



# 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*

FEBRUARY 2026

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## The Month Dedicated to the Holy Family



*By Frank Consulo, Grand Knight*

In my life, I have always thought of the Holy Family and how I could live my life in their footsteps or try to stay in line. As years go by, the thought always remains in our souls to be the best Catholic I can be. To live our lives like the Holy Family, the best we can. To learn the years, to teach our kids. How do you think of HOLY FAMILY!!!

Here is some research I found online

Through God's mysterious design, it was in that family that the Son of God spent long years of a hidden life. It is therefore the prototype and example for all Christian families. It was unique in the world. Its life was passed in anonymity and silence in a little town in Palestine. It underwent trials of poverty, persecution, and exile. It glorified God in an incomparably exalted and pure way. And it will not fail to help Christian families — indeed, all the families in the world — to be faithful to their day-to-day duties, to bear the cares and tribulations of life, to be open and generous to the needs of others, and to fulfill with joy the plan of God in their regard.

There we have a list of ways we can imitate the Holy Family at the same time we honor them.

Remember, too, that the Holy Family was the first domestic church. Again, the saintly pope reminded that “the Fathers of the Church, in the Christian tradition, have spoken of the family as a ‘domestic church’, a ‘little church.’”

We should call upon the Blessed Mother that through her heavenly aid “may each Christian family really become a ‘little Church’ in which the mystery of the Church of Christ is mirrored and given new life.”

As a domestic church, obviously, the Holy Family prayed together. We can imitate them by praying together as a family. Husbands and wives together. Fathers, mothers, and children together. How about praying a Rosary during February, to start, in thanksgiving and honor of the Holy Family? Pray especially the Joyful Mysteries, which include the Holy Family from start to finish.

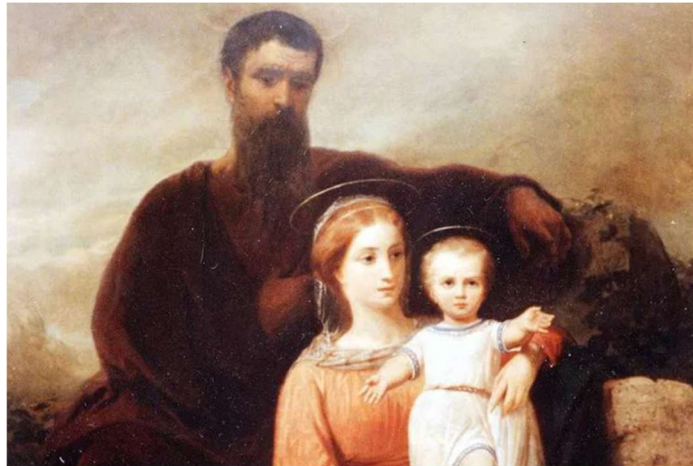
Don't forget “one area in which the family has an irreplaceable role is that of religious education, which enables the family to grow as a ‘domestic church,’” reminded the Holy Father.

Pope Francis told the bishops, including himself, that in the face of people's temptations not to lay a foundation of marriage and not to have a family, they must “rebuild enthusiasm for making families

correspond ever more fully to the blessing of God which they are!" And to invest their energies "in extending a sincere invitation to young people to be brave and to opt for marriage and the family."

Honoring the Holy Family throughout February — and continuing beyond the month — and beginning to imitate them in our own families, we will, as John Paul II told us in his Letter to Families, "come to appreciate the grandeur of the goods of marriage, family and life; so that [we] will come to appreciate the great danger which follows when these realities are not respected, or when the supreme values which lie at the foundation of the family and of human dignity are disregarded."

O Jesus, our most loving Savior! Thou Who was sent down from Heaven to enlighten the world by Thy teaching and example, and Who didst will to pass the greater part of Thy holy life in Nazareth, subject to Mary and Joseph, and thereby didst hallow the household which was to be the pattern for all Christian families, do Thou in Thy goodness receive our household which this day consecrates itself to Thee. Protect and guard us, strengthen us in Thy holy fear, establish in our hearts the peace and concord of Christian Charity, so that each one of us, becoming like the Divine model of Thy family, may be sharers of eternal joy. The Holy Family!



## Reflections on Valentine's Day

*By Kevin Hall, Deputy Grand Knight*



In a time of shadows and stone, during the height of the Roman Empire, lived a man named Valentine. While the world around him celebrated power and conquest, Valentine was a quiet revolutionary of the heart.

At the time, Emperor Claudius II had banned marriages, believing that single men made better soldiers. He thought that if men were unattached, they would fight without the "distraction" of a family at home. But Valentine knew a truth that no decree could erase; love is the foundation of the human soul.

### The Many Faces of Love

In the secret corners of Rome, Valentine began to perform marriages in the dark of night. As he watched young couples hold hands, he saw the different layers of love that bind us together:

- **Eros (Romantic Love):** The spark between the couples he wed—a passionate, hopeful fire that dared to defy an Emperor.
- **Philia (Friendship):** The bond between the believers who risked their lives to protect one another, proving that we are never meant to walk alone.
- **Storge (Family Love):** The deep-rooted devotion he saw in parents and siblings, the quiet strength that keeps a home standing even in a storm.

### **The Ultimate Source**

Valentine's courage didn't come from his own strength, but from his understanding of **Agape**—the highest form of love. This is the unconditional, sacrificial love that God has for every person. Valentine believed that human love was simply a beautiful reflection of the love the Creator has for His children.

He often told his friends, "We love because He first loved us." To Valentine, every wedding he performed was a testament to the fact that God does not just have love; God is love. It is a love that asks for nothing in return, stays when others leave, and values us not for what we do, but for who we are.

### **A Legacy Left Behind**

Eventually, Valentine was captured for his defiance. While in prison, legend says he shared this message of hope with his jailer's daughter, healing her sight through prayer. Before he was led away on February 14th, he sent her a final note, signed: "From your Valentine".

He went to his rest not in fear, but in peace, knowing that while empires crumble, love remains. Today, we give cards and flowers, but the true history of the day is a reminder of a man who gave everything to prove that love—human and divine—is the greatest force in the world.

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## **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](http://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>

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## 2025 Annual ID Drive Update

*Joe Romanazzi, Past Grand Knight and ID Drive Council Chairman*

### This Year's Check Presentation

Camp ReCreation's Camp Director, Carrie Judd, joined us at our January 13, 2026, Business Meeting to accept the donations we collected from our annual Tootsie Roll Drive to benefit the intellectually disabled. Two checks totaling \$25,131.00 were presented on behalf of our Council 4970 membership by Grand Knight Frank Consulo and Past Grand Knight Joe Romanazzi to Carrie for the benefit of the Camp ReCreation organization and the special folks they serve. Carrie thanked our Council Brothers for our hard work and dedication year after year.



## 2026 Council 4970 Free Throw Championship

*Loren Wallin, Past Grand Knight and Free Throw Championship Council Chairman*

The 2026 Council Free Throw Championship was held in three (3) phases:

**1<sup>st</sup> phase:** 83 students participated at the Jan. 12<sup>th</sup> and 13<sup>th</sup> Our Lady of the Assumption School 3<sup>rd</sup> - 8<sup>th</sup> grade PE classes. Thank you to PE teacher Jenna Koekemoer and Principal Robert Love for inviting us to their school.

**2<sup>nd</sup> phase:** 73 students participated at the Jan. 15<sup>th</sup> St. John the Evangelist School 3<sup>rd</sup> - 8<sup>th</sup> grade PE classes. Thank you to PE teacher Kevin Rogers and Principal Kristen Beck for inviting us to their school.

**3<sup>rd</sup> phase:** 87 students participated at the Jan. 16<sup>th</sup> St. Ignatius School 3<sup>rd</sup> - 8<sup>th</sup> grade PE classes. Thank you to PE teacher Dan Peterson and Principal Paula Romo for inviting us to their school.

The results of the 243 boys and girls, across all three (3) schools, were compared to identify where tie breakers were needed and determining our council winners. Thank you to all 243 student participants who came to the line and took their 15 free throws!

Our 2026 Council 4970 winners are:

Age Group	Student	Score (out of 15)	Tie Breaker (out of 5)	School
9	Tori Bear	6		Our Lady of the Assumption
	Luke Cardinale	11		St. Ignatius of Loyola
10	Bianca Nava	11		St. John the Evangelist
	Patrick Sammut	13		St. Ignatius of Loyola
11	Mila Popjevalo	10		St. John the Evangelist
	Julian Reynoso	14		St. Ignatius of Loyola
12	Emma Luppino	7	3 + 4	St. John the Evangelist
	Sutter Weeden	9		St. Ignatius of Loyola
13	Delaney Baker	8		St. Ignatius of Loyola
	Rafael Palamiano	13	5	St. Ignatius of Loyola
14	Mary Gilligan	10		St. John the Evangelist
	Nick Luppino	12		St. John the Evangelist

Many thanks to the Brother Knights supporting this event: Steve Millner, Michael Corcoran, Mike Dougherty, Ken Macdonald, Grand Knight Frank Consulo, Rich Romo, Gene Gobbo, Joe Romanazzi, Peter Kilkenney, Len Zerilli, Cirdon Cole, Noel Bati, Tom Kuzmich, Rick Sandoval, Bill McVey, and Mike Fazio.

**What's Next?** The remaining rounds are based on twenty-five free throw attempts:

- **District 9:** our Council winners will compete at 6 PM on Sunday, Feb. 1<sup>st</sup> at St. Ignatius
- **NorCal Chapter:** Saturday, Feb. 28
- **Northern State Championship:** March 2026 (*March Madness* month)

## Walk for Life



**Knights of  
Columbus®**  
**California  
State Council**



Join Us in Supporting the Upcoming California Walks for Life

### Brother Knights

We are called to be God's voice in a world that would rather turn to Planned Parenthood for answers. As Brother Knights, we walk with and for Pope Leo XIV, our Bishops and our Catholic Church, to bring hope to those who choose contraception, euthanasia, and abortion. Let us gather our councils and parishes and participate in these upcoming pro-life walks and let's make an impact in our communities.

Please review this very important information for these 4 upcoming Walks for Life. Contact the chairman for each event to volunteer.

1. **San Diego:** Saturday Jan. 24th. 8:30am- 1200pm Waterfront Park, 1600 Pacific Hwy. San Diego. register [sdwalkforlife.org](http://sdwalkforlife.org). Chairman: Brother Michael Brault [mbrault54@gmail.com](mailto:mbrault54@gmail.com)
2. **San Francisco:** Saturday Jan. 24th Civic Center Plaza 335 McAllister St. San Francisco. 10:45am-12:30pm speakers and vendors, 12:30pm Rally, 1:30pm Walk. Register: [walkforlifewc.com](http://walkforlifewc.com). Chairman Brother: Bud Feria [budzilla885@gmail.com](mailto:budzilla885@gmail.com)
3. **Los Angeles:** Saturday Jan. 24th Cathedral of Our Lady of the Angels, 555 W. Temple St. Los Angeles. 1:30pm Gathering in Cathedral Plaza. 2:00pm Awards and Speakers (Pro-Life Award and Grant to be presented to State Deputy Ken Rose by Archbishop Gomez), 5:00pm Requiem Mass for the unborn. Register [onelifela.org](http://onelifela.org) Chairman Brother Michael Stauffer [cpamis@aol.com](mailto:cpamis@aol.com) [See more about this Walk below]
4. **Sacramento: Monday March 16th State Capitol 1315 10th St. Sacramento 11:00am pre-rally concert, 12noon Rally, 1:00pm Walk, Register [marchforlife.org](http://marchforlife.org) Chairman Brother Charles Beltz [nhlfan@syix.com](mailto:nhlfan@syix.com)**
5. **Please Save The Above Date; Time and Location for The Northern Chapter "Walk for Life March 2026 "!**

Hope to see you at one of these walks.

Vivat Jesus

Alex Castanon

KoC CA. Life Programs Chairman

## Upcoming Events & Prayer Intentions

- 6
 Parish BBQ, 6:00 PM  
 St. Ignatious
- 7
 Parish Pasta Dinner, 12 PM  
 Our Lady of the Assumption
- Tu
 Tuesday (1st & 3rd), 7:00 PM  
 Council Rosary (via Zoom)
- Tu
 Tuesday (2<sup>nd</sup>), 6:15 PM  
 Council 4970 Business Meeting
- Tu
 Tuesday (4<sup>th</sup>), 7:00 PM  
 Council 4970 Planning Meeting
- We
 Wednesday (1<sup>st</sup>), 6:30 PM  
 Bible Study (SI)
- 27
 Soup & Stations, 5:00 PM  
 St. John the Evangelist

## 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

## Ladies Luncheon

*By Jean Gobbo*

As always, our January Ladies Luncheon at Boudin's was a complete success!

There were 12 Ladies present and all world problems have been solved, all while having a great lunch!



Our next luncheon will be on February 19 at Dad's Kitchen in Fair Oaks, at Hazel & Sunset.

Glenda Macdonald will remind everyone beforehand.

We look forward to another successful luncheon, including welcoming some new faces!

Did you make it for January? If not, we would love to see you this month!

We are currently open on the March luncheon location, so bring those ideas with you and keep in mind that we will be in the season of Lent!

If you have any questions, please call Lady Knights 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.

## 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

### The Source of all True Friendship and Love



The following poem, "The Gift of Friendship," was written by Helen Steiner Rice (1900 –1981). Friendship in Helen Steiner Rice's poetry, is a sacred and cherished bond that sustains us through life's ups and downs, trials and triumphs. Her words inspire us to embrace the beauty of friendship, to value and nurture the relationships that bring light and love into our lives.

#### The Gift of Friendship

Friendship is a priceless gift  
That cannot be bought or sold,  
But its value is far greater  
Than a mountain made of gold -  
For gold is cold and lifeless,  
It can neither see nor hear,  
And in the time of trouble  
It is powerless to cheer  
It has no ears to listen,  
No heart to understand,  
It cannot bring you comfort  
Or reach out a helping hand -  
So when you ask God for a Gift,  
Be thankful if He sends  
Nor diamonds, pearls or riches,  
But the love of real true friends.

The **Bible** gives us a great vision of real true friendship. In **John 15:13**, Jesus said, "greater love has no one than this, that someone lay down his life for his friends." Through his death on the cross, Jesus expressed the deepest love for his people, his dear friends. He gave the gift of eternal life to all who believe and trust in Him.

In addition to the **Bible**, the saints are precious friends to have. They remind us that a true friend is difficult to find and when we do find one, we should do all we can to maintain that friendship. For example, **St. Thomas Aquinas** said, "There is nothing on this earth more to be prized than true friendship." **St. Maximus the Confessor** said, "A faithful friend is a strong defense; for when things are going well with you, he is a good counselor and a sympathetic collaborator, while when things are going badly, he is the truest of helpers and a most compassionate supporter." **St. Augustine** said, "No friends

are true friends unless You, my God, bind them fast to one another through the love which is sown in our hearts by the Holy Spirit.”

My Brothers, friendship came from God as a gift to us. True friendship withstands the test of time and circumstances. Our Heavenly Father is the source of all true friendship and love. As Catholic Christians, our greatest joy is found in our fellowship with God, the saints and one another.

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### **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](mailto: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 4<sup>th</sup> Wednesday of the month, the day after the Planning Meeting.

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# Support those in our Council's community



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5309 MONITOR AVE  
CARMICHAEL, CA 95608  
(775)220-5577  
ESMERA80@HOTMAIL.COM