

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



MARCH 2023

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Eye of the Storm

By *Tim Spinelli, Grand Knight*

We are men, from many walks of life, bound together by our faith. This is what gives us strength, what drives our service, what satisfies our soul. When individual fibers are bound together, they become a strong cable.

As a neophyte, I sat in the meetings listening to the gavel rap, followed by the repeated sitting and standing we Catholics are so accustomed to do. The reports were read, the awards were presented, and recognitions given. The significance of these happenings was lost on me until I took the mighty leap forward and served as Grand Knight. I spent several weeks discerning if I should obligate myself to the intimidating role that would demand my focus. The key to my decision was witnessing the integrity of those who went before me. I saw men dedicated to their faith, acting in accordance to scripture, placing others above themselves. The strength of any cable depends upon the quality of the fibers, and their perfect union.

The true nature of the council did not come into focus until I stood at the eye of the storm. Our programs are led by strong individuals, surrounded by supporting brothers, becoming a flurry of activity that culminates in grand acts of service both big and small. As these activities continue throughout the Columbian year, the Grand Knight stands at the middle of these whirling eddies, hopefully guiding and encouraging them, battered by a sea of emails and phone calls, witnessing the grandeur of what men focused in the service of God can accomplish.

This is *my* council, not that I own or command it, I have joined my brothers to become one. I advocate that every knight devote himself to experience this.

Dedicated to the principle of Unity, we pray with Our Lord that his followers “may all be one.”

Consider Adding a Daily Reflection to Your Lent.

By *Will Friesen, Deputy Grand Knight*

There are many resources to deepen your walk with Christ during lent. There are a few that send daily reflections directly to your inbox.

Dynamic Catholic sends a message from the leaders of Dynamic Catholic along with a response from other employees that work there. Sign up for their Best Lent Ever series: <https://www.dynamiccatholic.com/lent.html>

Word on Fire sets out into the deep to reveal what it means to truly encounter Christ by proclaiming the universality of the Catholic faith. Sign up for daily messages from Bishop Robert Barron at World on Fire:

<https://www.wordonfire.org/reflections/lent/>

March Calendar

- Mar 2 – Men’s Bible Study 7 p.m.
Rose Room, SI
- Mar 3 – Soup and Stations 5:30 pm
St John the Evangelist
- Mar 6 – Knight at the Kings 7pm
Golden1 Arena
- Mar 7–Mass- Jim Hagarty 8:30 a.m
St John the Evangelist
- Mar 7– Rosary 7 pm
Zoom
- Mar 14 – Business Meeting 7:30 pm
Our Lady of the Assumption
- Mar 16 – Ladies Luncheon
Seasons 52
- Mar 16 – Men’s Bible Study 7 p.m.
Rose Room, SI
- Mar 21– Rosary 7 pm
Zoom
- Mar 28 – Planning Meeting 7:30pm
Our Lady of the Assumption

We don't see things as they are; we see them as we are.

~Talmud

By Will Friesen, Deputy Grand Knight

While the title of this article was originally meant as a lesson on understanding our dreams, it has a powerful message to us in our everyday life. Whenever you see someone doing something that offends you or whenever you hear someone say something that offends you, remember that it offends you because of how YOU got here. What was said could have been well intended or it could have actually been in poor taste. Always know that you control how you receive it or respond to it. If you always set out to have a wonderful day, you will have more good days than bad. Set yourself up for joy by making sure that you are in a place to see the sunshine even before the rain stops. If you plan to pray for everyone that wrongs you then your woe becomes an opportunity to talk to God.

Ash Wednesday Always Brings Me a Smile

By Will Friesen, Deputy Grand Knight

While receiving ashes on Ash Wednesday, I remembered an incident that happened over 30 years ago.

I was in the sacristy with some brothers helping Father prepare for the Mass. The nave was filling up so Father asked if I would assist with the distribution of ashes. I was a bit surprised, but Father assured me that it was licit.



A few moments later my friend Chris asked if I was available to help with ushering during mass. I told him that I was not available at that time because I was distributing the ashes. Chris said that he was not getting in my line because I would probably do this and with his thumb he drew a line from the top of his forehead down to his chin and then from his left cheek over to his right. Neither of us were aware that Father had overheard.

During the time when we were putting the sign of the cross on people's foreheads, "Remember man that you are dust and to dust you shall return.", I looked up to see Chris making a big gesture of moving from my line to Father's. I had just finished putting a cross on the last forehead in my line and looked over to Father's line.

Chris was the last person in Father's line. Father blackened his thumb and proceeded to draw a line from the top of Chris's forehead down to his chin. I was in shock. He dipped his thumb a second time and drew a line from Chris's left cheek to his right. Chris did not move. Father did not even crack a smile. I was fighting to remain stoic. I felt a tear of laughter run down my cheek.

After Mass we met again in the sacristy. When I saw Chris the laughter started rolling. We hugged and laughed. After shaking hands with the parishioners after mass, Father came into the sacristy. He looked at Chris and started to chuckle. "Don't wash it off," he warned.

It might not have been very reverent, but it makes me smile every year on my way up to get ashes. Father George Plaster, you will always have a warm place in my heart.

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JOE’S CAFÉ...Stop by for a tasty bit!

By Joe Romanazzi, Past Grand Knight

A Rainy Day, Lost Luggage and Tangled Christmas Tree Lights

Maya Angelou (1928-2014), American poet, memoirist, and [civil rights activist](#) remarked, “You can tell a lot about a person by the way they handle three things: a rainy day, lost luggage and tangled Christmas tree lights.” She knew that all of these things are best handled with applications of [wisdom](#) and [humor](#).

God’s natural and spiritual wisdom puts all of life in the right order for us. When Solomon became king, God appeared to him in a dream and gave him the opportunity to ask for whatever he wished. Solomon chose wisdom over riches and power—a very wise first choice. Soon after he received all three.



Wisdom comes in many forms. [Wisdom](#) is having knowledge and experience that often comes from trial and error. Words of wisdom can be just the thing we need to get out of a tough situation, or to avoid one. Wisdom also consists in speculating and pondering about the nature of life, death, and the trials and misfortunes that we all encounter every day as part of our human condition. Lastly, there is the wisdom that only God can give. God does not withhold his wisdom, but bestows it as a gift. Wisdom ranks among the gifts of the Holy Spirit (Isaiah 11:2-3). Through His divine wisdom, God grants us the ability to see the world as He sees it. If we live the Gospel faithfully and treat each other as He commands, peace and joy can be ours now and a promised room in His Heavenly mansion later on.

Good humor can provide peace and tranquility to our lives. We can survive all kinds of bad things if we maintain a sense of humor to help us get over life’s many hurdles. Without a sense of humor, we are in trouble. It’s impossible to feel hurt and laugh at the same time so sometimes we have to laugh to keep from crying. The late [Betty White \(1922-2021\)](#) said, “It’s your outlook on life that counts. If you take yourself lightly and don’t take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver.”

Our loving God is writing our stories every day. Just like automotive vehicles are not the only things recalled by their maker, someday we all will pass through the shadows of this world and enter the brightness of eternal life. We want to do so with smiling, cheerful faces because God doesn’t like seeing sad, sour-faced people. The creation of man and the duck-billed platypus in the same week proves that God has a sense of humor. He knows that Laughter is good medicine for our bodies and for our souls.



My Brothers, the key to possessing a sense of humor is to be wise enough to see things in proportion. St. Philip Neri (1515-1595) had a sense of humor. He was noted for his ability to be cheerful and to laugh because of the tremendous joy he had for Christ. He said, “Cheerfulness strengthens the heart and makes us persevere in a good life; wherefore the servant of God ought always to be in good spirits.” This is powerfully true and something that we as Brothers in Council 4970 and servants of God ought to always reflect upon and make a daily habit to practice.

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, 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**
- Joe Kievernagel**
- Pope Francis**
- Pope Benedict (dec)**
- Michael Aseltine (dec)**
- Christopher Scott (dec)**
- Bill Davis**
- Jacintha Ezeudoye (dec)**
- John DePiazza (dec)**
- Robert Sholtes(dec)**
- Rick Di Regolo (dec)**
- Frank Gianattasio (dec)**
- Dan Aseltine**

Lady Knights:

- Joan Cotton**
- Carolyn "Susie" Fonteyn (dec)**

To report illness or death contact

- Fraternal Committee**
- PGK Michael Dougherty**

SK Ruben Lujan 1937-2023

We Wish We Would Have Known You

By Joe Romanazzi, PGK



Father Matt Yim, SJ, from Saint Ignatius of Loyola (SI) Parish, asked Brothers Rich Romo and Mike Fazio, if they could arrange for Council 4970 members and a 4th Degree Honor Guard to attend the Mass of Christian Burial for Ruben Lujan, a 4th Degree Knight. SK Ruben was not a member of Council 4970 or either of the two Assemblies serving our area. Father Matt was not expecting many, if any, members of SK Ruben’s Council or Assembly in Southern California to come. Brother Fazio put the wheels in motion and put out the call. We did not know our deceased fraternal Brother Ruben Lujan or his family, but when you are a member of the Knights of Columbus that doesn’t matter.

Ruben Lujan, a 4th Degree Knight with the Alhambra, CA, Council, had his funeral Mass celebrated on Friday, February 17, 2023, at Saint Ignatius Church. Donning official blue Council shirts and jackets, Council 4970 Brothers Peter Kilkenny, Rich Romo, Joe Romanazzi, Tony Carvelli and Bruce Collins, along with Lady Knight Linda Collins, attended the Mass. A 4th Degree Honor Guard was assembled by Council 4970 Brother/SK Michael Langer, Honor Guard Commander for the Bishop Manogue Assembly. Also participating were SK John Habr, Honor Guard Commander for Christ the King Assembly, and District Marshall Rich Thompson. The Knights answered the call and came through to show support for Lady Knight Martha and the rest of the Lujan Family. Lady Knight Martha was thrilled with the contingent of Knights and the Honor Guard at the funeral, as the Knights are important to their family (Martha’s father and uncle were also Knights).

Following his funeral Mass which included a Mariachi band and music by SI Music Director Alan Nissila, SK Ruben was laid to rest at Calvary Catholic Cemetery in Sacramento. We wish we would have known you Brother Ruben, but in Heaven we will. *May you find the gentle embrace of our Good Shepherd and rest in peace.*



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2023 District 9 Free Throw Championship

By Loren Wallin

Our 12 Council winners went on to compete at the District 9 Contest, hosted by our Council and District Deputy Chris Ornelas at the St. Ignatius gym on Sunday, Feb. 5th. Presentation Council 15693 and St. Robert's Council 11724 were the only other councils in our District that held a contest. Many thanks to DD Chris Ornelas, Joe Romanazzi, Peter Kilkenny, Ken Macdonald, Michael Langer, Frank Consulo, Len Zerilli, free throw chairmen Gene Trinca from Presentation council and Matthew Brennan from St. Robert's council for being there and helping out. There were a total of 19 boys and girls that participated at this contest that night. These District winners go on to compete at the Northern California Chapter Contest on Feb. 25th at St. John the Baptist Parish in Folsom. The Chapter winners go to the Northern California State Contest in March. Here are the District 9 winners, their scores, councils and schools;

Age 9	Girls	(no participants)	
	Boys	Sutter Weeden (16/25)	SI
Age 10	Girls	Madeline Marino (4/25)	SI
	Boys	Travis Vipond (21/15)	OLA
Age 11	Girls	Savanah DuFosee (19/25)	SI
	Boys	Luke Elorduy (18/25)	SI
Age 12	Girls	Elise Vipond (16/25)	OLA
	Boys	Payne Stark (15/25)	OLA
Age 13	Girls	Emma Laird (11/25)	SI
	Boys	Jaylen McDowell (18/25)	OLA
Age 14	Girls	(no participants)	
	Boys	Samuel Sanches (21/25)	Presentation



At the End of the Flight

An airline pilot wrote that on this particular flight he had hammered his ship into the runway really hard. The airline had a policy which required the first officer to stand at the door while the passengers exited, smile, and give them a 'Thanks for flying our airline.' He said that, in light of his bad landing, he had a hard time looking the passengers in the eye, thinking that someone would have a smart comment. Finally, everyone had gotten off except for a little old lady walking with a cane.

She said, "Sir, do you mind if I ask you a question?"

"Why, no, Ma'am," said the pilot. "What is it?"

The little old lady said, "Did we land, or were we shot down?"

Novena of Grace Talk: The Body of Christ in the Home

By Mike Fazio, Editor

The following was presented at Saint Ignatius on Friday, February 24, 2023 as part of the Parish's Novena of Grace. Check out <https://www.stignatiussac.org/novena-of-grace> for more information about the Novena and other presenter's talks.

My favorite line of the song "Our God is Here" by Chris Muglia says "Here we become what we receive, here in this Eucharistic feast." Here at mass, we receive and become the Body of Christ. We become Christ's hands, Christ's feet, Christ's eyes, his arms and legs, his voice. At the end of mass we are instructed "Go in peace, glorifying the Lord by your life." We go forth in service to others.

I don't need to go far to engage in service to others. There are plenty of opportunities in the Fazio home. Lunches to prepare, diapers to change, kids to be transported wherever they need to go. There's playing games, helping with homework, providing a listening ear to my wife, and holding our infant daughter.

These moments—holy moments if I would allow them to be—are not the ones I usually seek out for service. Truth be told, I find it easier to serve at mass, or organizing an event for the Knights of Columbus, or serving as a member of our Catholic School Advisory Committee. Or even in my work as an attorney and educator. I can use my talents well, with others who inspire and support me, and with a dose of gratitude and adoration for a job well done.

At home, it's a different story. It's work. Hard at times, not in the limelight, and sometimes unappreciated. It's not what I think of as service, and often it is the time and place that I want to be served after serving others.

As today's Gospel suggests, it's time for me to fast from what I want so that I can better serve my family. It's become clear to me that there is work that God needs ME to do in my home. Work of a father tending to his family. A father doing small acts with great love. So, a made lunch, a game played, a diaper changed, or hug given is serving God's greater purpose if done with love. I am creating holy moments for my family. And while no one else will see it, God does, and so does my family. I'm showing them how to be the Body of Christ.

And I also have that teammate who inspires me at home. My wife Elena is a great example of how to live life doing small acts with great love. Yes, she's an outstanding attorney in her own right. But what my daughters and I see is someone who day after day, often to the point of exhaustion, sacrifices her own needs to do small things for the four of us, and does them with great love.

So I'm taking a page from my wife's playbook. To be sure I am still going to be giving my loving service to Saint Ignatius. But I'm also going to put more of my time and energy to being Christ within my home. To be the eyes, ears, hands, feet and voice of Christ to my wife and children. And do so with the hope and prayer that they, too, will become the Body of Christ.

My Lenten Gut Check

By Will Friesen, Layout Editor

Every Lent I plan to become closer to Christ. I set out to pray more to study more to do more. I like to look forward to think about what I could be. I call this effort my journey to understand my purpose. Today I want to start with a look in the rearview mirror.

I tell myself that I am a good man, but am I being honest? I always plan to do the right thing but do I always do the right thing? My friends will tell me that I am good, but how should I know that I can believe them?

I want to offer a very simple test that all by itself will tell you the answer to what you consider your purpose. God gives us all many gifts, but only three that we can give back to God. I call these gifts the three "T"s; Time, Talent and Treasures.

How much time do I give God? Said differently, what percent of my time do I give to God? Does God get more than my one hour at Mass. How much of my awake time do I spend in communication with God? In a contest between sports and building my faith, who wins?

How have I put my talents to work for God. Some have a gift of music. Some have a gift for numbers. What talents did God give me and how did I use those talents to build up the kingdom of God. Did I give God his 10%?

Where do I spend my treasures? I know how proud I was when I bought my house, but is God proud of how I spent his gift of treasure? In this past year, what are the things that I purchased that tell my neighbors that I am a Catholic?

How have you invested your three "T"s?

VA Life Insurance program for disabled Veterans, effective January 1, 2023

By Dan Aseltine, Veterans Chairman

For Brother Knights who are disabled by their military service and consequently unable to qualify for “best” insurance rates with the Knights of Columbus, an alternative is coming on January 1, 2023.

Please consult with Chapter 4970’s insurance field agent to determine if this new VA whole life insurance program might be a good fit for you and your family.

“VALife” will provide guaranteed acceptance whole life insurance coverage to Veterans age 80 and under, with any level of service-connected disability. Some Veterans age 81 and older may also be eligible.

“Guaranteed acceptance” means this is a whole life policy that does not require a medical exam or ask health questions. It also does not have a limited two year window to sign up. Whole life insurance provides coverage for the entire life of the individual policyholder, provided that premiums are always paid. Premium rates are locked in for the life of the policy, and unlike term policies will not increase as the policyholder ages.

Some of the features of this new program include:

- All service-connected Veterans age 80 and under with 0-100% VA disability ratings are eligible.
- Fully automated online enrollment with instant approvals.
- Coverage comes in increments of \$10,000, up to a maximum of \$40,000, and premiums are competitive – or better – than what’s available in the private sector. There is a two-year waiting period for full face value coverage to take effect.
- No medical requirements for enrollment.
- Cash value that builds over the life of the policy after the first two years of enrollment.
- Rates are best the earlier you sign up. Once locked in, premiums will never increase.

For further details, see: <https://www.benefits.va.gov/insurance/valife.asp>. Please remember to consult with our own Knights of Columbus Field Insurance Agent to determine the best path for you to follow.

Lady Knight's Outing



Amigos, here are the photos from the January Lady Knight's event at the El Tapatio Mexican Restaurant in Citrus Heights. Twenty-one Knights and Lady Knights gathered to enjoy visiting, good food, good service and musical entertainment at our table. It was a fun evening at one of our council's favorite host restaurants for the Ladies Night Out event. Ole! Joe



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**ELECTRONIC SERVICE
REQUESTED**

At the Beginning of Another Flight

A plane was taking off from Kennedy Airport. After it reached a comfortable cruising altitude, the captain made an announcement over the intercom; 'Ladies and gentlemen, this is your captain speaking. Welcome to Flight Number 293, nonstop from New York to Los Angeles. The weather ahead is good and, therefore, we should have a smooth and uneventful flight. Now sit back and relax.... OH, MY GOD!'

Silence followed, and after a few minutes, the captain came back on the intercom and said, 'Ladies and Gentlemen, I am so sorry if I scared you earlier. While I was talking to you, the flight attendant accidentally spilled a cup of hot coffee in my lap. You should see the front of my pants!'

A passenger in coach yelled, 'That's nothing. You should see the back of mine!'

March Ladies Luncheon

By Jean Gobbo

Our Ladies Luncheon will a little different in March!! We will meet at noon, Thursday, March 16th at Christ the King Retreat Center, 6520 Van Maren Ln, Citrus Heights, and walk and pray the Stations of the Cross. As most of us know Stations are located in a beautiful setting adjacent to the Retreat Center itself. Following the Stations, we will go to "Back Forty Restaurant", 1201 Orlando Ave, Roseville, for lunch.

It's always a blessed day when we walk the Stations. As in the past, Knights are always welcome and encouraged to join us at the Retreat Center. We have always been respected and been shown big smiles and prayerful hands by others along the trail as we walk.

