

# The Good Knight

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



Issue 11

January 2024

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**Happy New Year!** January begins with the Feast of Mary the Mother of God on January 1. The following weekend, on January 6/7, we celebrate the Epiphany of the Lord. The word *epiphany* is derived from a Greek word meaning 'appearance' or 'manifestation'. Epiphany – and not Christmas Day – is the high point of the Christmas season, which ends with the Feast of the Baptism of the Lord on January 8. As the Christmas season closes and we move into Ordinary Time (the time in between liturgical seasons), there may be a sense of melancholy as we 'box' the Christmas decorations for another year. However, if we focus on the liturgical calendar and not the secular one, we recognize Epiphany as a 'bridge' to the rest of the year.

At Epiphany, we remember the Magi who brought gifts to their newborn King. Not wishing to return home through the peril of Herod's territory, they took a new route. Like the Wisemen, our celebration of Christmas should prompt us to find a new path ... to adopt a new way of life, carrying forward, into the 'ordinariness' of our lives, the peace and goodwill that characterize Christmas.

Thank you for reading *The Good Knight*.

Louis Kloster, Editor and Current Grand Knight

## Catholic Citizenship Essay Contest

Our Council is sponsoring an essay contest that is open to young people in Grades 8 through Grade 12. Entry forms are on the table at the back of the church. Please note that the deadline for submissions is Sunday, January 14, 2024.



## Important Dates

### January 2024



- 1 Feast of Mary, the Mother of God
- 7 Feast of the Epiphany of the Lord  
COR gathering (See details on page 2.)
- 8 Feast of the Baptism of the Lord
- 10 Knights of Columbus Executive Meeting by Zoom
- 13/14 K of C / CWL Pie Sale
- 17 Knights of Columbus General Meeting @ 7:30 p.m.  
Feast of St. Anthony the Abbot (Saint of the Month)
- 18 – 25 Week of Prayer for Christian Unity
- 20 Exemplification of New Knights @ 10 a.m.
- 21 Knights of Columbus pancake breakfast
- 27 Knights of Columbus Charter Night @ 6:30 p.m.

## Family of the Month

Each month, our council recognizes a family in the parish that serves the faith community in significant or special ways. In December we honored Vern and Karen Reichert. Vern is a Charter member of our council and a fourth-degree Knight. He is presently serving as a Trustee on our executive. Karen is an active member of the CWL and part of the Pastoral Care team. Both are involved in liturgical ministries, Vern as a Master of Ceremonies (MC) and Karen as a proclaimer of God's word at Saturday evening masses. The two also work together as members of the newly-formed parish social committee, which recently organized the social that followed the Swiss Men's Choir concert on December 17. Thank you, Karen and Vern, for your commitment to parish life at St. Vital.



# The Good Knight

## Pro-Life Corner

This column explores pro-life issues and promotes the sanctity of life. It is good, if not critical, to look at these issues, many of which are often misunderstood, even by the faithful from the Church's perspective.

Pro-abortion claim: Abortion is medically necessary in some cases to save the mother's life.



Pro-life response: Abortion is never medically necessary, even in cases where there is danger to the mother's life by continuing with the pregnancy. In the situation of a pregnant mother who has a serious medical condition, such as, for example, heart disease, life-threatening diabetes or cancer, there are always two patients in need of healthcare: the mother and her preborn baby. If care for the mother requires that pregnancy end before the baby's natural birthdate, a pre-term delivery, for example, by Caesarean section, can be performed on the mother with the goal of saving and preserving the baby's life. Over one thousand doctors have signed the Dublin Declaration on Maternal Healthcare stating that "As experienced practitioners and researchers in obstetrics and gynecology, we affirm that direct abortion – the purposeful destruction of the unborn child – is not medically necessary to save the life of a woman." They add: "We confirm that the prohibition of abortion does not affect, in any way, the availability of optimal care to pregnant women." Thus, in cases where the pregnant mother's life is truly in jeopardy, her pregnancy must come to an end, not by abortion, but by the baby's early birth.

## RECENT ACTIVITIES

### Outdoor Nativity Scene

Just prior to the First Sunday of Advent, the Knights set up the Nativity scene in front of the church. In the picture below, four of the volunteers – Bros. Dennis Madu, Gary Fisher, Joe Lauer, and Sid Eriavaz – relax after the work was done. The scene will be taken down shortly after January 8, which is the Feast of the Baptism of the Lord and the last day of the Christmas season.



## UPCOMING ACTIVITIES

### Pie Sale

A pie sale in conjunction with the Catholic Women's League (CWL) will take place in the church basement on the weekend of January 13/14, 2024. All Knights and CWL members are encouraged to bake some pies for this sale, which will be a fundraiser. We hope that all parishioners will support us with the purchase of a homemade pie.



### Birthdays in January

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

- |              |                 |
|--------------|-----------------|
| • January 6  | Pierce Hendriks |
| • January 11 | Chris Oster     |
| • January 14 | Maurice Amyotte |
| • January 14 | Joseph Forest   |
| • January 14 | Jordan Robinson |
| • January 15 | Romeo Goudreau  |
| • January 18 | Gerald Berube   |
| • January 21 | Florent Duguay  |
| • January 24 | Sid Eriavaz     |
| • January 27 | Wilbur Collin   |
| • January 29 | Roger Lavigne   |



Apologies are sent to Bro. Joe Mahe, who celebrated his birthday on December 13 but was not acknowledged in the December issue of *The Good Knight*.

### COR Initiative

The Knights of Columbus is inviting all men in the parish – not just Knights – to participate in a new initiative called *Cor*. *Cor* is the Latin word for 'heart' and the root of the word, *courage*.

On the first Sunday of the month, from 7:00 – 8:30 p.m., our group will gather to pray, engage in a faith formation program, and enjoy each other's company. *Cor* is intended to empower Catholic men to live their faith and to serve their family, parish, community, and country.



Why should one consider attending *Cor* gatherings? Firstly, our families need strong husbands and fathers. Secondly, prayer, faith formation, and fraternity are essential to the life of a disciple. They are often missing from the lives of men. Finally, surveys reveal that men need and are seeking this spiritual enrichment.

Grand Knight Louis Kloster, Deputy Grand Knight Gabriel deRuijter, and Financial Secretary Paul Weisenberger are part of the *Cor* leadership team and will be planning gatherings that are meaningful, enjoyable, and comfortable for all participants.

The first gathering is scheduled for Sunday, January 7 at the home of Louis Kloster, four miles due east of St. Vital Church (100, 50511 Range Road 234), beginning at 7:00 p.m.

# The Good Knight

## A New Year's Resolution ...

**Worry about nothing.  
Pray about everything.**

## Dissecting the Nicene Creed

*As Catholics, what really do we believe? In each issue of The Good Knight this year, we will explore one of the tenets of our faith, as expressed in the Nicene Creed. Here's the next one:*

For our sake he was crucified under Pontius Pilate; he suffered death and was buried.



- It is worth noting that the creed says nothing about Jesus' life, about the miracles he performed, about his teachings and his message of love and forgiveness.
- We move directly to a statement that he was crucified, which was an atrocious death reserved for slaves and criminals and for politically dangerous persons.

## Word of the Month:

### **ecumenism**

The word *ecumenism* derives from a Latin word that means 'the whole world', or 'inhabited.' It refers to the cooperation and unity that should exist between all Christians. Ecumenism refers to the efforts of many Christian Churches to strengthen their communion with one another. Our relationship should resemble that of a family, with Christ as the head. We are all brothers and sisters in Christ.

Each year, from January 18 – 25, we celebrate the Week of Prayer for Christian Unity. It is an opportunity to celebrate and to pray for our unity in Christ. Jesus prayed for his disciples, "... that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me" (John 17: 21).

Over the last 2000 years, the one, holy, catholic and apostolic Church, founded by Christ, has been fractured. Today there are more than 33 000 Christian Churches.

What are the issues that separate us? Some of the differences concern:

- whether God reveals Himself in both the Scriptures and Tradition
- the number, necessity, and importance of the sacraments
- the Eucharist as being central to our faith, and the Real Presence of Jesus in the Eucharist
- the role of the pope as head of the Church.

It is important to remember that there is much more that unites us than divides us ... our faith in Jesus Christ.

## Knight of the Month

In December we honored Bro. Pierre Vermette as our Knight of the Month. Pierre has been active in our council for many years, even serving as Grand Knight. He is a willing volunteer, helping with ditch clean-up, our Knights-sponsored prayer services, and the sale of grocery gift cards, and much more. We are sad to hear that Pierre and his wife are moving to Nova Scotia later this month. Pierre is a faithful Catholic, an active Knight, a willing servant, a gentle soul, and a friend to many. He will be greatly missed. May God bless Bro. Pierre, his wife, Jacinta, and their family.

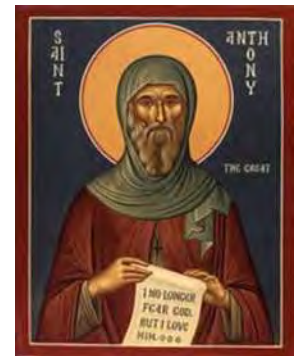


## Knights of Columbus Charter Night

Our Lady of the Hill Council #13064 was officially formed on January 8, 2002. Each year we celebrate the anniversary of our council with a gathering of Knights and their families in the parish hall. This year, our Charter Night is scheduled for Saturday, January 27, beginning soon after the 5 p.m. Mass. We will enjoy a potluck supper before a short, formal program, during which some recognition awards will be given. There will be ample time just to enjoy each other's company. The evening will include an hour-long concert featuring Edmonton-based singer-songwriter, John Hewitt.

## Saint of the Month St. Anthony the Abbot

On January 17 we celebrate the feast of St. Anthony, not the St. Anthony to whom we pray when we have lost our keys. St. Anthony the Abbot was born into a wealthy Egyptian family in the middle of the third century. After the untimely death of his parents, when he was eighteen years old, he cared for a younger sister. Shortly thereafter, while praying in a church, he was moved by the words in Matthew's gospel: "If you wish to be perfect, go, sell what you have, and give it to the poor" (Matt. 19:21). Anthony promptly sold his property and gave the proceeds to the poor. With his sister in the care of the nuns, he retreated to an abandoned Roman fort in the desert, where he lived a solitary, simple life, fasting and praying. Twenty years later, with the help of some villagers, he emerged from isolation, surprisingly healthy and serene.



Soon a monastic community grew around him, drawing others who wished to follow his example of living an ascetic life and in solitude. Recognizing his holiness, wisdom, and commitment to God, many people sought out Anthony, the abbot, for his words of knowledge, enlightenment, and comfort. Many miraculous healings were attributed to his intercession in prayer. He died at the age of 105. St. Athanasius, who knew Anthony wrote: "Anthony was not known for his writings ... but simply for his reverence toward God."

# The Good Knight

## Have You Heard This One?

The 98 year-old Mother Superior from Ireland was dying. The nuns gathered around her bed trying to make her last journey comfortable. They gave her some warm milk to drink but she refused. Then one of the nuns took the glass back to the kitchen. Remembering a bottle of Irish whiskey received as a gift the previous Christmas, she opened and poured a generous amount into the warm milk.

Back at Mother Superior's bed, she held the glass to her lips. Mother drank a little, then a little more and before they knew it, she had drunk the whole glass down to the last drop.

"Mother," the nuns asked with earnest, "please give us some wisdom before you die."

She raised herself up in bed and, with a pious look on her face, said, "Don't sell that cow."

## 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. We invite you to join us in praying for the following individuals:

- |                       |                              |
|-----------------------|------------------------------|
| • Wilbur Collin       | Heart surgery in January     |
| • D.D. Florent Duguay | Prostate cancer treatments   |
| • Joe Lauer           | Stroke recovery              |
| • Linda Ritchie       | Illness / Family             |
| • Larry Rowan         | Prostate Surgery Recovery    |
| • John Stretch        | Broken arm                   |
| • Paula Vogstad       | Illness / Family             |
| • Paul Weisenberger   | Hip/bursitis issues          |
| • Robert Weisenberger | Stroke/heart attack recovery |

## Epiphany: Did You Know ...?

- The Feast of Epiphany (January 6) is always celebrated on the second Sunday after Christmas.
- At Epiphany we remember the visitation of the Wisemen, at which time Jesus was revealed to the world. Jesus continues to reveal himself to us everyday. We need only, like the Magi, seek Him.
- The Magi were likely members of a priestly caste in Persia (present-day Iran) and were healers, astrologers, and dream interpreters.
- The Magi did not visit Jesus in the stable but arrived sometime later, when Jesus was a child, thus explaining why Herod would have ordered all first-born Hebrew boys up to the age of two to be killed.
- The star of Bethlehem, cited only in Matthew's gospel, appeared before 4 B.C., the year Herod probably died. Many theologians believe that Jesus was born between 6 B.C. and 2 B.C.
- The star had been prophesied in the Old Testament: "A star shall come out of Jacob" (Numbers 24:17).
- Some believe the star was the planet Jupiter, which arose in the sign of Aries, considered at that time to be the astrological sign of the Jews. It zigzagged across the sky as the Magi journeyed 1200 miles in search of a newborn king.



## You Asked Us...

*What is the role of the Board of Trustees on the council executive?*

Typically, there are three trustees that work together on the executive: a one-year trustee, a two-year trustee, and a three-year trustee. Currently, we have only two trustees, Bro. Pierre Vermette, and Bro. John deRuiter. With Bro. Pierre moving, Bro. Vern Reichert will serve as a trustee. We hope to soon fill the last vacant position on the Board. As trustees, they:

- Supervise all financial procedures of the council and conduct the semiannual audits
- Ensure that proper protocol and procedures are followed by the council for the payment of monies.

The trustee jewel of office is composed of an axe and fasces overlaid with an anchor, positioned over crossed swords, surrounded with a laurel wreath and suspended from a ribbon of green. The fasces is an axe bound with rods. The swords symbolize justice and honor. The laurel wreath symbolizes special service. The trustees are often past grand knights. The ribbon of green symbolizes loyalty in love.



## Liturgical Matters

*Why does the priest drop a piece of bread into the chalice of wine during the Preparation of the Gifts?*

After he breaks the bread, the priest puts a piece, known as the *fermentum*, into the chalice. Originally, this action symbolized Christian unity and the communion we share with all Christians. In the early days of the Church, the Pope would celebrate the Mass and break the consecrated bread at the Mass he was celebrating into fragments that would be sent to the various churches in Rome, where the priests would place a piece into their chalices. This was a sign of the Pope's communion with all the priests in the area.



As he drops the *fermentum* into the chalice, the priest says quietly, "May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it." This action is referred to as the 'commingling'. This signifies the unity of the Body and Blood of the Lord in the work of salvation.

From the Regnum Christi Spirituality Centre website, we learn that: "In addition to this symbolism the breaking of bread and the commingling of the Body and Blood in the chalice remind us that the Bread of Life we receive is a bread that is broken. Just as the bread is broken, Our Lord's Body is broken on the cross, mingled with his Blood. We are not just eating spiritual food; we are partaking of a sacrifice, a sacrifice voluntarily given so that we might have eternal life. The consecrated wine not only is the Blood; it is Blood that has been spilled for us."