



# Knights of Columbus

Msgr. Martin B. Power Council 14573



April 2025

## Council Officers

- Grand Knight**  
SK Jose Montes  
(321) 795-8171
- Chaplain**  
SK Fr. John Bosco Maison  
(321) 254-1595
- Deputy Grand Knight**  
SK Jose Cardet  
(321) 917-0447
- Chancellor**  
SK Dwight Collins  
(321) 960-6540
- Warden**  
SK Bobby Sullivan  
(321) 223-2473
- Recorder**  
SK Bob Richmond  
(321) 298-3884
- Financial Secretary**  
Brother Richard Becker  
(561) 523-0499
- Treasurer**  
SK Randy Lascody  
(321) 626-0804
- Inside Guard**  
SK Joe Ameigh  
(321) 242-0694
- Outside Guard**  
SK Ralph Carestia  
(321) 432-8439
- Advocate**  
SK Frank Conley  
(321) 255-2392
- Lecturer**  
SK Deacon Chris Meehan  
(321) 242-8003
- Membership Director**  
SK John Miller  
(321) 794-6620
- Trustee (1 year)**  
SK Eddy Merlet  
(954) 882-3687
- Trustee (2 year)**  
SK Bill Quinn  
(321) 917-8413
- Trustee (3 year)**  
SK Dave AmRhein  
(321) 591-6697



## From the Grand Knight



### Worthy Brothers and Sisters,

We just got through one of the busiest months of the year! Thank you all for volunteering your time and talent to carry out so many activities in one month.

Day 1 of March we had some volunteers helping at Laps for Life, we had our Corporate Communion while still hosting the Sacred Heart of Jesus icon, and our pot luck social afterwards. It was a busy but productive and fun day.

A huge thank you to all in the Council and Ladies Auxiliary who volunteered and helped with the 2 fish fries and the St Patrick's Day Party. There are too many to mention by name but your help is really appreciated. All 3 events were successful not only from the fundraising point of view but also from the fellowship opportunity they provided for us and the parish. The 2 fish fries helped us raise a combined total of \$2065 after expenses, and the St Patrick's Day Party helped us add to our benevolent fund close to \$3300. This helps fund our seminarian support, clergy appreciation, scholarships for the school, prizes for essay and poster competitions, Coats for Kids, etc.

We also started collecting pledges for the [40 Cans for Lent](#) challenge, which continue to come in and will be going on until Good Friday. If you are donating and not pledging, please consider entering a pledge and tell us how many items you are donating so we can add that to the campaign total. The Supreme Council matches our contributions up to a limit and we are looking to maximize that match.

Please join me in welcoming Ed Breznai who is our newest Knight and a great addition to our council. We look forward to seeing him engaged and active in some of our council's activities.

Please keep an eye on emails and on the [Upcoming Events](#) Page of the website for details on the activities and also to sign up to help. Thank you for making all of these activities happen!

**Vivat Jesus,**

**SK Jose Montes**  
**Grand Knight**

The next monthly Council meeting will be held on April 24 at 7PM in the Knights Room. Power Rosary at 6:15 in the Ministry Building, Room 313.



## Grand Knight Remarks Continued

- In April we have 2 more fish frys, one on the 4<sup>th</sup> and the last one on the 11<sup>th</sup>. We have had great response and attendance, which means that we need more help. If you can lend a hand please [sign up](#), and if you cannot, please consider sponsoring this by attending. Also in April, our election poll worker volunteers will be working long hours during the special election on April 1<sup>st</sup> and donating their pay to the council, which brings in a substantial contribution. Towards the end of April, we will launch our yearly [Baby Bottle Campaign](#) to help mothers with young children that need support by donating to New Life Mission and Genesis House, two local organizations that help mothers. Bottle distribution is planned for April 26/27 and bottle collection for May 10/11. We thank SK John Autio for leading that in the past and for helping this year as well, but we are in great need of a co-chair to help John with this project. Please consider stepping up to help. We can provide you with the details of what is needed. Please let any of the officers know if you can help.
- Speaking of officers, we need to start and try to finish our officer nominating process in April so we can publish the nominations in May and have officer elections at the May Council meeting. There are several positions available. Please consider being in an active role of driving and shaping the future of this council. Please ask any of the officers for information and details of their roles and let any of the officers know that you have an interest in helping in that capacity.

- **Lent Fish Frys** – The last Fish Fry will be held on April 11 in the Parish Hall from 4:30 until 7 PM. We will need volunteers in various functions. You can check the latest information — [here](#).

**New Hours: 4:30 PM To 7:00 PM**  
Dine In or Take Out

**Come before or after Stations of the Cross, or anytime.**

**Adult Meal (\$15):** Choice of Fried Cod OR Baked Swai, Tuna Casserole OR Mac'n Cheese, Coleslaw, French Fries, Dessert, Hot & Cold Drinks

**Kids Meal (\$5):** Choice of Slice of Cheese Pizza OR Fish and Mac'n Cheese, Dessert and a Drink



- **40 Cans for Lent.** The Knights of Columbus are challenging all parishioners to join them in their 40 CANS FOR LENT Annual food drive. The plan is simple: pledge, purchase and donate one can of food per day for the 40 days during the Lenten season starting Ash Wednesday and ending Good Friday. **Donations can be brought to Church or Social Concerns all at once or weekly. Put the cans in the baskets already designated for food collection.** Information will be made available in the Parish Bulletin and we will have signup sheets available at each Coffee and Donuts during Lent as well as the Lenten Fish Frys. Food can be dropped off at the Church in Our Ladies Chapel or brought directly to Social Concerns during their operating hours — Monday-Friday, 9-11 AM. Our goal is to increase the donations given to our food pantry while living the Gospel value of feeding the hungry. To accept this challenge, sign up in the Donut Hall, or **text 321-252-8125, or email [ascension14573@gmail.com](mailto:ascension14573@gmail.com), or fill out the form below. To reach our goal of 10,000 cans, we need everyone's pledge.**





## Council Notes

- **The St Patrick's Day party.** Council 14573 and the Ladies Auxiliary hosted the St. Patrick's Day Party on Saturday, March 15th from 6PM to 10PM in the Parish Hall. The party was a huge success not only from the fundraiser perspective but also from the interaction with the community and the fun we had together. This was a fundraiser, and we sold 190 tickets and the final net amount raised (after expenses) was around \$3315. Thank you for all your volunteer work and support!



- **Baby Bottle Campaign.** One of our goals as Knights is to defend and protect life and foster a culture that does that by changing hearts. We have a unique opportunity to be involved in a great program that our council has been a part of in the past couple of years. It is the Aid and Support After Pregnancy ([ASAP](#)) program, which aims to support mothers who decided to choose life but who are in need of help.
- Our council implements the ASAP program by using the Baby Bottle Campaign. Baby bottles are distributed to parishioners to bring them back filled with change. The proceeds are donated to two local organizations that support mothers: Genesis House and New Life Mission. Last year we collected over \$11K in donations from parishioners, which were split 50/50 between the 2 organizations.
  - This important fundraiser for Pro Life this year will be held on the weekend of April 26 and 27. Bottles will be collected two weeks later on Mothers Day Weekend — May 10 and 11. As in years past, we will need volunteers on both weekends to pass out and retrieve the bottles. Donations will be split 50/50 with [Genesis House](#) and [New Life Mission](#).
- **Co-Chairman Needed.** As you all know, SK John Autio was in the hospital recently after suffering a heart attack. He is home and recovering but we would like to avoid having John take on the Baby Bottle Campaign by himself, so we are looking for a Co-Chair for the campaign. If you are interested in taking this on, contact WGK Jose.
  - Duties include organizing the collections on the weekend of April 26-27 and then organizing the return of the bottles two weeks later. Bottles must be staged in front of the church before the Masses and the bassinet will also need to be staged in front of the church. After the bottles are collected, money will need to be counted and turned in to the Financial Secretary.



## Council Notes

**Parish Picnic.** This is an event that needs long-term planning. Last year we enjoyed an excellent picnic spearheaded by SK Ken Raynor. Ken won't be able to chair the event this year so we are looking for a chairperson to take the lead for the picnic. We have the pavilion at Wickham Park reserved for Sunday, September 28. The chairperson will need to organize all that is required to make the picnic happen. This includes all logistics planning and work assignments including cooking cleaning, servicing, setup and take down, insuring grills are delivered to the pavilion and purchasing all food, drink and supplies. Of course the chairperson will have lots of help from brother Knights and Ladies from the Auxiliary. This is a big event but it is one that showcases the many talents of the Knights and provides an excellent recruitment tool to bring in new Knights. If you would like to learn more, please contact WGK Jose. If you would like to learn more about what exactly this job entails, contact either Ken Raynor or John Pechar who was chairperson before Ken.

**New Officer Nominations.** July 1 will be the start of the new Fraternal Year so now is the time to begin planning for new officers to take on these responsibilities. Some officers will stay on to continue their current roles but the key positions of Grand Knight, Deputy Grand Knight and Chancellor are normally filled with someone other than the incumbent. So please, if you are interested in moving into an officer position or finding out what entails becoming a Council officer, contact WGK Jose.

**Charitable Organizations.** With the demise of Wonderful Wednesday, we really had no clear idea on how funding for our programs was going to turnout for this Fraternal Year. It turns out that we will be very much in the black for this year thanks to the National and local elections, St Patrick's Day Party and Fish Frys. So we need to designate where some of these funds will go. We really like to support local charities but we need to make this a Council decision so this is something we will be discussing in the near future.

### **Knights Support to Daily Bread**

- When is Daily Bread closing, and why? Daily Bread will discontinue services at our Fee Avenue campus at the end of the day on Friday, May 9. Daily Bread had always planned to close when Providence Place opens in 2027, but the schedule has been accelerated due to intense pressure from neighbors and the City of Melbourne. This decision has not been taken lightly and was agreed to because there is a plan to ensure no gaps in service. In fact, the decision was made with the intention of expanding our impact with a more holistic approach—one that includes mobile outreach, transitional housing, and permanent supportive housing
- The Council normally provides support to Daily Bread on the Fourth Sunday of the month. Our next date is Sunday, April 27, 10:30 AM - 1 PM — please volunteer to help if you can. We need 6-8 volunteers every fourth Sunday of the month for this essential community support activity. Contact SK Ric Robinson.
- This is a tentative date based on Daily Bread closing on May 9. For more information on the closing of Daily Bread — visit their [FAQ Page](#).





## Council Notes

**2025 Laps for Life** event to raise money for ultrasound equipment was held at MCC on Saturday, March 1 starting at 9AM. We had a very successful event this year and with funds carried over from last year combined with funds raised this year, we will be able to fund 2 ultrasound machines for our local area. Thank you to everyone who helped with the event this year — those who supported the walkers and those who chose to raise funds by participating in Laps for Life. Two agencies under consideration for these machines are AGAPE on Merritt Island and Pregnancy Care Center in Titusville.

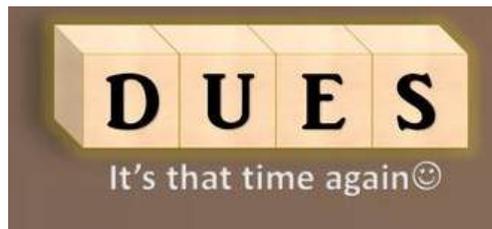
**School Activities.** We have provided the school staff with a plan of activities for this school year. This plan was approved by the school principal Mrs Claudia Stokes. Below are the scheduled activities ahead that we will participate in:

- **MCC Scholarships (May)** - The Knights offer three scholarships to graduating 8th graders planning to attend MCC. Your administration selects the students.
- **Teacher Appreciation Luncheon (May)** - Knights offered lunch for the teachers and staff in appreciation for another successful school year.

**Prayer Requests** – Prayer requests can be sent via email to [ascension14573@gmail.com](mailto:ascension14573@gmail.com), and can now also be submitted from the [council's website](#). Just [click on the Prayer Requests image](#) on the home page and you will be directed to a form where you can enter your request. An email will be sent to the Council and The Ladies Auxiliary to ask them to unite in prayer with you and your request will be also included in the monthly Power Rosary.

**Renew Your Dues Now.** July 1st marked the start of a new Fraternal Year. Our membership dues for the K of C Council 14573 are due at the beginning of the Fraternal Year. Regular dues are \$40 per year. If you have any questions about your dues, email Richard Becker at [rit3722@gmail.com](mailto:rit3722@gmail.com). Below are two options to pay our dues:

1. Pay by check payable to “K of C Council 14573” and hand the check to Richard Becker (Financial Secretary) or Randy Lascody (Treasurer) at the next council meeting or mail it to: “K of C Council 14573, Attention: Richard Becker, 4825 Tiverton Court, Melbourne, FL 32934



2. Pay electronically using a Credit Card, Debit Card, PayPal, or Venmo. This can be done from the Council's website Dues page by [clicking on this link](#). If that URL link does not take you to the dues page, visit the main page here — [Council Website](#).
3. Please remember that your membership dues support Council sponsored charitable contributions, operations, and per-capita assessments from Supreme and the Florida State Council. The combined annual Supreme and Florida State Council assessments must be paid by the Council for all members on the roster, even if the member did not pay his dues. Paying your dues avoids the Council from having to use someone else's dues or funds targeted towards charitable contributions to cover members who do not pay, therefore we ask that you please stay current with your membership dues.

- **Assembly Dues** were due on January 1. Please pay your annual dues of \$25 at your earliest convenience. Followup notices will sent to all members who have not paid their dues — you can pay in person or through the mail. Dues are the main funding for the Assembly so please pay promptly.



## Council Notes

- **Corporate Communion** was held on Saturday, March 1, 4:30 Mass. A Corporate Communion Mass is a special Mass for the Knights of Columbus and the Ladies Auxiliary and their families and friends. It is an opportunity to share the Eucharist together and it brings forth the principles of unity and fraternity. During this Mass, several liturgical roles are filled by Council and Ladies Auxiliary members. It is also an opportunity for the parish to learn about the Knights of Columbus and the Ladies Auxiliary.
  - The Icon was also included in the March 1st 4:30 PM Mass processional. Thank you to the Color Corps for their participation in the Corporate Communion and procession of the Sacred Heart of Jesus Icon.
  - In addition to the corporate communion on March 1 at 4:30 Mass, we had a pot luck dinner after Mass in the Ministry Building.
  - Thank you to all who were able to attend.
  -
- **Council and Assembly Shirts.** The Council, Assembly and Ladies Auxiliary continue to use the embroidery services of Lady Joyce Defusco for shirts — and Joyce does an outstanding job! We also have red tee shirts available for \$20 which includes embroidery services. Tee shirts can also be ordered directly from the Knights online store and have Joyce embroider them if desired. See John for more information on Assembly or Council shirts and hats.
  - **Assembly Star Shirt.** This is something we are always on the lookout to find. We have them sourced from Bartman but they are pricy there. FN John found a new source for the shirt that is much cheaper. You can take a look at [Epic Sports here](#) to see the shirt.
    - If you do use this option, Joyce will be happy to put your name and Assembly emblem on the shirt for a small fee. The total cost will be the shirt and the embroidery from Joyce. To keep things simple for Joyce, please order your Star shirt from John and pay him up front.
  - **Bartman.** This too is always an option for Council and Assembly shirts. A little more expensive but you can order the shirt and get your name and Council or Assembly emblem on the shirt there — one stop. This company is owned and operated by a brother Knight and has proven to be very reliable in the past. The only downside is that the shirts are more expensive from Bartman — but the quality and service is excellent. You can order the shirt to your specifications yourself by visiting their website, calling, or visiting their shop. Or go through John and he will order the shirt for you. Any Knight shirt, hat, or other item or clothing can also be ordered from Bartman and can also be embroidered to your specifications. POC: SK John Autio

[Visit Bartman here](#)

- **Ascension Thrift Store.** The store continues to fall short in having enough volunteers to support all the hours necessary to bring in the revenue needed to support the Social Concerns Ministry and the Ascension Catholic School. The store is a key source of revenue for these ministries. If you can spare a few hours, please consider volunteering. The Thrift Store is also looking for a number two person to help out John Casco. You can contact the Thrift Store to [volunteer here](#).

**ASCENSION THRIFT STORE  
VOLUNTEER OPPORTUNITIES**

Below are QR code links to sign up to volunteer. Please consider joining this amazing group of people, for it is in giving that we receive. Feel free to pass this along to anyone who may be interested in helping out. Thank you for your time and consideration. May the peace and love of our Lord Jesus Christ be with you always.



WEEKDAY VOLUNTEER



SATURDAY WAREHOUSE

**Ascension Thrift Shop is in need of  
TENTS AND SLEEPING BAGS**

Please bring donations to the Thrift Shop during hours of operation.  
Thank you for your generosity.

For more information on volunteering, please call: 321-610-8742 or email: [info@AscensionThriftShop.com](mailto:info@AscensionThriftShop.com)



## Birthdays for April

Heavenly Father, We praise You for all Your gifts to us. In a special way, we thank You for our brothers as they celebrate their birthday. Bless them always in Your love. Bless us too, Holy Father, Help us all to praise You and give You glory Through Jesus Christ our Lord. Amen.

Shea O'connor	April, 2
Richard Robinson	April, 5
James Haines	April, 7
Patrick Neve	April, 8
Michael Connors	April, 9
Jeffrey Bauman	April, 11
Hector Diaz	April, 11
Devin Barela	April, 12
Joseph Ameigh	April, 15
Steven O'neal	April, 15
Philip Webster	April, 16
Joseph Greco	April, 19
Steven Kaercher	April, 23
Joshua Porche	April, 25
Elmer Rivera	April, 25
Zachary Baird	April, 26
Michael Gramke	April, 28

[You can find the Ascension 14573 Monthly Newsletters on the Ascension Knights Council & Assembly Website](#)

[Click here](#) to subscribe to the Council and Assembly Calendar.



**April  
2025**

**COUNCIL ACTIVITIES**

Monsignor Martin B. Power Council #14573  
Council Email: [ascension14573@gmail.com](mailto:ascension14573@gmail.com)



Council #14573 – 2009/10/11/12/19 Florida State Council of the Year

DATE	TIME	EVENT	CHAIR
Thu 3 <sup>rd</sup>	1830	Chaplet of Divine Mercy (Ladies Room – 313)	SK Ralph Carestia
	1900	Assembly Meeting (Knight's Room – 312)	WFN B. Quinn
Fri 4 <sup>th</sup>	1345	Flag Retirement Ceremony	WFN B. Quinn
	1630	Lenten Fish Fry Dinner (Parish Hall)	WGK J. Montes
Sat 5 <sup>th</sup>	0900	Highway Cleanup (Knight's House)	SK R. Lascody
Sat 5 <sup>th</sup> Sun 6 <sup>th</sup>	All Masses	Food for the Poor/ Red/Assembly Shirt	SK J. Kelly
Sun 6 <sup>th</sup>	1345	Life Chain (Corner of Pineda and Wickham)	SK B. Sullivan
Thu 10 <sup>th</sup>	1830	Council Officer's Meeting (Knights Room – 312)	WGK J. Montes
Fri 11 <sup>th</sup>	1630	Lenten Fish Fry Dinner (Parish Hall)	WGK J. Montes
Sat 12 <sup>th</sup>	0715	Pray for Life (In Orlando, Meet at North Melbourne Home Depot)	SK R. Sepulveda
Tues 15 <sup>th</sup>	1500	Round Table with Fr. John Bosco	WGK J. Montes
Thu 24 <sup>th</sup>	1815	Power Rosary (LA Room – 313)	SK B. Sullivan
	1900	Council Meeting (Knights Room – 312)	WGK J. Montes
Sat 26 <sup>th</sup>	1000	Charity, Unity, Fraternity Exemplification (Note 1)	WGK J. Montes

DATE	TIME	EVENT	CHAIR
Sat 26 <sup>th</sup> Sun 27 <sup>th</sup>	All Masses	Baby Bottle Campaign – Bottle Distribution	SK J. Autio

**LOOK AHEAD**

DATE	TIME	EVENT	CHAIR
May 6 <sup>th</sup>	1100	Teacher Appreciation Lunch	WGK J. Montes
May 10 <sup>th</sup> May 11 <sup>th</sup>	All Masses	Baby Bottle Campaign – Bottle Collection	SK J. Autio
May 15 <sup>th</sup>	1900	Officers Election	WGK J. Montes
	2000	End Year Social	
May 17 <sup>th</sup>	1630	Council Corporate Communion	
May 21 <sup>st</sup>	1830	Meeting with District Deputy	

\*\*\* Please provide input for the monthly council events to DGK Jose Cardet at: [mm123788@gmail.com](mailto:mm123788@gmail.com).

**Notes**

1. This event is held only if there are candidates ready to join the Council.

**Near Term Important Dates at Ascension Parish:**

- Each Wednesday: Holy Hour (1700-1800)

**Activity Chairmen Phone Numbers:**

WGK Jose Montes	321-795-8171
WFN Bill Quinn	321-917-8413
DGK J. Cardet	321-951-6476
CCC E. Merlet	954-882-3687
SK Randy Lascody	321-626-0804
SK Ric Robinson	321-501-6772
SK D. AmRhein	321-591-6697
SK Rey Sepulveda	321-255-3706
SK Bobby Sullivan	321-223-2473
SK R. Passarella	321-431-0982
SK R. Carestia	321-432-8439
SK John Autio	321-312-7117

Ladies Auxilliary President Becky Richard 412-779-9970

Ladies Auxilliary Vice President Lyn Becker 561-531-3173



+ THE 4TH DEGREE +



+ PATRIOTISM +

### Assembly Officers

Faithful Navigator  
SK Bill Quinn  
(321) 917-8413

Faithful Friar  
SK Fr. John Bosco Maison  
(321) 254-1595

Spiritual Advisor  
SK Deacon Tom Stauffacher  
(321) 242-4504

Faithful Captain  
SK Rob Light  
(321) 626-9641

Faithful Pilot  
SK Ralph Carestia  
(321) 432-8439

Faithful Admiral  
SK John Pechar  
(724) 263-0273

Faithful Comptroller  
SK Randy Lascody  
(321) 626-0804

Faithful Purser  
SK Elmer Rivera  
(787) 619-7684

Faithful Scribe  
SK Bob Richmond  
(321) 298-3884

Faithful Inner Sentinel  
SK Bobby Sullivan  
(321) 223-2473

Faithful Outer Sentinel  
SK Joe Ameigh  
(321) 242-0694

Trustee (One Year)  
SK Eddy Merlet  
(954) 882-3687

Trustee (Two Year)  
SK Jim Chatman  
(321) 223-8963

Trustee (Three Year)  
SK Rich Passarella  
(321) 431-0982

Color Corps Commander  
SK Eddy Merlet  
(954) 882-3687

## BISHOP NORBERT M. DORSEY CP ASSEMBLY #3482



### From the Faithful Navigator



#### Sir Knights

**New Members.** We continue our push for new members. We need to encourage all Council members to move up to the Fourth Degree. Emphasize that it will be a very rewarding experience for them as we support the patriotic activities of the Knights. Also let them know they do not need to join the Color Corps to be a member of the Assembly.

- We have a candidate who wishes to move up to the Fourth Degree. The next Exemplification Ceremony will be held in Bradenton, FL on Saturday, April 26. We will have several Assembly members attending along with our candidate. See FN Bill or Rich Passarella if you would like to attend. This will satisfy our requirement to bring in 7 new members to the Fourth Degree.

**Flag Retirement Ceremony.** We held a Flag Retirement Ceremony with the Ascension school last year and plan to do this again in 2025 with the 6th, 7th and 8th grade students. This year we will hold the ceremony with the school on Friday, April 4, at 1:45. To avoid problems with the trains, the readings and flag folding will be done in the church. All are invited as there will be no requirement for spectators to sign in. The flag burring ceremony will be held immediately after the church ceremony at the Knights House. The ceremony will be kept to one hour so the students can be dismissed on time. We will cover the ceremony in the May edition of the Newsletter.

**New Officers.** July 1 will be the start of the new Fraternal Year so now is the time to begin planning for new officers to take on these responsibilities. Some officers will stay on to continue their current roles but the positions of Faithful Navigator, Faithful Captain and Faithful Pilot are usually filled with someone other than the incumbent. So please, if you are interested in finding out what entails becoming a new Assembly officer, contact FN Bill or SK Rob Light.

Our **next meeting is May 1** at 7PM in the Knights Room. Immediately before the meeting at 6:30 we will pray the Chaplet of the Devine Mercy. Please do try and get here a little early so you can participating in the Chaplet.

- The Chaplet of Divine Mercy is recited using ordinary Rosary beads of five decades. The Chaplet is preceded by two opening prayers from the *Diary of Saint Maria Faustina Kowalska* and followed by a closing prayer.

#### [How to Recite the Chaplet](#)

Vivat Jesus

**SK Bill Quinn**  
**Faithful Navigator**



## Fasting and Abstinence

### Presentation by SK Deacon Chris Meehan

#### Fasting and Abstinence

Fasting and abstinence are often linked together but are two different disciplines. Fasting has to do with the quantity of food eaten on particular days (little or none). Abstinence refers to the kind of food denied oneself, for example, meat. Fasting has always been a popular religious practice. Denying oneself a basic human need such as food for a period of time may be done for different reasons. It prepares for a feast. It promotes self-discipline. It supports one's prayers. It cleanses oneself of previous abuses and sin. All of these have been motives for the lenten tradition of fasting. Another motive has always been part of lenten fasting and abstinence: almsgiving, giving to the needy from what is saved through the discipline of fasting and abstinence, or from one's surplus.

Fasting and abstinence began as voluntary practices. Gradually they became very strict and were enforced by church law. From the 400s to the 800s, only one meal a day—usually in the evening according to local custom—was permitted. Flesh meat, fish, alcohol, and in some places even eggs and milk products were forbidden. Beginning in the 10th century, it became customary to eat this meal at noon. By the 14th, a light meal was permitted in the evening. In the Middle Ages the prohibition against fish and dairy products during Lent was lifted.

A rather severe lenten discipline of fasting and abstinence remained in force until 1966. Only one main meal was permitted on all days of Lent except Sunday for parishioners between the ages of 21 and 59. Two other meatless meals were permitted, sufficient to maintain strength, but together not equaling another full meal. This was coupled with abstinence from flesh meat, gravies, and condiments on Ash Wednesday and all Fridays for those seven years age and older. On weekdays of Lent, meat was permitted only at the main meal except days on of abstinence.

Ref: *Catholic Customs & Traditions* by Greg Dues. 1992, 1994. pp.35,78-79.

#### Fasting

Fasting has always been a companion of prayer in the history of Christian spirituality. As mentioned above, for the first three centuries a popular tradition was to observe a memorial fast until 3 P.M. on all Wednesdays (the day of Judas's contract to betray Jesus) and Fridays (the day of Jesus' death). Several major fasts each year gave weekdays a nuance that they do not have today. These were associated with the six weeks of Lent, the weeks of Advent, Ember Days during each of the four seasons, and Rogation Days. The contemporary notion of fasting is that only one main meal is eaten, with two smaller ones, combined not exceeding the main meal. Only two mandatory fast days continue, Ash Wednesday and Good Friday, for adults until their sixtieth year [age 59].





### Friday Abstinence

The church discipline of abstinence, refraining from eating meat on all Fridays of the year, remembers the suffering and death of Jesus on the original Good Friday and served as a popular form of personal penance. Until recent times this religious tradition was considered a very serious obligation. It was so faithfully practiced that it was a distinguishing mark of Catholic identity and even influenced the menus of restaurants. Pope Paul VI's instruction, *Paenitemini*, relaxed the severity of abstinence in 1966. Some form of Friday penance is still encouraged but abstinence, except for Fridays of Lent and Ash Wednesday for Catholics who have completed their fourteenth year, is no longer binding by church law. US bishops have encouraged the practice of Friday abstinence for world peace."

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### Book reference

"*Why Do Catholics Do That?* by Kevin Orlin Johnson, PhD. 1994. p.139

"Learning to control the permissible appetites teaches you how to control the ones that aren't (so) permissible."

"Obedience is spiritually necessary, too, not only because it follows Christ's mode of operation (Mt 16:24) but because it brings you the supernatural strength that you need to conquer self-will."

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### Scripture references

#### **2 Samuel 1:12, David fasted in mourning for Saul**

They mourned and wept and fasted until evening for Saul and his son Jonathan, and for the people of the LORD and the house of Israel, because they had fallen by the sword.

#### **2 Samuel 12:15-23, David fasted for his son by Bathsheba**

Then Nathan returned to his house.

The LORD struck the child that the wife of Uriah had borne to David, and it became desperately ill.

David pleaded with God on behalf of the child. He kept a total fast, and spent the night lying on the ground clothed in sackcloth.

The elders of his house stood beside him to get him to rise from the ground; but he would not, nor would he take food with them.

On the seventh day, the child died. David's servants were afraid to tell him that the child was dead, for they said: "When the child was alive, we spoke to him, but he would not listen to what we said. How can we tell him the child is dead? He may do some harm!"

But David noticed his servants whispering among themselves and realized that the child was dead. He asked his servants, "Is the child dead?" They said, "Yes."

Rising from the ground, David washed and anointed himself, and changed his clothes. Then he went to the house of the **LORD** and worshiped. He returned to his own house and asked for food; they set it before him, and he ate.

His servants said to him: "What is this you are doing? While the child was living, you fasted and wept and kept vigil; now that the child is dead, you rise and take food."

He replied: "While the child was living, I fasted and wept, thinking, 'Who knows? The LORD may grant me the child's life.'

But now he is dead. Why should I fast? Can I bring him back again? I shall go to him, but he will not return to me."



## Lenten Fish Frys

- We had a lot of expenses to get our Lenten Fish Frys started, some of which are one time expenses like the heat lamps, the signs that were posted around campus, and additional connectors to plug in the warmers. Those one-time expenses are around \$564. We also had up-front expenses for things we won't have to buy every fish fry, like frying oil, plates, utensils, etc. So by averaging those one time and upfront costs out for 4 fish frys, plus the cost of food and supplies, the average expenses are \$1051, which leaves a net profit of \$1239 for the first fish fry held on March 7. This is way ahead of last year, so it was a success.

1. New hours of operation: **4:30 PM to 7:00 PM**. Come before or after Stations of the Cross, or any time. Meals are served as you come, first come first served until closing time or until we run out.

2. Dinner Options:

Adult Meal (\$15) includes all of the following:

- Choice of fried OR baked fish
- Choice of mac n' cheese OR tuna noodle casserole
- French fries
- Coleslaw
- Simple desserts
- Hot and cold drinks

Kids Meal (\$5)

- A choice of a slice of cheese pizza, dessert and a drink, OR fish and mac'n cheese, dessert, and a drink.

3. No reservations required!

4. Dine-in or Take-out orders

- If you can help Friday afternoons with food preparation, food service, cleanup, etc. please consider signing up to help. [Sign up link to volunteer is here.](#)
- If you are unable to help, please consider attending and supporting this fundraising activity. Proceeds are used for the council's charitable donations, scholarships, seminarian support, and operations. Your participation in any way is greatly appreciated!

- THANK YOU to all for volunteering to help make our Fish Frys such a successful event for the Ascension Community.

- These are the numbers:

- After 3 fish frys, the cumulative net income (after all expenses are taken out), is \$2,996. That's around 1K net income per fish fry!

- We have one more fish fry to go — April 11. Pass the word around!



## Around the Ascension Community



Monthly Council Meeting



Melbourne St Patricks Day Parade



Our Newest Knight Brother Ed Breznai

## Family of the Year

On March 20th, at the Council meeting, Sir Knight Jack Duggan and Lady Kathy Harris were awarded Council 14573's February 2025 Family of the Month, and 2024-2025 Family of the Year! Jack and Kathy exemplify humble service through their many, many contributions to the Catholic Church, community and Knights of Columbus. Their actions, behaviors, attitudes, and love perfectly exemplify the Knights of Columbus principles of Charity, Unity, Fraternity, and Patriotism. A well deserved award in recognition and appreciation for all that they do for the Knights of Columbus, the Ascension Parish and the Community. Congratulations Jack and Kathy and thank you for all you do!



## Knight of the Year

On Thursday, March 20th, at the Council meeting, Sir Knight Ric Robinson was awarded Council 14573's February 2025 Knight of the Month, and 2024-2025 Knight of the Year! Ric has demonstrated time and again his dedication to the principles of Charity, Unity, Fraternity, and Patriotism through his actions, words, and leadership. His willingness to sacrifice time and talent for the council, assembly, and community are remarkable. This is an overdue and well deserved award in recognition and appreciation for all that he does for the Knights of Columbus, the Ascension Parish and the Community. Congratulations Ric!





# Free Throw Championship



The State of Florida Free Throw Challenge was held on Saturday, March 8, 2025 at Melbourne Central Catholic High School in Melbourne, Florida. There were thirty contestants representing six regions of Florida who competed in this competition. Twenty-three awards were presented to first and second place winners.

The first event with Ascension Catholic School for the new year was the Free Throw Competition. We wrapped up the event for this year on Wednesday, March 12 with a certificate presentation to all local winners after the School Mass.



Winners for the local competition this year are:

Age	Name
9B	Brodie Willingham
10G	Keyla Linares
10B	Michael Falzarano
11G	Wavy Dutra
11B	Dalton White
12B	Ashton Franzen
13G	Molina Zizzo

District, Regional and State follow on competitions were held at MCC.

- Our District Winners:
  - 9B Brodie Willingham
  - 10B Michael Falzarano
  - 11G Wavy Dutra
  - 11B Dalton White

- We did not have any students from Ascension move on to the State Match.





## From the Ladies Auxiliary



Happy Spring to one and all! If the end of March is any indication, we should be expecting lots of April showers to bring on our May flowers! I pray that each of you have been on a beautiful journey of growth throughout your Lent. We are already more than halfway through!

Here are some of the Highlights of our Ladies' Auxiliary participation and support for March 2025..

- Christ Renews His Parish Weekends - many of our Knights and Ladies participated in various way in both the Men's and Women's CRHP Weekend experience. Thank you, Brothers and Sisters in Christ!
- Fish Fry Fridays - we hosted 2 of our 4 Fish Fry Fridays this month, and the attendance, reviews, and profits have been fantastic! Thank you to all who have participated in prepping, serving, cleaning up, and attending!
- St. Patrick's Day Party - this evening was a huge success by way of the food, decor, drinks, music, entertainment, and more. Our community left with full bellies and big smiles on their faces. Thank you to all who served in many ways and for those who attended. A huge thank you to Lady Ginny for taking the reigns and her contributions to make this event fun for all!

Our "Lady of the Month" for March has been a member of the Ladies' Auxiliary for the last 10 years. She has served tirelessly managing the volunteers on the morning shift at our thrift store for many, many years, she has been regularly attending our meetings, always sports a beautiful smile, participates in as many activities as she can and contributes her time generously. Last November she worked alongside other Ladies to collect money for Social Concerns, helping to collect the most money raised for this fundraiser yet, \$7,000! She can also be found selling our 50/50 tickets at each of our Fish Fry Fridays. Congratulations to our very own "Energizer Bunny", Dottie Ayers! Thank you for all that you do!



We also celebrated Lady Kathy Harris, with Sir Knight Jack Duggan, as March's and as the 2024 "Family of the Year"! Grand Knight Jose gave their dossier, which is very, very impressive! This award was so well earned by these two extraordinary human beings! Congratulations!!!

What a beautiful season is Springtime, full of many new possibilities! Looking forward to seeing, and serving with, all of you in April!

Your Sister in Christ,

Becky Richard  
President, Ladies' Auxiliary



## Ladies Auxiliary Birthdays and Anniversaries

April seems to be a sleepy little month for both Birthdays and Anniversaries.....but, a great month, indeed, if I do say so myself! (Wink, wink!)

Please join me in wishing the very best of birthdays to....

Eileen Greco	April 11
Becky Richard	April 19

...and a great big HAPPY ANNIVERSARY to...

Carol and Allen Allebach	April 8
Carol and Phillip Gaeta	April 15

(If you had a birthday or anniversary in April and did not see it listed here, please make sure that we have this information in our Membership Roster!)

In April, we are looking forward to the KoC Membership Drive and Pulpit Talk, our Officers' Roundtable with Fr John, our final two Fish Fry Fridays on April 4 and April 12, and a beautiful Holy Week leading up to the glorious celebration of our Lord's Resurrection on Easter!

Please note that we will be having our next meeting on April 24 (not the 3rd Thursday, as that is during Holy Week), meeting at 7PM, following the Power Rosary at 6:15PM

## HOLY WEEK SCHEDULE

### PALM SUNDAY

Saturday Vigil, April 12 • 4:30pm

Sunday, April 13

7:30am • 9:30am • 11:30am • 5:30pm

Youth Ministry Living Stations of the Cross • 7:00pm

### MONDAY & TUESDAY OF HOLY WEEK

April 14 & 15 • Confession 5:00pm

Lenten Parish Mission 8:00am & 7:00pm

### WEDNESDAY OF HOLY WEEK

April 16 • Confession/Adoration 5:00pm

Mass 6:00pm

Lenten Parish Mission 8:00am & 7:00pm

### HOLY THURSDAY

April 17 • Mass of the Lord's Supper • 7:00pm

### GOOD FRIDAY

April 18 • The Lord's Passion • 3:00pm

Youth Ministry Living Stations of the Cross • 5:30pm

### HOLY SATURDAY

April 19

Blessing of food baskets in Mary's garden • 10:00am

Easter Vigil Mass of the Great Paschal Vigil • 8:00pm

## Easter Sunday

April 20 • Mass of the Resurrection

7:00am – Sunrise Mass in front of Main Church Portico

[Bring your chair]

9:30am – Church (and Parish Hall overflow)

11:30am – Church

**NO 7:30am or 5:30pm MASS EASTER SUNDAY**

**APRIL  
14, 15, 16  
HOLY WEEK**  
8:00AM after daily Mass  
and evenings 7:00PM



ASCENSION *Lenten*

## PARISH MISSION

### BIBLICAL ROOTS OF THE EUCHARIST

Presented by Monsignor Stephen Bosso

During this time the Church has called for a revival of our love and understanding of the Eucharist, which is so central to our Catholic Faith. In keeping with this call the three-night Lenten Mission will focus on:

- (1) Old Testament roots
- (2) The importance of our Blessed Mother's role
- (3) New Testament roots of Jesus Christ's presence in the Eucharist

The Mission will invite us to use this holy season to renew our spiritual heritage and lives with a deeper biblical understanding of the Eucharist with the hope of a deeper love for Christ's presence in the Eucharist.



# INSURANCE FIELD AGENT



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Are you on track to reach your financial goals? Are you unsure how to begin setting those goals?

As your agent, I'm dedicated to helping you find the right insurance solutions, no matter your stage of life. Whether you are in your working years with young kids, living paycheck to paycheck, or knocking on the door of retirement, I'm excited to help you protect what matters most and build financial security with insurance-based solutions tailored to meet your priorities.

The first thing to consider is whether your family would be financially taken care of if something happened to you. Would they struggle to meet the mortgage payments or to pay off other debts?

Term life insurance can be an affordable option to give you protection in case of the unexpected. You'll also have the option to convert to a permanent plan in the future without additional underwriting. Terms and conditions may apply.

Second, start preparing for retirement, no matter how far away it may seem. The Knights of Columbus offers annuity solutions to help provide you with retirement income you can't outlive, guaranteed.

Finally, disability income insurance. For many men, regardless of their phase in life, protecting their income is their greatest financial need. What would you do if you were no longer able to work? Don't overlook how disability income insurance may be able to help you.

I understand that your financial needs are not just unique but change over time. I'm here to help you find the right solutions today and to walk with you as your insurance needs evolve.

If you have any questions, please come chat with me and we can schedule a time to meet.

Thank you!

Best Regards,

**Vivat Jesus!**

**John Barfield FICF, MDRT**

1900 S. Harbor City Blvd.

Suite 321

Melbourne, FL 32901

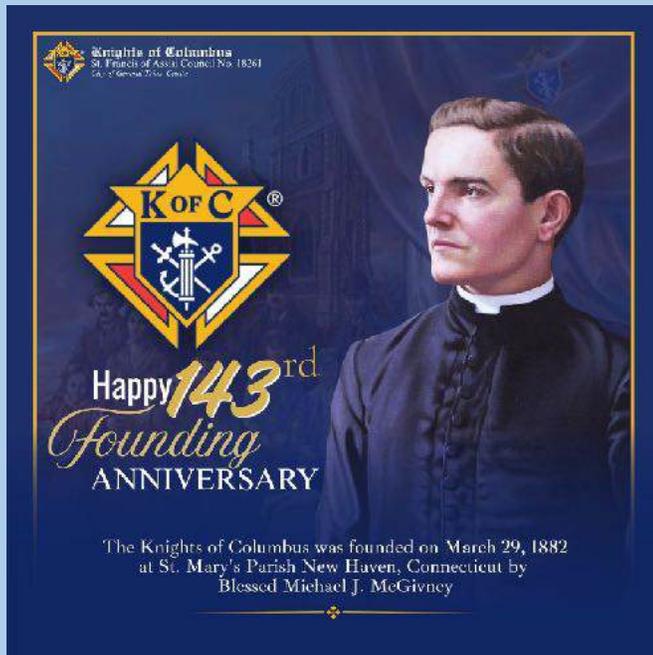


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Email: [john.barfield@kofc.org](mailto:john.barfield@kofc.org)

Office Ph#: 321-294-3086

Personal Ph#: 407-433-5421



## KNIGHTS OF COLUMBUS FOUNDED

Late-19th century Connecticut was marked by the growing fraternal benefit societies, anti-Catholic prejudice and dangerous factory working conditions that left many families fatherless. Recognizing a need in his community, Father Michael J. McGivney, the 29-year-old assistant pastor of St. Mary's Church in New Haven, Conn., gathered a group of men at his parish on Oct. 2, 1881. He proposed establishing a lay organization to prevent Catholic men from entering secret societies antithetical to Church teaching, uniting Catholic men and helping families of deceased members.

To demonstrate their loyalty to their country as well as their faith, these men took Christopher Columbus — recognized as a Catholic and celebrated as the discoverer of America — as their patron. The Knights of

Columbus elected officers in February 1882 and assumed corporate status on March 29.

In addition to the Order's benefits, Catholic men were drawn to the Knights because of its emphasis on serving one's Church, community and family with virtue. Fraternity and patriotism were added to the Knights' founding principles of charity and unity in 1885 and 1900, respectively.

1882: The Knights of Columbus is born on Feb. 6, 1882, when the first members choose Columbus as their patron. Immediately after the Order's March 29 incorporation, Father McGivney sends a diocesan-wide appeal for new members to priests.

1886: By the end of his four-year term as supreme knight, James T. Mullen presides at the institution of 22 of the first 38 councils. John J. Phelan is elected and is the first supreme knight to see the Order's future as a national society.

1890: Father McGivney dies Aug. 14, 1890.

1892: The Order passes laws allowing noninsurance (associate members) to join.

1892: 6,000 Knights march in the New Haven Columbus Day parade to celebrate the 400th anniversary of Columbus' discovery of the New World.

1895: The Vatican's first acknowledgment of the Knights comes when Archbishop Francesco Satolli, apostolic delegate to the United States, writes a letter extolling the "merits of this splendid Catholic organization" and giving the Order his apostolic blessing.

1897: On Nov. 25, 1897, Canada's first council — Montreal Council 284 — is chartered.

See the complete history of the Knights of Columbus [here](#)



# A Catholic's Guide to Holy Week

[A Catholic Guide to Holy Week from The Dynamic Catholic](#)

## Holy Week and Easter Prayers

### [The Divine Mercy Novena](#)

[Holy Thursday](#)

[Good Friday](#)

[Holy Saturday](#)

[Octave of Easter](#)

[Divine Mercy Sunday](#)

[Easter Season](#)

[Ascension of the Lord](#)

[Pentecost](#)

[From My Catholic Life](#)



## Bishop Barron Sunday Sermons



SUNDAY SERMONS

# You Can't Grasp— or Hide From—God



SUNDAY SERMONS

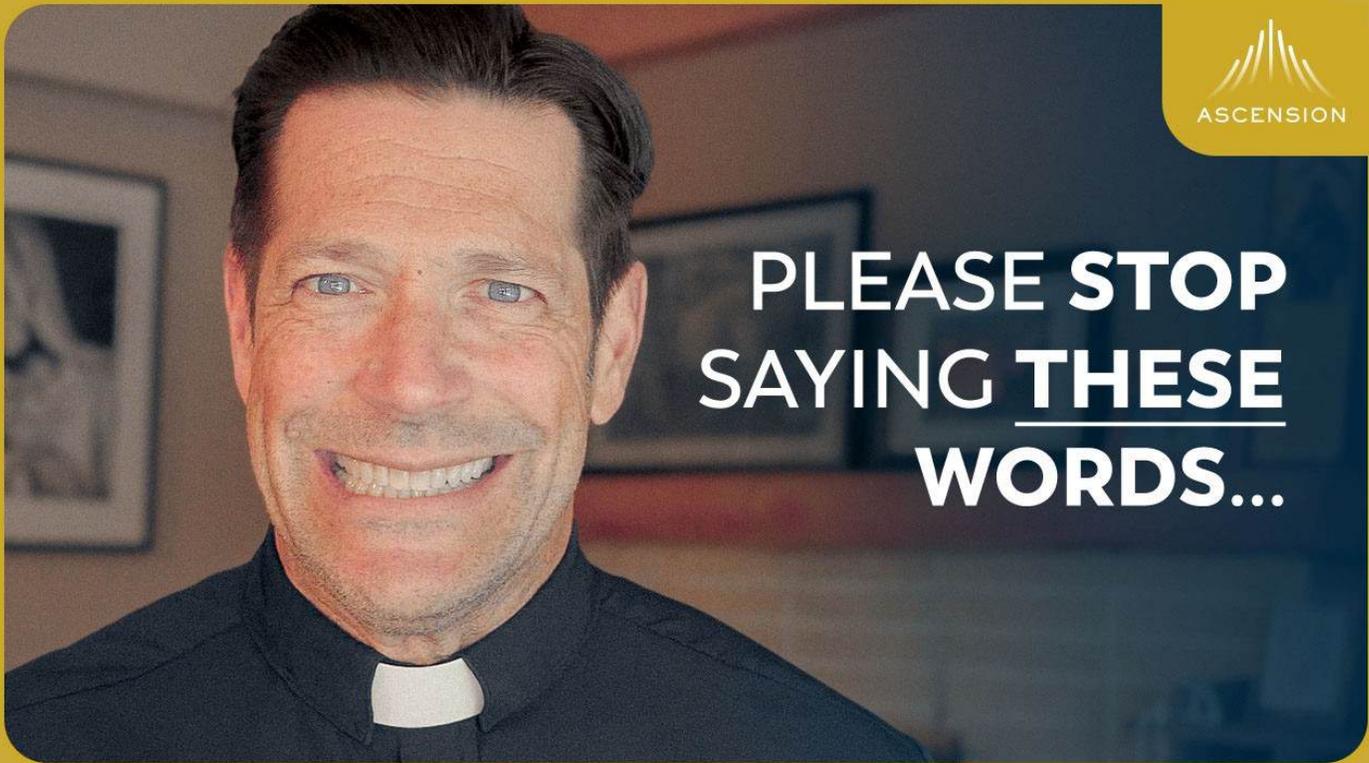
# The Heavenly Banquet



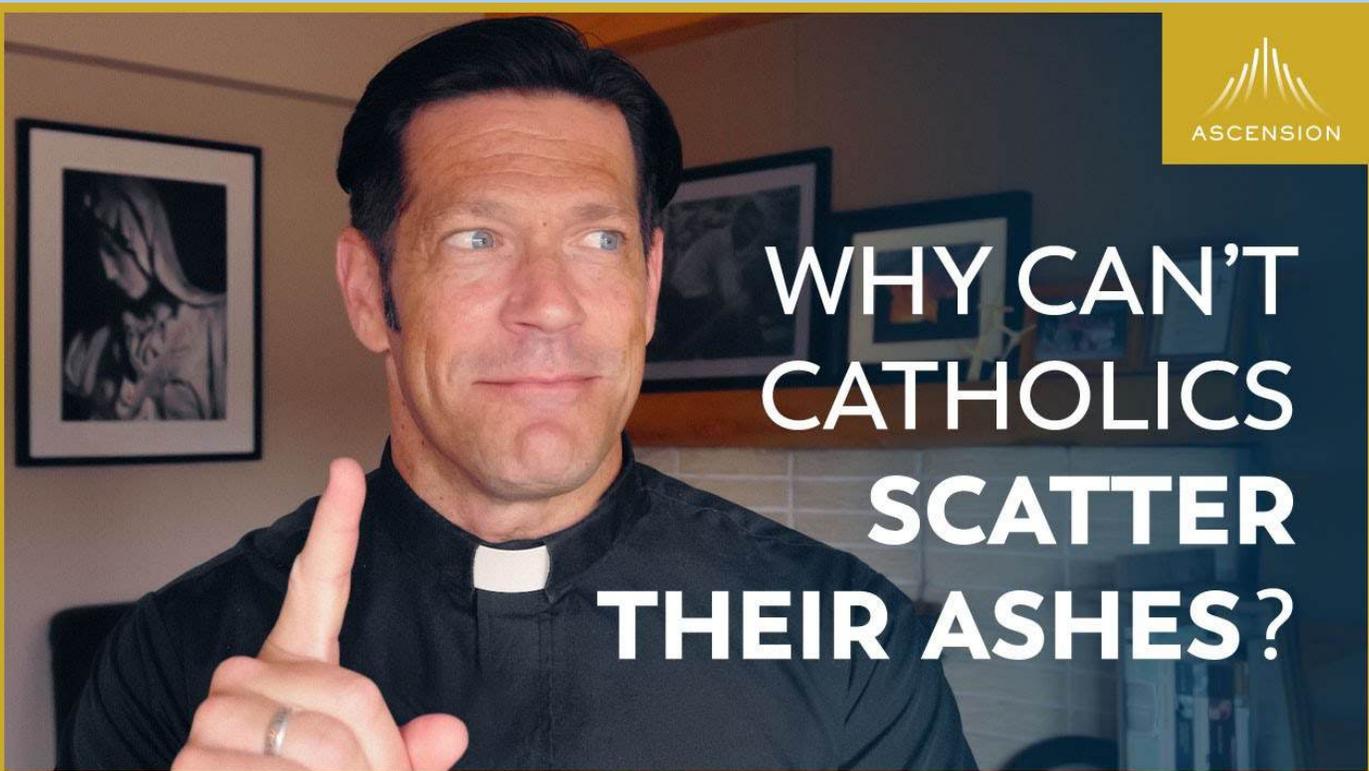


**Father Mike Schmitz**

**Ascension Presents**



**PLEASE STOP  
SAYING THESE  
WORDS...**



**WHY CAN'T  
CATHOLICS  
SCATTER  
THEIR ASHES?**



# Ascension Catholic School



On March 6, 1957 Ghana became the first sub-Saharan African country to gain independence from the British colonial government, therefore March 6th is known as Ghana Day. In celebration, our students surprised Father John Bosco with a parade and singing. The song, "Ghana Freedom", could be heard from a mile away as our students showed Father love through the gift of song. In addition to the parade, our students loved learning about the country of Ghana all week. Furthermore, our school rolled out a new service project to benefit our Ghanaian brothers and sisters. Under the direction of Mr. Baillie and Ms. Davis, our students will help to rehabilitate 50 of our old computers. These computers will be shipped to Ghana and used to create two new computer labs for St. Paul Seminary in Accra and Holy Child Training College in Takoradi.





**🙏 Prayer Requests 🙏**

Healthcare Providers and First Responders Worldwide  
Service Men and Women serving our Country Worldwide  
Victims of Hurricanes, Tornadoes, Fires and other Natural Disasters  
All those suffering from terrorist attacks, invasions by foreign governments, and loss of life and oppression in all war-torn areas

**All those in need of prayers for health issues**

- Worthy District Deputy SK Pat Farrelly
- SK Doug Blair
- SK John Miller
- SK Marc Worchel
- SK Werner Schulz
- SK Pat Martin
- SK Allen Allebach
- SK Nicholas Desimone
- SK Geoff Schmits
- SK John Autio
- SK Jim Guin
- Brother Bill and Betsy Hampton
- Brother George Caddy
- Brother Jim Haines
- Jacob, Son of WRA SK Gerry Grillo
- Shirley, Wife of SK Bob Holby

Genevieve Harris, granddaughter of Lady Kathy Harris and SK Jack Duggan

**All Those Men in Formation for the Sacrament of Holy Orders — Priest and Deacon**

- Michael Anctil
- Jonathan Amgott
- Gavin Foreman
- SK Rob Light

**Prayer for Blessed Michael McGivney**

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.



# Power Rosary



My Brothers and Sisters,

Monthly Power Rosary — Power Rosary every 3rd Thursday with SK Bobby Sullivan and SK Ralph Carestia — immediately before the membership meeting in the Ministry Building, Room 313 — 6:15 PM. Contact Brothers Bobby or Ralph if you want to lead one of the decades.

They sought strength in solidarity, and security through unity of purpose and devotion to a holy cause: they vowed to be defenders of their country, their families and their faith.

These men were bound together by the ideal of Christopher Columbus, the discoverer of the Americas, the one whose hand brought Christianity to the New World. Their efforts came to fruition with the incorporation of the Knights of Columbus on March 29, 1882

***Behold, how good and how pleasant it is for brothers to dwell together in unity! (Psalm 133:1)***





**Knights of Columbus  
Council 14573  
Ascension Catholic Community  
2950 N. Harbor City Blvd  
Melbourne, Florida 32935**



Blessed be the God and Father of our Lord Jesus Christ, who in his great mercy gave us a new birth to a living hope through the resurrection of Jesus Christ from the dead (*1 Peter 1:3*)

Editor

SK Bob Richmond

bobr52@gmail.com

**!!!PLEASE BE AWARE!!! EMAIL AND TEXT SCAMS CONTINUE TO CIRCULATE!!!** Please spread the word among your fellow Knights.

If you receive an email or text that appears to be from any Council or Assembly Officers, Church clergy or staff member requesting a moment of your time, need your help, asking for a favor, etc. **DO NOT REPLY!!** These scam emails continue to circulate and parishioners, out of the goodness of their hearts in trying to help, are falling victim.

We will NEVER request special favors, ask for your time, ask you to buy gift cards or make any such request via email or text, nor will any clergy or staff. PLEASE DELETE IMMEDIATELY AND DO NOT CLICK ANY LINKS. No matter how authentic it looks, it is a scam.