



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 2026

VOLUME 26 • NUMBER 7

Key Catholic Feast Days in January

By Frank Consulo, Grand Knight



January is a month rich in Liturgical Celebrations focused on Our Lord and His Blessed Mother. It begins on January 1st, now the **Feast of the Solemnity of Mary**, the Mother of God. This feast highlights Mary's role in the Incarnation of Her divine Son, whose name was revealed to her by the angel Gabriel and formally given to Jesus on this day. The **Feast of the Holy Name of Jesus**, as discussed above, falls on January 3rd.

St. Bernardine, a renowned Franciscan preacher, popularized the IHS monogram — a symbol of Jesus' name. He encouraged the faithful to venerate this monogram, which led to it becoming a common Catholic symbol of devotion seen on altars, vestments and churches throughout the world.

St. Alphonsus Liguori, a bishop and Doctor of the Church, composed a beautiful prayer to the Holy Name of Jesus (see below). His writings frequently reflected his profound reverence for Jesus' name.

St. Ignatius and his first companions wished their new society to be designated by the name of Jesus. Thus, the Jesuit order is not named for St. Ignatius, but is called the Society of Jesus, and the early Jesuits pledged readiness to shed their blood for that Name.

7 Ways to Grow in Devotion to the Holy Name this January

Here are some practical ways you can dedicate January to the Holy Name of Jesus.

1. **Make frequent acts of reparation to the Holy Name.** Whenever you hear someone blaspheme the Holy Name, say, "Blessed be the Name of the Lord."
2. **Loving aspirations:** Repeat the name of Jesus throughout the day, saying, "My Jesus", or "Jesus, I love you." Set reminders on your phone or use sticky notes to prompt you to say His name frequently. This constant repetition will help cultivate a deep love and devotion to Him.
3. **Spend time in mental prayer**, meditating on the Holy Name of Jesus, its power and its gentleness in our lives. Allow His name to penetrate your heart and mind, filling you with His presence and peace.
4. **Memorize Scripture** that highlights the power of the name of Jesus.
"And in that day you shall not ask me anything. Amen, amen I say to you: if you ask the Father anything in my name, he will give it you." – **John 16:23**

"And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved" – **Acts 4:12**

“Therefore God has highly exalted him and bestowed on him the name which is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” – **Philippians 2:9-11**

5. **Pray the Mass** with special attention to the moments when the name of Jesus is invoked reflecting on the salvific power of the Sacred Liturgy.
6. **Practice acts of charity** in the name of Jesus. As you serve others and extend love and mercy, do so with a conscious intention of honoring His name.
7. **Strive to live a life that reflects the virtues of the name of Jesus**, recalling the meaning of His name as Savior and His invitation to participate in the saving work of His Passion.

Many Catholic prayers honor the Holy Name of Jesus. **The Jesus Prayer**, simple yet profound, says:

“Lord Jesus Christ, Son of God, have mercy on me, a sinner.”

This prayer is a humble acknowledgment of our need for Jesus’ saving grace

O my Jesus, thou art the Savior who hast given Thy blood and Thy life for me, I pray Thee to write Thy adorable name on my poor heart; so that having it always imprinted in my heart by love, I may also have it ever on my lips by invoking it in all my necessities. If the devil tempts me, Thy name will give me strength to resist him; if I lose confidence, Thy name will animate me to hope; if I am in affliction, Thy name will comfort me by reminding me of all Thou hast endured for me. If I find myself cold in Thy love, Thy name will inflame me by reminding me of the love Thou hast shown me. I have fallen into so many sins, because I did not call on Thee; from henceforth Thy name shall be my defense, my refuge, my hope, my only consolation, my only love. Thus do I hope to live, and so do I hope to die, having Thy name always on my lips. Amen.



Hope for the New Year

By Kevin Hall, Deputy Grand Knight



We made it to New Years Eve 2025! As I write this article, I begin reflecting upon 2025. It seems like it flew by rather quickly and it definitely had its ups and downs.

With the closing of one year and beginning of another, comes new hope. Jeremiah provides us with an example:

“For I know the plans I have for you,” declares the Lord, “Plans to prosper you and not to harm you, plans to give you hope and a future.” –Jeremiah 29:11

To **have hope for the new year** means believing that **good things are possible ahead**, even if the past year was difficult. Hope isn't pretending everything will be perfect. It's more like:

- **Trusting that change is possible** — in your life, relationships, work, or inner peace
 - **Believing you can grow** — learn from what didn't go well in 2025 and move forward wiser
 - **Choosing light over discouragement** — deciding not to give up, even when you don't see the whole path yet
 - **Allowing yourself to imagine better days** — health, purpose, connection, or joy returning
- For many people, especially around New Year's, hope means saying: “This year doesn't have to be the same as last year.”

It can be **quiet hope**, too — not big resolutions, but small intentions:

- to be a little kinder to yourself
- to take one step at a time
- to stay open to surprise and grace

Check Out Our Website for the Latest Updates & Officer Contact Information

Get the latest & greatest information about the Council activities and events, by visiting our Council website, www.kofc4970.com. The information is regularly updated.

Do you need to contact a Council Officer or sign up for an event? Find what you need on our site at:

Officer contact information: <https://kofc4970.com/officers>

Council's Event Calendar: <https://kofc4970.com/calendar>

2025 Annual ID Drive Update

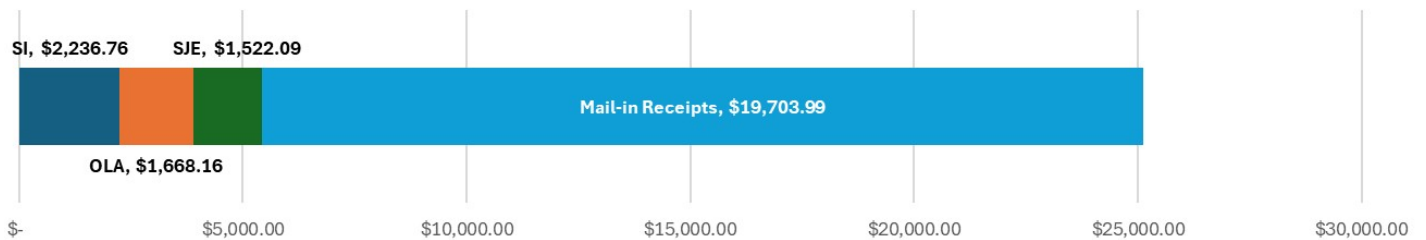
Joe Romanazzi, Past Grand Knight and ID Drive Council Chairman

Donations to our Annual ID Drive Exceed \$25,000 This Year

The results of our Council’s 2025 ID Drive were excellent this year. We received an additional \$10,000.00 in ID Drive donations in December 2025, which brought our final total to \$25,131.00. Although this is a decrease from last year’s historic total of \$35,846.40, it is the third highest amount we have ever received in ID Drive donations. Below are our final 2025 updated Council figures.

May we always liver the Lord’s glory and our neighbor’s good.

2025 Annual ID Drive - Council 4970
as of 12/31/2025 \$25,131.00



My Brothers, the Spirit of the Lord is upon our Council as we continue to serve Him and to attest to His compassionate love. The fire of His love burns in our hearts as we generously use the gifts and resources he has given us for the good of our neighbors. May God continue to bless us with all that we need, and more.

Thank you, Lord, for the results of this year’s Council 4970 ID Drive for the benefit of the “Special Campers” of Camp ReCreation.



“Camp ReC changed my life by giving me the opportunity to learn from individuals who, without fail, live life with openness and authenticity. It taught me that being myself, being true to who I am, is the most rewarding thing I can do. It’s also a yearly reminder that everyday should consist of lots of hugs, lots of songs, and lots of dance parties.”

-Matt Palmer, 12-year volunteer

Upcoming Events & Prayer Intentions

3 Exemplification

Tu Tuesday (1st & 3rd), 7:00 PM
Council Rosary (via Zoom)

Tu Tuesday (2nd), 6:15 PM
Council 4970 Business Meeting

Tu Tuesday (4th), 7:00 PM
Council 4970 Planning Meeting

We Wednesday (1st), 6:30 PM
Bible Study (SI)

PRAYER LIST

PRAYER LIST

Please remember these intentions

All children lost to abortion
All unborn children and their mothers

For the sick and their Caregivers,
especially:
The Wehr Family
Fred Garrison
Bob Akers
Joan & Don Cotton
Shannon & Michael Langer
Gary Mello
Gwenn Wilson
Fr. Tom Bland

For Council 4970's deceased:
Pope Francis
Lee Akers
Danielle Corcoran
Judy Davis
Rick Di Regolo
Ben Dougherty
Carolyn "Susie" Fonteyn
John Heiman
Joe Kievernagel
Gerald Marenich
John O'Donnell
Anthony Praxel
Georgia Royal
David Schwartz
Kenneth Scribner
Sid Tarango III
Fr. Art Wehr, SJ

Pope Leo XIV
and
Parishioners of OLA, SI, and SJE Parishes

Upcoming Mass Intentions
John O'Donnell (@SJE 8:30 AM Fri, Oct 17)
Sid Tarango III (@SJE 8:30 AM Thu, Oct 23)

December 2025 Happenings

Council Christmas Dinner

This year's potluck dinner was warm and cozy and attended by many Knights and Lady Knights as well as children with gift exchange for all ages.



Santa + Pancakes = OLA





Ladies Luncheon

By Jean Gobbo

We will reconvene in January at Boudin SF Bakery in Loehmann's Plaza Shopping Center at the corner of Fulton/Munroe and Fair Oaks Blvd. Our start time will be 1 p.m. on Thursday, January 15th.

Do you have a favorite restaurant we have not visited? If so, please let us know and we will try to put it on the calendar for 2026.

Glenda Macdonald and I look forward to seeing you as we start off 2026!

If you have any questions, please call Lady Knight Glenda Macdonald at 916-524-8933 or Jean Gobbo, at 916-261-8674. We hope to see you there! All are welcome! Guests are always welcome. Let's have another great turnout!



Ladies Night Out

By Joe Romanazzi, Past Grand Knight

Mark Your Calendars! The next event is planned for Tuesday, March 31, 2026, at Chili's in Fair Oaks (corner of Madison & Sunrise).



JOE'S CAFÉ...Stop by for a tasty bit!

By Joe Romanazzi, Past Grand Knight

Ain't It Funny How Time Slips Away



And Then It is Winter is a delightful and gentle article, with lots of food for thought. Several writers have claimed authorship so it is generally credited to an Unknown Author. It is written in an easy-to-understand essay style and reads as follows:

You know time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and embarking on my new life. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

However, here it is the last quarter of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go? I remember well the 1st 3 quarters, seeing older people through the years and thinking that those older people were years away from me and that I was only on the first quarter, and that the fourth quarter was so far off that I could not visualize it or imagine fully what it would be like.

Yet, here it is...my friends are retired and getting grey. They move slower and I see an older person now. Some are in better and some in look worse shape than I am, but I see the great change. They're not like the ones that I remember who were young and vibrant. But, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day and taking a nap is not a treat anymore; it's mandatory because if I don't of my own free will, I fall asleep where I sit.

And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did. But at least I know that, though I'm in the last quarter and I'm not sure how long it will last, that when it's over on this earth, it's not over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done; things I should have done but truly there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in the last quarter yet, let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life, do it quickly. Don't put things off too long. Life goes by quickly. So, do what you can today, as you can never be sure whether you're in the last quarter or not.

You have no promise that you will see all the seasons of life. So, live for today and say all the things that you want your loved ones to remember - and hope that they appreciate and love you for all the things that you have done for them in all the past years.

Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

My Brothers, ain't it funny how time slips away? The article raises the question, "What should each of us do with the years we have remaining?" One of the best clues is found in **John 2:1-11**. This holy Gospel tells the story of the wedding at Cana in Galilee. Our Lord did not go to the celebration to perform the miracle of turning water into wine but when asked by his mother he responded transforming what started out as an ordinary day into an extraordinary one. This Gospel reminds us to seek opportunities to serve others. When we are called to Go the Extra Mile to do God's will, we spread joy and help bring forth His kingdom on earth. **The Prayer for Generosity by St. Ignatius of Loyola** is beneficial when seeking God's help in serving others. ***Lord Jesus, teach me to be generous. Teach me to serve as you deserve, To give and not to count the cost, To fight and not to heed the wounds, To labor and not to seek to rest, To give of myself and not ask for a reward, Except the reward of knowing that I am doing your will. Amen.***

Submit An Article for the Paladin

Whether you are a regular Paladin contributor or an event coordinator and want to get the word out in advance or celebrate the conclusion of the event, please submit your articles and pictures to kofccouncil4970@gmail.com with "Paladin Article" in the Subject. For events provide details of when and where and photos include captions (if you wish).

The article cut-off is the end of 4th Wednesday of the month, day after the Planning Meeting.

**Arden-Carmichael, Inc
 Corporation Meeting
 at Seton Hall, OLA Parish
 on Tuesday, January 20, 2026 at 7:30 PM**

Please email each proxy below, **one** for the Brother Knight of K of C Council 4970 and **one** for your Lady Knight, if applicable, to: harmatalaw@aol.com, or deliver to one of the Brothers listed below:

Brother Knight proxy

By this proxy, I give my voting rights to the below selected member of Arden-Carmichael, Inc. for those occasions between January 20, 2026 and December 31, 2026 that I am unable to attend a Corporation meeting.

- | | | | |
|---|---|---|---------------------------------------|
| <input type="checkbox"/> Don Harmata | <input type="checkbox"/> Michael Langer | <input type="checkbox"/> Steve Millner | <input type="checkbox"/> Tim Spinelli |
| <input type="checkbox"/> Michael Corcoran | <input type="checkbox"/> Larry Rositani | <input type="checkbox"/> Peter Kilkenny | <input type="checkbox"/> Loren Wallin |
| <input type="checkbox"/> Bill Swars | <input type="checkbox"/> Ken Macdonald | <input type="checkbox"/> Joe Romanazzi | |
| <input type="checkbox"/> Other _____ | | | |

_____ Your Name	_____ Signature	_____ Date
--------------------	--------------------	---------------

Lady Knight proxy

By this proxy, I give my voting rights to the below selected member of Arden-Carmichael, Inc. for those occasions between January 20, 2026 and December 31, 2026 that I am unable to attend a Corporation meeting.

- | | | | |
|---|---|---|---------------------------------------|
| <input type="checkbox"/> Don Harmata | <input type="checkbox"/> Michael Langer | <input type="checkbox"/> Steve Millner | <input type="checkbox"/> Tim Spinelli |
| <input type="checkbox"/> Michael Corcoran | <input type="checkbox"/> Larry Rositani | <input type="checkbox"/> Peter Kilkenny | <input type="checkbox"/> Loren Wallin |
| <input type="checkbox"/> Bill Swars | <input type="checkbox"/> Ken Macdonald | <input type="checkbox"/> Joe Romanazzi | |
| <input type="checkbox"/> Other _____ | | | |

_____ Your Name	_____ Signature	_____ Date
--------------------	--------------------	---------------

Support those in our Council's community

