

# 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



JANUARY 2024

VOLUME 24 • NUMBER 7

## Who Are You Talking To When You Pray?

*By Will Friesen, Grand Knight*

When I talk to someone new on the phone, I might not know what the other person looks like, but my mind creates an image. That image is partially formed because of the sound of their voice coming from the other end. I might assume that the other person is a tall male that is sitting at a desk.

If I asked you who you are talking to when you pray, I know that your answer will be God. Tell me about your God? Do you see Charlton Heston? Does God have a face? Prayer is having a conversation with God. A conversation has two directions. I am not always the first to talk, but I am in a better place to listen if I start the conversation.

When I was young, God was like my grandfather, but angry and judging like my dad. Most of the time, I was afraid to talk to God so I stuck with the Catholic prayers so as not to disappoint. When I did just talk, I would start with, "I am sorry for having offended you." I was not happy after prayer.

I remember reading first Thessalonians 5:16-17: "Rejoice always, pray without ceasing." How can these two concepts be right next to each other in the bible?

When I was just 19, I climbed up onto a north bound train in November on a rainy night in Oslo. As I sat back in my seat, by the window and wrapped my arms together to keep warm, I began to talk to God. "God, why do I always seem to disappoint you?" As I look back, I was only 19. I did well in school. Why did I feel like I had disappointed God? I fell asleep thinking about my failures.

When I woke up the train was stopped. I looked out the window and the world was white. Not just a little white. Nothing but white. During the night the rain turned to snow and 5 feet of fresh snow had fallen while I slept. By concentrating my focus, I could see a slight change in color between the ground and the sky. I noticed in the distance a thin line of white smoke coming from what must be a chimney. I was struck by how pure and clean everything looked.

## January Calendar

### January 2

Rosary, 7 p.m., Zoom

### January 3

Memorial Mass for Ben Dougherty,  
8:00 a.m., OLA

### January 4

Men's Bible Study, 7 p.m., SI

### January 9

Dinner and Business Meeting, 6 p.m.,  
St. John's Hall, OLA

### January 14

Pancake Breakfast, 8:30 a.m., SJE

### January 16

Rosary, 7 p.m., Zoom

### January 18

Ladies Luncheon, Mimi's, 1 p.m.  
Men's Bible Study, 7 p.m., SI

### January 23

Planning Meeting, 7:30 p.m.,  
St. John's Hall, OLA

### January 31

Ladies Night Out, 6:30 p.m., Chilli's

**Continued from Page 1- Who Are You Talking to?**

Then I heard God say, "That is how clean your soul is after confession." I was suddenly lighter. I did not feel judged. I no longer felt that God was disappointed in me. For the first time I knew what forgiveness truly means. I felt loved.

Today, the God that I talk to when I pray has a kind look and a smile on his face. He still has blue eyes like my dad but is proud of my good works and supportive when I stumble. My prayers are conversational and flowing. Today it is easy to pray and still rejoice. I start with, "God, how am I doing today?"

The next time that I was reading first Thessalonians the verse that jumped out at me was a few lines later. First Thessalonians 5:23: "May the God of peace himself make you perfectly holy and may you entirely, spirit, soul, and body, be preserved blameless for the coming of our Lord Jesus Christ."

I must admit that I have a long way to go before my rejoicing is always and my prayers are without ceasing. I can promise you that it is much easier with a happy and loving God.

God Bless!

**Photos From Annual Christmas Dinner****COUNCIL 4970 OFFICERS****Grand Knight**

Will Friesen (916-225-2440)  
[will@friesen-research.com](mailto:will@friesen-research.com)

**Chaplain**

Fr. Eduino Silveira (916-481-5115)  
[pastor@olaparish.net](mailto:pastor@olaparish.net)

**Deputy Grand Knight**

Frank Consulo (916-366-7131)  
[fconsulo@sbcglobal.net](mailto:fconsulo@sbcglobal.net)

**Financial Secretary**

Dcn. Larry Niekamp (916-962-1324)  
[4970fs@gmail.com](mailto:4970fs@gmail.com)

**Chancellor**

Steve Hall (916-787-1069)  
[townsedan1930@gmail.com](mailto:townsedan1930@gmail.com)

**Warden**

Peter Kilkenny (916-692-5446)  
[pakcantor@gmail.com](mailto:pakcantor@gmail.com)

**Guards**

Bill Davis  
Ben Dougherty

**Treasurer**

Steve Millner (916-502-3162)  
[stmillner@yahoo.com](mailto:stmillner@yahoo.com)

**Recorder**

Gary Mello (916-996-7438)  
[gmello918@gmail.com](mailto:gmello918@gmail.com)

**Advocate**

Todd Wilson (916-961-2761)  
[toddwilson@sbcglobal.net](mailto:toddwilson@sbcglobal.net)

**Lecturer**

Joe Romanazzi (916-524-3394)  
[jromanazzi@yahoo.com](mailto:jromanazzi@yahoo.com)

**Trustees**

Michael Dougherty (916-470-7599)  
[madphd@comcast.net](mailto:madphd@comcast.net)

Josh Figueroa (707-812-4894)  
[mr.joshuafigueroa@gmail.com](mailto:mr.joshuafigueroa@gmail.com)

Tim Spinelli (916-812-0518)  
[tim.spinelli@gmail.com](mailto:tim.spinelli@gmail.com)

**District Deputy - District 9**

Lou Salvatore

**Insurance Field Agent**

Art Aguilar (916-275-7574)

## Council 4970 Mourns the Passing of Guard Ben Dougherty

By Joe Romanazzi, Past Grand Knight and Michael Fazio, Editor

With sadness and heavy hearts, we inform you that our Council 4970 Brother Knight, Guard Ben Dougherty, passed away on December 17. Ben was in ICU in a deep coma and on a respirator since suffering a massive stroke. Brother Ben was 49 years old at the time of his passing. Funeral services are being planned and will be announced when completed.

He was a member of our Council since June 2019. Recently, Ben was on the serving line at the Saint Ignatius Breakfast with Santa, with an enthusiasm to serve. Here's Ben with some of our brothers:



We grieve with Ben's father and mother, Past Grand Knight Mike Dougherty and Lady Knight Rosemary, and the rest of the Dougherty Family. We ask God to lavish them with His heavenly grace and offer our love and prayers during this difficult time. Although his earthly journey has ended way too soon, we take solace that Brother Ben's earthly suffering has also come to an end and his new life in Heaven has begun. Rest in Peace, Ben!

### PRAYER LIST

Please remember these intentions in your prayers:

**All children lost to abortion  
All unborn children and their mothers**

**All Caregivers of the sick  
Deceased of Council 4970**

*Joe Kievernagel*

*Dan Aseltine*

*Jerry Butler*

*Pope Francis*

*Pope Benedict (dec)*

*Michael Aseltine (dec)*

*Christopher Scott (dec)*

*Jacintha Ezeudoye (dec)*

*John DePiazza (dec)*

*Robert Sholtes(dec)*

*Rick Di Regolo (dec)*

*Frank Gianattasio (dec)*

*Georgia Royal (dec)*

*Michael Profumo (dec)*

*Joan Cotton*

*Carolyn "Susie" Fonteyn (dec)*

*Bob Akers*

*Anthony Praxel (dec)*

*Kenneth Scribner (dec)*

*David Bland (dec)*

*Danielle Corcoran (dec)*

*Parishioners of SI, SJE, and*

*OLA Parishes*

*Gene Gobbo*

*Ben Dougherty (dec)*

**To report illness or death  
contact the Grand Knight**

**Program Directors****Sr. Program Director**

Frank Consulo (916-366-7131)

**FAITH**

Mike Fazio (973-747-6007)

**FAMILY**

Shawn Herrick (916-607-0404)

**COMMUNITY**

Loren Wallin (916-878-7777)

**LIFE**

Ken Macdonald (916-631-0774)

**COUNCIL AFFAIRS**

Gene Gobbo (916-283-5223)

**Selected Service Committees****Youth**

Loren Wallin (916-723-2970)

**Membership Director**

Tim Spinelli (916-812-0518)

**Public Relations**

Gene Gobbo (916-283-5223)

[egobbo@surewest.net](mailto:egobbo@surewest.net)**Paladin Editor**

Michael Fazio (973-747-6007)

[mfazioshu3@gmail.com](mailto:mfazioshu3@gmail.com)**Website**

kofc4970.com

## Council Spreads Christmas Cheer Through Pancake Breakfast!

By Michael Fazio, Editor

Children and children at heart were treated to a wonderful pre-Christmas celebration at Saint Ignatius and Our Lady of Assumption parishes in December. The Council cooked for the Breakfast with Santa programs at both parishes and schools. Combined with the November breakfast at Saint John's, the Council served over 1200 people. And folks expressed their joy at receiving our delicious pancakes and eggs.

Here are some pictures showing our brothers at work:



## ID Drive Donations Shatter Previous Records, Exceeds \$33,100!

By Joe Romanazzi, Past Grand Knight, ID Drive Chairman

The results of our Council's 2023 ID Drive were both SENSATIONAL and HISTORIC, breaking all previous donation records. We received an additional \$15,150.00 in ID Drive donations in December, which brought our total to \$33,108.61. This is an increase of more than \$13,000 over last year's total of \$20,074.29. Below are our final 2023 updated Council figures for the benefit of the "Special Campers" of Camp ReCreation.

**St. John the Evangelist Parish (SJE): \$1,547.19**

**Our Lady of the Assumption Parish (OLA): \$2,105.71**

**St. Ignatius of Loyola Parish (SI): \$2,189.51**

**Emigh Hardware: \$1,850.94**

**Mail-ins received from Brother Knights, Lady Knights and Others: \$25,415.26**

**TOTAL DONATIONS RECEIVED: \$33,108.61**

My Brothers, we store up treasure in Heaven by the good we do on earth. St. Augustine said, "Since you cannot do good to all, you are to pay special attention to those who, by the accidents of time, or place, or circumstances, are brought into closer connection with you." The Spirit of the Lord is definitely upon our Council as we continue to serve Him and witness to His compassionate love. Not only with our annual ID Drives, but with all of our programs and activities.

## At the Business Meeting



At the December business meeting, Family Chair Shawn Herrick presented a certificate to Len and Paula Zerilli in honor of their selection as Family of the Month for November. Congratulations to Len and Paula. We give thanks for all their great work for the Council.

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

By Joe Romanazzi, Past Grand Knight



*Good morning and welcome to Flight 2024. We are prepared to take off into the New Year. Please make sure your Positive Attitude and Gratitude are secured and locked in the upright position. Self-destructive devices: pity, anger, selfishness, pride and resentment should be turned off at this time. All negativity, hurt, and discouragement should be put away. Should you lose your Positive Attitude under pressure during this flight, reach up and pull down a prayer. Prayers will automatically be activated by Faith. Once your Faith is activated, you can assist other passengers who are of little faith. There will be NO BAGGAGE allowed on this flight. God, our Captain, is in control and has cleared us for take-off. DESTINATION – HEAVEN*

This poem by an unknown author has been floating around on the internet with some slight variations for a few years and largely just gets updated for a new year designation.

Charles Rozell Swindoll knows a lot about the importance of attitudes, human nature and God. Swindoll is a radio preacher, author, and evangelical Christian pastor. He founded "Insight for Living" based in Frisco, Texas. It airs a radio show of the same name in 15 languages on more than 2,000 stations across the world. The following are six of Pastor Swindoll's quotes that help illustrate how our lives are all about perspective, faith and prayer.

1. "Life is 10% what happens to you and 90% how you react to it."
2. "Think first. Talk less. Start today."
3. "We are all faced with a series of great opportunities brilliantly disguised as impossible situations."
4. "The difference between something good and something great is attention to detail."
5. "We have a choice every day regarding the attitude we will embrace for the day. Life is 10% what happens to us and 90% how we react to it. Our attitude is everything."
6. "Anything under God's control is never out of control."

Have you ever noticed how after it stops raining the imperfections, cracks and small weeds in concrete all seem to show clearly? It has been said that no one notices our tears, sadness and pain. But they all notice our mistakes. How we react and our attitude about these things is everything. Instead of being discouraged by the problems we face and accusing one another when something goes wrong, remember we have a Catholic faith that empowers us and we must learn to practice **Faith Over Fear**. The Great St. John Paul II fought back against a world broken by fear and despair his whole life. Forty-five years ago, at his first Mass after being elected the Vicar of Christ, John Paul II looked out at the huge crowd gathered in St. Peter's Square, and urged them: "Be not afraid." He knew well that Christ was the source of joy and courage and ultimately was in control of everything.

There are days when we want to give up. We grow tired of falling and asking for forgiveness for the same old mistakes. This causes some people to withdraw from God.

*Continued on Page 7*

*Continued from Page 6- Joe's Café*

St. Augustine, the "Doctor of Grace" is one of our most influential Catholic theologians. He said, "God loves saving, not condemning, and therefore He is patient with bad people, in order to make good people out of bad people." St. Augustine warns us never to withdraw from God because He never gets tired of forgiving us. It is we who think we are no longer worthy of God's forgiveness. *Psalm 117*, the shortest of all *Psalms* in the *Bible* captures the promise that God never wearies of calling us back to himself. His patient love and infinite mercy exceeds all our stubbornness and yes, even at times, our stupidity,

My Brothers, **WELCOME to 2024!** May God dwell in our hearts through faith, and may our New Year be filled with *Captain God's* peace, happiness, love, joy and good health.

---

**O Come Let Us Adore Him!**



The Spinelli brothers, sons of PGK Tim Spinelli, visited the Christ child after serving Christmas mass.

KNIGHTS OF COLUMBUS  
ARDEN – CARMICHAEL COUNCIL 4970  
PO BOX 175  
Carmichael CA 95609

**ELECTRONIC SERVICE  
REQUESTED**

---

## Ladies Luncheon

*By Jean Gobbo*

In 2023 our Ladies Luncheons, held on the third Thursday of the month, had between 10 and 20 ladies enjoying lunch. Our next Ladies Luncheon will be on January 18 at Mimi's, Alta Arden Expy at 1 PM with a room already reserved for us. Let's start the new year by filling the tables at Mimi's. Looking forward to seeing you there. If you have any questions, please call Glenda Macdonald at 916-631-0774 or Jean Gobbo at 916-261-8674.



## First Ladies Night Out of 2024

*By Pat Fischbach*

Tuesday, January 30, 2024 is the first Ladies Night out of the new year. It will be at 6:30 p.m. at Chili's, 5303 Sunrise Blvd. Citrus Heights (south of Madison). Please call Ray Fischbach if you have any questions at 916-485-4858. Thank you.