



# 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

## March

- 2<sup>nd</sup> Bingo
- 3<sup>rd</sup> Council Mtg @ 7 p.m.
- 4<sup>th</sup> Assembly Officers Mtg @ 7 p.m.
- 9<sup>th</sup> Bingo
- 10<sup>th</sup> Bingo Workers Appreciation Dinner
- 11<sup>th</sup> Assembly Mtg @ 7 p.m.
- 13<sup>th</sup> Fish Fry at SPCC from 5 – 6:30 p.m.
- 14<sup>th</sup> Yard Sale Workers Appreciation Dinner @ NBCC 5 p.m.
- 15<sup>th</sup> Catholic Daughters St Patrick's Day Party
- 16<sup>th</sup> Bingo
- 19/20<sup>th</sup> Red Cross Blood Drive
- 21<sup>st</sup> St Paul School Gala
- 23<sup>rd</sup> Bingo
- 24/29<sup>th</sup> Wall That Heals @ Lawson Creek Park
- 27<sup>th</sup> Fish Fry at SPCC from 5 – 6:30 p.m.
- 30<sup>th</sup> Bingo
- 31<sup>st</sup> Council Officers Mtg @ 7 p.m.

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Editor: Guy Ferrante  
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## Grand Knight's Comments



Brother Knights,

Warm Irish greetings to all Brother Knights, wives and widows. Let us gear up for March!! With the luck of the Irish, spring will be here before you know it (Although your Irish Grand Knight still digs the cooler weather. Now where is that snow?) On Sunday, March 15, the Council will help sponsor a St. Patrick's Day celebration party with the Catholic Daughters. We will be serving a fabulous Irish meal, with Irish music, cash bar, and baskets of Irish Cheer to be raffled off by our biggest Notre Dame Fighting Irish fan, Danny. Look for ticket sales after the masses in early March. As always, our widows are invited to attend at no cost.

It was so nice to see all our lovely ladies at the Wives Appreciation Dinner at the New Bern Country Club. Thank you to all our ladies for your love, prayers, and support to your Knight. We are better because of you! I also want to thank everyone for a wonderful turnout for the Special Olympics Spaghetti Dinner. Special thanks to Brother Stan Namowicz and his wife Susan for organizing this successful fundraiser.

This time of year, we prepare for the start of Lent and as Father Rob reminds us to be prayerful as we look towards sacrificing one of our pleasures and be mindful of the less fortunate. With Ash Wednesday on February 26, our first of three Lenten Fish Fry's will be Friday, Feb 28 at the Family Life Center. Ticket sales have started and will be available after the Feb 22<sup>nd</sup>/23<sup>rd</sup> Masses and from Danny, Pat, or me anytime.

The Council and Assembly have sponsored VIP tables for the March 21st St. Paul School Gala which will be held at the Flame in New Bern. If you and your wife would like to attend this fabulous event at no cost, please let me know. We will draw names at the March 3rd Council meeting for four couples.

Lastly, I appreciate the outstanding response by Brother Knights in paying your annual dues and participating in the KofC State Council Raffle. Your support allows us to fully support all worthy charities that we do. With that said, if any brother has a particular local charity in mind that we do not already support, please bring it to our attention for consideration by Jim Kelly and his charitable donations committee. We also welcome anyone interested in serving as a Council 3303 Officer and member of a committee. We are always open to your suggestions.

Keep America in your Prayers & Vivat Jesus!

**Michael Lynch**  
Grand Knight

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## Family of the Month – February

The word exhausting comes to mind when one looks at the efforts Tom and Paula Hartman put into our Knights' activities. Working behind the scenes, they give so much of their time to our worthy causes.

Starting off, the two of them came to New Bern 20 years ago from New York, he from Bayside Queens, and she from Tarrytown. Tom spent a career in sales and marketing, all the while fulfilling his military obligation in the Army Reserve. He attended Power Memorial Academy and Saint John's University.

Paula achieved her education at Marymount College and the State University at Stony Brook. Subsequently, she taught Spanish.

They have four children and five grandchildren.

Tom, a 4<sup>th</sup> Degree and Past Grand Knight, works BINGO, the Yard Sale, LAMB, as a Eucharist minister at Saint Paul's and for the sick; on the Parish Council, NB Police Department, Marriage Preparation with Paula for 18 years, and as Secretary to the Craven County Law Enforcement Organization.

Paula in turn works: the Yard Sale, the Saint Patrick's Party for the Catholic Daughters, the State Convention, as a lector and Eucharist Minister for the parish and the sick, Faith Formation, Catholic Daughters of America, Junior Catholic Daughters, at Merci clinic, and the Trent Woods Garden Club.

These two dynamos come across like a one-man-band. They offer so much to the parish and our Council that one can only express great admiration for their endeavors, and we salute them as a well-deserved Family of the Month.

**John Murphy**

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

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

BINGO Workers Appreciation Dinner – March 10<sup>th</sup>

Yard Sale Workers Appreciation Dinner @ NBCC – March 14<sup>th</sup>

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

Red Cross Blood Drive – March 19<sup>th</sup> & 20<sup>th</sup>

St Paul School Gala – March 21<sup>st</sup>

Wall that Heals @ Lawson Creek Park – March 24<sup>th</sup> – 28<sup>th</sup>

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

ARC Dinner – April 23<sup>rd</sup>

LAMB Awards Dinner – April 30<sup>th</sup>

Founders Day Breakfast – May 17<sup>th</sup>

Memorial Service - TBD



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## Sir Knight of the Month – February

I'm pleased to announce our selection for Sir Knight of the Month – SK George Halyak.

George spent 4 years in the Navy from 1958-1962 to include a tour on the Destroyer USS Forrest Royal. After his tour in the Navy, he studied business administration at Duquesne Univ. in Pittsburgh. His most recent employment was as a Director of Government Sales in Arlington, VA. George and his wife, Louise, relocated to New Bern from Arlington 20 years ago, and now make their home on Plantation Drive in River Bend.

George joined the Knights in January of 2010 and made his 4th degree in November. He has held various positions in the Council including 5-years as Public Relations Director. He has also been Faithful Purser and Faithful Scribe in the Assembly as well as Chairman of the Yard Sale committee. He has headed up the committees that plan and implement the Wives Appreciation and Yard Sale Workers Dinners and 4th Degree Installations. His other activities include participation in Operation LAMB, bingo, the Christmas Parties, and shrimp boils.

George now heads the committee that has secured the approval to bring the "Wall That Heals" to New Bern. "The Wall That Heals" is a ¾ scale replica of the Vietnam Veterans Memorial in Washington, D.C. It will be available for public visitation March 26-29 of this year. The committee George chairs is responsible for the fund raising, logistics, site preparation, securing volunteers, traffic control and all else necessary for this event to take place. It is no small job, and we salute you, George, for all your hard work.

Congratulations on your selection as Sir Knight of the Month for February.

**Vivat Jesus!**

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

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## Special Olympics Spaghetti Dinner

With great appreciation to the staff at the local New Bern Pizza Hut restaurants, Council 3303 hosted our annual Special Olympics Spaghetti Dinner on Thursday evening, February 13th at Columbus Club Hall. Thanks to a good head start and planning by our Special Olympics director, Stan Namowicz, and his wife Susan, we were able to serve between 165 –175 meals to local citizens who purchased tickets. Over \$1700 was collected and along with additional Council funds, proceeds will go directly back to Craven, Jones, and Pamlico county Special Olympics programs. Thank you to several brothers that came to help serve, prepare take-outs and clean-up. Also, thank you to St. Paul Catholic School students Ryan Edwards, Jason Nguyen, and Jayden Sforza for volunteering a few hours to help. This year, both Craven County and the Monsignor Jones facebook page promoted the event using social media.



## Another Successful Yard Sale!!



Not too chilly for a yard sale in mid-winter and our workers and customers made the event held from Jan 30<sup>th</sup> thru Feb 1<sup>st</sup> another great success.

Chairman Phil Nassef happily reported that we had once again topped our budgetary target of \$31,000 by more than 10%, allowing us to bump our new Disaster Relief Fund up to \$6,000. We were fortunate enough to set an all-time record with the number of volunteer hours provided by Staff Sergeant Steve Harrison of CNATT/Cherry Point for this sale. Each day we had a minimum of 12 Marine volunteers who helped break out the inventory on Tuesday and support the furniture movement and deliveries on the three days of the event.

At the meal after we shut the operation down Saturday, Phil thanked all of the volunteers who worked tirelessly during the year to collect and process the donations and helped in conduct the three sales. As members of the "Truck Monkey" team that picks up the donations every week, we are keenly aware of the efforts made by the entire group that worked on this fund raising project.

Pictured below are 18 of the Marine volunteers along with Phil Nassef (old guy in purple sweatshirt) and Chef Pat Rocco (short chubby guy with the red apron). After a short break, the team has already started ramping things up in preparation for our next sale from June 4<sup>th</sup> thru 6<sup>th</sup>.

### **Craig Baader - Yard Sale Vice Chairman**



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## **Knight of the Month – February**

Sir Knight and Brother John Audilet is the Knight of the Month for February 2020.

John is originally from North Potomac, Maryland. He arrived in New Bern in 1994. He and his wife, Debbie, have six children: Margaret, Laura, Barwick, Baird, Clare and Daniel ranging in age from eighteen to two.

John became a Knight in December 2007. He has contributed his time and considerable talent for multiple years as the Membership Director and the First Degree Exemplification Degree Team Lead. John is looking forward to our Council implementing the new exemplification ceremony whereby a new member will be welcomed into the Knights of Columbus in a modern, single, public exemplification ceremony. The new ceremony combines the three ceremonies used in the past.

John is a very busy man. He is a licensed general contractor focusing on remodeling and home repair. He loves to work on older historic homes. He is currently engaged in a project with the New Hope Volunteer Village. This project involves the conversion of a church educational building into a facility that will house volunteer, disaster recovery workers, workers from across the state.

We are proud to honor John as our Knight of the Month.

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

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## **Setting Every Community Up for Retirement Enhancement (the SECURE Act)**

Sometimes it is easy to overlook the simplest of things.

One of the biggest worries people approaching retirement have is “will I outlive my money?” Some have done very well at setting aside funds into an Individual Retire Annuity (IRA) and not living a life of excess, so they have yet to touch those retirement accounts. Their plan is to leave the IRA funds to their children or grandchildren knowing that the beneficiary will be able to withdraw funds over an extended amount of time to lessen the tax burden. This was referred to as a Stretch IRA.

Enter the SECURE Act. The positives of this Act include the ability of persons over 70.5 that are still working to continue depositing funds into their IRAs, and the age of Required Minimum Distributions (RMD) increasing from 70.5 to 72 for those reaching age 70.5 after December 31, 2019. It does not change for those who turn 70.5 earlier.

A possible negative, depending on your point of view, is the elimination of the “Stretch IRA”. Effective January 1, 2020, if a person inherits an IRA, they must draw down the IRA within 10 years. Depending on the amount of the funds in the plan, this could cause a significant tax burden to the beneficiary. If the beneficiary is below the “age of majority” the 10-year period does not start until they reach such age. The IRS does not define the age of majority as it differs from state to state.

How can you avoid leaving a tax burden? Easiest way, use the funds for your enjoyment. If you want to leave funds for the next generation, invest in a permanent life insurance policy as the benefits are non-taxable. The premiums could be paid using the proceeds from your RMD.

The Knights of Columbus has different permanent life insurance solutions to assist with leaving on non-taxable funds. As every person’s situation is different, please sit down with me and we can identify a solution that fits your needs. God Bless.

Vivat Jesus!

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

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## Faithful Navigators Report



Greetings Brother Knights!

I hope you and your families are all enjoying this unseasonably warm weather we are experiencing in the middle of winter. Hopefully it will last until spring. It's hard to believe the Lenten Season will soon be upon us. This is a busy time of year for us. There will be a number of events taking place within the next couple of months.

The first event will be our Annual Fish Fry. The first Fish Fry of the season will be the Friday after Ash Wednesday, February 28. There will be two more following in March.

The Yard Sale Volunteer Appreciation Dinner will take place on Saturday March 14 at New Bern Country Club.

The Catholic Daughters will host a St. Patrick's Day Dinner on Sunday March 15 at the Knights Hall.

The Vietnam "Wall That Heals" will be coming to New Bern on March 24. It arrive from Goldsboro with a motorcycle escort. The set-up date is the morning of March 25<sup>th</sup> and it will be officially open to the public on March 26<sup>th</sup>. It will be open for viewing until Sunday, March 29<sup>th</sup>. I am providing

a link if you wish to volunteer for this event: <https://signup.com/go/vpXaDGw>. You can also bring up the Healing Wall New Bern on Facebook for additional information.

Congratulations to Yard Sale Chairman Phil Nassif and his team for a job well done! Once again our Sale was a great success. A special thanks to each and everyone of the volunteers. Time and time again the call for help was answered by the Fourth Degree and the Council. Let's not forgot all the lovely ladies that come in on a weekly basis and sort and price all incoming donations. And all the other volunteers that help and our wonderful Marines.

Congratulations to George Halyak, Sir Knight of the Month. Thank you for all you do. George is also Chairman of the Healing Wall.

There is also a Fourth Degree Exemplification March 21<sup>st</sup> in Wilmington. Please contact Faithful Navigator for more info. We have three candidates at present.

Please keep all our Veterans and members of our Military and their families in your prayers.

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

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## Breastplate Prayer of Saint Patrick

Christ be with me; Christ within me.  
Christ behind me; Christ before me.  
Christ beside me; Christ to win me.  
Christ to comfort and restore me.  
Christ beneath me; Christ above me.  
Christ in quiet; Christ in danger.  
Christ in hearts of all who love me.  
Christ in mouth of friend and stranger.

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## Friday Lenten Fish Fry Tickets on Sale



Tickets for the Monsignor James R. Jones Council 3303 Lenten Fish Fry's to be held on three Fridays during Lent will be on sale after all the Masses on the following weekends: February 21/22, March 7/8, and March 21/22.

Fish Fry's will be held at the St. Paul Family Life Center on the following Fridays from 5 til 6:30 pm: February 28, March 13, and March 27.

Tickets will also be available at the Parish Church office on the Monday and Tuesdays before the Friday event.

They can also be purchased anytime from Danny Gennantonio, Pat Rocco, or Mike Lynch

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## Columbus Club

After searching for a number of months for a replacement pickup with an 8' bed, we located a unit at a dealer in Rocky Mount with less than 30,000 miles and in really good condition. We were able to negotiate a "on the road" price of \$15,994 which included a full warranty up to 65,000 miles (>\$4,000 less than the amount approved by the Assembly) . Once the new pickup was ready to go, we put our 2002 GMC Sierra up for sale at a price of \$3,000. Although we received several offers ranging from \$1,300 to \$2,000, our beloved Yard Sale Chairman was able to sell it for full price, reducing our net upgrade price to \$13,000.

There have been no major projects taken on this fiscal year, so our focus has been on maintenance and repairs. We made sure that the lawns and bushes were trimmed up heading into the winter months and a new lawn treatment company was placed under contract to see if we can improve the health of the turf immediately surrounding the building. With the increase in the number and types of treatments, we will hopefully see some significant improvement this spring/summer.

To ensure that we keep up with the normal wear and tear on our building, we also had our painter come back and touchup the interior of the building last summer and he is scheduled to come back again late this spring to go over the interior of the building along with the columns and door trim on the exterior of both building.

We recently cleared the gutters on the main building to minimize roof leaks and repaired several spots on the roof above the lounge area. Hopefully we got them all.

Given our profitability last year, we have been able to absorb the expense of replacing some of the padded folding chairs used weekly for Bingo. To date, we have replaced the 40 damaged chairs at a very modest cost (thanks to Jim Kelly's shopping skills) . We are now inspecting the 58 folding tables used weekly to ensure that the legs and frames are in good condition. If they need replacement, we will "git er dun"!

Only 4 months left in this fiscal year and the Columbus Club needs volunteers to help operate and maintain the facilities. Not sure who is willing to serve again, but the terms of five members (Baader, Kelly, Masotta, French, and Stanton) are ending and we need candidates willing to step up to the task.

We got an infusion of new blood in the group last year and need some other members to step up. Feel free to give a call with any questions that you might have.

**Craig Baader**  
**President - Columbus Club**

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## The Pope has Spoken



Pope Francis greeted the Supreme Knight, officers and directors of the Knights of Columbus as they visited Rome on pilgrimage to celebrate the 100th anniversary of the Order's establishment in the Eternal City. The Pope praised the Knights for their "faithful witness to the sacredness and dignity of human life," and its support for "Christian communities in the Middle East that are suffering the effects of violence, war and poverty." He added: "I thank all the members of your Order for seeing in our persecuted and displaced brothers and sisters of that region neighbors for whom you are a sign of God's infinite love."

The Holy Father also called the Order "an important inspiration to overcome a globalization of indifference and build together a more just and inclusive society." He also told the Knights, "I entrust you to the loving intercession of the Blessed Virgin Mary. I offer my prayers for the members of the Knights of Columbus and their families, and for the good works accomplished by the local councils worldwide."



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## With Profound Thanks

We at EMPOWER New Bern (AKA Easter Seals) extend our gratitude for the recent donations from your Yard Sale. Our facility on Trent Blvd was recently renovated and your generosity brought life to our freshly coated gray walls. We were also able to get some exceptional kitchen pots and pans. Our Transition to Employment program has already used them many times as the kids learn independent living skills and healthy eating options, as well as gross and fine motor skills.

Phil and John were especially wonderful. But thank you all for what you do for our community.

**Haley Ferrante Service Coordinator - EMPOWER and Transition to Employment**

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## Knights "March for Life" in Jacksonville

This year, some brothers from the Monsignor James R. Jones Council 3303 traveled a short distance to Jacksonville on a sunny Saturday, January 25<sup>th</sup> to join with five other eastern North Carolina Councils and Assemblies to show our support for the unborn and the Right to Life for everyone.

Approximately 250 -275 Pro- Lifers peacefully marched the one mile walk from Jacksonville City Hall to the Infant of Prague Catholic Church. There were no counter-protests.

In addition to the Defend Life signs, 47 white crosses were carried and later placed on the church grounds. The crosses represent the 47 years since Roe vs. Wade was enacted.

At the completion of the peaceful march, Father Vic Gournas led a motivational prayer service along with some other local religious leaders. Father Gournas is our past Faithful Friar and a wonderful advocate for the Knights. He sends his blessings and warm greeting to all his New Bern Brother Knights and their families.

Participating in the march were Phil & Agnes Barber, Bart Spano, Richard Plezia, DGK Steve Harman, and GK Mike Lynch.



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## Uncommon Sense

In the gospels we read of an itinerant carpenter living in a desolate part of the world who surrounded himself with bickering fishermen, cheating tax collectors and adulterous women, preaching a seemingly non-sensible but very sobering message of Repentance - for the Kingdom of God is at hand. His name was Jesus, our Savior, the Son of God our Father and Creator, source of Truth and Love. During His brief three-year ministry with the help of His rag-tag troupe of followers, Jesus cured the sick, gave sight to the blind, drove out demons and restored the dead to new life. He laid the foundation of our Catholic Christian religion; and revealed a narrow pathway of uncommon sense that, if followed, will lead all mankind to Eternal Glory. He cautioned us that we needed to pray for strength on our journey because we would encounter rejection and pain along the way. But He promised His Holy Spirit would remain with us to show us the way; all we need do is to seek His guidance. It has been said that pain is inevitable, suffering is optional. Suffering is resistance to pain. Even through our weakest unfocused prayer, we can Trust that Jesus will keep His promise. Knowing that He is holding tight to our right hand, we can joyfully move forward, one step at a time along our earthly journey, and beyond.

**Mikie Casem**  
**Past Grand Knight**

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## LAMB

Once again, it's time for our semi-annual LAMB collection project for the LEAST AMONG MY BROTHERS. This effort collects funds for the intellectually challenged people in our local area. Over the years we have supported Special Olympics in Craven, Pamlico and Jones counties as well as a schools that help disabled children.

As in the past, we shall present ourselves by the doors at the Walmart store on MLK Jr Blvd in New Bern for 2 hour shifts from 8 am to 6 pm on Friday April 17, 2020, and Saturday April 18, 2020 with our bright yellow aprons, large box of tootsie rolls, a big smile and collection can for donations. Stop at the Knights of Columbus hall about 15 minutes before the start of your shift for supplies.

Please go to the electronic sign up sheet at <https://signup.com/go/YjiOBCr>.

1. Click on that link to see our sign up schedule.
2. Review your options on the schedule and choose your spot.
3. SIGN UP – you will not need to register an account or password. There will also be a sign up board in the lounge.

Any questions please contact me at (252) 638-5837, (252) 259-8548, LD3303@Lambnc.org or bluewing1@centurylink.net.

**Tom Henry**

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## 300 Club \$1,000 Winner

Congratulations to Brother Mike Price whose lucky number was picked last in the final 300 Club reverse drawing.

Mike won \$1000 and Eva Hernandez (one of our loyal Bingo regulars), was the runner-up of the 2<sup>nd</sup> place \$100 prize.

300 Club members and quests gathered at Columbus Club Hall on Thursday evening, February 20<sup>th</sup> to enjoy a pot-luck dinner with delicious ham as the main course. Thanks to brothers Paul Masotta and helpers Pat Rocco and Doug & Nancy Umland for preparing the dish. With all the wonderful side dishes and desserts brought, it was a great event.

Thankfully, we concluded before the nasty freezing rain and snow arrived.

Thank you to Kevin and Judy Blust for all their efforts heading the 300 Club. It's not too late to join for this year and have a chance for monthly \$100 drawings and the big \$1,000 prize at year end. Please see Kevin or Judy to join.

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## 2020 New Bern Area CROP Hunger Walk

Sunday, Mar 8<sup>th</sup> – Union Point Park  
2:00 PM – Registration & Fun  
3:00 PM - Walk Begins

Mark your calendars!

This the 40<sup>th</sup> Year for the New Bern Crop Walk! Our theme is “CROP Walk is for Everyone!”

We are seeking broad based participation across the New Bern community. Church groups, work groups, civic clubs, sororities, and youth groups are all encouraged to participate.

CROP Hunger Walk is a fun event! CROP Hunger Walk is a ministry of Church World Service – [cwsglobal.org](http://cwsglobal.org).

Church World Service supports Hunger and Development needs across the world, Including disaster and refugee assistance and Religious Community Service of New Bern (RCS) is our local partner. 25% of funds raised go to RCS to assist in their hunger fighting efforts locally.

For More Information on being a part of “Team Jersey Deacon” contact: Deacon Jim Hackett @ (252) 497-2707 or [DeaconJim@spccnb.org](mailto:DeaconJim@spccnb.org).

Or go to [www.crophungerwalk.org/newbernnc/DeaconJim](http://www.crophungerwalk.org/newbernnc/DeaconJim).

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## March is Colorectal Cancer Awareness Month

National Colorectal Cancer Awareness Month reminds us that early detection is key.

According to the American Cancer Society, more than a million people in the United States count themselves as survivors. The risk factor is 1 in every 23 men and 1 in every 25 women. While early detection and treatments make a difference, there is more that can be done. Knowing the causes and risk factors help prevent colorectal cancer. There are several risk factors we CAN control: Diet – Studies show that diets rich in red and processed meats may contribute to colorectal cancer risks. Also, how we prepare our proteins may increase our risk, too. Grilling, frying and high-temperature cooking release chemicals that may contribute to colorectal cancer risks. Diets full of fruits, vegetables, and whole grains reduce our risk of colon cancer as well as other health risks. Exercise – Sedentary lifestyles and obesity are two more risk factors for colorectal cancer. Once again, physical activity helps to reduce our risk factor for another disease.

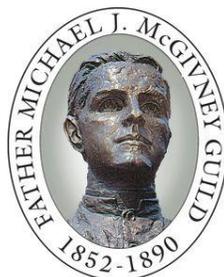
Smoking and heavy alcohol use – Quit the one and limit the other. Ask your physician if you need help with either one.

Family history – While you can't control this, you can know it. Report it to your primary care physician so if your family history shows an increased risk for you, he/she can decide if you need early screening. Knowledge is power!

HOW TO OBSERVE: Visit [www.cancer.org](http://www.cancer.org) to learn more about risk factors, early detection, and treatment.

Thank you

**Deacon Jim**



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## Don't Waste Your Lent: 7 Ways to Have a Good Lent

A good Lent takes focus and discipline, and it can easily be wasted. Here are 7 practical ways to have a good Lent.

1. **Have a plan** – The fastest way to ruin Lent is to have good intentions but no plan. Be specific. “I’m going to pray more,” isn’t good enough. One word of advice: Make it doable. Often, we are overly ambitious and commit to way too much. When we fail in our Lenten goals, we grow discouraged and give up completely. This is a victory for the devil. Make your commitments modest and practical, and your Lent will be the better for it.
2. **Read a good book** – The saints are constantly exhorting us to read good spiritual books, and there is no better time to begin this practice than during Lent. Reading Scripture or the writings of the saints is a great place to start. Here are some suggestions for Lenten reading: “The Seven Story Mountain by Thomas Merton; “True Devotion to Mary” by St. Louis de Montfort; “The Spiritual Combat” by Dom Lorenzo Scupoli; “Falling Upward” by Fr. Richard Rohr; “My Life with the Saints” by Fr. James Martin, SJ Montfort
3. **Examine yourself** – Lent is an excellent time to take an inventory of the state of your soul. What are your predominant faults? Do you have any hidden idols in your life? What is keeping you from following the will of God with all your heart? Use a thorough examination of conscience to help you assess your spiritual health. Remember, Lent is not ultimately about giving up sweets or other things we enjoy, it is first and foremost about repentance, which means giving up sin and returning to God, our loving Father. While taking inventory of your sins may be painful, it is a healthy pain that restores the soul.
4. **Confess your sins** – After examining your conscience, the logical next step is to go to confession. Normally, it can be hard to find a parish with confession readily available (thirty minutes on a Saturday isn’t enough!), but the good news is, many parishes have increased confession times during Lent, so it’s a great time to go.

Before receiving the sacrament of penance, though, remember the five requirements for a good confession: 1) Examination of conscience 2) True contrition for having offended God 3) Firm resolution to sin no more 4) Clear confession (don’t hold any sins back) 5) Penance for the sins you have committed.

5. **Pray** – Let’s face it, we can all pray more, and Lent is a great time to plan and implement a daily prayer rule that can guide you the rest of the year. During this season, however, we should especially focus our prayers on repentance and contrition for our sins. Here are some suggestions for Lenten prayer: The Prayer of Manasseh; The Seven Penitential Psalms; The Sorrowful Mysteries of the Rosary; The Stations of the Cross; The Divine Mercy Chaplet; Prayer before a Crucifix.
6. **Fast** – I’ve written before about the importance of prayer and fasting, so suffice it to say that it is something we should be doing all year round, not just during Lent. Still, Lent is a very good time to refocus our efforts and renew our commitment. We should especially focus on fasting from things related to our predominant sins. Are you addicted to Instagram or Facebook? Fast from them. Maybe you’re binge watching shows on Netflix. Give it up. On the other hand, maybe you’re addicted to criticizing others. Make a special effort to fast from negative speech. The point is, while fasting from certain foods is an excellent ascetical practice, we do not have to limit our Lenten fasting to things we eat. Remember the words of Jesus: “If your eye offends you, pluck it out.” Nothing should stand between us and the heavenly kingdom, and we should be intentional about cutting off those things that are causing us to sin.
7. **Give Alms** – During Lent, we especially remember the sacrifice of our Lord Jesus Christ on the cross. This is the greatest act of generosity in history, for Jesus died not just for his friends, but for his enemies. “God shows his love for us in that while we were yet sinners Christ died for us” (Romans 5:8). The generosity of God in Christ should impel us to be generous and merciful to others, especially those poor and in need. This Lent find a way to give, whether it is supporting a religious order or helping at a homeless shelter. Remember the promise of Jesus, “And whoever gives to one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he shall not lose his reward.”

This Lent do your best. Strive to root out sin and cultivate holiness. But when you fail, realize that even those who can be considered righteous fall seven times daily (Prov. 24:16). Let your failure be a lesson in humility that drives you back to the grace of God flowing from the pierced heart of Jesus - for that is the true heart of Lent.

**You cannot fail!!!**

**Lenten Blessings – Deacon Jim**

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# March 2020

| March 2020 |    |    |    |    |    |    | April 2020 |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|
| Mo         | Tu | We | Th | Fr | Sa | Su | Mo         | Tu | We | Th | Fr | Sa | Su |
| 2          | 3  | 4  | 5  | 6  | 7  | 8  | 6          | 7  | 8  | 9  | 10 | 11 | 12 |
| 9          | 10 | 11 | 12 | 13 | 14 | 15 | 13         | 14 | 15 | 16 | 17 | 18 | 19 |
| 16         | 17 | 18 | 19 | 20 | 21 | 22 | 20         | 21 | 22 | 23 | 24 | 25 | 26 |
| 23         | 24 | 25 | 26 | 27 | 28 | 29 | 27         | 28 | 29 | 30 |    |    |    |
| 30         | 31 |    |    |    |    |    |            |    |    |    |    |    |    |

| 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<br>5:00pm Bingo | 5:00pm Bingo Workers Appreciation Dinner | 7:00pm Assembly Mtg              |                                   | Fish Fry at St Paul's | 5:00pm Yard Sale Volunteers Dinner @ New Bern CC   | 3:00pm 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 | St. Paul's School Gala<br>7:00pm Singles Social    | 4:00pm Brian Henderson Rental                     |
| 23  | 24                                       | 25                               | 26                                | 27                    | 28   | 29  |
| 5:00pm Bingo  |  |                                  | Healing Wall at Lawson Creek Park |                       |  |   |
| 30  | 31                                       | Apr 1                            | 2                                 | 3                     | 4  | 5   |
| 5:00pm Bingo  | 7:00pm Council Officers Meeting          |                                  |                                   |                       |  |   |

# April 2020

May 2020

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| Mo | Tu | We | Th | Fr | Sa | Su |
| 4  | 5  | 6  | 7  | 8  | 1  | 2  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

April 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 |    |    |    |

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

|  |                                       |   |                  |                                 |   |                                  |
|--|---------------------------------------|---|------------------|---------------------------------|---|----------------------------------|
| Mar 30   | 31                                    | Apr 1<br>7:00pm Assembly Officers Meeting                   | 2                | 3                               | 4<br>7:00pm Yolanda Reed Birthday Party | 5                                |
| 6<br>9:00am American Legion Officers Mtg<br>5:00pm Bingo | 7<br>7:00pm Council Mtg               | 8<br>7:00pm Assembly Mtg                                    | 9                | 10<br>Fish Fry at St Paul's     | 11                                      | 12<br>Easter Day (United States) |
| 13<br>5:00pm Bingo                                       | 14                                    | 15<br>Tax Day (United States)<br>6:00pm American Legion Mtg | 16               | 17<br>LAMB Collection in Lounge | 18<br>7:00pm Singles Social             | 19                               |
| 20<br>5:00pm Bingo                                       | 21                                    | 22  | 23<br>ARC Dinner | 24                              | 25                                      | 26                               |
| 27<br>5:00pm Bingo                                       | 28<br>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**  
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**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<br/> Msgr. James R. Jones, Council 3303</h3>   |   |   |   | <h3>THE KNIGHTLIGHTER</h3>  |
| Chaplain<br>Grand Knight<br>Deputy Grand Knight<br>Chancellor<br>Recorder<br>Financial Secretary<br>Membership Director<br>Advocate<br>Lecturer<br>Warden<br>Inside Guard<br>Outside Guard<br>Trustee (1 Yr.)<br>Trustee (2 Yr.)<br>Trustee (3 Yr.)<br>Program Director | Reverend Thomas Tully<br>Michael Lynch<br>Steve Harman<br>James Kelly<br>Paul Masotta<br>James Knickerbocker<br>Tony DiFede<br>Craig Blackwell<br>Don Hanson<br>Stan Namowicz<br>Chris Skaggs<br>Charles Havens<br>Dick Dodson<br>Clark French<br>Phil Nassef<br>Steve Harman | Faith Director<br>Life Director<br>Community<br>Family<br>Treasurer<br>Hispanic Membership<br>Bingo<br>Operation LAMB<br>Knightlighter<br>Golf<br>300 Club<br>Columbus Club<br>K of C Insurance<br>Public Relations<br>Web Master<br>Lounge Manager | Dick Dodson<br>Stan Namowicz<br>Jim Kelly<br>Open<br>Doug Uhland<br>Open<br>Doug Uhland<br>Tom Henry<br>Guy Ferrante<br>Paul Masotta<br>Kevin Blust<br>Craig Baader<br>Norman Wilson<br>Bo Wernersbach<br>James Knickerbocker<br>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<br/> Assistant Editor: Open<br/> Circulation: William Camp &amp; Craig Baader</p> |
| <h3>Officers of<br/> Father Kenneth I. Parker Assembly 1820</h3>  |   |   |   | <h3>Father Kenneth I. Parker<br/> Assembly</h3>   |
| Faithful Friar<br>Faithful Navigator<br>Faithful Captain<br>Faithful Pilot<br>Faithful Comptroller<br>Faithful Scribe<br>Faithful Purser  | SK Rev Robert Schmid<br>SK Ralph Avilas<br>SK Doug Uhland<br>SK Phil Nassef<br>SK Craig Baader<br>SK Randall Ramian<br>SK Nick Dalessandro  | Inner Sentinel<br>Outer-Sentinel<br>Faithful Admiral<br>Trustee 3 Year<br>Trustee 2 Year<br>Trustee 1 Year  | SK Ron Biggs<br>SK Chris Skaggs<br>SK Pat Rocco<br>SK Rich Tomasik<br>SK Craig Blackwell<br>SK Sandy Stewart  | <p>For information on the 4<sup>th</sup> Degree, contact:<br/> Faithful Navigator<br/> SK Ralph Aviles<br/> (252) 204-7700</p>  |