rarely. In our exemplification in the First Degree we promised to pray the rosary as often as possible. However, it's easy to use the excuse that it was not possible. The rosary is a great way for us to reflect on the life of Jesus and Mary, and to pray with the scriptures. Not only that, but at Fatima, Mary asked us to pray the rosary daily for peace in the world. Maybe this is the year to take the rosary more seriously. If you are a new to the rosary, begin with a decade each day, and move your way up. Pray it once a week. Or strive to pray it daily.

## 3. Meatless Fridays

Canon law 1250 says: "The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent." We typically think meatless Fridays pertain only to Lent, but it is encouraged year-round. Some conferences of Catholic bishops have re-instituted the practice for every Friday. Consider being a bit more conscious about your Friday meals, and perhaps plan to abstain from meat.

## 4. Weekly Stations

Not able to abstain from meat on Fridays? Canon law also suggests some other suitable form of penance in place of abstinence. Instead pray the Stations of the Cross as your "suitable form of penance." It allows you to recall Christ's passion and death, and most importantly the reason why we abstain from meat on Fridays. The Stations aren't just meant for Lent, you can pray them anytime of the year.

## 5. Pray through a devotional book

There are many devotional books, filled with meditations that will help us deepen our relationship with God. For

Knights of Columbus I suggest one endorsed by Knights of Columbus, Daily Meditations with the Holy Spirit.

## 6. Read a spiritual book

There are many books written by Catholic authors available for you to deepen your knowledge of Jesus, Mary, the Church, the saints, and other topics relevant to Christian living. Check out the catalogues for the prominent Catholic publishers such as [Twenty-Third Publications](#), [Ave Maria Press](#), [Our Sunday Visitor](#), [Sophia Institute Press](#), [Tan Books](#), and [Ignatius Press](#). Decide to read one book this year that will benefit your spiritual life.

## 7. Read or pray with the Bible, or attend Bible Study

There are different apps and books that could help you read the entire Bible during the year. Or maybe choose to read a certain section of the Bible and expand your selection once you completed your goal. Read the Gospels, or the letters of St. Paul, or the prophetic writings. Come to a greater knowledge of the word of God. And while you are at it, you can pray with the Bible, through a process called *lectio divina*, in which one reads a passage and spends a few moments meditating on a word or phrase, or engaging one's imagination with the Scripture passage. Through this prayer, God speaks in a deeper way to our souls about the Scripture contemplated. Another path is to take advantage of the Bible Study classes offered by St. Vincent's parish.

## 8. Go on a pilgrimage

We are all on a pilgrimage in this life as we journey toward the kingdom of heaven. For Christians throughout time, one of the most coveted places to go on a pilgrimage was to the Holy Land. But there has always been a custom to make pilgrimages to shrines of the Blessed Mother (such as Marian apparition sites, or shrines erected out of the people's devotion), or the saints. There are many shrines in the United States, and even more in other countries throughout the world! If you are able, decide to go and pray at a shrine, either locally or internationally. An easy shrine to visit in the Northwest is The National Sanctuary of our Sorrowful Mother, popularly known as The Grotto, a Catholic outdoor shrine and sanctuary located in Portland.

## 9. Choose a saintly intercessor

Choose a saint, whose intercession you wish to implore throughout the year. Maybe even read a book about them. If you need help choosing one, let the [saint generator](#) help

*(Continued on page 3)*

*(Continued from page 2) Lecturer*

you courtesy of Jen Fulwiler. The site is [SaintsNameGenerator.com](http://SaintsNameGenerator.com).

#### 10. End your day with an Examen

We often do an examination of conscience before we celebrate the sacrament of Penance and Reconciliation. But what if every day you did an Examen? It's not just identifying our faults, but also calling to mind how God was with you throughout the day, where you received his grace, and how you could respond to grace better tomorrow. Just as we begin our day offering it to God, it's just as good to end our day asking, "How did I live for God today?"

#### Your resolution

These are 10 simple spiritual resolutions. Don't expect to do all 10 immediately on Jan. 1. Instead, choose one and do it well. And decide what your next step is. It's possible you might end up doing all 10, but that will occur throughout the year of grace when we take our spiritual life seriously.

Fr. Edward Looney

FR. EDWARD LOONEY is a priest of the Diocese of Green Bay and a member of the Mariological Society of America. His latest book is "A Lenten Journey with Mother Mary" (Sophia Institute Press, 2019). He hosts the podcast "How They Love Mary." Learn more about his work at [EdwardLooney.com](http://EdwardLooney.com).

*(Continued from page 1) Grand Knight*

Brother Knights in action doing these events, helping decorate Christmas trees at the Parish, serving the homeless at Nativity House and attending payer vigils for life.

How would Jesus celebrate Christmas? If you are able, reach out to friends who may be alone this year. Be patient with family and remember that being with them at all is never a certain thing, and especially now. Resist taking part in wars over politics, or whom is or is not vaccinated. Enjoy your family, and friends and thank God for the opportunity. Life is short. But we have had that conversation already! God bless all of you.

Fraternally, Robert Butzerin Grand Knight

## Birthdays and Anniversaries for January

Member Birthday		Member Birthday contd...	
1st	Joseph Penwell	28th	Robert Orlosky
2nd	Joseph Staab	28th	Tony Robinson
2nd	Godday Igwala	29th	Gerald Duhamel
4th	Tito Alfiler	29th	Gregory Nakata
6th	Anthony Wanjiku	30th	Robert Butzerin
7th	Ryan Stopper		
7th	Roger Gallagher		Member Wife Birthday
10th	John Fleck	8th	Christine Molina
11th	Dan Longpre	10th	Anita Mayor
13th	Lawrence Weigel	13th	Ramona Gagner
14th	Aric Tennant	17th	Franchesca Henderson
15th	Mark Hartman	18th	Lisa Alfiler
15th	James Miles	23th	Pam Ross
16th	Selim Abounader	27th	Megan Burgess
18th	Todd Reynolds	29th	Mary Seatz
19th	Franklin Seatz	30th	Mary Czuk
19th	Peter Roach		
19th	Nguyen Tran		Anniversaries
19th	Bruce Hyde	2nd	Thomas and Carrie Beyke
19th	James Freyberg	4th	Edward and Crystal Ross
20th	Thomas Skoda	8th	Jeffrey and Megan Burgess
20th	Siaosi Lemisio	12th	Julius and Helen Rabara
22th	Andrew Chiedu	15th	Steven and Pat Gentry
24th	Donald Mennie	20th	William and Diane Shell
25th	Winn Michaelson	27th	David and Mary Seatz

## 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, Susan Antoncich sister of Deacon Jerry Graddon, Sharon Beadle wife of Garnett Beadle, Cash Burton Great Grandson of Don Miller, Margie wife of Gary Fredrickson, Ray & Mary Garcia Ralph & Peggy Horner, Kathy Koch wife of Jerry Koch, Melaina Mansanarez sister-in-law of Vince Mansanarez, Romeo Mayor, Joe Martinez, Kristine Mallari wife of Ramon Mallari, Katherine Myers mother of Dave Myers, Larry and Ann Neville, Ralph Osman, Joe & Robin Penwell, Jim Roten, Mike Rutland Jr., Marianne Savino wife of Paul Savino, Dean Smith, Jackie Spicer sister of Frank Spicer, 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 the safety of 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.

### 2021-2022 Council Leadership

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#### Knight of the Month - December

Reuben Morales

#### Nativity House!

Come help feed the homeless Saturday January 15th. 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.

#### Family of the Month - December

Vince and Bev Mansanarez

#### 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!

January		February	
4th	General Meeting—Narthex — Rosary @7:00pm	1st	General Meeting—Narthex — Rosary @7:00pm
10th	Christmas Lights Takedown (5:00pm)	15th	Planning Meeting—Narthex @ 7:00pm
15th	Nativity House—Meet in Church parking lot @ 7:30am	19th	Nativity House—Meet in Church parking lot @ 7:30am
18th	Planning Meeting—Narthex @ 7:00pm	19th	Annual Charity Crab Feed
20th	Parish Council Rosary—South Narthex @7:30pm		

## 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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