



# Knights of Columbus Blessed Sacrament Council 13240

## KNIGHTLY NEWS

APRIL 2024



*April: the Eucharist and  
the Holy Spirit*

### Upcoming Events

April 2 – Fraternal Benefits Night  
8 PM Adult Ministries  
Building

April 4 – Council Meeting  
Rosary @ 6:30PM  
Meeting @ 7PM

Apr 11 – Assembly Meeting 7 PM

Apr 14 – Golden Ticket sales begin

Apr 20 & 21 – Knights' Food  
Drive Weekend

*Vivat Jesus !*

### *The Golden Ticket Raffle is Back!!*

The council will be conducting the second of our semi-annual Golden Ticket fundraisers. Ticket sales will be on the weekends of the 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> of April. The drawing will be on the 30<sup>th</sup> of April. Also tickets will be sold at Santo Toribio Romo after Mass on the 28<sup>th</sup> of April.

This time there will be two prizes. A Grand Prize and a Runner up Prize. The Grand prize remains \$100 in cash and \$300 in Florida Lottery tickets. The Runner up prize is \$50 cash and \$100 in Florida Lottery tickets.

Tickets will also be on sale at the parish office and at the Santo Toribio Romo church office during the week.

We need volunteers to man the ticket selling table at the weekend Masses.

**We are also asking council members to donate Florida Lottery tickets to support this fundraiser. Please bring them to the April meeting, or give them to a council officer when you see them at Mass. If you can't make it to purchase the lottery tickets, we will buy them for you. Just give the cash to any council officer.**

This is a major fundraiser for the council and will provide us with the means to support our parish community initiatives.

### **The old St. John Bosco is open!**

It is now Our Lady's Chapel. It was open during the Easter services. If you have not come by to see the new chapel, you are missing out. It has been refurbished and it looks great!

### **Are you a 1<sup>st</sup> or 2<sup>nd</sup> Degree Knight?**

If you are a 1<sup>st</sup> or 2<sup>nd</sup> Degree Knight and want to be a 3<sup>rd</sup> Degree Knight, the staff is looking to hold an exemplification ceremony soon. Let the Grand Knight, Deputy Grand Knight or the Financial Secretary know you are interested!

Step back into the council..... step up to the 3<sup>rd</sup> degree..... and get involved in the upcoming year!

There are a lot of fun and interesting events going on ...and coming up! Come and see for yourself!



*He is Risen!*



# KNIGHTLY NEWS

## APRIL 2024

### April in Your Catholic Church

#### **Prayer for the month of April: To the Holy Spirit**

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy.

#### **Monthly Intentions for April 2024.**

##### **Pray for: The role of Women**

We pray that the dignity and immense value of women be recognized in every culture, and for the end of discrimination that they experience in different parts of the world.

**Invite someone back to the church this Easter season.**

### Knights Investment Corner



#### **Our Guarantees Set Us Apart**

Knights of Columbus life insurance offers something precious few other financial products can – guarantees. As long as you pay your premiums, the policy proceeds will be there for your beneficiaries should something happen to you. That's peace of mind, and that's what we offer with every product in our portfolio.

We guarantee:

- the cash value in your whole life policies will be there
- the rates on your term insurance
- the rate and your principal in our retirement annuities

On top of those product guarantees, I guarantee that I will offer professional, high-quality service that you would expect from our organization.

Our Order is among the highest rated life insurers in North America. AM Best has rated the Knights of Columbus with their "Superior" rating for over 40 consecutive years. Our current rating of "A+, Superior" is a testament to our track record for excellence and security. Standard and Poor's recently listed the Knights of Columbus as one of the six strongest life insurance companies in North America – putting us at the very top of the industry.

I would suggest that a principal reason that we were able to achieve those accolades is because we remain steadfastly committed to the vision of Venerable Father Michael J. McGivney by providing life insurance by brother Knights for brother Knights.

Let's talk soon to discuss how our products can bring that peace of mind to you and your family.

Larry Kennedy, FICF MDRT  
Field Agent/Central Florida  
407-579-9888  
Lawrence.kennedy@kofc.org

**Hey Brother,  
Did you  
Know.....?**



**SK Michael E Crawford**  
12/26/1942 - 3/27/2024

Our past Grand Knight Michael E. Crawford went home to be with the Lord this past week. An important member of the Knights of Columbus he held positions at the council, assembly, and state levels. He was very active in our youth and community programs and was a valued mentor for Knights both new and "experienced." He will be missed at our meetings and future events. As of this writing arrangements have not been finalized.

*Eternal Rest grant unto them O Lord, and let perpetual light shine upon them.*

*May they rest in peace  
And may the souls of the faithful departed, through the mercy of God,  
Rest in peace  
Amen*

**Knight in the  
Spotlight**



**Unfortunately, we have run out of inputs from our brother Knights.**

If you want to see more knights in the spotlight, then we need each of you to go to the council website and enter your information.

## KNIGHTLY NEWS

APRIL 2024

### Big Month for these Brothers



#### Which Saint said this?

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

St Francis of Assisi



#### Assembly 3025 News

Monthly Meetings:

2nd Thursday of each Month at 7PM in the Adult Ministry Building, 1190 Desoto Street, Clermont FL

#### Want to become a 4<sup>th</sup> Degree Knight?

Talk to Steve Cruz or any of the 4<sup>th</sup> Degree Knights to take the next step.

#### Council 13240

Council Meetings are every first Thursday of the month at 7PM. We will pray the Rosary before the meeting starting at 6:30PM.

#### Birthdays

Joseph Lederer 04-07  
Christopher D Duncan 04-09  
William J Leach 04-17  
Marco R Sulsentti 04-17  
Michael G Dybicz 04-21  
Deacon Michael V Shortell 04-23  
Thomas H Pratt 04-29

#### Spouse Birthdays

Jacqueline Regiacorte 04-06 wife of Frank P Regiacorte PGK  
Dara Swathwood 04-09 wife of David R Swathwood  
Cecelia Landon 04-22 wife of Joseph C Landon  
Darlene Rosario 04-24 wife of Jose A Rosario

#### Anniversaries

None on File

#### Years of Service Anniversaries

Edward B Oliveira 39  
Jean A Gauthier PGK 38  
Wenifredo Jimenez Jr 31  
James A Laria PGK 29  
James P Galvin 28  
Francis J Kovar Jr 23  
John P Proteau 21  
Arthur S Javier 19  
Fred P Costello Jr 18  
Edward J Pupo 14  
Ramon J Aviles 13  
Paul A Wood 13



## Forgiveness

*Staying Healthy Section*

Unlike all the other organs of the body, our minds have no natural system for getting rid of waste. Hurt piles up as open files and black holes. Gratitude for what is right, compassion for suffering, accepting imperfections and focusing on life's higher meaning can all soften life's hurts. But there's one cure that can dissolve all hurt for good: forgiveness.

Forgiveness is a voluntary choice. It means that you choose to give up anger and resentment despite knowing and accepting that the misconduct happened. Forgiveness is choosing the higher path and leading a more thoughtful life driven by your principles.

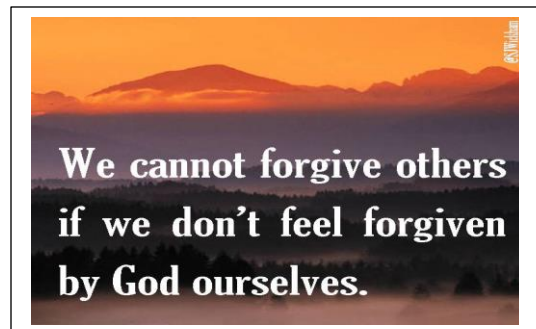
### **Meaning in forgiveness**

Anger, holding a grudge and hostility can all lead to anxiety, depression, irritability, disturbed sleep, high blood pressure, irregular heart rhythm and a higher risk of heart attack.

Forgiveness, on the other hand, has many benefits. By forgiving, you enjoy improved health, save energy, have better relationships and set an example for others, particularly children.

### **Here are just some of the benefits of forgiveness.**

- Forgiveness can enhance physical health. It can improve blood pressure, lower heart rate and improve immunity.
- Forgiveness can improve mental and emotional health by promoting better sleep and lowering anxiety, depression and stress levels.
- Forgiveness can improve relationships.
- Forgiveness can help save your energy.
- Forgiveness can help you focus better.
- Forgiveness can help you feel good about yourself.
- Forgiveness can make you happier.



### **Applying Forgiveness**

Forgiveness doesn't come naturally to the human mind. Forgiveness isn't easy. Forgiveness is as intentional as exercising. Because planning revenge activates the brain's pleasure centers, you'll have to make a considerable effort to forgive. To forgive, you must:

- Find the person forgivable
- Become a more effective forgiver
- Find meaning in forgiveness

Forgiveness is the ultimate test of your ability to embody higher principles. The hurt of unforgiveness originates from failure in gratitude, compassion, acceptance and higher meaning. The more effectively you can practice the other four principles, the easier it will be for you to forgive.

## Catholics in Sports



Recently, I wrote in a column about an active Catholic from France named Jules Rimet, who launched the World Cup of Soccer. It is actually amazing how much influence devout Catholics have had on almost every major sport in North America, specifically Major League Baseball and the National Football League.

Perhaps we shouldn't be surprised since the Catholic Church and its members have had so much impact on every aspect of our society (e.g. hospitals, education, and industry).

The Knights of Columbus have an online exhibit called K of C Baseball: An American Story. The imprint that Catholics have had on the foundation of sports is not spoken about much, so here is a brief look at Catholic pioneers in baseball, each of whom is in the National Baseball Hall of Fame and Museum.

- One of Major League Baseball's most profitable teams for several decades has been the Los Angeles Dodgers. Walter O'Malley was the owner of the Dodgers from 1950 until his death in 1979. He moved the team from Brooklyn to Los Angeles where he built Dodger Stadium, which in turn helped usher in a new financial era for the team and for baseball. The Dodgers won four World Series under O'Malley. He once ordered an 18-foot statue of Our Lady of Guadalupe and he also began a tradition of hosting Catholic nuns to games with all expenses paid. O'Malley and his wife Kay were daily communicants who started the annual Memorial Catholic Mass in spring training.
- Babe Ruth was known as the "Sultan of Swing" due to his ability to hit home runs. In total, he clubbed 714 of them, mostly while playing for the New York Yankees during the 1930s and 40s. Ruth was a member of the Knights of Columbus, and although he demonstrated rather colorful behavior during his playing career, he credited his Catholic faith with helping him overcome these challenges. "I had a rotten start in life and it took me a long time to get my bearings." He wore a Miraculous Medal and once said after confession, "What a comforting feeling to be free of fear and worries; I could now simply turn them over to God." [Mark Massery, *The Divine Mercy*] He may not have always been a sterling example, but his reconversion was worth noting as God always again shows us his mercy.
- Stan Musial was also a baseball legend in the 40s and 50s and played for the appropriately named St. Louis Cardinals. Unlike Babe Ruth, Musial was known as a tremendous gentleman who always demonstrated great sportsmanship. He was a daily communicant who was married to his wife for 72 years at the time of his death. Both of these indicate a level of love and commitment that was, and is, a tremendous example for young and old alike. Mickey Mantle once said of Musial, "He was a better player than me because he was a better man than me." [Fr. Raymond J. de Souza, *Catholic Register*] American Cardinal Timothy Dolan (who grew up in St. Louis) once said, "The only Cardinal I wanted to be was Stan Musial." [Rocco Palma] He lived a very virtuous lifestyle to a level rarely seen in sports. "He was kind, generous. You could not meet a better person in this world than Stan Musial," said MLB player and manager Bill Virdon. Is this not how we are all called to live in our ordinary daily life?
- Gil Hodges could be seen praying the Rosary before games. When he entered the military during the Second World War, he gave up his career. When he returned from serving his country, he resumed his career, building a friendship with Jackie Robinson, who before breaking the color barrier in the Major Leagues began his career with the Montreal Royals, the Dodgers' Triple-A farm team. There was still great risk in doing this, but this Knight of Columbus showed great loyalty and love, often defending Robinson against aggression by opponents. [Aleteia] Hodges would find Mass in every city. His son stated that "Mass helped give him character and develop his inner strength." [Aleteia] He was considered a tremendous role model for young men as a peacemaker and as a friend.
- Connie Mack won five World Series titles as a manager, but his success was off the field as well. He was, like Musial, quiet, even-tempered and would never use profanity. Also a Knight of Columbus member, he was involved with baseball for 65 years as a player, manager, and owner. In order to have his team become better people, he developed a code of conduct which included:
  - I will never make an excuse to take away from my opponent's victory.
  - I will always conduct myself as a true gentleman.
  - I will never gloat in victory.
  - I will never judge a person based on race or religion.

These original baseball legends did so much to build the sport of baseball, but in many cases, they built up character in others with the help of their Catholic faith.





## Council Officers

**Grand Knight – John Martin**  
**Deputy Grand Knight – TBD**  
**Chancellor – TBD**  
**Recorder – Chris Duncan**  
**Financial Secretary – Dave Swathwood**  
**Treasurer – Edward Smith**  
**Advocate - Rosario Sulsentì**  
**Warden – John Proteau**  
**Inside Guard – Joe Pangia**  
**Outside Guard – Jose Rosario**  
**3 Year Trustee – Karl Grabowski**  
**2 Year Trustee – Paul Kleponis**  
**1 Year Trustee – Elliot Ogden**  
**Lecturer – Peter Stauder**



## Assembly Officers

**Faithful Navigator – Steve Cruz**  
**Faithful Captain – TBD**  
**Faithful Pilot – Edward Smith**  
**Faithful Comptroller – Joseph Landon**  
**Faithful Scribe – Dave Swathwood**  
**Faithful Purser – Elliott Ogden**  
**Faithful Admiral – Rosario Sulsentì**  
**Inner Sentinel – Glenn Koch**  
**Outer Sentinel – Joseph Pangia**  
**3 year Trustee – Joshua Fonollosa**  
**2 Year Trustee – John Proteau**  
**1 Year Trustee – James Loesch**  
**Color Corps Cmdr – Gerald Sulsentì**

## Grand Knight Notes

Brother Knights,

It's that time again to nominate officers for our next fiscal year. If you have ever thought of serving as an officer now is the time to step up and be considered. Let any current officer know that you are interested. We will be nominating candidates for the next two months then the vote will be taken in June.

Join us this coming Tuesday night on April 2nd at the adult ministry building for a Knights of Columbus "Retirement Savings and Distribution Planning" webinar. This webinar will feature Ed Slott, a nationally recognized speaker, television personality and best-selling author. This an evening to review our fraternal benefits as Knights. The live streaming starts at 8pm. We will have refreshments and doors open at 7:45pm. All are welcome.

Vivat Jesus!  
John Martin- GK



## Council Administration

### Financial Secretary

The financial secretary is Dave Swathwood. Email: [daveswathwood@gmail.com](mailto:daveswathwood@gmail.com)

### Administrative issues

Elections for the 2024-2025 fraternal year will be held at the June meeting. We are looking for nominees for all officer positions. Currently we have no nominees for Deputy Grand Knight, Chancellor, and Recorder for the next fraternal year. Can you get involved?

## Prayer Requests

- + Joyce Crawford
- + Edward and Lynda Smith
- + All Pregnant Mothers
- + Members of our Parish
- + First Responders
- + Our Fraternal Leaders

## In Memorium

Michael Crawford

