

# 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



MAY 2023

VOLUME 23 • NUMBER 10

## We are All Called to Service

By *Tim Spinelli, Grand Knight*

Lucas and Robbie Spinelli are both very dedicated in their Sunday morning altar service at St. John the Evangelist's 8am mass. In their service, they also act as role models for their younger brother Andy (8) who is eagerly awaiting his training under PGK Joe Romanazzi.

### *Palm Sunday*



### *Easter Sunday*



## Life

By *Ken Macdonald, Pro-Life Advocate*

The right to life is the cornerstone for all of the “rights” we enjoy as Americans. When we don't put “Life” first, our other rights fail to have the dignity and impact they need to be effective.

As Catholic men, and Brother Knights, we have the obligation to support life in our communities. In today's atmosphere this stance can be the source of much discussion. The “Pro-Life” vs the “Pro-Abortion” positions are basically split in a 50/50 pro/against position.

It is incumbent on each one of us to do all we can to keep ourselves informed on all that is happening in the Pro-Life effort in our Nation, and in our World.

You can keep pace with Pro-Life events at home and abroad by going to the “40 Days for Life” website and signing up for their daily e-mail messages. These messages will keep you up to date on Pro-Life activities in our Country and beyond our borders. I am sure you would be impressed by the number of fellow Catholics, and people of all Christian denominations, who are deeply involved in saving the lives of our unborn brothers and sisters.

I am inviting you to check out one, or hopefully, both of these options in an effort to increase your awareness of this issue which continues to bring stain to our society.

Reflection:

“Love says, “I sacrifice myself for the good of the other person.” Abortion says, “I sacrifice the other person for myself.”

## May Calendar

- May 2 – Rosary 7 pm  
**Zoom**
- May 4 – Men's Bible Study 7 p.m.  
**Rose Room, SI**
- May 9 – Business Meeting 7:30 pm  
**Our Lady of the Assumption**
- May 10 – 63<sup>rd</sup> Council Anniversary
- May 14 – Mother's Day
- May 16 – Rosary 7 pm  
**Zoom**
- May 18 – Ladies Luncheon  
**Sizzler**
- May 18 – Men's Bible Study 7 p.m.  
**Rose Room, SI**
- May 18 20– State Meeting  
**Ontario,CA**
- May 20– Country Fair  
**Our Lady of the Assumption**
- May 23 – Planning Meeting 7:30pm  
**Our Lady of the Assumption**
- May 21 – Ascension Sunday
- May 28– Pentecost Sunday
- May 29 – Memorial Day
- May 30 – Ladies Night Out 6:30pm  
**Red Lobster, Citrus Heights**

## Trustee Recommendations for Council Officers 2023-2034

By Miguel Sabral, PGK and 1<sup>st</sup> Year Trustee.

Grand Knight – Will Friesen  
 Financial Secretary – Deacon Larry Niekamp (appointed by Supreme)  
 Deputy Grand Knight – Frank Consulo  
 Chancellor – Steve Hall  
 Recorder – Gary Mello  
 Treasurer – Steve Millner  
 Advocate – Todd Wilson  
 Warden – Peter Kilkenny  
 Inside Guard – Bill Davis  
 Outside Guard – Ben Dougherty  
 3<sup>rd</sup> Year Trustee – Tim Spinelli  
 2<sup>nd</sup> Year Trustee – Josh Figueroa  
 1<sup>st</sup> Year Trustee – Mike Dougherty  
 Chaplain – (Appointed by the In-Coming Grand Knight)  
 Lecturer - (Appointed by the In-Coming Grand Knight)

## The Knights Answered the Call

By PGK Peter Kilkenny

Deacon Paul Friedrich early in January asked me, our Council's OLA Liaison, if the Council could have Knights from our Council help usher the Easter Vigil.



The Easter Vigil is the most important, solemn and significant celebration of the year. It is joy after Lent, the institution of the Eucharist at Holy Thursday and the suffering and death of Jesus on the cross on Good Friday of Jesus descending to the underworld to set the captives free and conquering death by his resurrection. The Vigil starts after sundown with a Blessing of the Fire in front of the church under the portico. The Easter Candle is lit, candles held by parishioners are lit from the Easter candle and there is a procession into the church where all the lights are turned off to represent the Light of Christ coming into the church.

There has usually been confusion because of the two double doors open to the dark church and people entering ahead of the procession of the Easter Candle. Deacon Paul was hoping that with Knights ushering, the procession of the Easter Candle, clergy and RCIA catechumens and candidates could take place ahead of the people leading them into the church, making the procession orderly and more solemn.

The Knights of Council 4970 responded. Being that this was the first time ushering the procession there was some guessing on how to make it all work but overall it went well. Deacon Paul and his wife Sharon who were in charge of RCIA, were grateful for the help of the Knights. It was a beautiful and joyous service.

Deacon Paul gave a special thank you at our April Business meeting to Brothers Michael and Ben Dougherty, Will Friesen, Frank Consulo, Steve Hall and me for stepping up and helping to make the Easter Vigil the success it was. Job well done!

### COUNCIL 4970 OFFICERS

**Grand Knight**

Tim Spinelli (916-812-0518)

**Chaplain**

Fr. Eduino Silveira (916-481-5115)

[pastor@olaparish.net](mailto:pastor@olaparish.net)

**Deputy Grand Knight**

Will Friesen (916-225-2440)

**Financial Secretary**

Dcn. Larry Niekamp (916-962-1324)

**Chancellor**

Frank Consulo (916-366-7131)

**Warden**

Peter Kilkenny (916-692-5446)

**Guards**

Tim Kyle (510-619-5138)

Steve Hall (916-787-1069)

**Treasurer**

Steve Millner (916-502-3162)

**Recorder**

Gary Mello (916-996-7438)

**Advocate**

Todd Wilson (916-961-2761)

**Lecturer**

Jerry Butler

**Trustees**

Miguel Sabral (916-397-1728)

Michael Dougherty (916-470-7599)

Josh Figueroa (707-812-4894)

**District Deputy - District 9**

Chris Ornelas

**Insurance Field Agent**

Art Aguilar(916-275-7574)

## 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](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**  
*Joe Kievernagel*  
*Pope Francis*  
*Pope Benedict (dec)*  
*Michael Aseltine (dec)*  
*Christopher Scott (dec)*  
*Jacintha Ezeudoye (dec)*  
*Robert Sholtes(dec)*  
*Rick Di Regolo (dec)*  
*Frank Gianattasio (dec)*  
*Dan Aseltine*  
*Georgia Royal(dec)*

#### **Lady Knights:**

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

**To report illness or death contact**  
**Fraternal Committee**  
**PGK Michael Dougherty**

## Can Love Shine Through Anger?

By Mike Fazio, Editor

I read an article today about a nationwide shortage of referees and umpires for youth sports games. It seems fewer men and women want to be sports officials because of the amount of abuse they take from parents and coaches—the adults on the field. I have seen this as both a



fan and as an official (and I'm contrite in saying I have contributed to the problem in the past). People say things they would never say to someone in the context of a game. Yes, they may be yelling at the stripes, but it doesn't feel good to get cursed at or told you are cheating for the other team (speaking from personal experience here).

But step back for a moment—why are they so angry in the first place? After all, isn't it only a game?

The shortage of officials because adults can't control their anger is an example of a much larger issue in our society. We're a bunch of angry people most of the time. People are angry on the news, on the freeways, in stores, in restaurants, at the DMV. Even in the Church. Sometimes watching Catholic media makes me think that anger is part and parcel of being Catholic. It's not.

To be sure, sometimes it's appropriate to be angry. Even Jesus was angry in the Temple and with the Jewish leaders. But Jesus wasn't a hot head. Yes, he flipped a table or two in the Temple, but he would never be confused with a Real Housewives of NJ cast member. There was much to be angry at, but Jesus did not respond with anger. He responded with love.

The first Christians did likewise. Amidst persecution the early Christians exuded joy. That's one of the things that made them so attractive to others—love and joy in the midst of suffering.

So how do we diffuse anger with love in a practical way? Let me offer the example of Kerry Fraser, longtime NHL referee who officiated 12 Stanley Cup Finals (known also for his signature bouffant hairstyle). Fraser, a Catholic convert, said in a 2012 Catholic News Agency interview that he carried the armor of Christ onto the ice. He describe an incident with NHL player Theo Fleury where Fleury showered Fraser with foul language and threw his helmet at him. Resisting the urge to fire the helmet back into Fleury, Fraser held his temper and assessed an appropriate penalty under the rules of the game. A few years later, Fleury came to Fraser during a break in a game with tears in his eyes. It seems another player, Tyson Nash, was mocking Fleury about his struggles with drug and alcohol addiction during the game. Fleury had been desperately trying to treat his addiction, and the taunts from Tyson were overwhelming him. Instead of dismissing Fleury, especially after his previous vulgar language and helmet throwing, Fraser said he looked at Fleury with the eyes of Christ. Fraser said he saw in Fleury a wounded human being. So Fraser talked to Nash about his remarks and got Nash to apologize for his remarks. Years later, Nash told Fraser that his encounter with him was life altering, and caused him to evaluate his on-ice conduct.

Fraser was able to impact two lives that game simply by acting like Christ. He took the anger he received and was present in from of him and channeled it into love. May we do the same. So the next time you feel angry at someone, or you see anger in your circle of influence, look for a way to show love. Let your love shine. You never know how your loving example impacts others. And, next time you are at a sporting event, be kind to the officials.

### Program Directors

#### Sr. Program Director

Will Friesen (916-225-2440)

#### FAITH

Ken MacDonald (916-284-6541)

#### FAMILY

Shawn Herrick (916-607-0404)

#### COMMUNITY

Loren Wallin (916-878-7777)

#### LIFE

John Mizerak (916-332-5511)

#### COUNCIL AFFAIRS

Will Friesen (916-225-2440)

### Selected Service

#### Committees

##### Youth

Loren Wallin (916-723-2970)

##### Membership Director

Joe Kievernagel (916-487-7029)

##### Membership Committee

Ken Macdonald (916-631-0774)

##### Public Relations

Gene Gobbo (916-283-5223)

[egobbo@surewest.net](mailto:egobbo@surewest.net)

##### Paladin Content Editor

Michael Fazio (973-747-6007)

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

##### Paladin Layout Editor

Will Friesen (916-225-2440)

[will.friesen@friesen-research.com](mailto:will.friesen@friesen-research.com)

##### Photographer

Jerry Marenich (916-514-8027)

##### Website

[kofc4970.com](http://kofc4970.com)

Will Friesen (916-225-2440)

## Twelve Men in a Boat

*By Will Friesen Deputy Grand Knight*

I want to tell you a story from the Bible to illustrate a point that God can make leaders of all of us. Tell me if you heard this before.

After Jesus had fed 5000 he sent the Apostles off in a boat. I want to tell you a little more detail about the story that you might not have heard before. These are the details that Matthew left out of his gospel because it did not make the other 11 sound very cool.

All 12 are sitting in the boat asking, "Why the heck are we going to the other side of this lake?" As it was getting dark they divided the night watches by 6, assigned each watch to two men and tried to get some sleep.

During the second watch, the winds started blowing. The men begin to cling together covering in the bottom of the boat. Not a one is relying on their faith in God. They are not sure that they will live through the night.

The 4th watch belonged to Phillip and Jude. Remember Jude the patron saint of hope and lost causes. Jude picks up his head, sees something coming and optimistically said, "Someone is coming to save us."

Phillip turns his head. He looks and says, "No! it is a ghost." Waking at the excitement, doubting Thomas says, "It is the angel of death." Matthew 14:27 Jesus saw their fear and said, "Take courage, it is I; do not be afraid." Peter looks over the side and thinks, whoa. . way cool! He says, "Lord, if it is you, command me to come to you on the water." Matthew 14:29 - Jesus said, "Come."

Peter got out of the boat and began to walk on the water toward Jesus. Matthew, the tax collector said, "Not a good investment." Jude, always hopeful said, "Gee he just might make it." Thomas said, "I doubt it." Peter's brother Andrew said, "Simon, get back in the boat or I am telling mom!" Matthew 14:30 When Peter realized how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught him, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down.

You might think that the story was about Peter and the fact that his fear of the storm weakened his faith. But I want to draw your attention to the 11 that did not even leave the boat. They did not even start with the courage to follow Peter, even after Jude expected him to make it. Jesus promised that the holy spirit would turn these imperfect men into heroes. The source of their strength is Faith, Hope, Love and Humility.

Did you ever wonder what happened to our 12 cowards? They all became courageous.

**Peter:** Simon-Peter, was appointed by Jesus to become the leader of His church. Later, when Peter was facing crucifixion, he said that he was not worthy to die in the same way as Jesus, so Emperor Nero had him nailed to the cross upside down.

**Andrew:** Went to Patras in western Greece. After debating matters of faith with the Roman governor of the time, Andrew was given a choice to denounce Christianity or be killed. Andrew chose martyrdom. He was tied to the cross such that he would die more slowly. Andrew lived for two days, during which he preached to passersby.

**James,** son of Zebedee, took the mission west and was beheaded.

**Philip:** went out to preach and was crucified in Egypt.

**Bartholomew and Thomas** went to convert India. Bartholomew was beheaded and Thomas was speared.

**Matthew:** was martyred in Ethiopia after he criticized the king's morals.

**James,** son of Alphaeus was the first bishop of Jerusalem, At the age of 94, he was tossed off the roof of his church. That did not kill him. He was then beaten and stoned. He was still alive so one of the crowd hit him in the head with a club. What will you be doing when you are 94?

**Jude** and the other **Simon** were crucified in Greece and England respectively.

Without the strength that was given by the holy spirit, these men would still be in their boat. Through grace these first leaders were given courage. The price to buy this grace is simply to say yes to God. What will get you out of your boat?



## What Does it Mean to Have a Purpose?

*By Will Friesen, Deputy Grand Knight*

Vince Lombardi said that perfection is not attainable, but if we chase perfection we can catch excellence. Having a purpose should motivate us to strive for the perfect version of that which we want to become.

Your purpose should be a challenge. If anybody can do it, then it is just average. Choose to go beyond where you are and where you have been. One should be careful not to set the bar too high. Setting a world record is possible. Seeking to set it by such a wide margin that it will never again be broken is simply arrogance.

I want to talk about a chemist that became a biologist. Louis Pasteur was born in 1822 into a poor family. He was an average student as his early passions were fishing and art. He received his first degree in general studies, and this inspired him to study more. Perhaps his new purpose was education. He studied toward a degree in mathematics but failed to pass the exam to complete it. He switched to a general science baccalaureate and ironically did poorly in the chemistry section of the exam. Even so, to make a difference in chemistry became his new purpose.

While studying tartaric acid, he discovered that the naturally occurring crystal behaved differently than a synthetic version made up from an identical molecule. This led to the discovery of crystals that are "mirror image" of each other. This is now known as isomerism. Some in science consider this his greatest contribution to science.

He married in 1849 and had 5 children. Three of his children died in childhood from typhoid. Curing infectious diseases became his new purpose.

He disproved "spontaneous generation". Spontaneous generation was the commonly held theory that piles of trash somehow sparked the creation of micro-organisms. He was not the only person to believe that this was bad science, but he was the first to demonstrate an experiment that disproved it. This led to the practice of sterilizing hands and utensils before surgical procedures.

His study of micro-organisms led him to discover that milk, beer and wine were spoiled by the growth of micro-organisms. He applied his principles of sterilization to these beverages. In addition to reducing the number of cases of food poisoning his process greatly increased their shelf life. We now call this Pasteurization.

But to me, his greatest works revolve around the discovery that introducing a weakened form of a micro-organism could trigger the human immune system to develop antibodies. He developed vaccines for anthrax, cholera and rabies.

While his purpose changed, with each change Louis Pasture set out a goal to achieve that which had not yet been done. In some cases, it was not even imagined. He set the bar high and achieved success. He was motivated. He had such confidence that the answers were within reach that he occasionally exposed himself to risks.

Have you ever chosen to chase a dream with a purpose?

---

## Pancake Breakfast, OLA, Saturday, May 20<sup>th</sup>

Our Council has been requested to host a pancake breakfast at OLA during its Country Fair, Saturday, May 20th. Breakfast will be served starting at 9 a.m. We should show by 7:30 a.m. to prepare for about 250-300 fair goers. Our "regular" crew is in need of new members or at least OLA Knights to assist in this fund raiser for the parish. Contact parish liaison Peter Kilkenny if you can help (916-692-5446 or [pakcantor@gmail.com](mailto:pakcantor@gmail.com))



# Evening Came and Morning Followed

By Joe Romanazzi, Past Grand Knight

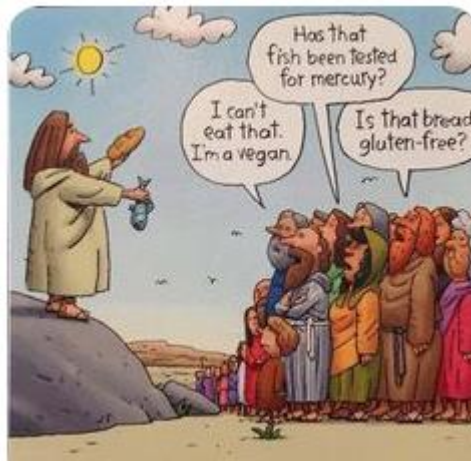


The Bible in Genesis tells us that in the beginning, God created the heavens and the earth. Later, on the Sixth Day, God brought forth every kind of living creature (including humans), tame animals, crawling things, and every kind of wild animal on the earth. And so it happened: God saw that it was good. Evening came and morning followed.

Fast forward to early Easter Sunday morning 2023 at Carmichael's St. John the Evangelist Church. The grill that just a few hours earlier contained the vigil fire used by Council 4970 Brother Deacon Jack Wilson to light the Paschal Candle was still present on the top steps of the church. Shortly after the sun rose, the two feathered "birdbrains" in the above photo arrived indicating by their actions that they planned to crash the 8:00 A.M. Mass that was going to be celebrated by Fr. Chiu. I observed them peering through the windows with suspicion, knowing full well you can't take a turkey to church because they use *fowl* language. I suspected they were only there to carry out a sinister plan which most likely would involve *fowl* play. They pecked at the front windows and doors as if demanding entrance into the church. Fearing less for my own safety than the wrath of Tim Karras, parish maintenance person, should they gain entrance into the narthex and sanctuary, I questioned them through a narrow crack between locked front doors. The birds could

provide no evidence of being SJE parishioners or even being of the Catholic faith, but did say they had been "approached" by Pastor Fr. Bernardin. They tried using their *tur*-key but failed to unlock the door. They announced they were the Gobbler Family, *Tom* and *Hen*-rietta. When refused entrance into the church, they expressed their dismay and anger at being rebuked. After a few minutes, they finally ambled away towards the school, making strange gobbling noises and threatening to leave "deposits" on the sidewalks around the church, school and the rectory for unsuspecting walkers to discover.

**My Brothers, if you see *Tom* and *Hen*-rietta Gobbler or members of their extended family navigating the streets of Carmichael or grazing in your front yards and gardens, give them wide berth. Even though they are not welcome inside our churches or on our sidewalks for obvious reasons, we are called upon to treat them humanely and with respect. As distasteful as this may seem, wild turkeys were created on Day 6 with humans and other land animals. They are an integral part of *The Biblical Story of Creation* and are protected and managed by God and the State of California, which defines them as Resident Upland Game Birds. And so it happened... Evening came and morning followed.**



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

**ELECTRONIC SERVICE  
REQUESTED**

---

## **April Ladies Luncheon**

*By Jean Gobbo*

We did it again ladies, a great turn out for our April Luncheon at Buca's! Fran (Tom Kuzmich is a recent transfer into the council) joined us for the first, and we know, not the last time.

Our next luncheon will be on Thursday, May 18th at Sizzler's, 5815 Madison Ave, near Manzanita Ave.

Questions, comments, contact Lady Knight Glenda Macdonald at 916-524-8933. I am not available this month, so have a great luncheon. I will look forward to seeing all of you in June. Peace, Jean.



---

## **Ladies Night Out**

*By Ray and Pat Fischbach*

Ladies night out will be at Red Lobster at 6:30 pm on May 30 2023. The restaurant is on Sunrise Bl. in Citrus Heights. Their phone number is 916 726 6694. This is a new location we hope everyone will have a good experience.

