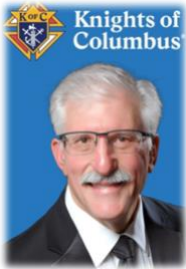




The Shield

Grand Knight's Message



Tom Krivchenia, PFN
Grand Knight
GrandKnight7109@gmail.com

Worthy Brothers & Ladies,

I find it hard to believe that Ash Wednesday is less than a week away. It seems like the Christmas season was just here. Valentine's Day is behind us, and now we are preparing for the beginning of Lent, a time of remembering the extraordinary love Jesus has for us. We follow him on his journey to Jerusalem where he will give his life for us so that we may have Eternal Life. Lent is a time for reflecting on what we can offer Jesus in reparation for our sins. We offer penance, fasting and almsgiving throughout the forty days of this solemn season as we await the great feast of Easter, the Resurrection of Our Lord. We have a long journey to make.

We are entering the busiest time of the year for the Knights. Next week, we start with Ash Wednesday and roll into our first Fish Fry of the season. We are looking to have an even better fish fry season than last year. Last year, we averaged 460 dinners. We need many volunteers to make each Friday night a successful event. If you haven't signed up to help, please consider volunteering.

Our next holiday is St. Patrick's Day on March 17 when we all become Irish!! This is a day of celebration for everyone. Enjoy!

Issue 03, March 2025

Next Council Meeting
Thursday, March 13 @ **7:00 pm**
in the Parish Center

View the Newsletter online at:
www.safetyharborkofc.org

Visit the State Website at:
www.floridakofc.org
Visit the Supreme Website at:
www.kofc.org

This past month we had our Council family picnic in Philippe Park. We had a nice turn out with hamburgers and hot dogs and fellowship. Everyone had a good time visiting and reconnecting with friends.

We also had a Unified Degree Ceremony on February 20th where Julius Silva became a member of our Council.

On Sunday, February 23rd we cooked hamburgers and hot dogs for 150 kids and their parents involved in First Holy Communion training. Thank you all for helping.

Matt Sunski	Karen Jajuga	Betty D'Amelio
Kay Strehle	Gene Jajuga	Joe D'Amelio
Jack Strehle	JJ Coyne	Margaret Krivchenia

Up Coming Events

Saturday, March 1st at 7:00 PM - KofC 7109 Mardi Gras Dinner Dance - Parish Center
Wednesday, March 5th - Ash Wednesday
Thursday, March 6th at 7:00 PM - Council 7109 Officers Meeting - Gathering Room
Friday, March 7th at 4:00 PM - Council Fish Fry #1 - Parish Center
Sunday, March 9th at 7: 00 AM Coffee & Donuts - St. John Bosco Center
Thursday, March 13th at 6:15 PM Rosary - St. John Bosco Center

Thursday, March 13th at 7:00 PM - Council 7109 Business Meeting - Parish Center
 Thursday, March 13th at 7:00 PM - Ladies Auxiliary Meeting - Gathering room
 Friday, March 14th at 4:00 PM - Council Fish Fry #2 - Parish Center
 Thursday, March 20th at 8:00 AM - Pinellas Hope Food Prep - Parish Center Kitchen
 Friday, March 21st at 4:00 PM - Council Fish Fry #3 - Parish Center
 Thursday, March 27th at 7:00 PM - Assembly 2474 Meeting - St. John Bosco Center
 Friday, March 28th at 4:00 PM - Council Fish Fry #4 - Parish Center
 Thursday, April 3rd at 7:00 PM - Council 7109 Officers Meeting - Gathering Room
 Friday, April 4th at 4:00 PM - Council Fish Fry #5 - Parish Center
 Sunday, April 6th at 7:00 AM - Coffee & Donuts - John Bosco Center
 Thursday, April 10th at 6:15 PM – Rosary - St. John Bosco Center
 Thursday April 10th at 7:00 PM - Council 7109 Business Meeting - Parish Center
 Thursday, April 10th at 7:00 PM - Ladies Auxiliary Meeting - Gathering room
 Friday, April 11th at 7:00 PM - Council Fish Fry #6 - Parish Center

Dinner Dance

Saturday March 1st we are having our Mardi Gras Masquerade Dinner Dance starting at 7:00 PM. A delicious dinner is planned with Cajun Chicken Thighs, Dirty Rice, Mixed Vegetables, Salad, King Cakes and Beignets. We will have Ron and the Classics providing the dancing music.

Fryday Fish Fry

We will be starting our biggest event of the year, our Fish Fry's start March 7th in the Parish Center. We will have fried fish (cod) baked beans, mac and cheese, French fries, hushpuppies, coleslaw, and various kinds of desserts. The dinners will be available for dine- in or take out. The cost is \$12.00 for adults, \$6.00 for kids 6-14 and under children under 6 are free. Like last year, we will be offering loyalty cards. If you come to all 5 weeks of the Fish Fry's, the 6th week will be free. Again, we need many hands to make this a successful experience for our guests. Please, if you are able to, please sign up to help.

Coffee & Donuts

We will be having our coffee, donuts & more on Sunday March 9th in the St. John Bosco Center from 7:30 until noon. Please consider signing up to help with this event. RE will be having a family session that week.

Tom

Tom Krivchenia, PFN
 Grand Knight 7109
 727.366.5422



SK Santo Loparo batters the fish during a 2024 Fish Fry FryDay



SKs Bill Krajieski & Pat Nocerino prepare the fish for the friers during a 2024 Fish Fry FryDay.

The 2025 Fish Fry FryDays start March 7th!



SK Edward Amador
 Membership Director
 Edamador00@gmail.com

Council 7109 Holy Moments

Creating More Holy Moments Together

Dear Brother Knights,

As we enter March, our call to create Holy Moments and build our brotherhood remains stronger than ever. Guided by Matthew Kelly’s inspiring words, let us seize every opportunity to transform ordinary moments into divine acts of service and invitation. Today, I want to update you on our progress and urge each one of you to actively participate in our recruitment efforts.

Membership Update

We are currently at 9 new members—60% of our goal of 15. While we celebrate this progress, we still need 6 more brothers to join our ranks. In addition, we have 5 promising prospects in the works. This is our moment to continue reaching out and sharing the transformative power of our brotherhood.

The Power of Holy Moments in Recruitment

Matthew Kelly reminds us that every interaction is an opportunity to create a Holy Moment—a moment when we allow God to work through us to inspire others. When you invite a Catholic man to join our Order, you are not simply adding another member; you are offering him the chance to experience that profound sense of purpose and belonging that comes from living a life of service, unity, and faith.

Upcoming Fish Fry: A Golden Opportunity

Our upcoming Fish Fry event is a perfect platform for this mission. I urge each of you to use this occasion to personally invite eligible Catholic men—whether they are colleagues, neighbors, or parishioners—to join our brotherhood. Let’s make the most of this event to demonstrate how our acts of kindness and fellowship can spark Holy Moments in the lives of others.

A Collective Effort

Our strength as a council comes from our unity. Recruitment is not an individual task; it is a collective

responsibility. Every invitation, every conversation, and every shared experience brings us closer to fulfilling our mission. Let us push and promote our council, our activities, and the spirit of Holy Moments so that we may continue to grow and serve those in need.

Brothers, our goal is within reach, and I believe that together we can bring 6 more men into our fold. Your commitment, enthusiasm, and willingness to extend a personal invitation will make all the difference.

Let us move forward with renewed vigor, inspired by the words of Matthew Kelly and the calling to create Holy Moments in every aspect of our lives.

Fraternally in faith and service,



Edward J. Amador
 Chancellor, Pilot, Director of Membership
 Barney Gonyea Council 7109
 Assembly 2474



Unity - Strength in Numbers

Informational Open House Schedule

2025

Apr 15 | Jun 17

Unified Degree Ceremony Schedule

2025

Apr 17 | Jun 19

Look for more information from our Grand Knight



Council Membership Report

Total Membership	327
Insurance Membership	129
Honorary Life Members	63
Honorary Members	08
2023-2024 Membership Growth vs Goal	07/15
2023-2024 Insurance	02/02

Assembly Membership Report

Total Membership	126
Honorary Life Members	14
Honorary Members	01
2023-2024 Membership Growth vs Goal	00/06



Council Officers 2024-2025

Grand Knight	Tom Krivchenia, PFN	727.366.5422
Chaplain	Fr Michael W. Cooper, SJ	727.644.5544
Deputy Grand Knight	Mark Feldman	727.366.5959
Chancellor	Edward Amador	305.606.8632
Recorder	Bill Krajewski	727.784.2817
Financial Secretary	Tom Harkins	727.772.0607
Treasurer	Jerry Custin, PGK, PFN	727.244.6464
Lecturer	Paul Harvey, PFN	727.286.7171
Advocate	Richard Resler	727.472.1651
Warden	Jim Lankford	813.455.2292
Inside Guard	Paul Cooper	727.736.6837
Outside Guard	Mark Peterman, PFN	727.403.5993
Guard Alternate	Brian Annis	727.204.7490
Trustee Three Year	Gene Jajuga, PGK, PFN, FFA	727.403.3261
Trustee Two Year	JJ Coyne, PGK	901.832.7332
Trustee One Year	Ken Seguin, PGK, PFN	727.331.7278
Regional Administrator	John Papa, PGK, PFN	727.482.3734
District Deputy	Alan Gauzens, PGK	727.483.8250
Fraternal Benefits Advisor	John Ruckart	813.855.5111
Special Assistant to the Council	Vincent Cristiano	
Special Assistant to the Council	Gary Murphy	

Happy Birthday Brothers. Many Happy Returns!

John Berg, Tim Bruggeman, Francis Cayer, Joseph Celic III, John Clarke, Joseph Cortese, James Daniels, Terry Drake, Philip Farney, Thomas Fitzpatrick, Eric Flores, Robert Gwinner IV, Timothy Hartle, David Heezen, Gregory Juedes, Jared Kirsten, William Krajewski, Brian Lapointe, Milton Levine, Mark Lewalski, Amaro Lionheart, Kevin McCullagh, Christopher Merritt, Patrick Milewsky, George Paradise, Timothy Patterson, Miguel Perez I, Joseph Pernice, Mark Peterman, John Sager, Kenneth Seguin Jr, Robert Shafer, James Stanley

Prayers for the Sick

Don & Marie Bishop, Tim & Barbara Rush, Ken Seguin, Ward Griffin, Elizabeth Inderwies, Susanne Papa (d), Mac Sinise (d), Stanley Gdula (d), J. Nick Martin (d), Linda Cooper (d), Edward Mandichak (d), Mary Clare Rose (d), Bob Ehrman, Felipe Hernandez (d), Tony McClure (d), Maria Palazzo (d), Burke Taylor (d), Harry Hill (d), Antonia Rosin (d), Frances Hamacher (d), Jacqueline Barry (d), Mary Branham (d), Mary Williams (d), Frank Schuster II (d), Kennedie McFadden, Sal Burriesci, George Smith (d), Pauline Sager (d), Vicki Nolan (d), Steve Gorey (d), Felice D'Elia (d), Stanley Kwiatowski (d), Ethan Griswold (d), Alex Griswold, Paul Annis, Maggie Cappabianca, Michael Kistel, Dick LaLuzerne, Fr Rich Rosin (d), Mary Delk (d), Tony Doyle (d), Mary Frances Lowe, Dwight Rochester, Jim & Pat Nolf, Frank Diaz (d), Nancy Pagnott, Ed Warticki (d), Joann Finney, Joseph Genalo Jr, John Clarke, Jack Mills (d), John Cathcart, Ed Sleyzak, Thomas O'Rourke

Please pray for all our sick and deceased Brothers, Ladies, and family members. Please report illnesses and deaths to Sir Knight Paul Harvey, Lecturer, at 727.286.7171 or pharvey10@verizon.net

Support Our Vocations Fund



Austin Smith



Mark Wegener



John Paul Grabowski

Thank you for your continued support of the Vocations Fund. As most of you know we are making annual donations to three seminarians. Austin and Mark are located at St. Vincent de Paul Regional Seminary, while John Paul is located at St. Joseph Seminary College. Austin Smith is from Nativity parish in Brandon. Mark Wegener is from St. Anthony the Abbot, Brooksville. John Paul Grabowski is from Catholic Student Center, USF – Tampa.

Please get your name on the list by giving \$5.00, \$10.00 or whatever you can in support of this worthy endeavor! We need to continue to support these young men and vocations but it will take everyone's help. Thank You!

Mark Barrett, Donald & Linda Borbath, Jonathan & Marianne Boyce, Sal Burriesci, Mario & Katie Camario, Patrick Carroll, John Coyne, Joseph & Betty D'Amelio, Douglas & Carol De Wolfe, Jerome Dewberry, Francisco & Mildred Diaz Estrella, Sean Donahoo, Robert & Zoe Dufour, Philip & Jane Farney, Walter Feble, Thomas Fitzpatrick, Charles & Raquel Friesema, Michael & Lisa Furman, John & Peggy Gohman, Robert & Catherine Gwinner, Paul & Rose Marie Harvey, James Hayes, David & Donna Heezen, Irving Hernandez, Joseph & Sandra Hoherl, George & Claire Inderwies, Eugene & Karen Jajuga, Shawn & Pattie Jajuga, Gregory & Kim Juedes, William & Elizabeth Kasak, Timothy Kielich, Matthew Killeen, Michael & Katherine King, Dan & Donna Kistel, William & Katherine Krajeski, Jack Kuczej, Frank & Deborah Laffey, Stephen & Ellen Leger, Mark Lewalski, Patrick Mackin, Michael McCarthy, Frank & Cindy McEwen, Charles McEwen, Stuart Miller, John & Morgan, Adel Nammour, Chris Nesci, Donald Palacheck, John Papa, Gerald & Holly Pappa, Paul & Virginia Pappas, Daniel Peterson, Glen Pettersen, Robert & Vickie Pickard, Richard Roberto, Juan & Rosemary Romero, John & Kathleen Ruckart, Peter & Susan Salesses, Jason Seguin, Morgan Sheaffer, Massimo & Valeria Simeoni, James & Karin Smith, Thomas & J. L. Stanko, John & Kay Strehle, Jugdesh & Sucheta Sujanani, Steven & Jaclyn Verba, Mario & Judy Zaccaria, Edward & Violet Amador, Brian & Carolyn Annis, Dennis & Joyce Ayril, Patrick & Beatrice Boland, Robert & Ann Marie Bonvicino, James & Jean Burris, John & Betsy Clarke, Gerald & Cynthia Custin, Peter Demzak, Frank & Angela Di Mattei, Jonathan Di Mattei, Frederick & Suzanne Di Masi, Terry & Shirley Drake, Joseph Favia, Mark & Elaine Feldman, Dominic & Vickie Friscia, Michael Gutknecht, Lawrence & Nancy Harkins, Thomas & Anne Harkins, Thomas Hart, James & Janetze Hart, Timothy & Ann Hartle, Jarret & Lesley Ann Honahan, Steven Ippolito, Robert & M. A. Justiana, Brian & Christine Kearns, Robert Kelly, Tom & Margaret Krivchenia, Thomas Kukulski, James & Maria Lankford, Milton Levine, Amaro Lionheart, Stanley Lipiarz, Kevin McMullen, Anthony Metty, James & Patricia Nolf, Brian & Lisa O'Connor, Thomas & Carolyn O'Rourke, Miguel Perez, Brian & Erin Riley, William & Mary Scott, Kenneth & Gabriella Seguin, Kenneth Seguin, Jim & Nancy Shirer, Gregory & Carolina Sohn, Chuck & Elizabeth Sullivan, Matthew & Julie Sunski, Sean Swauger, Walberto & Ramona Vazquez, Peggy Watson, David & Patricia Behrle, Herman & Mary Jo Brames, Tim & Stacey Bruggeman, Jacob & Mary Burnett, Mark Busing, Kevin Cordaro, Joseph Cortese, Anthony Crevello, William Cullen, Richard & Melissa Ducheny, Frederick & Christi Elflein, Zach Faraone, Eric & Maria Flores, Joseph & Megan Gajewski, Ward & Kathleen Griffin, Gerald & Lorraine Grubba, Mark Gurley, David & Paula Harvey, Kevin & Gidget Hernandez, Kenton & Sue Heuertz, Christopher & Celise Jones, Derek Jones, Mark Kapinos, Richard & Cecilia Kembal-Cook, Jared Kirsten, James Kleinsorge, Raymond Kraker, Anthony Kuczej, Christian Kuczej, Brian & Christina Lapointe, Brian & Angela Lawandus, Gerald & Renee Lubig, Francis & Carol Mahoney, Jerry Maratea, Frank & Juliann Marsalek, William Mc Fadden, Clifford & Michelle Merz, Darryl & Mary Miller, James & Phyllis Montali, Michael O'Neill, Todd & Margaret Owers, Edmund & Diane Pagnott, Thomas Penders, Mark & Christine Peterman, Frank & Patricia Piro, Christopher & Carol Purcell, Donald & Alexis Reed, Edward & Sandra Riley, James & Dreama Servoss Rooney, Timothy & Barbara Rush, Robert Shafer, Michael & Melissa Short, Hugh & Katie Siegel, Thomas Smith, Bryan & Krista Snyder, Roy & Linda Vanderveer, Alvah Vankleeck, Paul & Josefina Vilchez, Edward & Patricia Warticki, Patrick & Joan Alix, Fred & Caroline Bennett, Victor & Susanne Berggren, Benjamin & Molly Bergin, Terrell & Victoria Clampitt, Timothy & Marcy Dolan, Mark & Renee Beth Kraf, Edward Martinenko, Christopher Mazzone, Kenneth (Ken) Miller, Javier & Xiomara Ortega, Robert Papariella, Kurt & Mary Lynn Salac, James & Darlene Stanley, Albert Masselli, Thomas & Cynthia Bergevin

Total Collected to Date: \$2008.73



Father Michael W. Cooper, SJ
Chaplain

Chaplain's Corner

That Joyful Season - Lent 2025

Brothers and Sisters,

In an earlier Preface for Lent (the Opening Prayer before the "Holy, Holy" and the Eucharistic Prayer), it proclaimed, "You have given us this **Joyful Season to celebrate the Paschal Mystery with hearts and minds renewed.**" Previously Lent was understood as a time of sadness and doing difficult things - mainly because they were difficult and "hard." Yet, Easter celebrates the center of our Christian faith, the Paschal Mystery.

The Paschal Mystery celebrates that death in all its forms and difficulties is not the last word. In the face of difficulties Our God comes to our assistance to open up New Life, New Hope, New Beginnings in amazing and unexpected ways. The difficult situation may still be there, but we are empowered to deal with it. We may be stressed but we are no longer powerless. The spirituality of the Paschal Mystery invites us to do things that are "life-giving" and that bring joy and satisfaction, like loving and serving in Jesus' name.

Too often Lent is often seen as a time for "giving up," like liquor or sweets. I would suggest that this Lent we give up giving up and focus more on what brings joy and happiness to you and to others. May we rejoice in

...serving at the Fish Fries, at Kimberly Home, or Pinellas Hope. These activities bring joy to others and often to ourselves. Recently several Brother Knights visited the home we contributed to for a Wounded Warrior. The soldier was most grateful, and our Knights were deeply moved by the experience - very life-giving.

Repentance is also often associated with Lent. Repentance does not mean "giving up." It means to re-look and prioritize what is important and life giving in my life. Is there anything that needs change or is missing? Lent is the grace-full time to work on that.

Love can be understood as "appreciative delight." Another Lenten practice could be taking appreciative delight in our Faith and its many Blessings, appreciative delight in our Council of Knights, appreciative delight in our spouses and relatives, and maybe especially taking appreciative delight in ourselves and dropping any negativity towards myself.

Love and Joy,
Michael Cooper, S.J.
Chaplain

Service Program Directors 2024-2025

Program Director	Mark Feldman	727.366.5959
Membership Director	Edward Amador	305.606.8632
Faith Director	Wally Vazquez	727.542.5376
Community Director	Mike King	727.453.8843
Family Director	Vacant	
Public Relations Director	Amaro Lionheart	305.761.3419
Life Director	Vacant	
Vocations	Frank McEwen, PGK, PFN	727.239.2687
Retention Coordinator	Frank McEwen, PGK, PFN	727.239.2687



Mark Feldman
Deputy Grand Knight
dgk7109@gmail.com

Deputy Grand Knight's Report

Worthy Brother Knights,

Wednesday March 5th is Ash Wednesday and the start of our Lenten Journey. What is your Lenten Journey? It can be a Spiritual Reset? Joining our community for the saying of the Rosary before our Council meeting? Volunteering to help with our Friday fish fries? There are many things that you can do to bring you closer to God. Speaking of Fish Fries, yes, it is the start of our season. Last year was a terrific year...lets do better. If you have not participated before this is the year to start. It is very rewarding and great camaraderie.

Faith in Action



From the Faith Directors Desk

We will have our recitation of the Rosary Thursday, March 13th at 6:15pm in the John Boscoe Center before our council meeting. This event is open to the entire parish, so you have the chance to invite a friend. Then bring them to the council meeting and see if we can inspire them to become a Knight.

From the Community Directors Desk

We have finished both the Basketball Free Throw challenge and the Hockey Shootout. Next year we need to strive to improve the turnout of these events. We will continue to have our road clean up, Kimberly HomeWork Day on the 15th, and the Pinellas Hope Food Prep on Thursday the 13th. Coffee & Donuts will be on Sunday the 16th.

From the Family Directors Desk

We are continuing our food drive for our chapter of the Saint Vincent DePaul at our March council meeting. Please bring any non-perishable items to the meeting. This is our chance to give back to our community and

the less fortunate. This is also a good opportunity to fulfill our Lenten responsibilities.

Liturgical Calendar

Mar 03 St Katharine Drexel, Virgin, optional memorial
Mar 04 St Casimir, optional memorial
Mar 05 Ash Wednesday
Mar 07 Sts. Perpetua and Felicity, martyrs, optional memorial
Mar 08 St John of God, Religious, optional memorial
Mar 17 St Patrick, Bishop, optional memorial
Mar 18 St Cyril of Jerusalem, Bishop and Doctor of the Church optional memorial
Mar 19 St Joseph, Spouse of the Blessed Virgin Mary, Solemnity
Mar 25 The Annunciation of the Lord, Solemnity
Mar 30 Laetare Sunday, Fourth Sunday of Lent

St Casimir

Casimir Jagiellon was a prince of the Kingdom of Poland and the Grand Duchy of Lithuania. Born in 1458, he was the third of thirteen children born to King Casimir IV and his wife Elizabeth of Austria. At age 13, Casimir participated in the failed military campaign to install his brother as the King of Hungary. He became known for his piety, devotion to God, and his generosity towards the sick and poor. He became ill (most likely with tuberculosis) and died in 1484 at the age of 25. There are more than 50 churches named after Casimir in Lithuania and Poland.





John Ruckart
Field Agent
John.Ruckart@kofc.org



Fraternal Benefits Advisor Report

Brothers,

Tax Day, April 15, will be here before you know it. Do you know if your tax rate or bracket has changed? If so, are you aware of the implications?

Your income throughout life can fluctuate, causing you to potentially end up in a higher tax bracket than anticipated. And following an election year, each new administration can change tax brackets and tax rates. As a result, you may not have as much disposable income or as much money to leave to family as you planned. This can be true earlier in life, or in retirement when your income sources may change.

You can protect yourself against these potential losses and build dependable cash value through permanent life insurance with the Knights of Columbus.

Permanent life insurance allows you to build cash value that you can access tax-free while you're alive. You can also create an income tax-free inheritance for your loved ones after you pass.

Of course, we always recommend that you work with a qualified tax advisor or CPA. But permanent life insurance can be a useful tool for tax planning in a range of situations.

In partnering with you to secure your financial future and legacy, we're fulfilling the mission of Blessed Michael McGivney, who founded our Order 143 years ago this month.

I'd love to share how permanent life insurance may be able to help you prepare for the unexpected. If you have any questions, please reach out to me so we can schedule a time to meet.

Thank you and God Bless!

Vivat Jesus!

John D Ruckart, FICF
813-855-5111

Book an appt with me here:
johnruckart.10to8.com

Learn about our investments:
<https://info.kofcassetadvisors.org/meet-john-ruckart>





John Gohman
Faithful Navigator
john.gohman2@gmail.com

Faithful Navigator's Log

Grieving as a Spiritual Exercise

In a remarkable book, *The Inner Voice of Love*, written while he was in a deep emotional depression, Henri Nouwen shares these words: "The great challenge is living your wounds through instead of thinking them through. It is better to cry than to worry, better to feel your wounds deeply than to try to understand them, better to let them enter into your silence than to talk about them. The choice you face constantly is whether you are taking your hurts to your head or to your heart. In your head you analyze them, find their causes and consequences, and coin words to speak and write about them. But no final healing is likely to come from that source. You need to let your wounds go down into your heart. Then you can live them through and discover that they will not destroy you. Your heart is greater than your wounds."

He's right; your heart is greater than your wounds, though it needs caution in dealing with them. Wounds can soften your heart; but they can also harden your heart and freeze it in bitterness. So what's the path here? What leads to warmth and what leads to coldness?

In a remarkable essay, *The Drama of the Gifted Child*, the Swiss psychologist, Alice Miller, tells us what hardens the heart and what softens it. She does so by outlining a particular drama that commonly unfolds in many lives. For her, giftedness does not refer to intellectual prowess but to sensitivity. The gifted child is the sensitive child. But that gift, sensitivity, is a mixed blessing. Positively, it lets you feel things more deeply so that the joys of living will mean more to you than to someone who is more callous. That's its upside.

Conversely, however, if you are sensitive you will habitually fear disappointing others and will forever fear not measuring up. And your inadequacy to always measure up will habitually trigger feelings of anxiety and guilt within you. As well, if you are extraordinarily sensitive, you will tend to be self-effacing to a fault, letting others have their way while you swallow hard as your own needs aren't met and then absorb the consequences. Not least, if you feel things deeply you will also feel hurt more deeply. That's the downside of sensitivity and makes for the drama that Alice Miller calls the "drama of the gifted child", the drama of the sensitive person.

Further, in her view, for many of us that drama will only begin to really play itself out in our middle and later years, constellating in frustration, disappointment, anger, and bitterness, as the wounds of our childhood and early

adulthood begin to break through and overpower the inner mechanisms we have set up to resist them. In mid-life and beyond, our wounds will make themselves heard so strongly that our habitual ways of denial and coping no longer work. In mid-life you realize that your mother did love your sister better than you, that your father in fact didn't care much about you, and that all those hurts you absorbed because you swallowed hard and played the stoic are still gnawing away bitterly inside you. That's how the drama eventually culminates, in a heart that's angry.

So where does that leave us? For Alice Miller, the answer lies in grieving. Our wounds are real and there is nothing we can do about them, pure and simple. The clock can't be turned back. We cannot relive our lives so as to provide ourselves with different parents, different childhood friends, different experiences on the playground, different choices, and a different temperament. We can only move forward so as to live beyond our wounds. And we do that by grieving. Alice Miller submits that the entire psychological and spiritual task of midlife and beyond is that of grieving, mourning our wounds until the very foundations of our lives shake enough so that there can be transformation.

A deep psychological scar is the same as having some part of your body permanently damaged in an accident. You will never be whole again and nothing can change that. But you can be happy again; perhaps more happy than ever before. But that loss of wholeness must be grieved or it will manifest itself in anger, bitterness, and jealous regrets.

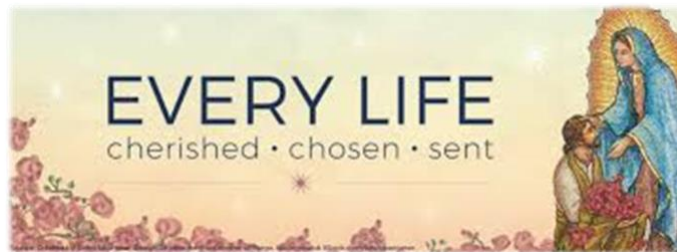
The Jesuit music composer and spiritual writer, Roc O'Connor, makes the same point, with the added comment that the grieving process also calls for a long patience within which we need to wait long enough so that the healing can occur according to its own natural rhythms. We need, he says, to embrace our wounded humanity and not act out. What's helpful, he suggests, is to grieve our human limitations. Then we can endure hunger, emptiness, disappointment, and humiliation without looking for a quick fix – or for a fix at all. We should not try to fill our emptiness too quickly without sufficient waiting.

And we won't ever make peace with our wounds without sufficient grieving.

Vivat Jesu,
John



Amaro Lionheart
realamarolionheart@gmail.com
305.761.3419



The Power of Sacrifice: Embracing Lent as Men of Christ

The Strength of Sacrifice and Renewal

Lent is not merely a season - it is a forge, a sacred fire where the hearts of men are tested, refined, and strengthened in the image of Christ.

For forty days, we do not simply abstain; we engage in a battle of the soul. This is not a passive tradition but an intentional stripping away of what weakens us, so we may stand firm as fathers, husbands, leaders, and warriors of faith.

We deny ourselves not out of deprivation but out of devotion. We pray not as an empty ritual but as a lifeline to God. We give not from abundance but from a heart willing to sacrifice.

In a world that worships indulgence, Lent stands as a radical rebellion against comfort and complacency. It is a return to what truly matters: God, family, discipline, and sacrifice.

For we were not made for ease. We were made for greatness. The Biblical Call to Sacrifice. Sacrifice is not a suggestion—it is the very foundation of our faith.

Before Christ performed miracles, before He called disciples, before He conquered death itself, He first endured. He suffered. He was tested.

"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, He was hungry." (Matthew 4:1-2)

What was Christ doing in the desert? He was strengthening His spirit. He was defying the enemy. He was preparing for the cross.

Every time we deny ourselves for something greater, we mirror His journey. Every time we reject the easy road, we grow into the men God calls us to be.

"I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified." (1 Corinthians 9:27)

Lent is our training ground. Our battlefield. Our time to rise.

The Lost Art of Masculine Sacrifice

Where are the men of courage? The men of conviction?

Our ancestors built cathedrals that reached the heavens, defended the faith against heresy, and led their families with unwavering strength. They knew the truth: sacrifice is the price of greatness.

But today?

Modern culture whispers weakness into the ears of men. "Take it easy. Avoid suffering. Choose comfort over conviction." The world has softened our resolve and convinced too many that ease is the goal, rather than holiness.

Yet Christ did not carry His cross so that we might live lives of ease.

Lent is our opportunity to reclaim the discipline, the devotion, and the perseverance that forged the saints before us.

"Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me." (Luke 9:23)

We do not abandon our cross - we embrace it.

For a man who refuses to carry his cross will never have the strength to carry his family, his faith, or his destiny.

How to Embrace Lent as a Man of Faith

Lent is not merely a season of abstinence; it is a season of transformation.

It is an invitation to become the man God created you to be - more present with your family, more rooted in faith, more disciplined in your daily life, and more aware of the call to serve those in need.

Let us not approach this time with lukewarm hearts. Let us step boldly into the fire and emerge refined.

Fast with Purpose - Strengthen the Soul Through Discipline

Fasting is more than giving up food. It is a physical act with spiritual consequences. It is a declaration that our bodies do not rule us - our souls do.

This Lent, consider fasting in ways that push you beyond your comfort zone:

- Give up comfort - Identify a luxury you rely on and replace it with time in prayer.
- Give up distractions - Is social media, entertainment, or idle conversation stealing time from your faith and family? Put it down.
- Give up weakness - Do you struggle with anger, impatience, or pride? Offer it up and let God reshape you.

"Man shall not live by bread alone, but by every word that comes from the mouth of God."

(Matthew 4:4)

True fasting is not about deprivation - it is about training ourselves to hunger for God above all else.

Pray as if Your Soul Depends on It - Because It Does

A man who prays is a man who leads.

The world, your family, and the Church desperately need men of faith who will stand in the gap - who will intercede for their children, their marriages, their communities.

This Lent, commit to making prayer the foundation of your daily life:

- Lead your family in prayer - Be the spiritual leader of your home.
- Embrace silence - Shut out the noise of the world and let God speak into the quiet.
- Spend time in Eucharistic Adoration - Sit before Christ and let His presence renew you.
- Wield the Rosary as a weapon - It is not a passive devotion - it is spiritual armor.

A man who kneels before God stands unshaken in the face of life's battles.

Give Until It Hurts - Make Sacrifice Visible
Too often, we think of almsgiving as a financial transaction. But true sacrifice is not about convenience - it is about the heart.

This Lent, let your giving cost you something:

- Help a struggling family - Give your time, your hands, your presence.

- Give sacrificially - Donate not just what is easy, but what requires trust in God.
- Volunteer your time - Your hands were made to serve, build, and lift others up.
- Be present - The greatest gift you can give is your time and your attention.

"Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God."
(Hebrews 13:16)

A man of faith does not just pray - he acts.

The Brotherhood of Christ – Strengthening Our Bonds

Lent is not a solitary journey.

The Church was built on men who stood together in faith. The early Christians suffered not alone, but as brothers.

This Lent, challenge yourself to build a stronger Catholic brotherhood:

- Hold each other accountable - Encourage, challenge, and strengthen one another.
- Pray together - Men of faith are strongest when they intercede together.
- Serve together - A band of brothers in Christ is unbreakable.

"As iron sharpens iron, so one man sharpens another." (Proverbs 27:17)

A Call to Rise:

Who Will You Be When the Stone is Rolled Away?

Lent is not a season of passive reflection. It is a war for your soul.

The world whispers, "Seek comfort, avoid suffering." Christ commands, "Deny yourself, take up your cross, follow Me."

Which voice will you follow?

This is our time. Our mission.

Our call to rise.

Will we emerge unchanged?

Or will we rise refined, stronger, transformed?

Rise up. Embrace the sacrifice.

Become the man God created you to be.

Vivat Jesus!



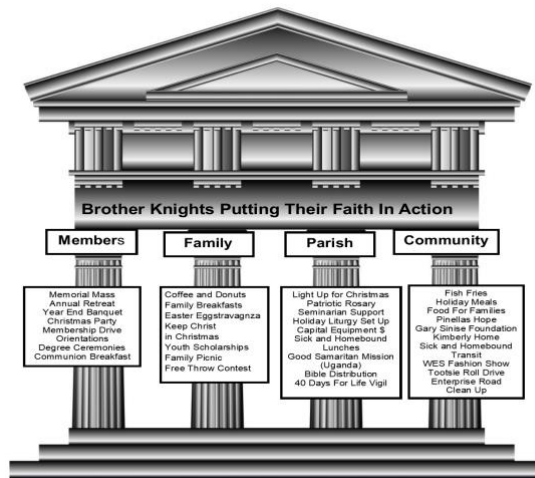
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Domestic Church Teach the Art of Living

Psalm 78 is a tough one that tells of the repeated rebellions of the Jewish people against God. I have only included the opening 11 verses and the last 5. This Psalm is known as a maskil or a writing that conveys wisdom and instruction. The opening tells us that the Jews were rebellious against God’s decrees since the time of Jacob. This continued as they were exiled into Egypt and eventually brought out as God tried to save them and bring them to Him time after time. In the end God chose the tribe of Judah and Mount Zion and chose David to lead His people with a pure heart.

This is our call. To understand God’s laws and his everlasting love for us. He knows we may fail but He is always there to provide us the courage to get back on track. Our job? Be not afraid to go out into the deep.



Psalm 78

Attend, my people, to my teaching; listen to the words of my mouth. I will open my mouth in a parable, unfold the puzzling events of the past. What we have heard and know; things our ancestors have recounted to us. We do not keep them from our children; we recount them to the next generation, The praiseworthy deeds of the LORD and his strength, the wonders that he performed. God made a decree in Jacob, established a law in Israel: Which he commanded our ancestors, they were to teach their children; That the next generation might come to know, children yet to be born. In turn they were to recount them to their children, that they too might put their confidence in God, And not forget God’s deeds, but keep his commandments. They were not to be like their ancestors, a rebellious and defiant generation, A generation whose heart was not constant, and whose spirit was not faithful to God. The ranks of Ephraimite archers, retreated on the day of battle. They did not keep God’s covenant; they refused to walk according to his law. They forgot his deeds, the wonders that he had shown them.

God chose the tribe of Judah, Mount Zion which he loved. He built his shrine like the heavens, like the earth which he founded forever. He chose David his servant, took him from the sheepfolds. From tending ewes God brought him, to shepherd Jacob, his people, Israel, his heritage. He shepherded them with a pure heart; with skilled hands he guided them.

Lenten Fish Fry FryDays



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In Memoriam

Frank Diaz

May 25, 1930 – February 16, 2025



Francisco "Frank" "Pancho" "Panchie" Diaz Estrella, 94,
passed away on February 16, 2025, in Clearwater, Florida.

Frank dedicated his life to service, both to his country and his community. He enlisted in the U.S. Army in 1948 and served with distinction through multiple conflicts, including the Korean War in 1950 and the Vietnam War in 1967. After a long and honorable military career, he retired as Lieutenant Colonel in 1971.

Beyond his military service, Frank was a devoted family man. He was a loving husband, father, grandfather, and great-grandfather. He is survived by his wife, Mildred; his children, Elaine, Karen, Frank, Kristi, and Patrick; as well as numerous grandchildren and great-grandchildren. He was predeceased by his first wife, Ada; his children, Timothy and Kelly; his grandson, Joshua; and his parents, Pablo and Gregoria.

Faith played an important role in Frank's life. A devout Catholic, he served in his church choir for 40 years, sharing his love of music with his congregation. His passion for music extended beyond the church as he enjoyed playing the guitar throughout his life. He also found joy on the softball field, embracing both competition and camaraderie through the sport he loved.

A Memorial Mass was held on February 21, 2025 at Espiritu Sando Catholic Church, Safety Harbor, Florida. Following the service, a graveside ceremony took place at Sylvan Abbey Memorial Park, Clearwater, Florida. A memorial gathering was held afterward at Regency Oaks Retirement Community, Clearwater, Florida.

Frank's legacy of dedication to family, faith, and service will be cherished by all who knew him. May his memory bring comfort to those who mourn his passing.



Letter to the Editor

Fish Fries Our Mission and the Path to God

A recent Sunday Gospel spoke eloquently about our call as Christian brothers and how we are to react God's call even when it may seem challenging or useless and it had to do with fish.

This month we start our 10th season of fish fries and have served over 15 thousand meals. Those who volunteer, including our outstanding Ladies Auxiliary, know the labor of love that this is. The planners spend hours discussing every angle, often in minute detail, to manage our risks and improve the quality of delivery. Then, for six weeks, we deliver the goods. We've faced and overcome numerous hurdles along the way, even COVID which forced us to change our entire methodology. Yet we adjusted, grew and got better each time.

What does this have to do with the Gospel of Luke 5:1-11? This Gospel tells of Jesus teaching the crowd from the shore and, after completion, tells Simon and his crew to "Go out into the deep" and cast your nets for a catch. Simon, responds, "Master we have worked hard all night and caught nothing but at Your command I will lower the nets." Remember our early days when we had no real idea how our fish fries would go? How much stock to buy? How much money to risk? Yet we went out into the deep.

We know what happened. Simon caught so many fish that he had to call a second boat and they caught enough to put both boats in danger of sinking. In great humility, Simon said to Christ, "Depart from me O Lord as I am a sinful man."

Christ responded, "Do not be afraid. From now on you will be fishers of men."

So here we are 9 years later once again extending ourselves and heading into the deep so that we may be fishers of men. Perhaps 3 thousand or more this year.

And once again we need your help. We humbly ask you to please volunteer to assist us in some capacity at one or more of our fish fries as we once again cast our nets into the unknown.

You only need these two phrases to guide you.

Cast Out into The Deep

Be Not Afraid



Spring is in the air. Trees in bloom, robins hopping, and our beautiful weather returns. Firstly, I want to thank all the ladies who donated items for our raffle baskets and set -up help at the Mardi Gras dinner dance. Special thanks to Karen Jaguga and Margaret Krivchenia for their decorating ideas and time spent planning for this great event. Much fun was had and a first of its kind. Once again, the ladies will be offering desserts for donations at the Lenten fish fries. All sorts of goodies, and the most loved cannolis will be offered. The kickoff will be March 7th, and for 6 weeks the Knights and Ladies will be working hard for the success of charitable funding for our parish and community. These events provide great food and fellowship for all who attend. We'll see you there at the dessert table!

From the Desk of Supreme Knight Patrick Kelly...

The Door of Hope

During the Jubilee Year 2025, we are invited to open our hearts to the Lord and receive his love and mercy

By Supreme Chaplain Archbishop William E. Lori 1/1/2025

On Dec. 24, Pope Francis opened the Holy Door of St. Peter's Basilica in Rome. In so doing, he inaugurated the Jubilee Year of 2025, dedicated to hope. In opening the Holy Door, Pope Francis symbolically opened the door of hope for the Church and for the whole human family.

The pilgrims who pass through the Holy Door at St. Peter's will enter a most magnificent church. Their eye will be drawn to its beautifully restored baldacchino, a structure that rises nearly 10 stories above the papal altar, the focal point of the entire basilica. Behind the baldacchino, under the famed window of the Holy Spirit, they will see the Altar of the Chair — that is, the Chair of Peter — gleaming with renewed splendor.

Centuries of grime and dirt have been removed from both masterpieces so that their beauty might shine forth anew. These restorations, accomplished through the generosity of the Knights of Columbus, stand as a metaphor for what the Holy Father desires as the fruit of this Jubilee Year: a restoration of hope — in our hearts, in the Church, and in the world.

But what is hope? Is it wishful thinking? Does it rely on optimistic predictions too good to be true? Is it a belief that somehow everything will turn out fine? No, hope is not airy optimism. It does not mean that we will be spared illness, financial hardship, rejection, or even having our worst fears come true. Rather, amid life's joys and sorrows, its aspirations and anxieties, the virtue of hope fixes our gaze upon something that appears at the forefront of our minds and in the depths of our hearts: *something so good that it could not be better.*

Hope is our deepest yearning for that reality, enabling us to receive it and to discover at length that it has a name, a face, an identity: Jesus, the Son of God and the Son of Mary, the One "who loved us and handed himself over for us" (Eph 5:2). If this is who God is, and if this God is on our side, who and what can be against us? (cf. Rom 8:31).

The Holy Door that the Lord wants most to open is the door of our hearts — hearts that are sometimes shut tight because of sin, anger, fear or discouragement. But no matter how many times we ignore him, the Lord continues to knock at the door of our hearts (cf. Rev 3:20). When we perceive that the Lord is knocking, let us hasten to open our hearts. He will not necessarily grant our wishes, but he will satisfy our yearning to see his face and to be loved infinitely, even amid our frailty.

Could it be that the door to the confessional is also the door of hope? So many people, fearful of this great sacrament of mercy, hesitate to open that door, to enter, and to make a good unburdening confession of their sins. Yet, when we do this, we profess our hope in God's love and mercy, so powerful that it can wipe away our sins. If God loves us while we are yet sinners (cf. Rom 5:8), should that not fill us with hope and joy? Going to confession is something like wiping away the grime and dirt that had accumulated on the baldacchino. When we are cleansed of sin, we shine forth with the splendor of hope — hope of life eternal.

Finally, it is when hope overtakes us that we begin opening doors of hope for others. As the family of the Knights of Columbus, we know something about this. Our first principle is charity, which is the key to hope. When we love, and when we experience love, our hearts are opened. That is why the service we render to the widow, the orphan, and to those in need opens doors of hope every day.

In this Holy Year, may you experience the "hope [that] does not disappoint, because the love of God has been poured out into our hearts" (Rom 5:5).



From the Florida State Council Chamber...

A Very Successful Fraternal Year

Overall, the Order here in Florida has had, thus far, a very successful Fraternal Year. Councils have been conducting many meaningful activities and programs in support of their parishes and communities.

Membership recruitment has been robust - as of February 14, 146 Councils are at 60% or more of their membership goals, and 73 Councils have already met or exceeded 100% of their membership goals.

However, there is still some work to do for many Councils to meet Star Council goals.

- 93 active Councils have not yet conducted or participated in a Fraternal Benefit Event - 2 events are required for each Council with a total of 10 or 14 unique participants, depending on the Council size.
- 130 active Councils are not yet Safe Environment Compliant.
- And 59 active Councils have yet to recruit a member this year.

If you find that your Council is behind, there is still plenty of time to meet your goals for Star Council. Each member should actively participate in their Council programs and activities, especially during the upcoming Lenten and Easter seasons, and strive to bring the gift of membership to every Catholic man in their parish. Most men will respond better to a personal invitation to join, and this is exactly what the Fishers of Men campaign is all about. (See the State Chaplain's excellent article on becoming Fishers of Men). This is also an excellent time of the year to plan and conduct church drives where possible, and to carefully integrate recruitment into all your Council's activities within the parish. Leaders should schedule and promote Fraternal Benefit Events, including any virtual opportunities that Supreme may offer, and ensure that all administrative requirements are met. These requirements are not difficult to complete - they just need some focus.

The Annual Fraternal Survey, Form 1728, was due to Supreme on January 31. This is another Star Council requirement, and it is critical that Supreme collects this information from every Council in the Order. If you have not already done so, submit this form as soon as possible.

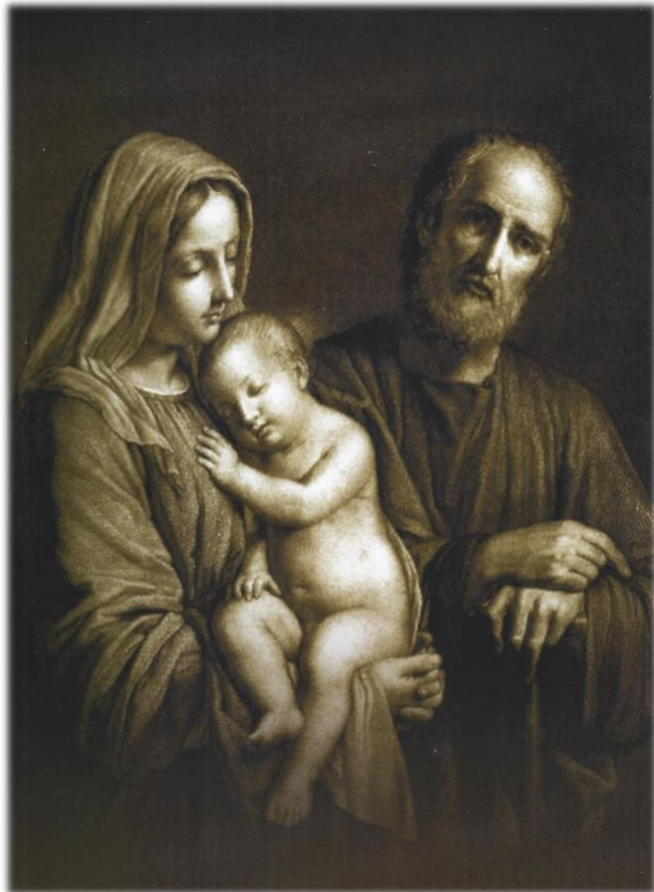
Our State Convention is coming up at the end of May with a change of venue - due to a contract cancellation by our original hotel, we will hold the Convention at the Hyatt Regency in Jacksonville. Councils should be conducting elections now for Delegates to the State Convention.

Please accept my sincere thanks for all that you do in the great work of the Order!



Assembly Officers 2024-2025

Faithful Navigator	John Gohman	813.810.3735
Faithful Friar	Fr Michael W. Cooper, SJ	727.644.5544
Faithful Captain	JJ Coyne, PGK	901.832.7332
Faithful Admiral	Wally Vazquez, PFN	727.542.5376
Faithful Pilot	Edward Amador	305.606.8632
Faithful Scribe	David Heezen	727.792.4471
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Faithful Purser	Jerry Custin, PGK, PFN	727.244.6464
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Outside Sentinel	Richard Resler	727.472.1651
Trustee Three Year	Frank McEwen, PGK, PFN	727.239.2687
Trustee Two Year	Frank DiMattei, PGK, PFN	727.871.6506
Trustee One Year	Gene Jajuga, PGK, PFN, FFA	727.403.3261
Color Corps Commander	Tom Wozniak, PGK, PFN, FDD	727.214.8377
Veterans Liaison	Bill Gallant	727.251.6300



A Family Prayer

Heavenly Father, thank you for the gift of our family. Enlighten our hearts and minds that we may live more fully this vocation to love.

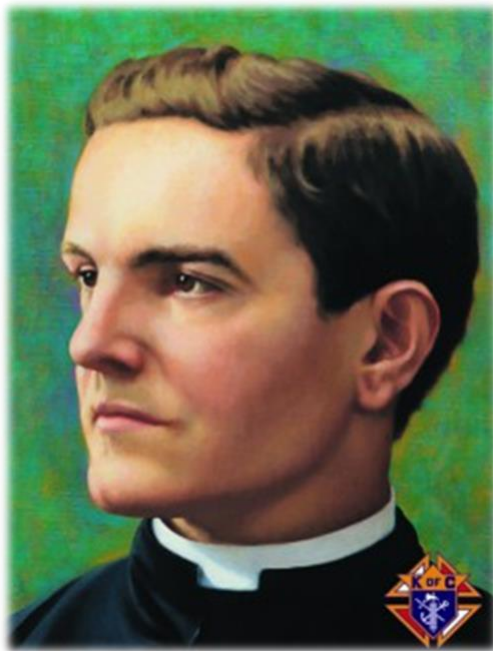
In our daily life and work,
May we reflect the self-giving love which you,
O Father, eternally show with your Son
and the Holy Spirit.

Let your love be evident in the peace that reigns in our home and in the faith, we profess and live. May our family always be a place of generosity, understanding, forgiveness and joy.

Kindly give us the wisdom and courage to be witnesses to your eternal design for the family; and grant that the Holy Family of Nazareth may always guide our path to holiness as a family.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God for ever and ever.

Amen.



Prayer for the Canonization of Blessed Michael McGivney
Founder of the Knights of Columbus

God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Blessed Michael McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue, may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church. Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify Blessed Michael McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (here make your request).

Through Christ our Lord.

Amen.

What's Happening?



Council Calendar of Events...

March 2025

- 03/01 | Sat 7:00p Mardi Gras Dinner Dance
- 03/06 | Thu 7:00p Council Officers Meeting
- 03/07 | Fri 4:00p KofC Fish Fry FryDay #1
- 03/09 | Sun 7:00a Coffee & Donuts
- 03/13 | Thu 6:15p Rosary
- 03/13 | Thu 7:00p Council Membership & Ladies Auxiliary Meetings
- 03/14 | Fri 4:00p KofC Fish Fry FryDay #2
- 03/20 | Thu 8:00a Pinellas Hope Food Prep & Delivery
- 03/21 | Fri 4:00p KofC Fish Fry FryDay #3
- 03/28 | Fri 4:00p KofC Fish Fry FryDay #4



Assembly Calendar of Events...

March 2025

- 03/27 | Thu 7:00p Assembly Membership Meeting

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God our Father, Giver of life, we entrust the United States of America to
Your loving care.

You are the rock on which this nation was founded.

You alone are the true source of our cherished rights to life, liberty and
the pursuit of happiness.

Reclaim this land for Your glory and dwell among Your people.

Send Your Spirit to touch the hearts of our nation's leaders.

Open their minds to the great worth of human life and the responsibilities
that accompany human freedom.

Remind Your people that true happiness is rooted in seeking and doing
Your will.

Through the intercession of Mary Immaculate, Patroness of our land,
grant us the courage to reject the "culture of death."

Lead us into a new millennium of life.

We ask this through Christ Our Lord.

Amen.

