

The Good Knight

*"In Service to One,
In Service to All"*



Issue 2

March 2023

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Greetings! This newsletter is a new publication that is intended not only for Knights and their families, but for all members of St. Vital Parish. It is intended to provide information about past activities as well as upcoming events that are sponsored by Beaumont Knights of Columbus – Our Lady of the Hill Council #13064. In addition, we hope that, in reading *The Good Knight*, you will perhaps learn more about our Catholic faith and be inspired to follow Christ more closely.

As March arrives, we find ourselves in the midst of Lent. The word, Lent, comes from a word that means 'lengthen'. As days lengthen, thoughts of spring come to mind. Like spring, Lent is a time for growing. Just as we engage in spring-cleaning around the house, Lent is a time for spiritual spring-cleaning. It's a time to 'turn away from sin and be faithful to the gospel'. It's a time to throw out any habits and behaviors that may hurt our relationships with God and with others. It's a time to change our hearts of stone to hearts of flesh. It's a time, through reconciliation, to tear down any walls we have built between ourselves and others and, through service and kind deeds, build bridges. It's a time to reflect upon who we are and who God is calling us to be. Let us embrace this challenging but rewarding time of preparation, repentance, and purification.

Thank you for reading *The Good Knight*.

Louis Kloster, Editor and Current Grand Knight

Comments & Suggestions

To offer feedback, or to submit photos or suggestions for future issues of *The Good Knight*, contact Louis Kloster at lpkloster@gmail.com.

Important Dates

March 2023



- 4 World Day of Prayer
- 8 Knights of Columbus executive meeting by Zoom
- 11 Feast of Saint Perpetua & Saint Felicity
- 15 Knights of Columbus general meeting in parish hall
- 17 Feast of St. Patrick
- 19 Laetare Sunday
- 20 Feast of St. Joseph, spouse of the Virgin Mary
- 21 Silver Rose Prayer Service @ 7 p.m.
- 25 Feast of the Annunciation of the Lord
4:15 p.m. prayer service in Mary's grotto

It's Tradition ... Pretzels During Lent



In Europe, pretzels have been associated with Lent since at least the 7th century, and perhaps as early as the fifth century. Monks in monastery kitchens used to twist bread into the pretzel shape to represent arms crossed over the chest, which was then the posture used for prayer. The three holes in the pretzel represented the three persons of the Trinity: Father, Son and Holy Spirit.

The word *pretzel* comes from the Latin *pretoila*, meaning "little reward". Pretzels were given away as a reminder to pray more during Lent and as rewards to children for learning new prayers. Perhaps your children or your grandchildren would like to learn a new prayer for Lent and be rewarded with a pretzel.

**EVERY SAINT HAS A PAST.
EVERY SINNER HAS A FUTURE.**

Oscar Wilde

The Good Knight

RECENT ACTIVITIES

Spaghetti Dinner & A Night at the Races

The Knights hosted a spaghetti dinner for St. Vital Parish on Sunday, February 19, 2023. The event took place at the Beaumont Community Centre with about 150 in attendance.

The meal was followed by 'A Night at the Races'. \$1100 was raised for the Mustard Seed, a Christian organization that endeavors to alleviate

poverty and homelessness in the City of Edmonton by providing food and shelter as well as by addressing the mental, emotional and spiritual needs of the people they serve.



Thanks to all who attended and supported this fundraiser. By all reports it was a great success and was enjoyed by all. The photo to the left is of the young people who rode the horses in the first race.

Irish Humor

Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place. Looking up to heaven he said, "Lord, take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish whiskey!"

Miraculously, a parking place appeared.

Paddy looked up again and said, "Never mind, I found one."

Knight of the Month for February

Each month, our council recognizes an individual Knight who has contributed to the council and the parish in remarkable ways. In February we honored Bro. Jolyon (Joe) Stack. Joe assists with the sale of grocery gift cards. Last summer he was part of the yard maintenance team at the church, keeping the lawns well-manicured. More recently, we were very grateful for Joe's leadership in organizing our spaghetti dinner on February 19. Joe is appreciated not only for his hard work, but for his humility and good nature. Thanks, Joe!



UPCOMING EVENTS

Silver Rose Prayer Service

The Our Lady of the Hill Beaumont Knights of Columbus is once again hosting this very special event on Tuesday, March 21 at 7 p.m.

First, let us provide some history. In December 1531, the Blessed Virgin Mary appeared several times to a Mexican peasant called Juan Diego. She instructed Juan Diego to report to the local bishop and request that a church be built in her honor in that place. Juan Diego did as he was asked, but the bishop asked for a sign that would confirm that she was truly Our Lady. Juan Diego was instructed to gather some roses, which were miraculously blooming in winter. She arranged those roses in Juan Diego's tilma (cloak) before he returned to the bishop. When Juan spilled the roses out in front of the bishop, an image of Our Lady of Guadalupe had been imprinted on his tilma. As a result of this apparition, millions of people converted to Christianity.



For sixty years now, to honor Our Lady of Guadalupe and to commemorate this miracle of the roses, the Knights of Columbus in Monterrey, Mexico have organized a journey that involves a silver rose travelling from eight different starting points in North America, over a nine-month period, with each of the roses arriving at the Basilica of Our Lady of Guadalupe in Monterrey, Mexico on December 12 – the Feast of Our Lady of Guadalupe. Five of these routes begin in Canada, one of them originating in Alberta. From our province, the silver rose travels to Saskatchewan and then south through the States and into Mexico with visits in various Catholic parishes along the way.

We are blessed to have the silver rose visit us in St. Vital Parish on March 21, and to pray in the presence of relics from Our Lady of Guadalupe. Accompanying the rose, which is fashioned out of silver – a precious metal of Mexico, is a picture of Our Lady of Guadalupe that was blessed by Pope Emeritus Benedict XVI when he was pope. A couple of other relics will also be present: a thread from Juan Diego's tilma and a soil sample from the place where the apparition took place. Everyone is invited. We hope you can join us.

The forty-five minute prayer service includes the Holy Rosary, a Liturgy of the Word, and an Act of Consecration to Mary.

Let Us Pray ...

The Augustine Institute, producers of the popular Formed programs, recently developed a free Catholic prayer app called Amen. The website tells us: "Through a variety of faithful prayers, trusted meditations, daily devotionals and nourishing Scripture, Amen guides you to deepen your life of prayer and find rest in God." For more information or to subscribe, go to: <https://amenapp.org/>



The Good Knight

Word of the Month:

contrition

The root of this word is 'contrite'. It derives from an Old French word that literally means 'worn out, ground to pieces'. Figuratively, it means 'crushed in spirit by a sense of sin'. In the context of reconciliation, contrition is sincere and complete remorse for sins committed, the first of four steps in the reconciliation process: contrition, confession, penance, and absolution.

In the Parable of the Pharisee and the Tax Collector (Luke 18: 9 – 13), we encounter two men in the temple. The arrogant Pharisee thanked God that he was not like others, such as robbers, evildoers, and tax collectors. The tax collector, however, had a contrite heart and could not even look up to heaven. He simply beat his breast and said, "God, have mercy on me, a sinner."



Contrition is what the prodigal son expressed when he returned to his merciful father saying, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son" (Luke 15: 21). This sorrow is also expressed in this 18th century painting of St. Peter. Entitled 'Repentant', it a work by Spanish artist, Francisco de Goya.

Liturgical Matters

What is the importance of the Gloria in the Mass?

The Gloria is an ancient hymn of praise and thanksgiving that is recited or sung on Sundays, except during Lent and Advent. In the Gloria we recognize the Trinity. The prayer begins by speaking of the Trinity as one and then separately as Father, Son and Holy Spirit. We are reminded that, although we are individuals, we are one in the Church.

Praise is recognizing, appreciating and expressing God's greatness. In the Gloria we are expressing gratitude and praise for every part of God's divine nature. In singing "Glory to God in the highest and on earth peace to people of good will," we echo the words of the angels on the night of Jesus's birth (Luke 2: 14).

Family of the Month

Each month, our council recognizes a family in the parish that serves the faith community in significant ways. In February we recognized the dedicated service of Jam and Jackie Abello. Jam helps with our grocery gift card sales and is quick to lend a hand with various projects but, most notably, he organizes our monthly pancake breakfasts, always accompanied by his wife, Jackie. Both Jam and Jackie serve as Eucharistic ministers at the 5 p.m. mass on Saturday. Jackie has organized several Holy Land trips for the Archdiocese. Thanks, Jackie and Jam, for who you are!



Have You Heard This One?



As a band of squirrels had become quite a problem, the Presbyterian church called a meeting to decide what to do about their squirrel infestation. After much consideration and prayer, they concluded that the squirrels were predestined to be there, and they shouldn't interfere with God's divine will.

At the Baptist church the squirrels had taken an interest in the baptistry. The deacons met and decided to put a water-slide on the baptistry and let the squirrels drown themselves. The squirrels liked the slide and unfortunately, knew instinctively how to swim, so twice as many squirrels showed up the following week.

The United church decided that they were not in a position to harm any of God's creatures. So, they humanely trapped their squirrels and set them free near the Baptist church. Two weeks later the squirrels were back when the Baptists took down the water-slide.

The Anglicans tried a much more unique path by setting out pans of whiskey around their church in an effort to kill the squirrels with alcohol. They sadly learned how much damage a band of drunken squirrels can do.

But the Catholic church came up with a very creative strategy! They baptized all the squirrels and made them members of the church. Now they only see them at Christmas and Easter.

And not much was heard from the Jewish synagogue. They took the first squirrel and circumcised him. They haven't seen a squirrel since.

Birthdays in March

We send our greetings to the following Knights who are celebrating birthdays this month:

- March 1 Blair Corbeil
- March 1 Urbain Laboucane
- March 4 Stephen Huska
- March 5 Todd Yakimoski
- March 15 Colin Molinski
- March 16 Paul Pritchard
- March 17 Gerry Goudreau
- March 19 Phil Bérubé
- March 23 Jesus Rodal-Hernandez
- March 27 Vincent deRuiter
- March 30 Paul Walsh



**THE SECRET OF A GOOD SERMON IS TO HAVE
A GOOD BEGINNING AND A GOOD ENDING;
AND TO HAVE THE TWO
AS CLOSE TOGETHER AS POSSIBLE.**

~ George Burns ~

The Good Knight

The Good of the Order

Every month the Knights pray for the sick in the parish as well as relatives and friends who are in need of God's help. We call this the Good of the Order. This month we are remembering the following in our prayers. Please pray for them as well.

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| • Fr. Arlan & St. Vital Parish | Ongoing situation |
| • Guilbert Bérubé | Tumor in Eye |
| • Wilbur Collin | Upcoming heart surgery |
| • Vincent deRuiter | Military deployment (Poland) |
| • Diane Fair | Stroke |
| • Ben Gosselin | Rest of his soul |
| • John Kloster | Stroke recovery |
| • James Oster | Rest of his soul |
| • Jean Marc Vermette | Kidney Problems |
| • Maureen Whenham | Chemotherapy treatment |

It's Tradition ... Fasting

Lent is a time for prayer, almsgiving, and fasting. You might wonder, 'Why do we fast?' The following information will clarify this practice for you.

The forty days of Lent remind us of the forty days that Jesus spent fasting and praying in the wilderness before beginning his public ministry of teaching and healing. Following Jesus' example, we too are called to fast, especially during the Lenten season. To fast is to eat little or no food for a period of time. Some people refrain from eating a meal; others may choose to abstain from solid food for an entire day ... or longer.

Fasting is part of our faith tradition. In the early Christian Church, fasting and almsgiving were closely connected. If someone was poor and in need of food, people would fast and then give the food they would have eaten to the poor. In fasting, we experience the hunger that one-third of our world's population suffers on a daily basis. Our participation in a fast expresses our concern for and solidarity with the underprivileged in our world.

The spiritual idea behind fasting is that we stop feeding the body and concentrate on feeding the spirit. When fasting and prayer are combined, we often experience God more deeply.

Another form of fasting is abstinence from eating meat. The Catholic Church asks us to abstain from meat on only two days of the year, both during Lent: Ash Wednesday & Good Friday.

Fasting is not for everyone. The sick and the elderly are not expected to fast. Nor are children. Because younger children are in an important growing stage of their lives, it is not wise for them to refrain from eating. However, they *can* fast from certain types of food, such as candies, chocolate, or junk food, without any adverse effects. (In fact, it would be healthier for them.) Older youth, however, who are in good health, may safely fast for 24 hours as long as they drink plenty of fluids.

Fasting can go beyond food. During Lent, we are called to 'fast' from bad habits or sinful behaviors. We can give up or sacrifice certain activities that are not necessarily good for us, such as excessive time on the Internet.

We sacrifice good things for things that are even better. In any case, fasting is meant to help our spiritual lives, draw us closer to God, and prompt us to help those less fortunate.

You Asked Us...

What is the role of the Grand Knight on the council executive?

The current Grand Knight of Our Lady of the Hill Council #13064 is Louis Kloster. As Grand Knight, he:

- Presides over all council meetings
- Appoints program and membership directors
- Appoints committees as needed
- Countersigns orders for payment and cheques
- Ensure the submission of all paperwork required by the Supreme and State Councils
- Maintains working relationships with the council's chaplain (parish priest), district deputy, field agent and general agent; as well as with other local service organizations (e.g. Leduc Food Bank, St. Vincent de Paul Society)



The jewel of office for the Grand Knight is an anchor suspended from a purple ribbon. The anchor is symbolic of Christopher Columbus, the mariner, who is the patron of our Order. The anchor, for centuries, was also a variant form of the Cross and symbolizes Christian hope. The purple ribbon symbolizes authority and justice. The jewel is worn at general meetings of the Council.

Saints of the Month: St. Perpetua & St. Felicity

On March 7 each year, we remember, not one saint, but two. These saints were quite different from each other. One was a rich woman, and the other was her slave. However, one thing that these two saints had in common was their faith in Jesus Christ and both were martyred ... killed because of their faith in the year 203. Even though they lived so many years ago, their story was written in a diary and in several eyewitness accounts

In those days, Christians were often persecuted. The rich woman, whose name was Perpetua, was one of those arrested, even though she had a baby son. Her father tried to convince Perpetua to deny her faith and save her life, but she refused to deny her belief in Jesus Christ. The other woman, Felicity, was pregnant at the time of her arrest. Both were thrown into a large amphitheater where people watched them devoured by lions.



The wonderful lesson to be learned from the lives of Perpetua and Felicity is that their faith was so important that they were willing to die for it. They were *martyrs*. The Church recognizes this faith, and we now

know these two women as Saint Perpetua and Saint Felicity.

**JESUS IS NEVER FAR FROM US SINNERS.
HE WANTS TO POUR OUT ON US,
WITHOUT LIMIT, ALL OF HIS MERCY.**

Pope Francis