

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



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Are You Ready for Lent?

By Frank Consulo, Grand Knight

What are you giving up for lent this year? What sacrifices have you considered making? After searching through my bible for a bit, I found some quotes that helped me realize what I need to focus on for these 40 days:

- “I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips.” *Isaiah: 6:5*
- “I said, ‘I will confess my transgression to the LORD.’ And you forgave the guilt of my sin.” *Psalms 32:5*

Lent is a 40-day season where we look inside ourselves at the weight of our sin. Consequently, we are called to walk the path of sacrifice by following Christ to His cross. In a metaphorical sense, we die with Jesus and turn the dead wood of our sins into rich soil, where the new life of Jesus can grow.

In addition, we are given the opportunity to deepen our faith. These 40 days mirror Jesus’ time in the desert where he was repeatedly tempted by the Devil. Temptation is something many of us battle on a daily basis. God’s grace is stronger, so we need only ask for help.

Lenten practices revolve around three pillars, 1) prayer, 2) fasting and 3) almsgiving.

Here are some suggested family activities: 1) daily family rosary, 2) meatless Fridays and 3) donating to a local charity.

Personal Benefits: enhances family bonding, and teaches sacrifice, self-discipline, and develops compassion and generosity.

Stations of the Cross for Children

This is our time as parents and teachers to share with our children Jesus’ journey and help connect it to, and make it a reflection of, their own lives. The Knights of Columbus 4970 Council participates each year in the “Stations of the Cross” at St John’s Evangelist Church. After that, we all celebrate with a variety of delicious soups and bread. Come have some soup with us.

March Calendar

We have a new way for you to keep up with all our Council events!

<https://kofc4970.com/calendar>

Click on the link above to access the latest, up-to-date, Council calendar.



March for Life in Sacramento, at the State Capital

This is the 52nd annual March for Life! The theme for this year, "Why We March," Perfectly captured the heart of what it is all about. We march to stop the killing of innocent and unborn children.

I would like to invite everyone to the **March for Life** in Sacramento, CA, on March 31, 2025, at the California State Capitol. Happy Lent!!

- 11:00 am Pre-rally concert
- 12 pm rally
- 1:00 pm March
- Location: 1315 10th Street Sacramento, CA. 95814

Check Out Our Website for Latest Updates

You don't need to wait for the Paladin to get your updates on Council 4970 activities. Our website, www.kofc4970.com is now regularly updated with the latest information. This month, we added:

- Loaves and Fishes Outreach at SI,
- Annual Free Throw Contest at SI, OLA, and SJE,
- Recent Kings game, and
- January Exemplification of our six new brothers
 - Jeff Holmes,
 - Thomas Weber,
 - Sam Villegas,
 - Allen Leech,
 - Bill Befort, and
 - Luis Puicon

Here's a picture from the Exemplification



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John Heiman honored at January Exemplification

Lady Knight Donna Heiman accepted the Honoree Exemplification Certificate from Grand Knight Frank Consulo on behalf of herself and Brother John Heiman, recently deceased. The Heiman family were honored as the Honoree for the Exemplification of 6 new members joining the Order on January 25th.



Donna continues serving clients at the St. John's St. Vincent de Paul food locker. Our Council is proud to have had John, a Brother for over 20 years, named as Honoree for our new members.

Free Throw Update

By Loren Wallin, PGK and Free Throw Chair

The District 9 Free Throw Championship, hosted by our Council and District Deputy Will Friesen, was held on Sunday, Feb. 28th at the St. Ignatius Parish gym. Twenty four kids from the three Councils in our District (Arden/Carmichael 4970, Presentation 15693, and St. Roberts 11724) were there and participated. Eight of our twelve Council 4970 winners were there and competed. Four of them won the District 9 contest in their age group and were eligible to move on and compete at the Northern California Chapter Free Throw Championships. Thank you to those there that night that helped me: DD Will Friesen, GK Frank Consulo, Joe Romanazzi, Ken Macdonald, Dave Seigel, and Aaron Stroh.

Here are the District 9 winners, their scores, and council numbers.

Age 9 Girls: Maddie Nelson (11/25) – 4970 – SJE

Boys: Joshua Cull (20/25) – 15693 – Presentation

Age 10 Girls: Mila Popjevalo (13/25) – 4970 - SJE

Boys: Declan Broderick (19/25) – 4970 – SI

Age 11 Girls: Cora Carollo (7/25) – 15693 – Presentation

Boys: Jacob Perinati (10/25) – 11724 - St. Roberts

Age 12 Girls: Zinnia Tan (16/25) – 15693 – Presentation

Boys: Isaac Bryant (15/25) – 11724 – St. Roberts

Age 13 Girls: SaniyaWren (6/25)(2/5) – 11724 – St. Roberts

Boys: Matthew Perez (20/25) – 11724 - St. Roberts

Age 14 Girls: (no participants)

Boys: John Wheeler (15/25) – 4970 – OLA

The 2025 Northern California Chapter Free Throw Championship was held on Saturday Feb. 15th at Holy Family Parish gym in Citrus Heights. Three of our Council winners and District winners also were winners at the Chapter contest. (Maddie Nelson SJE, Mila Popjevalo SJE, Declan Broderick SI). They will go on to compete at the California State Free Throw Championships on March 15th in Folsom.

A Message from K of C Brother Fr. Amar Nagothu, MSFS



Dear Brother Knights and Lady Knights of Council 4970,

I find my heart filled with gratitude as I reflect on my time at St. John the Evangelist Parish and the profound blessing of being part of your council.

Your article in Paladin deeply touched me. It is a humbling honor to be recognized by such a faithful and dedicated group of men and women committed to living out the Gospel through service, fraternity, and charity. From the

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**

- Rick Di Regolo (dec)**
- Georgia Royal (dec)**
- Carolyn “Susie” Fonteyn (dec)**
- Anthony Praxel (dec)**
- Kenneth Scribner (dec)**
- Danielle Corcoran (dec)**
- Ben Dougherty (dec)**
- Fr. Art Wehr, SJ (dec)**
- John Heiman (dec)**
- Gerald Marenich (dec)**
- David Schwartz (dec)**
- Joe Kievernagel (dec)**

The Wehr Family

Pope Francis

Fred Garrison

Bob Akers

Joan Cotton

Shannon Langer

Michael Langer

Gwenn Wilson

Fr. Tom Bland

Parishioners of SI, SJE, and OLA Parishes

To report illness or death contact the Grand Knight

moment I arrived in Carmichael, you welcomed me with open arms, and in the short time we spent together, I was privileged to witness your unwavering commitment to the Church and to one another.

I am especially grateful for your love, support, and friendship, and for the many ways you made my time at SJE so meaningful. Your prayers and encouragement have strengthened me, and I carry them with me as I begin this new chapter at St. Joseph's Parish in Kingston, New York.

Please know that you remain in my prayers. May God continue to bless you, your families, and all the good works you do in His name.

With deep appreciation and fraternal love,
Fr. Amar Nagothu, MSFS

Council Watches Kings Light the Beam

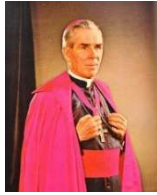
Our Council's latest "Knights with the Kings" was on Feb 24. The 24 of us who attended had a great time, especially when the Kings blew out the Hornets in the 4th quarter. If you look carefully at the picture you will see our District Deputy, Will Friesen, and Youth Director, Loren Wallin.



JOE'S CAFÉ...Stop by for a tasty bit!

By Joe Romanazzi, Past Grand Knight

Hell: The Place of Everlasting Punishment



Hell is a place of everlasting punishment after death. It is the place in the next life where the souls of the damned suffer forever with the devil and his minions. Hell is a doctrine of the Catholic faith, the reality of which is stated many times in Sacred Scripture. *Christ revealed the awful nature of Hell in Matthew 25:41-46. In Mark's Gospel 9:43-48, it is the hell of unquenchable fire, where the worm dies not, and the fire is not extinguished.* Fathers and Doctors of the Church, Popes and numerous saints, including St. Ignatius of Antioch, St. Irenaeus, St. Matthew, St. Mark, St. Paul, St. Peter, St. Thomas Aquinas, St. Jerome, St. Augustine, St. Alphonsus and St. John Bosco, are among those who have spoken on the existence and eternal perils and pains of Hell. Martyrs have stated many times that they did not fear the pains of this life, but did fear the eternal fire of Hell because it entails darkness, sadness, and remorse. People wind up there as punishment for hurting others and practicing such evils as selfishness, greed and hatred. The worst pain of Hell is the eternal separation from God, the source of all love and happiness. A life without God is a life of frustration and emptiness.

Our Blessed Mother gave the three Fatima children a terrifying vision of hell on July 13, 1917. They saw Hell and within it, the souls of the damned and demons. The vision of hell was given as proof for the immoral and godless people of that time, who like many today, deny the idea of eternal punishment, the existence of Hell and the Devil. During all of her apparitions at Fatima, Our Lady told the children they must pray, especially the rosary! St. Basil, St. John Chrysostom, St. Augustine and many theologians have stated that prayer is necessary for salvation! We must turn to God in prayer for the graces necessary for our salvation. We can never be of the opinion that we are too busy to spend time in prayer with God. St. Alphonsus de Liguori said, "He who prays will be saved and he who does not pray will be damned."

We are free to seek God and serve him and we are free to do the opposite. Sin is inviting us and God is inviting us, we have to choose. The late Venerable Archbishop Fulton J. Sheen was renowned for his preaching on television and radio, as well his authorship of numerous books from 1930 to 1968. Archbishop Sheen said, "Souls go to hell for one great reason...they refuse love" The beloved Archbishop Sheen told the story about a man who went to heaven and thought he would like to go to Hell to see what it was like. He asked Saint Peter if he could. Peter agreed so he went down to Hell. The man enjoyed himself over the weekend and came back to Heaven. The following weekend he told Peter he really didn't mind it down there and asked if could he go down again for a 2nd time. Yes, said Peter and again the man enjoyed himself. He asked Peter a 3rd time. Peter said yes but told him this was his last time. When he got down there the devil put the man in one of the hot corners of Hell. The man told the Devil that when he was there before he treated him nicely. The Devil said yes, but then you were a tourist now you're a resident. Sheen ended the story by observing that we get treated very well by the devil when we are a tourist. When we are residents, he does not treat us as well.

My Brothers, the man in the story was deceived. The Devil deceives us to make us think that sin is attractive, but we discover afterwards that sin damages and does not bring the joy we want. The only way we will find the life we need is by turning to Jesus. We must commit to Christ and recognize Him as the true source of love, life, joy and light.

Ladies Luncheon

By Jean Gobbo

Our February luncheon at Back 40 was a great success, 14 ladies with great service by Troy and Judy. The menu has a large variety, and everything was delicious.



Our March luncheon will be a "2 fer". We will meet at Christ the King Retreat Center, and do the outdoor stations, followed by lunch at Crepes and Burgers at the corner of Madison and Dewey. Any knight or guest that would like to join the ladies is welcome with open arms. The more the merrier! In the event there is rain or a retreat that day, you will be notified in advance about the cancellation. Please keep the 20th of March open so you can join us. We will do the stations at 12 noon, and lunch at 1p.m. If you can't walk the stations, meet at Crepe and Burgers at 1 p.m. (6720 Madison Ave, Fair Oaks.)

For our new members, Christ the King is at 6520 Van Maren Lane, Citrus Heights. What a great way to celebrate the Lenten Season! Questions? Glenda Macdonald can be reached at 916 524-8933 or I (Jean Gobbo) can be reached at 916 261-8674.