



# A Knight's Tale



January/February 2026



## Message from the Grand Knight

Brother Knights,

First, I want to apologize for not sending out a newsletter for January. Honestly, I was pooped, and tapped out. I needed to take a knee, and drink some water. There was a lot of things swirling in my family, the office and the council. I had lost my mojo. Unfortunately, it stayed with me for some time. I tried to put on a happy face, I tried to lean on my family, the council, my friends to pick me up, but it did not help, beyond treading water. It was not until we said the Rosary on 21 Jan, when we had 4 additional Brothers join our Wednesday Rosary group that I started to get that feeling back, and then at our meeting on the 28th when the Council wanted to start an online Rosary. That night I said my prayers, and the next morning, I felt it—that feeling was back. I realized that even though I was praying to God, I was not praying for the right things. I was not asking God to relieve me of my burdens, I was asking him to let me overcome, and not asking him to give me the strength to overcome. Subtle differences, but the small things go a long way.

I say all this because and out his on the front page, rather than summarize all our accomplishments and what we have planned for the upcoming year—which is amazing by the way. It is the small things that matters in life—the things that you do not think people notice, but they do. I like to bring flowers to my wife every week, but she appreciate it more if I do the dishes or a load of laundry or mop and vacuum (only when I am in real trouble- just kidding). That is important to my wife—just like giving God glory for what he does for us in our lives. We need to remember, it is not what I accomplished, it is what I accomplished with God's support.

I am asking the Brothers of this Council, Brothers in Christ, Both Knights to take that extra step, that small effort to engage in the Council. Make the effort to join us on line or in person for our meetings. It is 60-90 minutes twice a month. You can help shape the Council for the future. I challenge you to volunteer to be a Program Director or Committee Chair. We need your support! We have an amazing Old Guard, and they fill most of the Council Officers, Program Manager and Committee Chairs, as well as volunteer at other parish and community ministries. They need help before they burn out. It also allows the OG to train the future of the Council how to set up these events that supports and impact the parish and community. I challenge you to volunteer to be part of a committee. I appreciate those who volunteer to support the events, and we cannot do what we do without that support. But I am asking to take that extra step to assist in the planning of the event, to be a part of that committee, in order to relieve some of the responsibilities of the "guy"

I hope you do not take it the wrong way, This Council is amazing. You set the standard for other Councils to emulate. You support every ministry, you help out at every mass. You are involved in every community event. I am just asking to give a little more to provide some relief to strengthen the foundation of our Council and parish community. I guarantee that you will feel amazing, maybe a little more tired, but that tingling feeling is not your muscles spasming, it is the Holy Spirit embracing you,

Thank you for all you do!  
I am proud to call you a Brother Knight.  
Vivat Jesus  
GK Casey Carr



- Links in Newsletter
- [Calendar](#)
  - [The Year in Review](#)
  - [Recognitions](#)
  - [Council Volunteers Needed](#)
  - [Spaghetti Dinner](#)
  - [Ash Wednesday](#)
  - [Lent](#)
  - [Stations of the Cross](#)
  - [4th Degree](#)
  - [Insurance Event](#)
  - [Clergy Appreciation](#)
  - [Rosary Program](#)
  - [Thought of the Month](#)



- [Springfield Council Website](#)
- [Prayer Requests](#)
- Password Protected Links**
- [Council Webpage](#) (Members Only)
- [Nominations for Knight and Family of the month](#)

### External Links

- [St Bernedette Parish](#)
- [St Bernadette School](#)
- [Virginia Knights of Columbus](#)
- [State Council](#)
- [Knights of Columbus Supreme](#)





# A Knight's Tale



January/February 2025

## Calendar Events

### Council Events

- 4 Feb Rosary  
7PM Church (Open to all)
- 11 Feb: Council Business Meeting  
7PM Rosary/7:30PM Meeting
- 18 Feb Rosary  
7PM Church (Open to all)
- 25 Feb: Council Plans Meeting  
7PM Rosary/7:30PM Meeting
- 4 Mar Rosary  
7PM Church (Open to all)
- 11 Mar: Council Business Meeting

### Upcoming Events

- 7 Feb Spaghetti Dinner
- 13 Feb PTO Dinner Dance
- 14 Feb Valentine's Day
- 16 Feb Wreath laying at Mt Vernon
- 18 Feb Ash Wednesday
- 27 Feb/6/13/20/27 Mar Stations of the Cross
- 28 Feb 4<sup>th</sup> Degree Exemplification VA Beach
- 11 Mar Council Insurance Event
- 13 Mar (T) Soup Dinner
- 28 Mar Chaplain's Appreciation Dinner**
- 29 Mar Palm Sunday
- 3 Apr Good Friday
- 5 Apr Easter

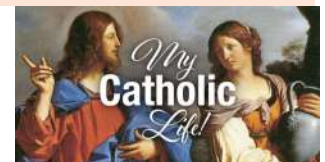
### Holy Days / Feast Days

- February 1: [Bl. Benedict Daswa](#) and [St. Brigid of Ireland](#)
- February 2: [Presentation of the Lord](#)
- February 3: [St. Blaise](#)
- February 5: [St. Agatha](#)
- February 6: [St. Paul Miki and Companions](#)
- February 7: [Bl. Pope Pius IX](#)
- February 8: [St. Jerome Emiliani](#) and [St. Josephine Bakhita](#)
- February 9: [Bl. Anne Catherine Emmerich](#)
- February 10: [St. Scholastica](#) and [St. Jose Sanchez del Rio](#)

### **February 11: Our Lady of Lourdes**

- February 14: [Sts. Cyril and Methodius](#)
- February 17: [Bl. Elisabetta Sanna](#)
- February 18: [Bl. Fra Angelico](#)
- February 20: [Sts. Jacinta and Francisco Marto](#)
- February 21: [Bl. Richard Henkes](#) and [St. Peter Damian](#)
- February 22: [Chair of St. Peter](#)
- February 23: [St. Lazarus Zographos](#) and [St. Polycarp](#)

Five precepts of the Catholic Church are:



1. Attend Mass and days of obligation.
2. Confess your sins at least once a year.
3. Receive the Eucharist at least annually
4. Observe days of [fasting and abstinence](#).
5. Provide for the needs of the Church.





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January/February 2025

## FY 25—The First 6 months

**Springfield Knights of Columbus 5K Run and Walk**

**Box of Joy**  
FOR CHILDREN WHO WAIT FOR JUST ONE GIFT

**SOCCER CHALLENGE**  
Council 6153  
Springfield, Virginia

**ECHO**

**BREAKFAST WITH SANTA**  
JOIN US FOR A MORNING OF FUN!  
SATURDAY, DECEMBER 6  
8:00 - 11:30  
ST B'S CAFETERIA

**BREAKFAST**  
Sunday 24 August  
St Bernadette Cafeteria  
Springfield Council  
Will serve after 0700 / 0900 / 1200 Masses

**KNIGHTS OF COLUMBUS COUNCIL # ANNUAL CHRISTMAS TREE SALE**

**Christ in Christmas**

**Catholic Citizenship Essay Contest**

**KCIC Poster Contest**

**Christmas Cards**  
Dates: Nov 22/23 / 29/30  
Location: St Bernadette Church  
Proceeds go to...

**FLOURISHING SEEDS**  
Spark Creativity. Sustain Prosperity.

**2025—What a Year!!**  
Just to show a few of our accomplishments!  
There are so many more from each individual Brother Knight!

**2026 has just as many events planned!**  
This council will soar!  
I cannot wait!  
Vivat Jesus

**DONUT SUNDAY**

**CONFIRMATION**  
Springfield Council 6153

**Coats for Kids**  
St Bernadette

**GOLDEN KNIGHTS**  
Council 6153  
Springfield, Virginia  
50+ YEARS OF SERVICE

**WREATHS ACROSS AMERICA**

**Family of the Month**  
**Knight of the Month**

**Become A Knight! Make a Difference**

**The Venerable FATHER MICHAEL J. MCGIVNEY**





# A Knight's Tale



January/February 2025

## Happy Birthday to the Springfield Council #6153

The official Charter presentation was made on 23 January 1956 at the Springfield Country Club by the Worth District Deputy Patrick J O'Driscoll to the Founding Grand Knight Manuel "Manny Marks.

As the Parish grew, so did the Springfield Council. Catholic Gentlemen, who were and are community, parish and family leaders integrating support in every ministry of St. Bernadett's. We continue the legacy of the Charter Members, supporting the families and community of Springfield. Our **FRATERNITY** is our **UNITY**. Our **UNITY** is the foundation of our **CHARITY** that supports with effort, donations and money. Not for recognition, but to help those in need, striving to meet our motto, **"In Service to One, In Service to All."**





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January/February 2025

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# CONGRATUALTIONS !!


## January Birthdays      February Birthdays

Paul F Allard  
 John E Rubenacker  
 Mark S Barbaro  
 Timothy M Barry  
 Bill A McShea  
 Daniel J Tobin  
 Francis C Kiley  
 Frank Nieves-Fernandez  
 David C Siegmund  
 Fr. Richard A Miserendino  
 Gerard J Stief  
 Gary D Fedorochko  
 Rev. Rev Matthew P Richardson  
 Jeffrey S Gribshaw  
 Anthony L Campillo  
 Michael E Atwood  
 John B Hooder  
 Mr Garede D Woldemedhin  
 Robert Kwiatkowski  
 John R Rephlo  
 John W Behringer  
 Rev. Mr. Dennis E Nickle  
 PGK Sean M Lenahan PGK

Eugene D Schmiel  
 Robert W Vericker  
 Dr Michael M Traynor  
 Mr Anthony J Weilbacher  
 Mr Ralph K Heinze  
 Louis T Tobat PGK  
 Gregory W Bearce  
 Scot R Ward  
 James M Ginty  
 Joseph Cordaro  
 Jerome H Furlow  
 Steven J Schneider  
 John M Renahan  
 John L Goetchius Jr  
 Russell C Cykoski  
 Ricky F Downer  
 John M Harrison  
 Thomas H Errion II  
 Robert J Ward  
 Dennis G Donovan  
 Mr Kevin J Creedon  
 Mr Michael Ignacio  
 Michael A Janoski  
 Martin F Boneo

## January      Golden Knights      February

### Fraternal Anniversaries

 **John E Cockayne**      52  
**Peter Reilly**      50

**Mr Anthony J Weilbacher**      15  
**Mr Mark R Monahan**      10

  **Walter N Ferony**      62  
**Frank R Kensek**      55

**Adm Jonathan W Greenert Ret**      30  
**Randy J Kosinski**      30  
**Gabriel Ortiz**      15



NOTE:  
 Will Recognize  
 Annual over 50  
 Years / and at 5-  
 year intervals





# A Knight's Tale



January/February 2025

## CONGRATUALTIONS !!

### December Knight of the Month



**SK Dr John T Staten**  
SK, Dr John Staten, Deputy Grand Knight. Dr Staten was the driving force in planning and executing the very successful Council Christmas Dinner. This will now be an annual event that builds and strengthens the council's family bond

### December Family of the Month



**The Mannebach Family**  
The Mannebach family support and patriciate in each and every activity. Don as our Chancelor and the liaison with the school and Youth Ministry programs and Marilou is active in the school and women's group. Always there to provide a helping hand.

### January Knight of the Month



**Mike Candolor**  
SK, PGK Mike Candolor is a Knight we all should emulate. He has taken multiple programs and made them a main-stay for this council. His latest is the Rosary Program. Leading the Council participants every Wednesday passing our prayer requests.

### January Family of the Month



**The Price Family**  
The Price Family support just about every ministry and activity for the Council, Parish and community. They lead by example, whether it is on the Parish Council, in the Knights Council or on the Echo Board, they have made a difference in the parish and community.

## 2025 Awardees

Knights of the Month		Families of the Month	
Jul	SK James Womack	Jul	Thr Downer Family
Aug	SK Cederic D'Cruze	Aug	Thr Lenahan Family
Sep	SK, PGK Don Howell	Sep	The Pirowski Family
Oct	SK, PGK Frank Guest	Oct	Thr Smith Family
Nov	SK, PGK Pat Hansen	Nov	The Garver Family





## Council Officer Slate

Position	FY 25-26 Current Office	FY 26-27 Current Officer
Grand Knight	Casey Carr	<b>John Staten</b>
Deputy Grand Knight	John Staten	<b>Don Mannenbach</b>
Chancellor	Don Mannenbach	
Financial Secretary	James Caldwell	<b>Matthew Schmitt</b>
Treasurer	Michael Candolor	<b>Michael Candolor</b>
Recorder	Eric Neuyou	
Lecturer	Cedric D'Cruze	
Advocate	Frank Guest	<b>Frank Guest</b>
Warden	James Womack	<b>James Womack</b>
Outside Guard	Mark Downer	
Inside Guard	Greg Bearce	
3rd Year Trustee	Sean Lenahan	<b>Sean Lenahan</b>
2nd Year Trustee	Roberto Franklin	<b>Franklin Mendoza</b>
1st Year Trustee	Alphonse Bankard	<b>Alphonse Bankard</b>

### Volunteers Needed for the Following Positions

Chancellor	<ul style="list-style-type: none"> <li>- Strengthening the members' interest in council activities</li> <li>- Recommended to serve on the council's Admission Committee</li> </ul>
Recorder	Responsible for keeping a permanent record of all actions of the council and maintains all correspondence of the council
Lecturer	Responsible for providing suitable educational and entertaining programs under the "Good of the Order"
Inside / Outside Guard	Attend the doors of the council chamber, checking for current membership cards and allowing entrance



# Program Directors

			
Faith	Community	Family	Life
<b>SK Don Mannebach</b>	<b>SK John Cosgrove</b>	<b>SK, PGK Sean Lenahan</b>	<b>SK, PGK Mike Candolor</b>
RSVP Rosary Our Lady of Guadalupe Soup Dinner Chaplain Dinner KCIC Cards KCIC Poster Contest Citizenship Essay	Soccer Challenge Free Throw Challenge Coats for Kids Teacher Recognition Vow Renewal Mass Softball Team Youth Baseball Golf Scramble Council Branding Fundraising Christmas Tree Sales	Pancake Breakfast Breakfast with Santa Spaghetti Dinner Mother's Day Perish BBQ Knight Out Council Christmas Party Council Dinner Dance	5-K Run KOVAR Project Manger Box of Joy Can a Week Youth of the Year

## Programs Director—Deputy Grand Knight













### Volunteers Needed for the Following Positions

<b>Faith Director</b>	<ul style="list-style-type: none"> <li>- Responsible for all Faith based councilmember should be consulted before any action is taken programs</li> <li>- Keeps accurate records of the council's Faith programs including Refund Support Vocations Program (RSVP)</li> </ul>
<b>Family Director</b>	<ul style="list-style-type: none"> <li>- Responsible for all Family based council programs</li> <li>- Keeps accurate records of the council's Family programs including Food for Families and Family of the Month/Year, if applicable</li> <li>- Must complete all required Knights of Columbus Safe Environment training (kofc.org/safe) and must also pass a background check</li> </ul>
<b>Community Director</b>	<ul style="list-style-type: none"> <li>- Responsible for all Community based council programs</li> <li>- Keeps accurate records of the council's Community programs including Coats for Kids and Global Wheelchair Mission, if applicable</li> <li>- Must complete all required Knights of Columbus Safe Environment training (kofc.org/safe) and must also pass a background check</li> </ul>
<b>Life Director</b>	<ul style="list-style-type: none"> <li>- Responsible for all Life based council programs</li> <li>- Keeps accurate records of the council's Life programs including Special Olympics</li> </ul>
<b>Membership Director</b>	<ul style="list-style-type: none"> <li>- Collaborates with the grand knight and council leaders on council membership goals</li> <li>- Ensures that Membership Applications(#100) are transmitted by the Financial Secretary to both the Membership Records Department at the Supreme Council and the general agent</li> </ul>





# Committee Chairs

					
Charity SK, PGK Mark Price		Sports SK, PGK Mark Price		Christmas/Award Dinner SK, DGK John Staten	
					
Fraternal Rick Downer		Adult Softball SK, PGK Mark Price		5K SK, PGK Tom Smith	
					
Golden Knight SK, PGK Frank Guest		Youth Baseball SK, PGK Mark Price		Communications SK, GK Casey Carr	
					
Mentor SK, GK Casey Carr		Golf Scramble SK, PGK Mark Price		Fundraiser SK, GK Casey Carr	

**A Committee Chairman is appointed by the Grand Knight and is the Knight responsible for managing specific projects or permanent service area**

## Core General Responsibilities

Every chairman is expected to:

- Schedule Event Dates: Deconflict event dates with council and parish activities
- Set Clear Goals: Define the overall objectives for the committee and ensure members understand expected outcomes.
- Lead Committee Meetings as required: Organize and preside over committee meetings, ensuring they stay on track and respect the members' time.
- Assign Tasks: Recruit and organize a committee of at least three members to help implement programs.
- Plan Resources: Develop and update required resources. Update budget accordingly
- Maintain Records: Keep accurate logs of activities / volunteer hours for mandatory reporting on the Annual Survey of Fraternal Activity (#1728) & Columbian Award Application (#SP-7).
- Communicate Success: Update the council at scheduled meetings, provide input to the monthly Newsletter and Parish Bulletin.





# Spaghetti Dinner



**?**

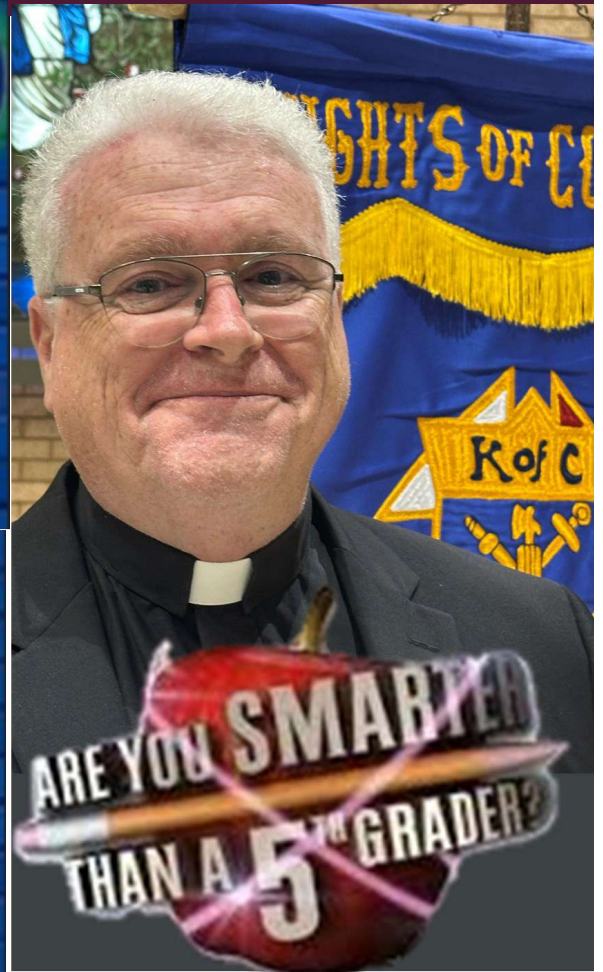
- FAMILY FRIENDLY TRIVIA
- 6 PERSON TEAMS
- PRIZES FOR WINNERS

DINNER: 6 -7:30 PM  
TRIVIA: 7:30 – 9 PM  
ST BERNADETTE SCHOOL CAFETERIA

**FEBRUARY 7, 2026**

- SOFT DRINKS & WATER FREE
- BEER & WINE AVAILABLE FOR PURCHASE

## Council 6153's Trivia...



Event Support be there at 5:30



Please bring your sauces and other food by 5:30 PM





# A Knight's Tale



January/February 2025

## Valentine's Day—Less Known Facts

14 February 2026

- **Catholic Church Origins:**

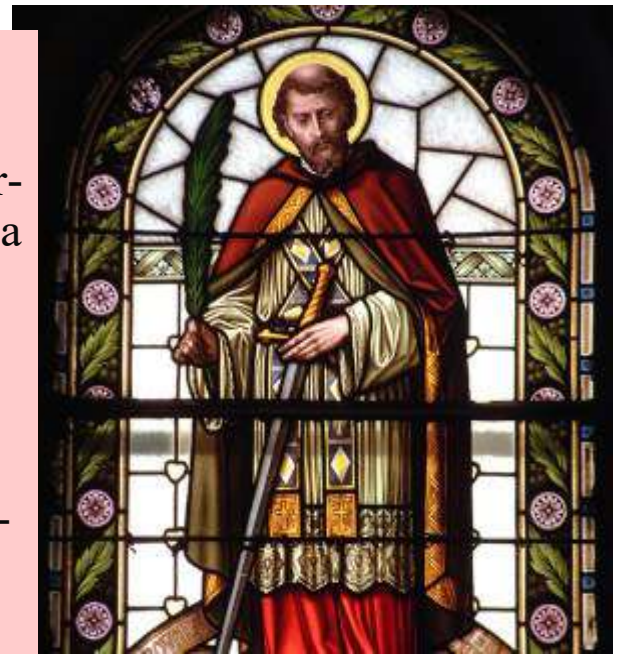
St. Valentine is recognized in the Catholic martyrology. While early legends were varied, the Church originally honored him as a martyr who defied Roman authorities by performing marriages and assisting persecuted Christians.

- **The Legend:**

One common story suggests that while imprisoned for his faith, St. Valentine befriended his jailer's blind daughter and healed her, signing a final letter to her "From your Valentine" before his execution.

- **Removal from Calendar:**

In 1969, the Catholic Church removed St. Valentine's Day from the general Roman liturgical calendar, partly because of the lack of specific, historically verified information about the saint(s). However, he remains an officially recognized saint of the Catholic Church



**Cupid—Not an Angel of God**

Cupid is the Roman god of desire, erotic love, and affection, commonly depicted as a winged, cherubic boy armed with a bow and arrows that incite love or aversion. As the son of Venus and Mars, he represents the volatile, passionate nature of love. Known in Greek mythology as Eros, Cupid plays a central role in classical stories, most notably his ro-





# A Knight's Tale



January/February 2025

## President's Day Wreath Laying



Presidential Wreath Laying Ceremony

16 February 2026

Marian Assembly Color Corps at 1300



EST 10 am MONDAY, FEB. 15

If you want to see it, get there early: Parking will be CRAZY.

• **Free Admission:** Monday, Feb. 16, 2026.

• Tickets are limited and distributed on-site.

• **Birthday Observance:** 10:30 a.m. on the Bowling Green, with a tactical firing demonstration and honored guests.

**New Exhibit:** The "George Washington: A Revolutionary Life" exhibit opens,

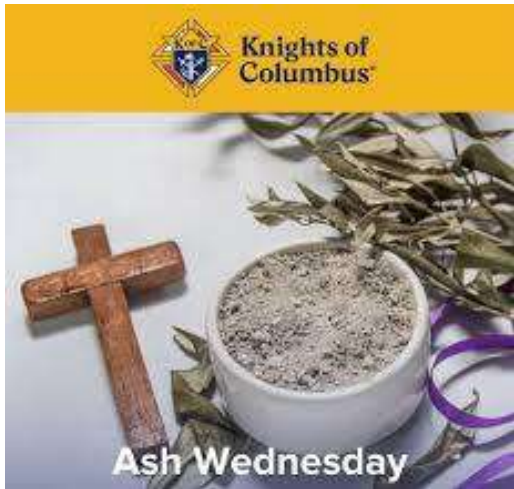
# Washington's Birthday Celebration

[Free Admission for George Washington's Birthday | George Washington's Mount Vernon](#)





# Ash Wednesday



**18 February 2026**

## SERVICE TIMES

0700	MASS
0900	MASS
1200	MASS
1800 (6PM)	Liturgy
1930 (7:30PM)	Bilingual Mass

Ash Wednesday is the first day of Lent, rooted in ancient Jewish and Christian traditions of penance, where ashes symbolize mortality and repentance,

evolving from a public ritual for penitents in the early Church (around 6th-8th centuries) to a universal marking of the cross on foreheads to begin 40 days of spiritual preparation before Easter.

The Church requires all Catholics from ages 14-59 to fast on Ash Wednesday. As long as you are in good health, this means that you should only eat one full meal, plus two smaller meals that do not equal a full meal. Ash Wednesday we also avoid eating meat.

There is great wisdom in the practice of fasting—even though its benefits are largely forgotten!

- Fasting is a spiritual exercise, and as such is primarily an action of the inner life.
- Authentic fasting draws us nearer to God and opens our hearts to receive his many gifts.
- Fasting is also a sharp reminder that there are more important things in life than food.

**Ash Wednesday is not a Holy Day of Obligation because it is fundamentally a day of fasting, repentance, and preparation (a day of "penance") rather than a day of festive, Sunday-like celebration.**

**If you attend , please ask if you can support the ushers**





# 40 Days of Lent

18 Feb—4 Apr

## What is Lent?

**Lent is a season of prayer, fasting and almsgiving. As Catholics and as Knights, it's an opportunity to grow closer in our rela-**

## What are your priorities in life right now?

Lent is an invitation to rearrange your priorities—to focus on what matters most and leave behind what matters least.

Lent is the season where the Church prepares for Easter. Starting with Ash Wednesday, Lent spans 40+ days until Holy Thursday. In the fourth chapter of Matthew, Jesus spends 40 days in the desert, fasting, praying, and preparing for his mission. Lent is your opportunity for that same focus.

Lent is your invitation to take your spiritual life seriously.



PRAY



FAST



GIVE

This lent may be a good time to ask oneself, “What kind of fruit do I bear?”

How can we spend lent in working on bearing better fruit? The easy answer to this question, if we want to

bear good fruit is to pray, fast, and give alms.





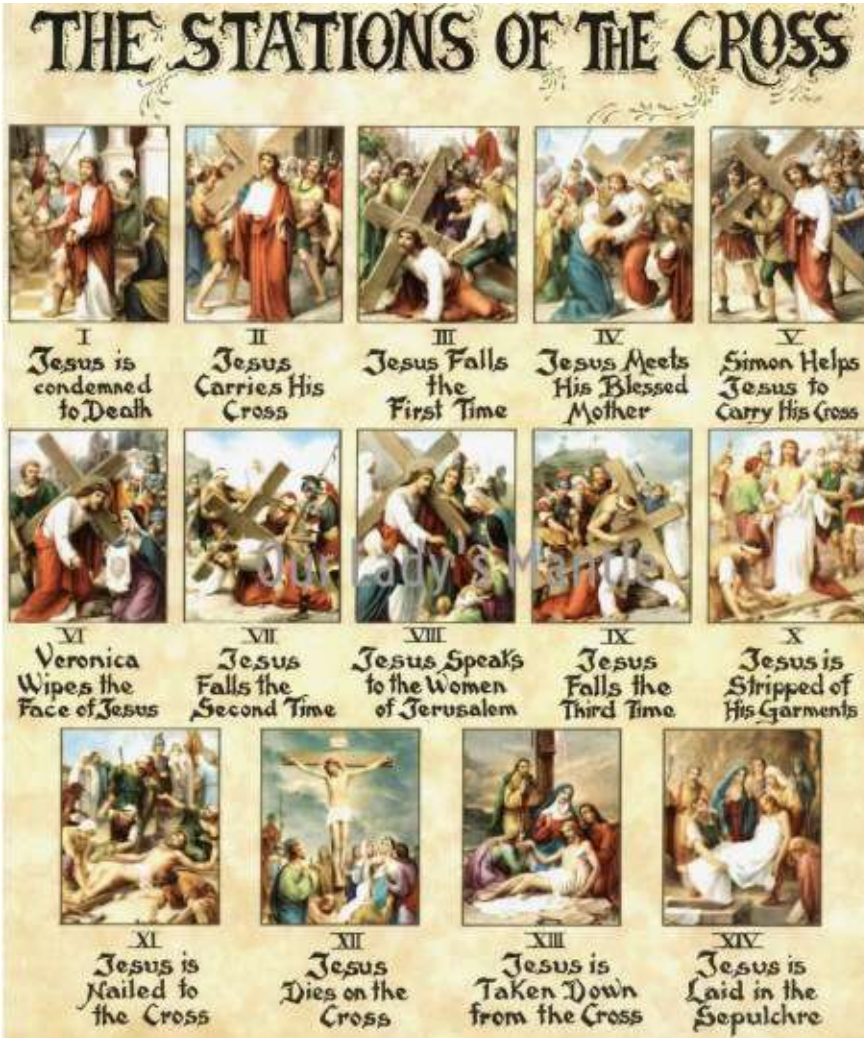
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January/February 2025

## Stations of the Cross

27 Feb/6/13/20/27 Mar



1. Jesus is condemned to death
2. Jesus carries His cross
3. Jesus falls the first time
4. Jesus meets His Mother
5. Simon of Cyrene helps Jesus to carry his cross
6. Veronica wipes the face of Jesus
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls a third time
10. Jesus' clothes are taken away
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. The body of Jesus is taken down from the cross
14. Jesus is laid in the tomb

The tradition of the Stations of the Cross began to take root in the fifth century, when churches started replicating holy places for those who were unable physically to walk the Via Dolorosa. The chapels at the monastery of San Stefano, for example, were commissioned by St. Petronius, Bishop of Bologna, and highlighted several of the places Jesus walked, as well as other important shrines in the Holy Land. The practice evolved further when Ottoman Turks outlawed pilgrims from stopping at any of the stations in the Holy Land. As the practice spread, Pope Innocent XI permitted all churches to erect the Stations of the Cross, and he gave the same indulgences to the Franciscans and their affiliates who participated in them as though they had taken the pilgrimage. In 1731, Pope Clement XII set the stations number to 14. In 1975, Pope Paul VI approved a Gospel-based version of the stations (removing events not found in the Gospels), and Pope John Paul II wrote his own version, the "Stations of the Cross for Life."





## 4th Degree Opportunities

There are two planned 4th Degree Exemplifications

February 28, 2026  
 St. Mark Catholic Church  
 Virginia Beach, VA



Send in your  
 Applications Now!

Please contact SK, PGK Don Howell for additional information for each exemplification ceremony

### About the Fourth Degree

The primary purpose of the Fourth Degree is to foster the spirit of **patriotism** by promoting responsible **citizenship** and a love of and loyalty to you country through **active membership** in local Fourth Degree assemblies—Religiously Devoted, Patriotically Proud

Members of the Fourth Degree serve as honor guards at civic and religious functions, an activity that has brought worldwide recognition to the Knights of Columbus.

**The 4th Degree of the Order, the Patriotic Degree, allows knights to take this one step further. "Sir Knight" is more than a title. It's an honor.**

#### Standing Firm in Support of the Order

Knights of the Patriotic Degree are dedicated to the personal development and continued honor of brother Knights—always offering mentorship, leadership, guidance, and encouragement.

#### Proudly Serving the Country

Knights of the Patriotic Degree glorify God by serving our communities though Christ. As Sir Knights we are called to serve those who serve, especially our men and women on the battlefield and our nation's Veterans.





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January/February 2025

## Insurance Event

 <p><b>Income replacement</b> in case you pass away unexpectedly.</p>	 <p><b>Mortgage protection</b> by ensuring your spouse has income to pay off your home.</p>	 <p><b>Funds to help</b> cover the costs of long-term care if needed later in life.</p>	<p><b>11 Mar 2026</b></p> <p><b>Our Insurance Representative will come and talk about our membership benefits and the benefits of becoming an Associate Member, planning for our futures.</b></p> 
 <p><b>Income support</b> if you become disabled and cannot work.</p>	 <p><b>Accelerated benefits</b> if you're a qualified policyholder and are diagnosed with a chronic illness.</p>	 <p><b>Reliable retirement income</b> through a retirement annuity</p>	

<p><b>Permanent Life Insurance</b></p> <p>Whole and universal life insurance options to meet your needs now and help you protect the future.</p> <p><a href="#">Permanent Life</a></p>	<p><b>Term Life Insurance</b></p> <p>An affordable life insurance solution to address your family's temporary needs.</p> <p><a href="#">Term Life</a></p>	<p><b>Retirement Annuities</b></p> <p>Retirement annuity options that turn into a regular income stream whenever you're ready.</p> <p><a href="#">Retirement Annuities</a></p>
<p><b>Long-Term Care Insurance</b></p> <p>Help with paying extended care costs whether it's in a care facility or the comfort of your home. View our brochures to learn more.</p> <p><a href="#">Long-Term Care Insurance</a></p>	<p><b>Disability Income Insurance</b></p> <p>Income replacement in case you are no longer able to work due to a disability, illness or accident. Contact your agent to learn more.</p> <p><a href="#">Disability Income Insurance</a></p>	<p><b>Chronic Illness Armor Rider</b></p> <p>Accelerated benefits for qualified policyholders if you're diagnosed with a chronic illness. Contact your agent to learn more.</p> <p><a href="#">Chronic Illness Armor Rider</a></p>



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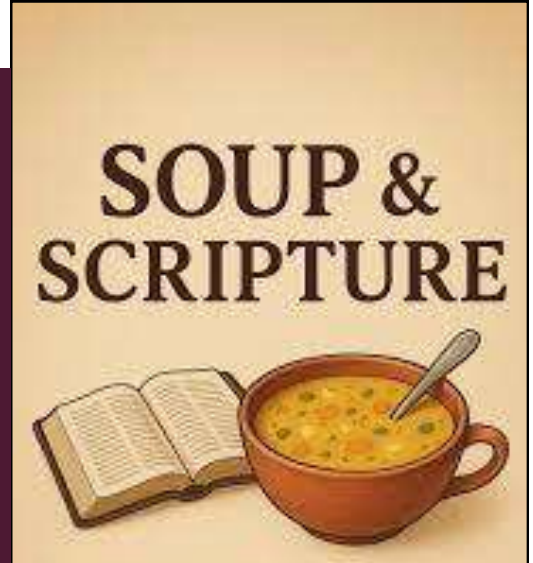
January/February 2025

## Soup Dinner



**13 Mar (T) 2026**

We do not have the defined date yet, but it is looking like, and based on historical studies, it will be 13 March—but it is not definite



**Every Friday at 6:30pm in the school cafeteria**

**Soup Supper prepared by different Ministries—It is a simple meal of meatless soups and bread in a spirit of penitence and fraternity. Give to the poor what you might have spent on dinner!**

**Following Soup Supper we go to the church to celebrate the Stations of the Cross at 7:30pm.**

**Stations of the Cross in Spanish are celebrated at 7:30pm in**





# Clergy Appreciation Dinner



28 Mar 2026

The Guest family will be hosting the annual Clergy Appreciate Dinner. Please send your information and selected items sooner rather than later

WHO: KNIGHTS OF COLUMBUS, #6153

WHAT: ANNUAL CLERGY APPRECIATION WINE & CHEESE – CURRY DINNER

WHEN: Saturday, 28 Mar—NOTE THE DATE CHANGE, 6:15 PM - Following the evening 5pm Mass

WHERE: 6403 Bridge Creek Court, Springfield, VA

WHY: In order for the Springfield Council to show our deepest appreciation for the support and fellowship our Sant Bernadette Clergy provide not only to the Council but to the entire community



Coordinating Instructions:

HOSTED BY FRANK AND LINDA GUEST. They will maintain the roster and list of what each knight will bring

Please RSVP No Later Than By Tuesday, 24 March 2026

[fbguest@aol.com](mailto:fbguest@aol.com) or call or text to 703-980-2526

With RSVP please sign up to bring one or more of the items/condiments listed below include your selection of item/condiment



Salad / Cheese & Crackers / Desert / Seafood Spread / Curry Condiments

COUNCIL WARDEN PROVIDE A COOLER WITH ICE, WATER, SODA

EACH KNIGHT BRING YOUR FAVORITE BOTTLE OF WINE TO SHARE



# A Knight's Tale



January/February 2025

## Springtime Sporting Events!

April 2026

Coming this April...

Golf Scramble

Council Softball team





# A Knight's Tale



January/February 2025

## Rosary Program



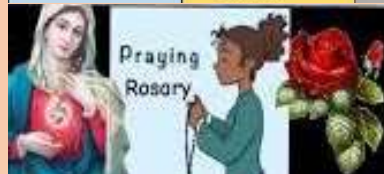
On the 1<sup>st</sup> / 3<sup>rd</sup> / 5<sup>th</sup> Wednesdays of the month at 7PM in the back of the Church on the side of the St Bernadette statue, there are 3-5 Knights who pray the Rosary. They take the prayer requests and other individual requests and pray for God's divine blessing and support. This is one way that Catholic Gentlemen can get together and support not only each other, but the community as well.

The Council is planning to start and lead a Parish supported, weekly online Rosary. We will work with the Parish for the day of the week. We have to work out the details, but I am very excited about this program!!

### THE MYSTERIES OF THE ROSARY

Joyful	Luminous	Sorrowful	Glorious
Mondays & Saturdays and Sundays of Advent & Christmas	Thursdays	Tuesdays & Fridays and Sundays of Lent	Wednesdays and Sundays of Easter & Ordinary Time
<ol style="list-style-type: none"> <li>1. The Annunciation</li> <li>2. The Visitation</li> <li>3. The Nativity</li> <li>4. The Presentation</li> <li>5. The Finding of Jesus in the Temple</li> </ol>	<ol style="list-style-type: none"> <li>1. The Baptism in the Jordan</li> <li>2. The Wedding at Cana</li> <li>3. Proclamation of the Kingdom of God</li> <li>4. The Transfiguration</li> <li>5. The Institution of the Holy Eucharist</li> </ol>	<ol style="list-style-type: none"> <li>1. The Agony in the Garden</li> <li>2. The Scouring at the Pillar</li> <li>3. The Crowning with Thorns</li> <li>4. The Carrying of the Cross</li> <li>5. The Crucifixion</li> </ol>	<ol style="list-style-type: none"> <li>1. The Resurrection</li> <li>2. The Ascension</li> <li>3. The Descent of the Holy Spirit</li> <li>4. The Assumption of Mary</li> <li>5. The Coronation of Mary</li> </ol>

Prayer requests can be submitted at any time on the Council's website. The requests will be included at each Council Meeting's prior to the Rosary and Meetings as well as at the weekly Rosaries [Springfield Council #6153](#)



### 10 BLESSINGS OF PRAYING THE HOLY ROSARY EVERYDAY

- 1 Sinners are forgiven.
- 2 Souls that thirst are refreshed.
- 3 Those who are fettered have their bonds broken.
- 4 Those who weep find happiness.
- 5 Those who are tempted find peace.
- 6 Those poor find help.
- 7 Religious are reformed.
- 8 Those who are arrogant are instructed.
- 9 The living learn to overcome pride.
- 10 The Holy Souls in Purgatory have their pains eased by suffrages.

### Prayer Requests from the Council website

- FOR: Cassi Smith - SK Tom Smith's daughter-in-law treatment and recovery, and their family
- FOR: Healing from cancer and strength to persevere through treatment for: Rebecca Porral, Marianne Crisol, and Lilley Sloniker.
- FOR: Ethan Angelo, Miriam Joyce, and Elnora Caralos' medical treatment plan, safe surgical procedure, and steadfast healing.
- FOR: The sick and distressed; recovery and healing of our Brother Knights and our community
- FOR: Pope Leo's prayer of intention of the month—  
For children with incurable diseases.
- FOR: Christians and Catholics around the world who are persecuted for their faith



**Benefits of Praying the Rosary**

- PRAYING THE ROSARY MAKES YOU HUMBLE.
- ROSARY HELPS YOU TO GROW SPIRITUALLY.
- IT GIVES YOU PEACE AND JOY EVERY DAY.
- PRAYING THE ROSARY BRINGS MANY GRACES FROM GOD.
- ROSARY HELPS YOU TO OVERCOME ALL THE DIFFICULTIES IN YOUR LIFE.
- IT CAN SUPPORT IMPROVING YOUR RELATIONSHIPS WITH OTHERS.

www.spiritualknight.org





# Thought of the Month:

## How we Lead

Brothers,

We have discussed the important role of the Catholic Gentleman in the family and community. We are leaders in both eco-systems. We lead in manner ways, in what we say, how we act, how our families represent us. God has given us the freedom to choose. We have that gift, and burden. Just because we can, does it mean we should? Do we follow the 10 Commandments? Do we follow Jesus' commandments?

We know the 10 Commandments from the Old Testament

- |  |  |
|--|--|
| 1. <u>I am the Lord thy God. Thou shall not have strange gods before Me.</u> | 6. Thou shall not commit adultery.                         |
| 2. <u>Thou shall not take the name of the Lord thy God in vain.</u>          | 7. Thou shall not steal.                                   |
| 3. <u>Remember to keep holy the Lord's day.</u>                              | 8. Thou shall not bear false witness against thy neighbor. |
| 4. <u>Honor thy father and mother.</u>                                       | 9. Thou shall not covet thy neighbor's wife.               |
| 5. <u>Thou shall not kill.</u>   | 10. Thou shall not covet thy neighbor's goods.             |

We also know Jesus' "Greatest Commandments"

Jesus was asked: "Teacher, which is the greatest commandment in the Law?"  
 Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments," (Matt 22:36-40, Amp)

The question that we need to ask ourselves: Are we walking with Christ and trying to live up to His laws? God has given us a great gift of free will. Galatians 5:13 states, "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh ; rather, serve one another humbly in love." Are we setting the example for our family? Our friends, Our Parish? Or do we let loose in front of friends, because it does not mean much, or "They understand"

This is the hardest part – to literally walk the walk and talk the talk. Just because we can, does not mean we should. I am not saying do not drink, but do not drink to excess. I am not saying do not get mad , but choose your colorful metaphors without cussing. I am not saying don't watch that "R" rated movie, but I am asking to look at your audience or environment for appropriate content.

Or actions, both verbal and non-verbale, coupled with our choices of what we do, shows our community the type of Catholic Gentlemen we are, and about who the Knights of Columbus are.

Vivat Jesus,

GK Casey





## Who We Are



On 28 April 1969, the Supreme Board of Directors granted the Springfield Council their charter and Council number of 6153. The official Charter presentation was made on 23 January at the Springfield Country Club by the Worth District Deputy Patrick J O’Driscoll to the Founding Grand Knight Manuel “Manny Marks. The Council was formed to support growth of the Richmond and Arlington Dioceses in the Springfield area. With over 500 families in the St Bernadett’s boundaries, it was the perfect centralized location for the new council. The Council doubled its member within the first 3 months. Currently, the Council has over 250 members

**The Knights of Columbus**  
are Catholic Gentlemen who are proud of our Catholic Beliefs, and support our family, parish and community in our walk with Christ

## Our Core Principles

	 <b>FAITH</b>		 <b>FAMILY</b>	
	 <b>COMMUNITY</b>		 <b>LIFE</b>	



Do you know anyone that should be a Knight?  
Do you want to pass on the Spiritual Gift?  
Everyone should be answering **“Yes!!!”**  
Please send the QR code to these individuals  
and help them only their path

Join the

KNIGHTS