

The Cross and Compass

Knights of Columbus St. Joseph Council #7528



Jim Stiles, Grand Knight

Tim Philomeno, FFS—Editor

From The Grand Knight

Dear Brother Knights, Tempus fugit continues.

Fall has finally arrived. Day length is steadily decreasing, along with the temperature. Rainfall is finally increasing, which should make a significant difference in the air quality, which has been awful. We are continuing to meet, to plan, and to do the work of the knights for our parish, and for our community.

Don't forget that our November general meeting has been postponed until the second Tuesday of the month, November 8th, starting at 7:30PM.

Our October meeting was, hopefully, well attended, and our October calendar included our first spaghetti feed to support our seminarians, again serving the homeless at the Nativity House as well as the 40 Days for Life Vigils occur-

(Continued on page 2)

INSIDE THIS ISSUE:

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

From Your Lecturer

The Mystery of the Eucharist The Gift

Last month I introduced the National Eucharistic Revival initiative by the US Conference of Catholic Bishops to renew the Church by encouraging the faithful into a deeper relationship with Jesus in the Blessed Eucharist. The bishops issued a document titled "The Mystery of the Eucharist in the Life of the Church" which reminds us that the Eucharist is a gift from God that can help us navigate the numerous challenges that we face each day in a world that wants us to focus on created things instead of the Creator. This month I want to summarize some of the key points from this document that emphasizes how the Eucharist which is so central to our faith worship is a such a gift to us.

At an early point in the global pandemic, Pope Francis walked alone in the rain across an empty St. Peter's Square to offer prayer for the world in a time of crisis. "Faith," he said, "begins when we realize we are in need of salvation. We are not self-sufficient; by ourselves we founder: we

(Continued on page 3)



FS Notes

Dues notices will be mailed to all billable members Dec 15, 2022.

When a member pays his dues, a 2023 membership card will be mailed to the address of record.

A new feature for the new membership cards is that the only signature on the card will be the Supreme Knights signature.

The receipt of a 2023 membership card acknowledges dues payment.

Fraternally,

Mike Fay, FS



(Continued from page 1) Grand Knight

ring each Saturday on S. 348th St. near the Planned Parenthood facility. Thank you to all who helped.

Please check our website for our November calendar, which includes activities occurring as soon as November 2nd. We will deliver winter coats to students at three Federal Way schools: Mark Twain Elementary, then Sunny Crest Elementary, followed by Lake Grove Elementary School. Help serve refreshments at a reception hosted by Fr. John Patrick for parents of kids enrolled in faith formation programs (Wednesday evening, November 2nd.) Come join us at the Veterans Parade in Auburn (November 5th.) Help us feed the needy at Nativity House (November 19th) and donate gift cards to the Christmas stocking collection for wounded warriors, among other activities.

We are planning more activities such as a Christmas Potluck in December, Lenten Friday Fish Frys, the Crab Feed and others that have been sorely missed for almost three years. What the Knights of our Council #7526 can do, with each of us doing our part, is greatly needed in our parish.

We need to help bring our parish back to the old normal, mixed with some new normal as well. This can only happen with the help of more of the nearly 200 members we have in our Council. We will reach out to you, please respond. Don't wait for us to beg, please show up whenever and wherever you can to help bring our parish family back together. They need you, and so do we.

I will sound the clarion call once again! Come to our meetings. Bring someone new to an event. Let them see what we can do to make a difference. Pray for St. Joseph to intercede on our behalf. Bring your enthusiasm, your time, your talent, and your treasure in service of others. Share yourself as a gift to others... because you are willing to answer that call. God Bless You.

(Continued from page 1) Lecturer

need the Lord, like ancient navigators needed the stars." On that day, Pope Francis presided over the rite of Eucharistic Exposition and Benediction in order to focus our attention on the presence of Christ in the Blessed Sacrament.

In similar fashion, Pope Saint John Paul II reminded us of this ongoing presence when he repeated to us the words of Christ: I am with you always, to the end of the age (Mt 28:20). He proclaimed: "This promise of Christ never ceases to resound in the Church as the fertile secret of her life and the wellspring of her hope. As the day of Resurrection, Sunday is not only the remembrance of a past event: it is a celebration of the living presence of the Risen Lord in the midst of his own people." Our leaders were reminding us that the Eucharist is not just a simple formality but is essential to our very salvation.

At the Mass of the Lord's Supper celebrated on Holy Thursday the Church commemorates the institution of the Eucharist as the re-presentation of Christ's unique sacrifice on the Cross, the reception of Christ truly present in the Sacrament of the Eucharist, and the marvelous effects of communion in those who receive this gift.

The mission of the Lord's entire life on earth was to glorify the Father by bringing us salvation. "For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man." (Nicene Creed) The salvation offered in the Life, Death, and Resurrection of Christ is nothing less than sharing in the very life of God, in the communion of love among the Father, the Son, and the Holy Spirit. There is no greater gift that God could possibly give us. In Christ, we are sharers in His divine nature. How profound is that gift?

That gift that is made present to us in the Eucharist, but we must first realize how truly profound is our alienation from the Source of all life as a result of sin. We have abundant experience of evil, yet so many of us deny the cause of much of that evil—our own selfishness, our own sins. Without the grace of Christ received at Baptism, strengthened in Confirmation, and nourished by the Eucharist, this selfishness dominates us.

At the Last Supper Jesus makes it clear that out of love for us he is freely offering his life for the forgiveness of our sins. As a memorial the Eucharist is not another sacrifice, but the re-presentation of the sacrifice of Christ by which we are reconciled to the Father for our sins.

From the very beginning, the Church has believed and celebrated in the Real Presence of Jesus in the Eucharist. How

can Jesus Christ be truly present in what still appears to be bread and wine? In the liturgical act known as the "epiclesis", the priest, speaking in the person of Jesus Christ, calls upon the Father to send down his Holy Spirit to change the bread and wine into the Body and Blood of Christ, and this change occurs through the institution narrative by the power of the words of Christ pronounced by the celebrant. The reality that, in the Eucharist, bread and wine become the Body and Blood, Soul and Divinity of Christ without ceasing to appear as bread and wine to our five senses is one of the central mysteries of the Catholic faith. This mysterious change is called by the Church "transubstantiation".

Though Christ is present to us in many ways in the liturgy, including in the assembly gathered, the presiding minister, and the word proclaimed, the Church also clearly affirms that "the mode of Christ's presence under the Eucharistic species is unique." It is substantial and through it Christ becomes present whole and entire, God and man." his use of the word "substantial" to mark the unique presence of Christ in the Eucharist is intended to convey the totality of the gift he offers to us.

The Sacrament of the Eucharist is called Holy Communion precisely because, by placing us in intimate communion with the sacrifice of Christ, we are placed in intimate communion with him and, through him, with each other. The Second Vatican Council teaches, "The origin and growth of the Church are symbolized by the blood and water which flowed from the open side of the crucified Jesus," and that "it was from the side of Christ as he slept the sleep of death upon the cross that there came forth the wondrous sacrament of the whole Church". We are placed in communion with each other through this love which is given to us. That is why we can say, "the Eucharist makes the Church".

St. Paul emphasized that this communion exists not only among ourselves but also with those who came before us. During every Mass we are united with all the holy men and women, the saints, who have preceded us. The obligation to attend Mass each Sunday, the Lord's Day, on which we commemorate the Resurrection of Jesus, and on other holy days of obligation, is therefore a vital expression of our unity as members of the Body of Christ, the Church. It is also a manifestation of the truth that we are utterly dependent upon God and his grace. To worship God on Sundays, then, is not the mere observance of a rule but the fulfillment of our identity, of who we are as members of the Body of Christ. Participation in the Mass is an act of love.

Next month I will highlight what our response to the gift of the Eucharist should be as described in the document *The Mystery of the Eucharist in the Life of the Church*.

A Note from PGK David B. Myers



We Give Thanks for our Veterans and to Bless us this Thanksgiving

Since Veterans Day and Thanksgiving are such important days that take place this month, I've found 2 stories to give meaning for how grateful we are for the freedom and blessings we celebrate.

I know you'll all agree with me that we truly need to give thanks to the brave individuals for their commitment and service. For many of us, Veterans' Day serves as a chance to take a moment to think about the true meaning of Veterans' Day: honoring the men and women who've served in America's military service over the centuries. The older I get, I have a greater respect and a humble appreciation of what has kept our country united, in the face of tremendous trials and tribulations, for the past two-and-a-half centuries. Thank God for those who served.

Here is a story of a courageous soldier who deserves special recognition.

Merlin German was a young, handsome 18-year-old in the prime of his life when he enlisted in the Marine Corps in 2003. He soon gained a reputation as an outstanding leader and became a Sergeant the following year. In Iraq, he and his fellow officers were entrusted with transporting cargo and prisoners and were responsible for spotting improvised explosive devices (IED) on the dangerous roads they traveled.

During his first six months of active duty, Sgt. German helped discover 8 IEDs without incident - but on February 21st, 2005, disaster struck: an IED went off near their Hummer, and Sgt. German was covered in flames.

Sgt. German wasn't expected to survive the incident, but, with help from his fellow Marines, he was rushed to a hospital for emergency treatment. Over the next three years, the injured Marine bravely withstood more than 100 surgeries, and always had a smile or joke to share with his many visitors. He became known as "the Miracle Man." "I can't remember a time where he said, 'I can't do it. I'm not going to try,'" Sgt. Shane Elder, a rehabilitation therapy assistant, told The Associated Press. After months of agonizing therapy, he learned to walk again, defying everyone's expectations.

Sadly, Sgt. German passed away in 2008, after a skin-reconstruction operation took too high a toll on his fragile body. But before his death, he established a foundation called Merlin's Miracles, a nonprofit that provides grants to the families of children who are burn victims, to assist them with taking vacations and doing other things they enjoyed. Thanks to his strength and generosity, many children will finally have a second chance at a normal life - a miracle, indeed. We thank these and the millions of other brave individuals who've served their country. God bless them.

November 24, 2022, Thanksgiving. This is a story that hopefully will help us appreciate what we have and look at the things around us differently. Thanksgiving is such a special time of the year. A time to celebrate and give thanks to God for all that He's provided and to praise Him while acknowledging His Almighty presence in our lives. But sometimes we can get caught up in the "gotta get it done" mode which makes us rush and feel pressured instead of slowing down and feeling grateful. This story might just help. Enjoy.

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which said: "I am blind, please help." There were only a few coins in the hat.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon the man who had changed the sign came to see how things were.

The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way." I wrote: "Today is a beautiful day but I cannot see it."

Both signs told people that the boy was blind. But the first sign simply said the boy was blind. The second sign told people that they were so lucky that they were not blind. Should we be surprised that the second sign was more effective?

The moral of the Story: Be thankful for what you have. Be creative. Be innovative. Think differently and positively. When life gives you 100 reasons to cry, show life that you have 1000 reasons to smile. Face your past without regret. Handle your present with confidence. Prepare for the future without hesitation. Keep the faith and drop the fear.

The most beautiful thing is to see a person smiling. And even more beautiful, is knowing that you are the reason behind it! Happy Thanksgiving to all! David Myers PGK

From Your Field Agent

Our new Insurance Field Agent is Stephen Fickenscher. You may reach him at stephen.fickenscher@kofc.org or by phone at 206-492-1014

Birthdays and Anniversaries for November

Member Birthdays		Member Birthdays cont...	
1st	Garnett Beadle	26th	David Green
1st	Richard Henderson	28th	Jason DoRego
3rd	David Lesinski	29th	Rick Lowman
4th	Matthew Robic	29th	Michael Weber
5th	John Luu		
6th	J Robert Ward		Member Wife Birthdays
6th	Leonardo Herrera	3rd	Katy Mills
9th	Maurice Tessier	12th	Marianne Savino
10th	Vernon Johnson	18th	Anna Toby
10th	Willy Pagarigan	21th	Kirsten Baune
11th	Leo Fanene	25th	Meschelle Miloscia
12th	Duc Nguyen		
18th	Michael Rutland		Anniversaries
18th	William Shell	2nd	Jerome and Mary De Gagne
20th	Christopher Andersen	17th	Michael and Maureen Fay
20th	Walter Anderson	20th	William and Linda Herbert
20th	Evan Bissett	21th	Michael and Pam Ross
23th	Henry Anusiem	28th	Juan and Karen Lezcano
25th	Anthony Mwenda	29th	Lawrence and Linda Weigel

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, Mel Frank, Margie wife of Gary Fredrickson,
 Mary Garcia wife of Ray Garcia, Ralph & Peggy Horner, Jerry and Kathy Koch,
 Kristine Mallari wife of Ramon Mallari, Katherine Myers mother of Dave Myers,
 Larry and Ann Neville, Ralph Osman, Joe Penwell, Mike Rutland Jr.,
 Marianne Savino, Dean Smith, Mark Watling, Jim Yokum

Pray for the people of Ukraine and an end to the strife.

Pray for our Brother Knights of Columbus, Church members and families that we remain strong in our faith and pray that the Holy Spirit guide and protect us during these troubling times.

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.

2022-2023 Council Leadership

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Knight of the Month - October

Nativity House!

Reuben Morales
 For your successful leadership of the Coats
 for Kids Program...again

Come help feed the homeless Saturday November 19th. 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.

Family of the Month - October

Pennies for Heaven

Bev and Vince Mansanarez
 For continuing service to St Vincent de
 Paul Parish above and beyond the call of
 duty

Our goal for this year, as always, is a penny a day for Vocations, \$3.65/yr. Please support our priests!
 Contact FS Mike Fay

Upcoming Events!

November

5th	Veterans Day Parade—Auburn
8th	General Meeting—Narthex — Rosary @7:00pm
5th	40 Days for Life Ends—planned parenthood on 348th ST—@10:00-12:00am
15th	Planning Meeting—Narthex @ 7:00pm
19th	Nativity House—Meet in Church parking lot @ 7:30am
21st	Wounded Warriors Stocking Collection Ends

December

1st	Pickup Christmas greenery—social hall 10:00am-1:00pm
3rd	Life Vigil—planned parenthood on 348th ST—@10:00-12:00am
3rd	Council Christmas Potluck—social hall after the 5:00pm mass
6th	General Meeting—Narthex — Rosary @7:00pm
15th	Planning Meeting—Narthex @ 7:00pm
19th	Nativity House—Meet in Church parking lot @ 7:30am
21st	Christmas Tree lighting—in the church
25th	Merry Christmas

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.

Thanks, Tim Philomeno, Editor.

Knights of Columbus

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ADDRESS SERVICE REQUESTED

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