

# THE Paladin



Knights of Columbus Arden/Carmichael Council 4970 District 9 – Division 4  
Serving Our Lady of the Assumption, St. Ignatius of Loyola, and St. John the Evangelist Parishes



AUGUST 2022

VOLUME 23 • NUMBER 2

## Charity

By *Tim Spinelli, Grand Knight*

As Catholics we are encouraged to practice charity. As a Knight, it is our duty and the first and foremost principle we pledge to engage ourselves to, followed by unity, fraternity and patriotism. The common secular definition is simplified as “giving” which falls very short of our definition: “The true love for God and for our fellow people”. Charity is a reflection and glorification of God’s nature.

Charity in action can take many forms. In the infancy of the organization, the Knights of Columbus focused on assisting those afflicted by the depression of the 1890s. Currently in our council I see our brother Knights supporting those with intellectual disabilities through the ID Drive, veterans through our efforts at Stand Downs, and seminarians through our RSVP program, to name but a few. We have many other programs that need a champion to revitalize them. As a modern Knight, where do you practice charity in action? Which program will you champion? How will you sacrifice your time and energy to help?

Use the gifts that God gave you, find a program and volunteer today. Our council is blessed with active and caring Knights that regularly commit to this virtue. Live up to your pledge now and ask your brothers how you can best be active in our council.

**Ubi Caritas Est Vera!**

### Council 4970 Celebrates the lives of our Brothers

By *Will Friesen, DGK*

Two of our brothers transferred to Council 00 in the sky.

Brother Rick Di Regolo passed away after a long battle with cancer. He as council Warden for many years and was an integral part of our pancake breakfast team.

Brother Jack McGettigan passed away this past June. He was instrumental in the success of our bingo program.

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### IT’S HOT SO IT MUST BE ICE CREAM TIME!!

By *Todd Wilson, Chairman*



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## August Calendar

Aug 6 – Rivercats Baseball  
**Raley Field**

Aug 7 – Ice Cream Social 2:00 pm  
**Leatherby’s Family Creamery**

Aug 9 – Business Meeting 7:30 pm  
**Our Lady of the Assumption**

Aug 12 – Vigil/Rosary for Brother  
Rick Di Regolo 5-8 pm  
**Saint John the Evangelist**

Aug 13 – Funeral Mass for Brother  
Rick Di Regolo 11 am  
**Saint John the Evangelist**

Aug 16 – Rosary 7 pm  
**Zoom**

Aug 17 – Bible Study 7 pm  
**Rose Room, Saint Ignatius**

Aug 18 – Ladies Luncheon 1 pm  
**Danielle’s Restaurant**

Aug 23 – Planning Meeting 7:30 pm  
**Our Lady of the Assumption**

Aug 30 – Ladies Night Out 6:30 pm  
**Garcia’s Restaurant**

*Continued from page 1*

**Last Minute Reminder**....Our annual Family Ice Cream Social is once again at Leatherby's Family Creamery at 2333 Arden Way, Sunday August 7th starting at 2 PM. Those monster Ice Cream Sundaes and other lunch menus are hard to top. You can go off your "diet" once a year. Also there is a combo sandwich and ice cream sundae and burgers on the menu. Bring immediate and extended family members and prospects. For more information, please call Todd Wilson, (916) 961-2761. Hope to see you there!

## Simple Song

*By Mike Fazio, Editor*

*I know that things can really get rough, when you go it alone.  
Don't go thinking you gotta be tough, and bleed like a stone  
Could be there's nothing else in our lives so critical  
As this little home.*

**Well, this is  
just a simple  
song**

The chorus to Simple Song by the band The Shins provides two simple, important truths: we can't go it alone, and we all need a place to call home.

In a recent video, catholic writer Matthew Kelly cited a statistic that 36% of all Americans (including 61% of all young people) feel seriously lonely each day. It's hard to feel like no one really knows you. We can feel alone in a crowded room. We all desire to be loved and known just as we are. We hope we

have family, friends and loved ones to whom we can express ourselves fully. Unfortunately, many people hide their true selves from family, friends, and loved one for a variety of reasons. But there is someone you can always show your true self, because he knows it anyway and loves you. And that's Jesus. Jesus is that loved one who accepts us just as we are but loves us too much not to see us grow. He patiently moves us to become the best version of ourselves. He is there in good times and in bad. We are never alone with Jesus.

And while we can always talk with Jesus, he invites us into his home each week. The Church is the place we can all call home. Our parishes—our critical little homes—are places where we can receive the Word and the sacraments, particularly the Eucharist. They hopefully are places of welcome, where we come as we are and become what we receive. Our parishes are living rooms for comfortable rest and joyous celebration, classrooms that challenge us to become the best version of ourselves, and small nooks to find a quiet place for a heart to heart conversation with Jesus and each other. At their best, our parishes are places of love.

I want to close with a short reflection on the last line of the song:

*Love's such a delicate thing we do, with nothing to prove, which I never knew.*

The line reminds we that in our relationship with Jesus and our in our parishes, love is action (or series of actions) that require care and intentionality. But we do not need to prove our love to Jesus or each other. Jesus already loves us, and we just need to accept it. We hope we model Jesus's unconditional love for others in our parishes. And we hope we remember all this as we go throughout our lives and in the work we do for our parishes and the Knights of Columbus.

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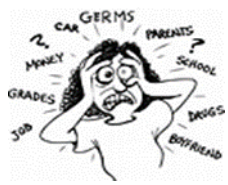
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## JOE'S CAFÉ...Stop by for a tasty bit!

By Joe Romanazzi, Past Grand Knight

### Faith in God is the Remedy for Fear

Once again, we find ourselves in the main dining room, where the monthly breakfast meeting of the Young Catholic Professionals Club is being hosted by Joe's Café. Today's guest speaker is Father Herman Henlee, Pastor Emeritus of St. Gertrude's Catholic Church. Fr. Henlee's topic is FEAR and how we should cope with it as Catholics. Fr. Henlee began by proclaiming **Psalm 27: The Lord is my light and my salvation; whom should I fear? The Lord is my life's refuge; of whom should I be afraid?** Fr. Henlee reminded the audience that St. John Paul the Great began his papacy with the cry: "Be not afraid!" and related his "Be not afraid" theme to trust in Jesus. He expressed his trust and hope that overcomes fear and entrusted his papal pontificate to the merciful Lord by praying: "Jesus, I trust in You!"



Fr. Henlee told the young professionals that we have a choice to either be controlled by our fears or to control them. He said he once read a legend about a mouse who was very afraid of cats. She wished she could become a cat; her wish came true, and she turned into a cat. Then she saw a dog and became afraid again and wished she were a dog.

Her wish was granted, and she turned into a dog. Then she saw a lion and she was terrified by his power and strength and wished she could become a lion so that she would not have to be terrified of the lion. Her wish was granted, and she became a lion. Then she saw a man with a gun about to shoot her. You can imagine what happened next. She wished she could become a human and she did. But when she was sitting in her house, she saw a mouse and she was scared of the mouse. The little mouse frightened her. He said to break the cycle of fear we have to turn to Jesus.

He went on to declare that we fight fear by praying to God and believing he will help us not to be afraid. The saints delighted in having this knowledge. One such saint was St. Padre Pio who said, "Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayer." Fr. Henlee told the group that faith is the virtue by which we firmly believe all the truths God has revealed, on the word of God revealing them, who can neither deceive nor be deceived. He quoted St. Paul saying, "Faith comes by hearing the Word of God." Father explained that truth is revealed by God through Holy Scriptures, the Christian tradition, the Creeds, and the teachings of the Church. Faith, he said, is a free gift given by the Holy Spirit and that we are saved by a living faith that expresses itself in love.

Fr. Henlee summarized his presentation by telling the group, **FAITH IN GOD IS THE REMEDY FOR FEAR AND THAT TRUSTING IN GOD LEADS TO ETERNAL SALVATION.** At that, he blessed them and offered the following closing prayer: **"Lord, we pray that you remove the burden of our old worries and stored grievances, protect us from recurring fears, and heal all those who suffer from the agony of depression and anxiety so that all may know the joy of your love. Amen".**

My Brothers, Miss Norma Di Kamp, the moderator of today's event, thanked Fr. Henlee on behalf of the group and offered the following quote from St. Francis of Assisi. **"Remember that when you leave this earth, you can take with you nothing that you have received – only what you have given: a full heart, enriched by honest service, love, sacrifice and courage."** The quote offered by Miss Di Kamp at today's meeting of the Young Catholic Professionals Club also serves as a **SUPER** message for righteous Knights to always remember and to always practice. This Meeting is adjourned!!

### PRAYER LIST

Names on the sick/distress list are removed after being on the list for more than one year. Names may be reinstated simply by contacting Will Friesen at [will.friesen@friesen-research.com](mailto:will.friesen@friesen-research.com), or by personal request at any meeting. Some very long-term entries (marked with an asterisk) will remain since they are known special cases. Names will continue to be removed each month as their anniversary occurs.

Brothers, families, and friends listed below will be remembered during our business meetings:

**Aborted Children**  
**All Caregivers of the sick**  
**Mario LaSchiazza**  
**Ben Dougherty**  
**Joe Kievernagel**  
**Mark Kievernagel (dec)**  
**Richard Hill (dec)**  
**Steven Koscheski (dec)**  
**Pope Francis**  
**Father Dave Ayotte (dec)**  
**Don and Joan Cotton**  
**Richard Shuttz (dec)**  
**Michael Aseltine (dec)**  
**Christopher Scott (dec)**  
**Bill Davis**  
**Jacintha Ezeudoye (dec)**  
**John DePiazza (dec)**  
**Robert Sholtes(dec)**  
**Rick Di Regolo (dec)**

### **Lady Knights:**

**Danielle Corcoran**

To report illness or death contact

**Fraternal Committee**  
**PGK Michael Dougherty**

## SACRAMENTO STAND DOWN: SATURDAY, OCTOBER 15.

By Dan Aseltine, Veterans Chairman

Stand Down is a military term that refers to a relaxation of the operational tempo of a military unit from a highly-stressful posture. In our context, it is an attempt to provide temporary respite for homeless Veterans. It represents a hand-up, not a handout.

Sacramento's next Stand Down will occur on Saturday, October 15 from 8 a.m. to 2 p.m. Surplus Department of Defense and civilian cold weather clothing will be distributed to homeless Veterans.

Some of the services that are anticipated to be offered include:

- Mental Health & Counseling
- Dental Services (by appointment)
- Veterinarian Services
- Housing/Employment Services
- Health & Human Services
- Drug & Alcohol Counseling
- Haircuts

Covid protocols will be in place..

PGK Miguel Sabral is looking for volunteers to help with set-up and take-down, as well as the event itself. Please contact him directly at [michaelsabral@yahoo.com](mailto:michaelsabral@yahoo.com) or 916 397-1728



Thank you for considering this volunteer, fraternal activity as Council 4970 seeks to assist those who have worn the uniform as they prepare for the upcoming winter.

## Supporting the Neonatal Section of Sutter Hospital

By Jean Gabbo, Lady Knight

Thanks to Joanne Hancock and her wonderful knitting machine, we donated over 100 baby hats to the hospital last month. Since Joanne was out of town, Jeannie and Gene Gobbo make the trek to the hospital in Roseville for the donation. Thanks to all the ladies who have worked with Joanne in the past, but this one was 100% Joanne.



## Around the Council



Left: Grand Knight Tim Spinelli receives the gavel from PGK Joshua Figerora to start the 2022-23 Columbian Year.

Right: Lucas and Robbie Spinelli were given Altar Server Awards. Shown here with proud parents GK Tim Spinelli and Lady Knight Irene.



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## July 2022 Families of the Month

By Gene Gobbo, Past Grand Knight

Congratulations to both the Frank Consulo and Steve Hall families as our July 2022 Families of the Month.

Frank is currently single with three adult daughters and one adult son. Steve is married to Bobbie and has 3 adult sons. Frank and Steve co-chaired our recently completed and highly successful Fireworks Booth program netting the Council/Corporation approximately \$20,000.

Frank Consulo has primarily served in the customer service industry, working at Harold Ford Dealership, but has owned an auto repair shop and co-owned a restaurant in the Sacramento area. He attends St. Ignatius parish for the past 5 years and volunteers at St. John's St. Vincent de Paul Food Locker. He also volunteered at the Sacramento Loaves and Fishes and Christmas Food for the Poor. He joined the Order in October 2010 and currently serves as the council's Chancellor.

Brother Steve Hall and Lady Knight Bobbie have been married 53 years. They have three adult sons who have blessed Steve and Bobbie with five grandchildren. Steve served in the U.S. Navy from 1966 to 1972 as a Boatswain's Mate Petty Officer. As a civilian he was a professional photographer for 20 years, working in portraiture, fashion, catalogs, travel, and corporate work. When it was time to slow down and to be closer to home, he went to Franklin Templeton Investments as a training program developer and instructor. After 10 years in that position it was time to retire. Retirement hobby for Steve is Restoring Model A Fords with his sons. Back in the day he was a student at St. Philomene School and attended the parish, but Our Lady of the Assumption is now his home parish. Steve received his three fraternal degrees in September 2021 and currently serves as our Outside Guard.

Council 4970 is honored to list the Consulo and Hall families as members of our council.



*Continued from page 1 – Council 00*



On July 20, after a long battle with Cancer, Brother Rick passed away. Rick made an emotional final visit to the March business meeting where Brother Ken Macdonald read a letter from him. He leaves behind his wife Barbara and 4 adult children. Funeral services will be at St. John the Evangelist; rosary on Aug 12, funeral mass Aug 13.

Brother Jack McGettigan passed away this past June while residing in Tucson after living in Carmichael for many years with his wife Gloria. Brother Jack and Gloria were instrumental in the success of our bingo program in the late 80s and early 90s. May Jack and Gloria rest in peace.



## The Right to Life

By Will Friesen, DGK

Pope Francis, in the audience granted on May 11, 2018, to the Prefect of the Congregation for the Doctrine of the Faith, Cardinal Luis Ladaria, approved the following new text of the n. 2267 of the Catechism of the Catholic Church, arranging for it to be translated into the various languages and included in all the editions of the aforementioned Catechism.

*2267. Recourse to the death penalty on the part of legitimate authority, following a fair trial, was long considered an appropriate response to the gravity of certain crimes and an acceptable, albeit extreme, means of safeguarding the common good.*

*Today, however, there is an increasing awareness that the dignity of the person is not lost even after the commission of very serious crimes. In addition, a new understanding has emerged of the significance of penal sanctions imposed by the state. Lastly, more effective systems of detention have been developed, which ensure the due protection of citizens but, at the same time, do not definitively deprive the guilty of the possibility of redemption.*

*Consequently, the Church teaches, in the light of the Gospel, that "the death penalty is inadmissible because it is an attack on the inviolability and dignity of the person", [1] and she works with determination for its abolition worldwide.*

KNIGHTS OF COLUMBUS  
ARDEN – CARMICHAEL COUNCIL 4970  
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**ELECTRONIC SERVICE  
REQUESTED**

### Ladies Night Out

*By Ray and Pat Fischbach*

The Council thanks PGK Peter Kilkenny for coordinating our Ladies Night Out for these past many years. He did a great job with at least 20-25 of our Ladies and Knights attending each and every dinner. Thank you Peter. Peter also put out a request for his replacement. Ray and I took the request, and since we have been attending most of the dinners, we are very aware of how much the event is a beautiful social for us Ladies to be shown appreciation for our support of the Council. We therefor accepted coordinating the event. That said, we have made arrangements at one of our favorite spots, Garcia’s Restaurant at 6049 Madison Ave (near Manzanita) for 6:30 PM on the fifth Tuesday, August 30<sup>th</sup>. Since the next fifth Tuesday is in November and Thanksgiving will have just past, this August social will be our last until next year. Our phone number is 916-485-4858 for information, no reservations necessary.



### Knights of Columbus Ladies Luncheon

*By Jean Gobbo*

Our next luncheon will be at 1 PM on August 18th at Danielle’s Restaurant, 3535 Watt Ave. The restaurant is located at the corner of Fair Oaks Blvd and Watt Avenue. If at all possible, it is suggested carpooling, as parking can be a nightmare there! During the summer, Danielle’s has the best Gazpacho in town!

Questions? You can call Glenda MacDonald at 916-631-0774 or myself, Jean Gobbo at 916-283-5223.

