



# The Knightlighter



The Official Publication of the Knights of Columbus, Msgr. James R. Jones Council  
3303 and Kenneth I. Parker Assembly 1820, New Bern, NC

## February

- 1<sup>st</sup> Last Day of Yard Sale
- 3<sup>rd</sup> Bingo
- 4<sup>th</sup> Council Mtg @ 7 p.m.
- 5<sup>th</sup> Assembly Officers Mtg @ 7 p.m.
- 10<sup>th</sup> Battle of the Badges Blood Drive
- 12<sup>th</sup> Assembly Mtg 7 p.m.
- 13<sup>th</sup> Special Olympics Spaghetti Dinner
- 17<sup>th</sup> Bingo
- 24<sup>th</sup> Bingo
- 25<sup>th</sup> Council Officers Mtg – 7 p.m.
- 31<sup>st</sup> Bingo

Volume: 2020 – 02  
 Editor: Guy Ferrante  
 kingandeverhard@outlook.com

## Grand Knight's Comments



Brother Knights,

For Council 3303, February means love especially for our wives. Saint Valentine's Day will be here shortly as well as our very special Wives (and Widows) Appreciation Dinner on February 8<sup>th</sup>. If you haven't already RSVP'd for the event, please do so by January 31<sup>st</sup>.

February kicks off with the Saint Paul Ministry Fair on February 1<sup>st</sup> & 2<sup>nd</sup>. As you can see from reading the church bulletin, the Knights of Columbus are one of numerous ministries in the Parish. We will have the opportunity to recruit more Catholic gentlemen into our order. Our membership chairman, Tony Difede, and I will organize our table. We'll have a Council 3303 display board and brochures as well

as form 100's. I ask all Knights to please stop by the table after Mass on February 1<sup>st</sup> or 2<sup>nd</sup> and spend a few minutes talking to prospective brothers who may be interested in becoming a Knight. We will be manned after each of the 4 masses. Remember, the future of our success starts with a strong membership. Speaking of membership, I want to congratulate our Degree Team for conducting another fabulous exemplification. Six of our 1<sup>st</sup> Degree Brother Knights advanced to the 2<sup>nd</sup> Degree during the January 14<sup>th</sup> Formation Degree. Thank you to the brothers who attended.

Be on the lookout for tickets sales after the masses and at K of C events. We begin with the Special Olympics Spaghetti Dinner provided by New Bern Pizza Hut which will be held on Thursday, Feb 13<sup>th</sup> at the Columbus Club Hall. Cost is only \$8 and take-outs are available. Starting Feb 22<sup>nd</sup>/23<sup>rd</sup>, we will begin selling Lenten Fish Fry tickets being held at the Family Life Center on Fridays Feb 28<sup>th</sup>, Mar 13<sup>th</sup> & 27<sup>th</sup>. Cost is \$12 per person or \$30 for immediate family. Also, in February, the 300 Club will hold their Pot-Luck

Dinner and \$1,000 prize drawing. Thanks to Kevin and Judy Blust for their efforts with the 300 Club which is an important part of Council fundraising. Another important fundraising function is the North Carolina State Council Raffle. There are seven prizes with 1<sup>st</sup> prize being \$5,000. Tickets are only \$5 each. Each Knight will receive 2 tickets in the mail with a return envelope. Everyone is encouraged to buy (or sell) at least 2 tickets. The Council keeps one half of the proceeds to support our charitable efforts. Thanks in advance for your support.

As we look forward to a busy spring which includes supporting the 4<sup>th</sup> Degree Assembly with the traveling Vietnam Memorial Wall, a Spring LAMB collection, St. Patricks' Day celebration with the Catholic Daughters, more fish fries, Founder's Day etc., I want to congratulate the Monsignor James R. Jones Council on receiving the Columbian Award for 2018-19 Fraternal year. Although the Council receives this honor almost every year, it is by no means an easy accomplishment. The efforts of many Brother Knights, wives, and widows have ensured that we remain on track in our support for Life, Faith, Family, and Community which are the four pillars of our Faith in Action.

Vivat Jesus!

**Michael Lynch**  
Grand Knight

---

## Family of the Month – January

This month of January we honor Gordon and Sheila Barnes. They both hail from the northeast and have been married for 48 years. Sheila grew up in Seneca Falls, New York which is located between Rochester and Syracuse. Gordy came from Emporium, a very small town in Northwest PA. He said the deer and elk population outnumbered the people. It had no traffic lights.

Gordy graduated from the Rochester Institute of Technology with a BS in finance and accounting. He worked for Gould Pumps and later the Lord Corporation. The family moved a number of times, living in Tulsa, OK, Danville and Erie, PA, Cary, NC, and finally, New Bern - where they have lived for the past 17 years. Their last employment was owning and operating Williams Farm and Garden Center in James City.

Gifted with an artistic forte, Sheila worked as a commissioned watercolorist throughout their marriage and then managed the Garden Center, with Gordy working for her.

Gordy, a 3<sup>rd</sup> Degree Knight, joined the Council about three years. He works the Lenten fish fries, the yard sale (tools), LAMB, serving meals and assisting in the kitchen at the various Knights' events, and chairing the family Christmas party.

Sheila is right by his side, helping him with the purchasing, set-up, and serving at the family Xmas party and other Knights' social gatherings.

The Barnes have two children, Phillip and Virginia, along with seven grandchildren.

Like so many other Family of the Month recipients, Gordy and Sheila exemplify a selflessness and a dedication that make the Knights the worthy organization it is. We salute and honor them in this first month of 2020.

### John Murphy

---

## **\*\* Upcoming Dates to Remember \*\***

Set up Tents for Yard Sale – Jan 24<sup>th</sup>

March for Life in Jacksonville – Jan 25<sup>th</sup>

Yard Sale – Jan 30<sup>th</sup> - Feb 1<sup>st</sup>

Wives Appreciation Dinner, New Bern CC, Feb 8<sup>th</sup>

Pizza Hut Special Olympics Spaghetti Dinner, Feb 13<sup>th</sup>

300 Club Pot-Luck Dinner & \$1,000 Drawing – Feb 20<sup>th</sup>

Lenten Friday Fish Fries: Feb 28<sup>th</sup>, Mar 13<sup>th</sup>, and March 27<sup>th</sup>

Yard Sale Workers Appreciation Dinner @ New Bern CC – March 14<sup>th</sup>

LAMB Collection at Walmart – April 17<sup>th</sup> and 18<sup>th</sup>

St. Patrick's Day Celebration w/Catholic Daughters, March 15<sup>th</sup>

Vietnam Wall at Lawson Creek Park – Mar 24<sup>th</sup> – 28<sup>th</sup>

---



---

## Six more Brother Advance to the 2<sup>nd</sup> Degree

On Tuesday evening, January 14<sup>th</sup>, a Formation (or 2<sup>nd</sup> Degree) exemplification was held at Columbus Club Hall where six of our newest 1<sup>st</sup> Degree Brother Knights advanced to the 2<sup>nd</sup> Degree. Congratulations to Dan Macsay, Guy Ferrante, Carlos Espinoza, Jim McConnel, Andrew Nelson, and Ken Gossler. Thanks to all the Brother Knights who attended and showed their support. Degree Team Warden Gary Allen was the Honoree for this Formation Degree. As always, everyone enjoyed some pizza and a few rounds of cheer in the lounge afterwards.



Pictured sitting left to right Dan Macsay, Guy Ferrante, Carlos Espinoza. Standing are DGK Steve Harman, GK Mike Lynch, Jim McConnell, Andrew Nelson, Ken Gossler, Field Agent Norm Wilson

**Michael Lynch**  
Grand Knight

---

## Many Thanks to our Council 3303 Degree Team



We all remember our first experience with the Knights of Columbus. That night when we were exemplified into the Knights of Columbus as a 1<sup>st</sup> Degree Knight should bring back fond memories. For most of us, that happened here in our council chambers. Degree exemplifications are special and thanks to the dedication of the brothers on the Degree Team, the 1<sup>st</sup> and 2<sup>nd</sup> degrees perform by these brothers are quite impressive and meaningful because everything is memorized. The team is lead by John Audilet (2<sup>nd</sup> Degree) and John LaPointe (1<sup>st</sup> Degree) along with Gary Allen, Gary Williams, and Clark French whom all play extensive roles. Danny Gennantonio, Chris Skaggs, Vince Fragnito, and others also are regular players. I'm sure

everyone who has attended a degree over the last few years will agree that the Council 3303 Degree Team is top notch. Well done Team!

**Michael Lynch**  
Grand Knight

---

## 9 Days for Life 2020

Brothers, please join in with St. Paul Parish in prayer and support of Unborn Children during our Novena for Life. From January 21<sup>st</sup> through the 29<sup>th</sup>, let us offer our daily intensions and short reflections over these 9 days for the legal protection of unborn children. 9 Days for Life is a novena for the respect and protection of human life. Sign-up to receive the novena by email, text message, or an app at [www.9daysforlife.com](http://www.9daysforlife.com).

**Michael Lynch**  
Grand Knight

---

---

## Sir Knight of the Month – January

I'm pleased to announce our Sir Knight of the Month for January – SK Richard Plezia. Richard and his wife, Mary Jo, relocated to our area from Cameron, NC (near Pinehurst) in October of 2017. Prior to that they made their home in White Lake, MI where they raised 6 children. They now make their home in Arapaho.

Richard went to college in Buffalo, NY and Cleveland, OH. He studied Biochemistry and Dentistry and holds BA, MS, DDS, and MBA degrees. He served in the US Air Force in the Medical/Dental Corps as a dentist from 1985-2012. After his military service he worked as an Oral and Maxillofacial Surgeon.

Richard has been a Knight for 22+ years. He made his 1st Degree in 1997, his 3rd in 1999 and became a Sir Knight in September of 2011. He was previously a member of Council 7444 in Milford, MI, and Council 13522 in Siler City, NC as well as Assembly 3099 in Milford, MI before transferring to our organization. Richard has been active in just about all of our activities. He is a member of the Color Corps, he works at the Yard Sale, he helps out with Operation LAMB, and he is a hospital eucharistic minister. Outside of our Assembly, he works at the RCS food pantry and the Pamlico County Fish & Loaves Outreach. He says that now, in retirement, he and his wife want to dedicate the time they have left to our God, our church and our community. Congratulations, Richard, on being our selection for Sir Knight of the Month.

Vivat Jesus!

**Doug Uhland**  
**Faithful Captain**

---

## Join us as we March for Life on January 25<sup>th</sup>

The Monsignor James R. Jones Council 3303 will be participating in a March for Life and prayer service in Jacksonville on Saturday, January 25<sup>th</sup>. All Knights, their wives, family, & friends are welcome to participate. Even if you are unable to march, you can participate in the prayer service following the one mile march from Jacksonville City Hall to Infant of Prague Catholic Church.

47 Memorial Crosses will be placed on the Church Lawn. One for Every year since the Roe v Wade Decision. An Ecumenical Prayer Service will follow at the church. We are asking God to restore a Culture of Life - one that respects the dignity of all human life, from natural conception to natural death!

Refreshments in Church Hall following the ceremony.

Transportation will be provided from the Columbus Club Hall to Jacksonville and back. Please meet in the parking lot of Columbus Club Hall at 11 am on Saturday January 25<sup>th</sup>. We hope to carpool in any available minivans, SUVs, and cars.

Mileage reimbursement will be provided to those willing to drive. We plan to make a quick stop for lunch along the way. The plan is to meet at Jacksonville City Hall at 12:30 pm and prepare to step off on the short march at 1 pm. If interested, please reply to the Knights e-mail soon to be distributed.

**Mike Lynch**  
**Grand Knight**



---

## Knight of the Month – January

Brother Bob Donnelly is the Knight of the Month for January 2020.

Bob attained his 1<sup>st</sup> Degree on July 11, 2017 and three months later he attained his 3<sup>rd</sup> Degree on October 21, 2017.

In the past two plus years Bob has been a major contributor to various programs sponsored by our council and he has been very helpful in assisting parish leaders in dealing with insurance issues related to recovery from Hurricane Florence. In 2017 Bob agreed to assume leadership of our LAMB program. He has led that program with great success to include organizing donation activities at the local Wal Mart and after masses at church. He also obtained funds from various local merchants. The donations this year are over \$8,000.00. These funds will go to various local schools to help support special needs programs. Bob is a key member of the Yard Sale Team. Some refer to him as the Tool Guy. And if it is Monday you will find Bob at the Bingo Hall helping to distribute lots of cash to the lucky winners.

As Bob and Pat prepare to move back North to be closer to family and to make it easier to attend Eagles, Phillies and Villinova games we are certainly going to miss them. Best wishes for safe travel and thank you for the tremendous contribution to our council.

**Steve Harman**  
**Deputy Grand Knight**

---

## The Joyful Month of February

With the rush of the holidays behind us and the gusty winds whirling outside, February is a wonderful opportunity to share God's love by inviting a neighbor into our home and enjoy each other's company over a cup of coffee or warm cider. February 2020 has a leap year day added to the end of the month. This modification to the original Julian calendar occurred way back (something about the Gregarines aligning their Rolexes and Gucci time pieces with the Earth's rotation around the Sun). This midpoint of winter is Feb. 2<sup>nd</sup> Ground Hog Day, an occasion when many of us whimsically celebrate an early spring or long winter, based on whether or not one of God's most marginalized creatures sleeps in or pops his furry head out of his burrow. In either case, don't let an unusual warm spell, early blooming Red Buds or the forsythia's bright yellow flowers fool you. Frosty the Snowman is still eager to brighten our landscape and, instigate at least a hint of a smile on your face, with one or more encore appearances.

Feb. 2020 concludes the Christmas season on Sunday Feb. 2<sup>nd</sup> with the presentation of the child Jesus in the temple, and begins the Lenten season on Ash Weds.Feb.26<sup>th</sup>.

When Mary and Joseph took their newborn son to the temple according to the custom to be purified, they were startled and happily surprised as any young couple would be to receive encouragement and uplifting compliments about their child. Simeon predicted that Jesus would be the glory of the people Israel and a light to the Gentiles; and Anna also spoke favorably about Jesus to everyone in the temple. Yet these words of prophecy and praise came with a warning to Mary about the sorrow and anguish she would witness during Jesus' life, (Luke 2:33) "you yourself a sword shall pierce". Parents need to pray to our Blessed Mother Mary and St. Joseph to be gifted with the same degree of Trust and a thankful heart which they had when experiencing sorrow or anguish in their children's lives, or face a difficult decision in their own.

Feb.8<sup>th</sup>: (early Valentine's Day celebration) Our K of C Council 3303 and Assembly 1820 host our Annual Wives and Widows Appreciation Dinner at the New Bern Country Club; always well attended and remains one of our most popular events of the year.

This February I find myself joyfully reflecting on two extraordinarily unselfish women God chose to place –several years apart - along my path of life. One I knew; the other one I never met.

It was Christmas season 2011 and my health was rapidly deteriorating. I was in End-Stage Kidney Failure, when our phone rang. It was Theresa, who thirty years earlier as a young teen was looking for a place to stay, and my wife and I

invited into our home to live with our family for a while. Theresa had learned of my kidney failure and was calling to say she wanted to try and help me by donating a kidney to me. This year, on Feb. 6th: we celebrate eight more years of life which God has granted me since I received Theresa's left kidney on Feb. 6<sup>th</sup>, 2012.

This Christmas season, I suffered an ankle wound which resisted standard cleaning and topical treatment; it led to a bone infection in my ankle. Part of the lengthy healing treatment included a skin tissue implant over my exposed ankle bone .from another person; an anonymous woman donor via a process known as Amnio Exel. Modern medical research has discovered that the inner skin tissue layer from a woman's placenta is the healthiest and most nutrient rich tissue in the entire skin organ which encases the whole human skeleton. This placenta skin tissue nourishes the fetus and causes growth in the womb before he/she is born. Prior to childbirth a pregnant woman gives the hospital her consent that this skin tissue may be removed and saved for use in medical procedures to help an individual in need. On Jan. 14, 2019 I received the last of eights such weekly skin tissue implants over my ankle wound. My ankle is healing nicely, and I am moving forward, one day at a time.

During both of my transplant procedures an outpouring of prayers and good thoughts from so many people lifted me up and gave me Hope. Each of my organ donors exemplified Mary's complete trust in God's plan for her and manifested Jesus' unconditional love for me. I remain deeply humbled and eternally grateful for everyone's kindness.

**Mikie Casem - PGK**

---

## FEBRUARY IS NATIONAL HEART MONTH!

### Heart Disease: It Can Happen at Any Age

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

### You Could Be at Risk

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

**High blood pressure.** Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

**High blood cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels. **Smoking.** More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease. On average, U.S. adults have hearts that are 7 years than they should be.

Other conditions and behaviors that affect your risk for heart disease include:

**Obesity.** Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children ages 2 to 19—has obesity.

**Diabetes.** Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly 1 in 10 people in the United States has diabetes.

**Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.

**Unhealthy eating patterns.** Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only 1 in 10

adults is getting enough fruits and vegetables each day. Diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

#### **4 Ways to Take Control of Your Heart Health**

You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.

1. Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.
2. Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.
3. Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.
4. Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about how to get enough physical activity.

More Information:

<https://www.cdc.gov/heartdisease/index.htm>

<https://www.cdc.gov/vitalsigns/heartage/index.html>

---

## **Gentleman Saint: Saint Valentine**

- Sam Guzman, CatholicGentlemen.net

Ah yes, St. Valentine's day is here again. For one day each year, the world turns pink and red, floral shops and chocolatiers turn a handsome profit, and candlelight makes a comeback at dinner time.

But buried and forgotten somewhere beneath chocolates and candy hearts lies a courageous man named St. Valentine. Let's learn a little about him.

### **Life and Martyrdom**

Unfortunately, the life of St. Valentine has been mostly lost to history, but according to the Nuremburg Chronicle, a huge book of history written in the Middle Ages, St. Valentine was arrested for marrying Christian couples and helping Christians escape persecution at the hands of the emperor Claudius II.

While Valentine was imprisoned, a strange thing happened— he somehow won the favor of the emperor. Because of his new benefactor, St. Valentine was well on his way to freedom when he made a fatal mistake: He tried to convert Claudius to the Christian faith.

For his audacity, St. Valentine was immediately sentenced to death. He was beaten with clubs and stoned, all the while being asked to deny the faith. When he refused to deny Christ, he was beheaded outside the Flaminian gate. The year was 296 A.D.

St. Valentine is the Patron Saint of engaged couples, epilepsy, bee keeping, fainting, greetings, happy marriages, love, lovers, travelers, and young people. If you're thinking of taking up beekeeping or getting married, St. Valentine would make a good patron!

### **Virtues to Imitate**

While we don't know much about St. Valentine's life, we do know that he was a virtuous and holy man. Here are four things we can learn from him.

- **Courage** – Imagine hundreds of your fellow Catholics are being rounded up by the government and executed in the most gruesome ways. Would you have the courage to openly defy the government? That's exactly what St.

Valentine did. The Latin name Valentinus means “strong” or “filled with valor,” and St. Valentine certainly lived up to his name, displaying courage and strength in choosing to obey God rather than man. We, too, should have the courage to do what is right in God’s eyes, no matter what the consequences.

- Faith – To St. Valentine, denying the faith was not an option. He preferred suffering and a bloody death rather to denying the Catholic and Apostolic faith. How firmly do we believe the teaching of the Church? Are we cafeteria Catholics who pick and choose which teachings we will follow? Do we disobey when Mother Church asks us to make hard choices or sacrifice in obedience? Like St. Valentine, we should show our commitment to Christ by our unwavering fidelity to the faith— always submitting to it, proclaiming it, and defending it.
- Love for Souls – While there is a lot of talk about the New Evangelization, Catholics are, generally speaking, terrible evangelists. Yet, if we really love others, we will care about their salvation. If we care about their salvation, we will share the Catholic faith with them. St. Valentine had the courage to share the Gospel with the man who had the power of life or death over him— and yet most of us won’t broach the topic of faith with our friends out of fear of disapproval. Let’s choose to courageously share the faith we have received with others as God provides opportunity.
- Sacrifice – In the modern world, many trivialize love. To most, it is a sentimental feeling or a physical attraction. But that is not real love. Real love always costs something. St. Valentine loved Christ more than himself, and he demonstrated this through the sacrifice of his life. In our marriages and interactions with others, let’s truly love others as Christ loved us—by giving of ourselves until it hurts.

## Conclusion

It is ironic that most of the world celebrates St. Valentine’s day, and yet hardly anyone knows about the man they are honoring. Let’s celebrate St. Valentine’s day by imitating his virtues and praying for the courage to be a saint. (Oh, and don’t forget some chocolates for your honey...)

St.Valentine, pray for us!

---

## Thoughts from Anonymity

Hey NEWBIE! JJ here. J.J. Smitty.

I’m not quickly stirred or easily impressed. When joining the Knights, I brought no predisposed inclinations. Attending Knights functions was also not a thing for me. So, when I say I came with a clean slate – really. It was clean. One of my first encounters was The YARD SALE. Foolish child. I didn’t know how we depend on its ongoing vitality for our overall fiscal health to achieve our mission. Sobering thought. It is sublime simplicity. We take in donations and resell those items for a “profit”. Simple? Yes. Easy? HELL NO!

The members of the family trickle in on Tuesday morning, cordially greet one another and move on to their appointed tasks. Its precision is easy to miss. Yeah! You’ll notice some strange names for an all men’s’ organization. We, however, know fully that without those lovely souls the yard sale would be as successful as a lemonade stand in winter. So sorry, I digress. They bring the building to life for a while, then slowly it returns to a comatose state till next Tuesday for another transfusion.

But the truck keeps running. Bringing “food” for that revival. Ah, THE TRUCK CREW. A fine group of hardy men. HEY! Don’t laugh! Envy will get you nowhere. Certainly not to join ranks. These few trust and depend on each other when no one else is there. When you are moving heavy furniture and appliances you need to know the guy on the other end would NEVER let go – even when it’s too heavy. This little enclave is a microcosm of the Brotherhood. The Crew keeps reaching into the depths of our community for the next trove, be it keepsakes or just utility items. We handle them with care and a prayer. Care for the donations; prayers for the donors. We are all too aware of the fragility of life. Our own are whipped up by the storms of life and many of these donations are preceded by its loss. Perhaps remnants of an estate disbursement. With courteous efficiency and unspoken co-ordination that only comes from working together ad nauseam – The Crew fills the truck. Another trip. The trips fill the day. Trip by trip. Day by day. Week by week. The work and monotony would break lesser men. I personally think some of the glue that holds the Truck Crew together are the untold prayers they say for each other. I NEVER said that. I SWEAR. As for me - I salute them. I respect each and every one of them. And, I humbly pray for them. My Brothers. Thank You.

Why does the Tuesday gang work?? Family. A good family has respectful concern for the members, perhaps, in ways they don’t realize. Even squabbles are soon forgotten. They need each other. The Tuesday Gang have their idiosyncrasies. Frankly, it can make you scratch your head. You know. Like REALLY, how tight are that one’s wires wrapped? That’s a bit of us all, isn’t it? I digress. Working together with light banter; working alone with silent efforts,

progress happens. Here, I'm learning anew the nuances of family. I embrace each Tuesday I can work with the Gang. I love my family. You see it only has a little to do with a yard sale. They all realize the life blood it gives to the true mission. Giving to the community. These people work through hellish monotony, boredom, illness, hardship and even loneliness to bring comfort, dignity and compassion to the needy in our community. This is their way. This is a mark of The Brotherhood. And this is a mark of the united Sisterhood coming alongside whose amazing help rises above words - to love. God bless you ladies. Again – Thank YOU – from the bottom of our hearts. We love you, too.

The Knights. This Brotherhood is a journey unto itself. If you engage in an activity here, you soon find things are very different. It's unquantifiable. But it's unmistakable. And - it is – HERE. The selfless giving and caring is, quite honestly, humbling. More than degrees, it seems a man needs to earn his stripes in humility to prepare him for walking alongside these men of God. Yes, this Brotherhood is unlike anything I ever encountered before. I don't care how hard you work here; you will always get more than you give. Not all are able to bear that mantel. In his inimitable way Bro. Chris leads us with – AMEN!

Whether you work on Tuesday for a yard sale, a weekend yard sale, a Friday fish fry, a Monday bingo, or any other function you will never be beyond the helpful grasp of a fellow brother to assist and aid you. They get you with a quick smile, a wink, a pat on the shoulder, a nod, a handshake. Name it, they find a way to support your efforts, as a real brother would do. They will embrace you, but the journey is yours. The only one who can make the whole trip with you is God. Remember that intangible earlier? The Holy Spirit is so active here I'd almost swear I've seen Him more than once. Truly, there are a few who walk closely with The Spirit. Seems obvious. One's already a saint. I love him.

Me? I've been enjoying the journey. As I'm ready deeper humility's shown to me. My walk with my Lord Jesus is warm and joyful. I thank God for leading me to this wonderful brotherhood. The Knights. There truly is something special here, yet is so easy to miss if you're distracted by the noise. Those who get it quietly acquiesce while the Holy Spirit works in them and through them. Awesome! Humbling! Enjoy your journey. Take God with you.

**J.J. Out**

---

## Update Your Beneficiaries

Sometimes it is easy to overlook the simplest of things.

Take, for example, the beneficiaries on your life insurance policies. If your policy was applied for and issued several years ago, it may very well be that the person you originally selected as the beneficiary is no longer the person you would want to receive the policy proceeds. If you bought the policy when you were single, for example, you may have named your parents as beneficiaries. If you have since married, your policies should be updated to reflect your spouse as beneficiary. Maybe you've had children since, who are not named on the policies.

Most people list a primary beneficiary, who is specifically designated as the first in priority to receive policy proceeds. We also encourage the naming of a contingent beneficiary, an alternate person designated to receive policy proceeds, usually in the event that the original beneficiary pre-deceases the insured.

I routinely call all of my policyholders for annual review appointments, usually near the anniversary date of your policy – that is, the date it was originally issued. One of the matters that I'll discuss during this review is the status of your beneficiary designations. If they need updating, and they often do, I can complete the paperwork during that appointment.

I look forward to meeting with each of you to discuss your family's needs.

Vivat Jesus!

**Norman J Wilson, FIC**  
**Field Agent, Knights of Columbus**  
**910-803-8002**  
[norman.wilson@kofc.org](mailto:norman.wilson@kofc.org)

---

---

## Faithful Navigators Report



Greetings Brother Knights!

A very Happy and Healthy New Year to you and your families. It is the beginning of the new year and a new decade. The next few months will be a busy time for us.

First and foremost is our first Yard Sale of the new year. The dates for the sale are Thursday January 30<sup>th</sup>, Friday January 31<sup>st</sup>, and Saturday February 1<sup>st</sup>. We will be setting up the tents on Friday January 24<sup>th</sup> at 9:00 a.m. Please come if you are available. The more volunteers we have, the quicker it gets done. Lunch and beverages will be provided.

The Annual Wives Appreciation Dinner will be Saturday February 8<sup>th</sup> at New Bern Country Club. Please contact Paul Masotta for details if you wish to attend.

The first Fish Fry of the Lenten Season will be Friday February 28<sup>th</sup> at St. Pauls Family Life Center. There will also be one on March 13<sup>th</sup> and the final one on March 27<sup>th</sup>. If you are able to help, please call Ralph.

The Annual Yard Sale Appreciation Dinner is Saturday March 14<sup>th</sup> at New Bern Country Club.

The Catholic Daughters St. Patrick's Day Fete is Sunday March 15<sup>th</sup>.

The Traveling Vietnam Memorial Wall will arrive in New Bern on Wednesday March 24<sup>th</sup>. The set up will be on March 25<sup>th</sup>. The exhibit will be open for viewing once the setup is complete.

There will be several ceremonies over the course of five days. Taps will be played each evening. On Saturday the 28<sup>th</sup> there will be a laying of a wreath ceremony with bagpipers.

Oliver North will be at Temple Baptist Church on Sunday the 29<sup>th</sup> and will be coming over to the memorial. The Marine Corp Band will play and there will be a flyover around 1:00 p.m. This has all been confirmed. The Wall will be disassembled late afternoon on Sunday.

If you wish to volunteer for this event, please contact me, Doug Uhland, or Randall Ramian.

Please also remember in your prayers all our Veterans and our men and women in the Military. May Our Lord keep them safe and out of harm's way. Please keep their families in your prayers also.

God Bless us everyone,

**Ralph Avilas**  
**Faithful Navigator**

---

## Intro from your new Editor

I became a 1<sup>st</sup> Degree on November 12<sup>th</sup>. A couple weeks ago I saw Mike Lynch and Tony DiFede talking at Bingo. I approached them to say that I would be happy to help in any way with the publication of the Knightlighter. We chatted for a while and the next thing I knew I was the new Editor of the whole thing. So, don't blame me.

Brother Guy Ferrante

---

## Knights Bring Cheer to the Craven County Senior Center Christmas Party



Santa and 7 of his Knights of Columbus elves joyfully joined in at the Craven County Senior Center on Friday, December 13<sup>th</sup> to help approximately 70 senior citizens enjoy a Christmas luncheon and gifts from Santa Claus. Thanks to Brother Jerry Abramowski for organizing Council 3303's support. Jerry is our liaison to the Craven Senior Center. In addition to a council donation of \$350 to help support meal and gift costs, Knights served the meals and delivered presents to all the seniors. Pictured below are Denny Colbert, Santa Claus Danny Gennantonio, Gordy Barnes, Paul Masotta, Phil Nassef, Bo Wernersbach, Jerry Abramowski, and GK Mike Lynch.



# February 2020

February 2020

Mo	Tu	We	Th	Fr	Sa	Su
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

March 2020

Mo	Tu	We	Th	Fr	Sa	Su
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Jan 27	28	29	30	31	Feb 1 Yard Sale	2
3 5:00pm Bingo	4 7:00pm Council Mtg	5 7:00pm Assembly Officers Meeting	6	7	8	9
10 9:00am American Legion Officers Mtg 5:00pm Bingo	11	12 7:00pm Assembly Mtg	13 Special Olympics Spaghetti Dinner - Bingo setup	14	15 7:00pm Singles Social	16
17 Presidents' Day (United States) 5:00pm Bingo	18	19 6:00pm American Legion Mtg	20	21	22	23
24 5:00pm Bingo	25 7:00pm Council Officers Meeting	26	27	28	29	Mar 1

# March 2020

March 2020

April 2020

Mo	Tu	We	Th	Fr	Sa	Su
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

  

Mo	Tu	We	Th	Fr	Sa	Su
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Feb 24	25	26	27	28	29	Mar 1
2	3	4	5	6	7	8
5:00pm Bingo	7:00pm Council Mtg	7:00pm Assembly Officers Meeting	Historical Society ARC Sale	11:00am Legion District Luncheon Meeting in Lounge		
9	10	11	12	13	14	15
9:00am American Legion Officers Mtg 5:00pm Bingo		7:00pm Assembly Mtg				Catholic Daughters St Patrick's Day Dinner
16	17	18	19	20	21	22
5:00pm Bingo	St. Patrick's Day (United States)	6:00pm American Legion Mtg	Red Cross Blood Drive		7:00pm Singles Social	4:00pm Brian Henderson Rental
23	24	25	26	27	28	29
5:00pm Bingo						
30	31	Apr 1	2	3	4	5
5:00pm Bingo	7:00pm Council Officers Meeting					

# April 2020

April 2020

May 2020

Mo	Tu	We	Th	Fr	Sa	Su
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Mo	Tu	We	Th	Fr	Sa	Su
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mar 30	31	Apr 1 7:00pm Assembly Officers Meeting	2	3	4	5
6 9:00am American Legion Officers Mtg 5:00pm Bingo	7 7:00pm Council Mtg	8 7:00pm Assembly Mtg	9	10	11	12 Easter Day (United States)
13 5:00pm Bingo	14	15 Tax Day (United States) 6:00pm American Legion Mtg	16	17	18 7:00pm Singles Social	19
20 5:00pm Bingo	21	22	23	24	25	26
27 5:00pm Bingo	28 7:00pm Council Officers Meeting	29	30	May 1	2	3

**K of C  
Council 3303  
Request for Personal Information Update  
*Help keep the Council informed so they may keep you informed***

Member Name

Member #

Date of Request

**Information to be changed**

What do you wish to update?

Existing Information

Change to Information

Please return this form to:

A drop box will soon be available in the Chambers to return your request:

Post Office costs continue to rise and add considerable expense to the Council's budget.

Do you have an email address or have access to an email address?

**Email Address to use:** \_\_\_\_\_

Thank you for helping us to keep accurate and up to date records.

All Information will be sent to the Financial Secretary for his attention.

The Tech Team

**THE KNIGHTLIGHTER**  
**K of C Msgr. James R. Jones,**  
**COUNCIL 3303**  
**POST OFFICE BOX 13903**  
**NEW BERN, NC 28561-3903**

**Non-Profit Organization**  
**U.S. Postage**  
**PAID**  
**Permit No. 74**  
**New Bern, NC 28560**

*Address Service Requested*

**We are on the web @**  
**[www.kofcnewbern.org](http://www.kofcnewbern.org)**

<h3>Officers and Program Chairmen of Msgr. James R. Jones, Council 3303</h3>				<h3>THE KNIGHTLIGHTER</h3>
Chaplain Grand Knight Deputy Grand Knight Chancellor Recorder Financial Secretary Membership Director Advocate Lecturer Warden Inside Guard Outside Guard Trustee (1 Yr.) Trustee (2 Yr.) Trustee (3 Yr.) Program Director	Reverend Thomas Tully Michael Lynch Steve Harman James Kelly Paul Masotta James Knickerbocker Tony DiFede Craig Blackwell Don Hanson Stan Namowicz Chris Skaggs Charles Havens Dick Dodson Clark French Phil Nassef Steve Harman	Faith Director Life Director Community Family Treasurer Hispanic Membership Bingo Operation LAMB Knightlighter Golf 300 Club Columbus Club K of C Insurance Public Relations Web Master Lounge Manager	Dick Dodson Stan Namowicz Jim Kelly Open Doug Uhland Open Doug Uhland Tom Henry Guy Ferrante Paul Masotta Kevin Blust Craig Baader Norman Wilson Bo Wernersbach James Knickerbocker Don Hanson	<p><b>THE KNIGHTLIGHTER</b> is published by Council 3303 K of C, New Bern, NC.</p> <p>Editorial deadline is the 15<sup>th</sup> of the month preceding the publication month.</p> <p>Editor: Guy Ferrante                  Assistant Editor: Open                  Circulation: William Camp &amp; Craig Baader</p>
<h3>Officers of Father Kenneth I. Parker Assembly 1820</h3>				<h3>Father Kenneth I. Parker Assembly</h3>
Faithful Friar Faithful Navigator Faithful Captain Faithful Pilot Faithful Comptroller Faithful Scribe Faithful Purser	SK Rev Robert Schmid SK Ralph Avilas SK Doug Uhland SK Phil Nassef SK Craig Baader SK Randall Ramian SK Nick Dalessandro	Inner Sentinel Outer-Sentinel Faithful Admiral Trustee 3 Year Trustee 2 Year Trustee 1 Year	SK Ron Biggs SK Chris Skaggs SK Pat Rocco SK Rich Tomasik SK Craig Blackwell SK Sandy Stewart	<p>For information on the 4<sup>th</sup> Degree, contact:                  Faithful Navigator                  SK Ralph Aviles                  (252) 204-7700</p>