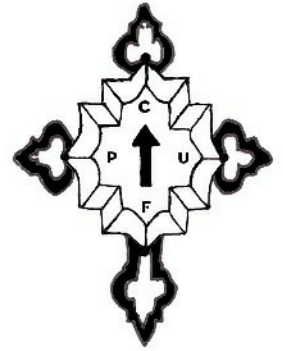




The Council Compass

Msgr. Henry O'Carroll Council #444

Knights of Columbus



Editor: Paul Desroches

1899 - *Over 125 Years* - 2024

February 2025

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IMPORTANT DATES FOR THE EASTER SEASON

March 5 - Ash Wednesday
April 13 - Palm Sunday
April 17 - Holy Thursday
April 18 - Good Friday
April 20 - Easter Sunday

Prayer, fasting and almsgiving during Lent

The three traditional pillars of Lenten observance are prayer, fasting and almsgiving. The key to renewed appropriation of these practices is to see their link to baptismal renewal.

Prayer: More time given to prayer during Lent should draw us closer to the Lord. We might pray especially for the grace to live out our baptismal promises more fully. We might pray for the elect who will be baptized at Easter and support their conversion journey by our prayer. We might pray for all those who will celebrate the sacrament of reconciliation with us during Lent that they will be truly renewed in their baptismal commitment.

Fasting is one of the most ancient practices linked to Lent. In fact, the paschal fast predates Lent as we know it. The early Church fasted intensely for two days before the celebration of the Easter Vigil. This fast was later extended and became a 40-day period of fasting leading up to Easter. Vatican II called us to renew the observance of the ancient paschal fast: "...let the paschal fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the joys of the Sunday of the Resurrection may be attained with uplifted and clear mind".

Fasting is more than a means of developing self-control. It is often an aid to prayer, as the pangs of hunger remind us of our hunger for God. The first reading on the Friday after Ash Wednesday points out another important dimension of fasting. The prophet Isaiah insists that fasting without changing our behavior is not pleasing to God. "This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own".

Fasting should be linked to our concern for those who are forced to fast by their poverty, those who suffer from the injustices of our economic and political structures, those who are in need for any reason. Thus fasting, too, is linked to living out our baptismal promises. By our Baptism, we are charged with the responsibility of showing Christ's love to the world, especially to those in need. Fasting can help us realize the suffering that so many people in our world experience every day, and it should lead us to greater efforts to alleviate that suffering.

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GRAND KNIGHT'S THOUGHTS

Brothers and Friends:

I pray you all had a wonderful Thanksgiving, a blessed and joyous Christmas and a Happy, Healthy New Year. It never ceases to amaze me how quickly time flies by! Here we are in 2025!

As a Knights of Columbus Council, we have many challenges this New Year. We really need to have some successful Member drives. We will look to have a major drive the end of March, to coincide with a State drive. Look for announcements in your email.

Back on November 17, we remembered our brothers who passed away this past year at a Memorial Mass at Our Lady of the Lake, celebrated by Father Fernando. We had a large turnout of Brother Knights and their wives. It was a very moving ceremony.

During November and the early part of December, we distributed coats through our Coats for Kids event. The Deacon Jack Seymour and Saint Mary's Outreaches as well as the Saint Vincent dePaul Baby Outreach Center all received coats. Fellow Brother Knights helped out distributing the coats at all the locations. A total of 10 cases were distributed.

December 3, we had our tree lighting ceremony. Father Joe celebrated Mass at the Council House, followed by lively Christmas Carols. Everyone went to the meeting room to enjoy gourmet soups prepared by Past Grand Knight Charlie Smith. My thanks to Charlie for continuing to provide us with this special treat. Definitely an event that got everyone into the Christmas spirit. Thanks to the Brother Knights who worked to decorate the outside as well as the inside of the house!

January 18, we had our Knights of Columbus Basketball Free Throw Contest. We had twelve participants, and lots of help from our Brother Knights. My special thanks to Bill Kuntz for organizing this event. Bill works tirelessly to make sure we have a gym, trophies, certificates, snacks and water, as well as participants! Winners of each age bracket, boys and girls. Progress to the Chapter level.

Looking ahead, February is shaping up to be very busy. First is the Super Bowl party. This year it will be held at the Chapel in Sacred Heart Church, which is accessible directly from the parking lot. It will be held on Super Sunday, February 9, from 4:30 until the end of the game. Once again our Worthy Financial Secretary is planning on food, games for the kids, football pools, and a 50/50 raffle. Entry fee is \$10 per person or an appropriate food donation to share. Please let Bill know you are coming by giving him a call at 201-697-9920.

Next up will be the Saint Valentine's Dinner, Dance which will be held on Saturday, February 15, from 6 PM until 10 PM, at Temple Hill Tavern, 171 Temple Hill Road in Vails Gate. Cost will be \$45 per person in advance and \$50 at the door. Includes a buffet dinner, dessert and dancing to the sounds of DJ Ming. Join the Fun. Give Bill a call and let him know you'll be there. 201-697-9920.

On Monday, February 17, 10 AM, at Denny's Restaurant, we will have our annual Clergy Brunch. It's our way of showing our Clergy how much they are appreciated for all they do. We normally have an amazing turnout for this event. Hopefully it will continue.

Lent begins on Ash Wednesday, March 5. We are hoping to have a Fish Fry every Friday during the Lenten Season, except for Good Friday. Be on the lookout for our flyer. We need lots of helpers for this one. Families are very welcome to join in!

Our annual Communion Breakfast will take place at Saint Patrick's Church on April 6, 10:30 Mass. Brunch will follow at a place to be determined.

Save the date, Kennan L. Ryan Memorial Car Show, Old Sears parking lot at the Newburgh Mall, June 22. Rain date is June 29.

I wish everyone a Blessed Lent and a Glorious Easter!
Vivat Jesus!

Paul Desroches
Grand Knight

Why do we put ash on our forehead?

Ashes are applied to our forehead in the sign of the cross as the words, "Remember, you are dust and to dust you shall return" are spoken to us. The other formula which is used, "Turn away from sin and be faithful to the Gospel" emphasizes our call to continual conversion and holiness of life. This act symbolizes our mortality as well as our need for ongoing repentance. It is a reminder that this life is short and merely a foreshadowing of what we shall become through the redemption of Jesus Christ on the cross. The work of our redemption will not be complete until we are raised from the dead, in resurrected bodies like His own and called to the eternal communion of heaven.

Where do the ashes come from?

The ashes for Ash Wednesday normally are made from blessed palm branches from the previous Palm Sunday. The ashes are sprinkled with Holy Water and incensed before distribution.

When do I wash the Ashes off my face?

There is no specific instruction on how long ashes are to be worn. You can, in fact, wash them off immediately after the service if you want. Many people choose to wear their ashes for the remainder of the day both as a reminder of their own mortality and as a witness before those around that they are a follower of Christ and are entering into a season of examination and abstinence

What is the significances of the 40 weekdays before Easter?

The 40 days of Lent, which precedes Easter is based on two Biblical accounts: the 40 years of wilderness wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

Each year the Church observes Lent where we, like Israel and our Lord, are tested. We participate in abstinence, times of fasting, confession and acts of mercy to strengthen our faith and devotional disciplines. The goal of every Christian is to leave Lent a stronger and more vital person of faith than when we entered.

The Catechism of the Catholic Church states, "The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies and pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works)."

When does Lent end?

Lent officially ends on Holy Thursday. That is when the "Triduum", great three Days of holy Thursday, Good Friday and Holy Saturday occur leading to Easter. Easter is not only a day but an Octave (eight day) celebration leading to a Season of the Church, Easter Season, which ends on Pentecost.

Abstaining from meat traditionally also linked us to the poor, who could seldom afford meat for their meals. It can do the same today if we remember the purpose of abstinence and embrace it as a spiritual link to those whose diets are sparse and simple. That should be the goal we set for ourselves—a sparse and simple meal. Avoiding meat while eating lobster misses the whole point!

Almsgiving: It should be obvious at this point that almsgiving, the third traditional pillar, is linked to our baptismal commitment in the same way. It is a sign of our care for those in need and an expression of our gratitude for all that God has given to us. Works of charity and the promotion of justice are integral elements of the Christian way of life we began when we were baptized.

When must we fast and abstain

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Blessed palms

As we near the end of Lent, we celebrate Passion (Palm) Sunday. At the beginning of the liturgy, we receive palms in memory of Christ's triumphal entry into Jerusalem. As a symbol of triumph, the palms point us toward Christ's resurrection and might remind us of the saints in heaven "wearing white robes and holding palm branches in their hands". The white robes remind us of baptismal garments, and the palms suggest their triumph over sin and death through the waters of Baptism.

A Blessed and very happy birthday to the following council members who will be celebrating their birthdays in the months of February, March, and April, 2025.

02/05 William Hightower 02/06 Michael Sayegh
02/09 Deacon Tom Neppi 02/10 Richard Sosa
02/15 James Roscher 02/20 Bruce Lubkeman
02/22 John Obrien Sr.

03/06 Francis Cook 03/09 Rev. Mark Connell
03/10 Rev. Joseph Tyrrell (Chaplain Council 444)
03/16 William Kuntz Jr. 03/21 Ralph Depew Jr. n
03/25 Rev. Patrick Bonner
03/25 Deacon Peter Haight
03/26 Domingo Ampil 03/26 Brian Doyle
03/27 Peter Vondras 03/29 Stephen Affredou
03/29 Thomas Curtis

04/02 An Pham 04/04 Angel Tapia
04/06 Alberto Laudato 04/09 Leonard McCue
04/13 Mark deCastro 04/17 Richard Irons
04/18 Charles Smith 04/19 Robert Markel
04/25 Dominick Galage

Council Activities

Super Bowl Party

February 9, 4:30 PM till the end
The Chapel at Sacred Heart Church
\$10 per person or bring a dish
Games for the kids; box raffles
Call Bill Kuntz 201-697-9920

Saint Valentine's Day Dinner Dance

February 15
Temple Hill Tavern
6 PM until 10 PM
Dinner, Dancing, Fellowship
\$45 per person
Call Bill Kuntz at 201-697-9920

CLERGY BRUNCH

10 AM, February 17, at Denny's Restaurant
Help us to honor our dedicated Clergy
Remember Clergy are free. We will collect donations
to pay for them. Greg Gaetano at 845-629-2722

Calendar of Council Meetings

Please Note:

**Until further notice all meetings will be held at
8:00 PM in person and on Zoom. Fourth
Degree and Officers' meetings will be in
person only.**

Please call Bill Kuntz at 201-697-9920 if you have
not received a Zoom invite via email.

04 Feb Membership Meeting at 8:00 PM
11 Feb: Fourth Degree Meeting at 8:00 PM
18 Feb: Social Meeting at 8:00 PM
25 Feb: Officers' Meeting at 8:00 PM
04 Mar: Membership Meeting at 8:00 P.M.
11 Mar: Fourth Degree Meeting at 8:00 P.M.
18 Mar: Social Meeting at 8:00 P.M.
25 Mar: Officers' Meeting
01 Apr: Membership Meeting at 8:00 PM
08 Apr: Fourth Degree Meeting at 8:00 PM
15 Apr: Social Meeting at 8:00 PM
22 Apr: Officers' Meeting at 8:00 PM
29 Apr: Corporation Meeting at 8:00 PM
06 May: Membership Meeting at 8:00 PM
13 May: Fourth Degree Meeting at 8 PM
20 May: Social Meeting at 8:00 PM
27 May: Officers' Meeting at 8:00 PM

Fish Fry Fridays

All Fridays in Lent except for Good Friday
5 - 7 PM at the Valastro Center
We Need Helping Hands
Cooks, order takers, cleaners
Bring your entire family!
Call Bill Kuntz 201-697-9920

Communion Breakfast

10:30 Mass at Saint Patrick's Church,
55 Grand Street, Newburgh.
Guest Speaker is Deacon Kevin Noyola
Brunch to Follow at a place yet to be
determined.
Call: Joe Coyle at 845-561-7384
Or Joe Dennis at 845-728-1214

Save the Date

The Kennan L. Ryan Memorial Car
Show
Old Sears parking lot at the
Newburgh Mall
June 22, 10 AM - 3 PM

Deacon Jack Seymour Food Pantry

Need volunteers on Friday' mornings from
9:00 AM to Noon and on Saturday
mornings from 8:30 A.M. to Noon. Note
that the food pantry is at the Sacred Heart
gym. If you can help please note that set
up starts at 7 AM. If you have questions,
please call Linda or Paul at 845-234-8564.

St. Mary's Outreach

St. Mary's Outreach has opened at the
Newburgh Community Center (Armory).
They will operate on the same schedule as
before, the third Friday of every month. Set
up at 8 AM and the distribution starts at 9.