



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 2026

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Stations of the Cross

By Frank Consulo, Grand Knight



This year, our three Churches are doing their own Stations of the Cross.

St John's Evangelist Father Colin Wen and Deacons Jack Wilson and Keith Johnson are performing the readings. Stations of the Cross are at 6 pm on Fridays, followed by soups with St. Vincent DePaul organizing the different ministries or groups for six (6) Fridays. This year, the Knights will serve soup on Friday, February 27, 2026.

Our Lady of Assumption Soup is served at 5:30 PM with Stations following at 7:00 pm. The parishioners will be leading the readings.

St Ignatius Station of the Cross reading will be done by the Legion of Mary group following the 8:00 AM Mass on Friday, March 6th. The Stations will start at 5:00 pm. Followed by the Fish Fry provided by Father Tom Lucas.

As we move through Lent together, we invite you to slow down and specially walk with our Lord by praying the Stations of the Cross with us. It's a simple but powerful devotion that helps us reflect on His love, His sacrifice, and the hope we find in the Cross.

Take a few minutes to walk the Way of the Cross with our pastor's Journey through all 14 Stations – from Our Lord's condemnation, through His Passion, all the way to the Tomb – with Scripture, prayers, and meaningful reflections at each step.

The Stations of the Cross are a 14-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 devotions, or stations, focus on specific events of His last day, beginning with His condemnation.

The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all 14 are complete.

The Stations of the Cross are commonly found in churches as a series of 14 small icons or images. They can also appear in churchyards arranged along paths. The stations are most commonly prayed during Lent on Wednesdays and Fridays, and especially on Good Friday, the day of the year upon which the events actually occurred.

This is a special time for me, as this time is from Mother Mary and her son, Jesus. It reflects on me personally between my mother and me. My mother just passed, and it has made me reflect on my life with my mother these last few days, how special our mothers have been to us.

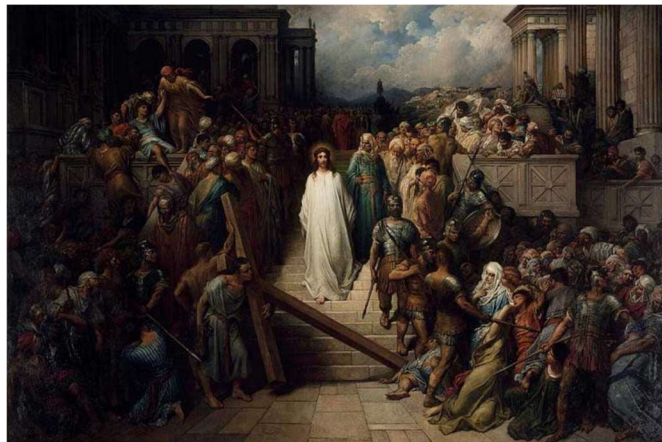
As the Mother of God, the Virgin Mary has a unique position among the saints, indeed, among all creatures. She is exalted, yet still one of us. Redeemed by reason of the merits of her Son and united to Him by a close and indissoluble tie, she is endowed with the high office and dignity of being the Mother of the Son of God, by which account she is also the beloved daughter of the Father and the temple of the Holy Spirit.

Because of this gift of sublime grace, she far surpasses all creatures, both in heaven and on earth. At the same time, however, because she belongs to the offspring of Adam, she is one with all those who are to be saved.

Mary embraces God's will and freely chooses to cooperate with God's grace, thereby fulfilling a crucial role in God's plan of salvation. Throughout the centuries, the Church has turned to the Blessed Virgin to come closer to Christ.

Many forms of piety toward the Mother of God developed that help bring us closer to her Son. In these devotions to Mary, "while the Mother is honored, the Son, through whom all things have their being and in whom it has pleased the Father that all fullness should dwell, is rightly known, loved and glorified and . . . all His commands are observed."

The Church honors her as the Mother of God, looks to her as a model of perfect discipleship, and asks for her prayers to God on our behalf.



St. Patrick of Ireland – *From Slave to Saint*

By Kevin Hall, Deputy Grand Knight



While often associated with parades and the color green, St. Patrick is often misunderstood. His actual life was defined by survival, spiritual awakening, and a radical return to the land of his captors.

Early Life and Captivity

Born in Roman Britain (likely around 387 AD) into a wealthy family, Patrick's early life was one of privilege. His father was a deacon and his grandfather a priest, yet Patrick himself was not a devout believer in his youth.

Everything changed at age 16 when he was kidnapped by Irish raiders and sold into slavery in Ireland. For six years, he worked as a lonely shepherd, often enduring hunger and extreme weather in the Irish wilderness. It was during this period of isolation that he turned to prayer, reporting that his faith grew significantly as he prayed hundreds of times a day.

The Escape and Calling

Patrick eventually escaped after hearing a voice in a dream telling him a ship was ready to take him home. He walked 200 miles to the coast, eventually finding passage back to Britain.

After reuniting with his family and entering the priesthood, he experienced another vision: the "Voice of the Irish" calling him to return and walk among them again. Despite his traumatic past and lack of formal education compared to his peers, he returned to Ireland as a missionary around 432 AD.

Mission and Impact

Patrick's ministry was revolutionary because he chose to spread Christianity beyond the boundaries of the Roman Empire. He focused on:

- **Converting Tribal Leaders:** By baptizing local kings and chieftains, he gained protection to preach to their people.
- **Contextualizing the Faith:** He used existing pagan symbols to explain Christian concepts, most famously using the three-leaved **shamrock** to illustrate the Holy Trinity.
- **Abolishing Slavery:** Having been a slave himself, Patrick used his influence to eventually end the Irish slave trade during his lifetime.

Myths vs. Reality

Many popular stories about St. Patrick are later legends:

- **Snakes:** Legend says he banished snakes from Ireland, but scientific evidence suggests Ireland never had snakes to begin with. He was known for converting pagans in Ireland to Christianity.
- **Canonization:** Patrick was never officially canonized by a Pope; he was proclaimed a saint by popular acclaim in an era before the formal process existed.

Legacy

Patrick is believed to have died on **March 17**, around 461 AD, and is buried in Downpatrick. Today, his legacy is celebrated globally, but he is remembered in the St. Patrick's Confessio as a humble man who returned love to those who had once enslaved him.

Key Event Details

- **Feast Day:** March 17
- **Primary Venue:** Down Cathedral, Downpatrick (alleged burial site)

- **Visitor Resource:** The Saint Patrick Centre provides the world's only permanent exhibition dedicated to his life

Check Out Our NEW 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>

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. Chairman: Brother Michael Brault 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. Chairman Brother: Bud Feria 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 Chairman Brother Michael Stauffer 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 Chairman Brother Charles Beltz 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 Fish Fry, 6:00 PM
 St. Ignatious
- 7
 Wheelchair Sunday
 Our Lady of the Assumption
- 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)
- 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
 Tony Carvelli

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

Our February Ladies Luncheon at Dad’s Kitchen was short on attendees but long on fun!

A total of nine (9) Ladies came to enjoy great food and service by Maria.



Our next luncheon will be on March 19 at Tony Baloney’s at 5059 College Oak Drive. If you like meatball or pastrami sandwiches, you MUST attend!!! The restaurant has been in Sacramento for many years. As always, we will start at 1 PM with the promise of a good time! Will we see you there? We sure hope so!

If you have any questions, please call Lady Knights Glenda Macdonald at 916-524-8933 or Jean Gobbo, at 916-450-4043 (please note Jean’s new phone number).

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

Who Built the Mysterious Loretto Chapel Staircase?



Santa Fe, New Mexico, was founded in 1610 and is the oldest capital city in the US. It is the historic hub of the southwest, connecting the El Camino Real de Tierra Adentro Trail, the Santa Fe Trail and the Old Spanish Trail. It is in Santa Fe where the Loretto Chapel with its mysterious circular staircase was built almost 150 years ago.

The construction of the chapel began in 1873 and was originally named *Our Lady of Light*. The name was later changed to the Loretto Chapel. The Gothic Revival building was consecrated in 1878 and was maintained by a religious order of Catholic nuns, the Sisters of Loretto. When the Loretto Chapel was completed, everyone realized there was nothing in the building plans showing how the choir loft more than twenty feet above the floor was to be accessed. Carpenters were called in to address the problem, but they all concluded access to the loft would have to be via ladder as a staircase would interfere with the interior space of the small Chapel.

Legend says that to find a solution to the seating problem, the sisters made a novena to St. Joseph, the patron saint of carpenters. On the ninth and final day of prayer, a man appeared at the Chapel with a donkey and a toolbox looking for work. Months later, the elegant circular staircase was completed, and the carpenter disappeared without pay or thanks. After searching for the man and finding no trace of him, some concluded that it was St. Joseph who had come in answer to the sisters' prayers.

Another theory about the carpenter's identity has come from Santa Fe historian Mary J. Straw Cook in her 1984 book *Loretto: The Sisters and Their Santa Fe Chapel*. She postulates that the builder was François-Jean "Frenchy" Rochas, citing a 1895 newspaper article about the murder of the reclusive rancher. The article described Rochas as "an expert worker in wood" and claimed he was the man behind the Loretto Chapel staircase.

The Loretto staircase, a sleek, beautiful staircase comprising 33 steps (33 being the age at which Jesus was crucified), wrapped around 360 degrees twice. It was held together with only wooden pegs, no nails or glue. Even more unbelievable was the spruce wood it was made of was not indigenous to New Mexico. There are no central columns or support beams, and it appears that all the weight is self-supported at the base. Additionally, there were no railings. The legend has it that some of the nuns were so afraid to descend that they would crawl down on their hands and knees.

My Brothers, Loretto Chapel was used daily by the students and nuns of Loretto Academy until the school closed in 1968. It is no longer affiliated with the Catholic Church. It is now a privately owned museum and wedding venue. The spiral staircase at Loretto Chapel has long puzzled visitors, including architects and physicists. Some people insist, as the sisters concluded at the time, that St. Joseph built the amazing staircase. Others believe he sent someone to build it. Either way, the structure is considered a miracle, an engineering marvel, and even a scientific curiosity. What about you?

Who do you think is responsible for building the mysterious circular staircase inside the famous Loretto Chapel?

St. Joseph, *foster father of the Son of God*, pray for us!

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, the day after the Planning Meeting.

Support those in our Council's community



SERGIO & ESMERALDA

HOME CLEANING **HANDYMAN**

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

The image is a business card for Sergio & Esmeralda. It features a wooden plank background. On the left, there is an illustration of a yellow basket filled with cleaning supplies like a broom, mop, and bottles. On the right, there is an illustration of various hand tools including a hammer, wrench, and saw. The text is centered and includes the business name, services offered, address, phone number, and email address.