



# A Knight's Tale



September 2025



## Message from the Grand Knight

Brother Knights,

I think the gas pedal is broke—it has not slowed down. This month we accomplished much, and are trying to do even more. It is that old saying, when it feels good, keep doing it. The Bible says in [Galatians 6:9](#), "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." And with God's help, as it says in 2 [Thessalonians 3:13](#), "And as for you, brothers and sisters, never tire of doing what is good." So, looks like we will not let up!

Before we go into our summary of August events, I need to take a moment and ask you to please keep your thoughts and prayers for the repose of the souls Lou Cresciolo and Jay Jenc along with the healing of their family. SK Lou and Jay Jenc, the son of SK Jack and Diane Jenc passed away during the month. Please see [page 2](#) for more information.

During the month of August, the council made a few changes to the schedules. The first was saying the Council hosting a Memorial Rosary Service for both Cresciolo and Jay Jenc on 20 August. The second was conducting a Mass on 13 August to celebrate the Feast day of the Blessed Michael McGivney—Thank you Fr James for being the celebrant. During our Council's Business meeting, we had an honored guest, the Worthy State Secretary.

We followed that with the Back-to-School Pancake Breakfast on 24 August, which provided a great opportunity for the parish to enjoy a meal after Mass and have some fellowship. From the breakfast, we have 1x candidate and 4x prospects to join our council! We also raised over \$400 for our council's charity organizations. To close out the month, we had a team link up with the American legion Post 176 to do the Annual Bridge Walk in Springfield, building partnership with the community.

We continue to populate our website [Springfield Council #6153](#), with current information to allow you to plan in advice. Open your calendar,, and your hearts will follow, filling you with the Holy Spirit. In Service to One, In Service to All

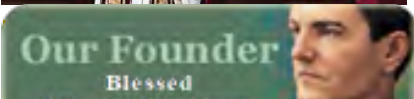
Thank you

Vivat Jesus

GK Casey Carr



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- [Virginia Knights of Columbus State Council](#)
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September 2025

## Prayers for our Family

**Please keep your thoughts and prayers for the repose of the souls Lou Cresciolo and Jay Jenc along with the healing of their family.**

**We have scheduled the se Masses**

**Jay Jenc - 9/16/25 @ 7:00 am**

**Lou Crescioli - 11/22 @ 8:00 am**



Worthy brothers, please the family of SK Lou Cresciolo in your prayers. He passed away on 16 August.

Lou was an active member of the Knights and the parish. He was famous for his bowling skills and his famous spaghetti sauce. He often said his one cup of wine for the sauce and one cup for him was the perfect cooking ratio.



May eternal rest grant unto Lou and Jay. O Lord, and let perpetual light shine upon them. May they rest in peace. May almighty God bless us with his peace and strength, the Father and the Son and the Holy Spirit. Amen

Loving God, we come to you with heavy hearts, mourning the loss of Lou Cresciolo and Jay Jenc. We ask for your comfort and peace to surround the grieving family. Wrap them in your loving embrace and grant them strength to face each day. May they find solace in your presence and in the cherished memories of their loved ones. We pray for healing and hope, trusting in your promise of eternal life. Amen



Worthy brothers, keep the family of family of Jay Jenc, the grown son of our Council

brother Jack Jenc and his wife Diane, who passed away 16 August. Jay grew up in Springfield and moved to Arlington. Jay was a chef at the Westover Organic Market and Beer Garden and was an avid musician and was in the same band for nearly 30 years.





# A Knight's Tale



September 2025

## Calendar Events

### Council Events

- 3 Sep Rosary  
7PM Church (Open to all)
- 10 Sep: Council Business Meeting  
7PM Rosary/7:30PM Meeting
- 17 Sep Rosary  
7PM Church (Open to all)
- 24 Aug: Council Planning Meeting  
7PM Rosary/7:30PM Meeting
- 1 Oct Rosary  
7PM Church (Open to all)

**8 OCT—OFFSITE at MT Vernon Hall. Insurance Event / Business Meeting / Rosay / Fellowship**

### September Birthdays

- |                      |                         |
|----------------------|-------------------------|
| Mr Anthony W Thomas  | Rev Rev Donald J Rooney |
| Keith P Pohlmeier    | Gregory A Kowalski      |
| Pierre J Deslauriers | Giles L Coffey          |
| Richard W Peppe Jr   | Stephen A Peppe         |
| Robert Whaley Sr     | Arturo C Galan          |
| Mr James A Merrill   | Donald R Mannebach      |
| Michael A Norris     | Mr Rodney F Henderson   |
| Walter N Feron       | Jason M Ouimet          |
| Alexandre T Ayanou   | Richard A Davis         |
| John D Gaillard      | Randy J Kosinski        |

### Holy Days / Feast Days

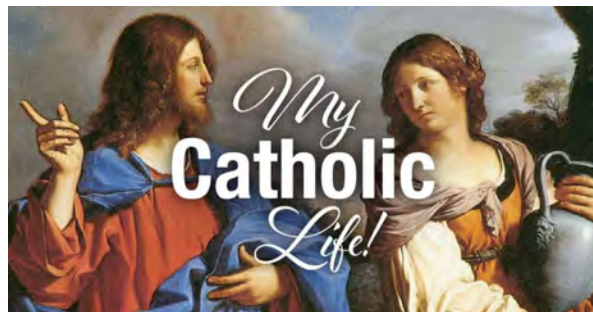
- 8 Sep:** The Nativity of the Blessed Virgin Mary
- 12 Sep:** Holy Name of Mary
- 14 Sep:** The Exaltation of the Holy Cross
- 15 Sep:** Our Lady of Sorrows

### Upcoming Events

- 13 Sep. High School Pizza Dinner
- September: Coats for Kids
- 27 Sep: Soccer Challenge—SEE Flier
- 4 Oct: 5k Run—SEE Flyer
- 8 OCT: Offsite at Mt Vernon**
- 18 Oct: Parish Picnic - BBQ
- 25 Oct: (T) PTO Trunk or Treat
- NOV: Box of Joy
- NOV: KCIA Card Sales/Essay Poster Contest/High School Essay Contest
- NOV: Christmas Tree Sales

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.



[Upcoming Calendar Reflections](#)





# A Knight's Tale



September 2025



On 24 August, the Council hosted its annual "Back-to-School" Pancake Breakfast. The Council provided a menu of pancakes (plain or chocolate chip), bacon and sausage, and did I say bacon? The primary intent of the breakfast was to celebrate and welcome the families and students to another year at St Bernadett's School! A byproduct of the event was the fellowship after mass. The event also produced 1x new candidate who submitted his Form 100, and 4x additional prospects who took information and state they were interested in joining. The event was a well rounded success. Oh, and yes, we did cover the expenses and made over \$600.



Knights joined American Legion Post 176's, 16th Annual Bridge Walk to celebrate supporting the community. Our Council set up a recruiting table to spread the word. These joint events are essential to remind the community that the Knights are here to support.





# A Knight's Tale



September 2025

Earlier this year, Council 6153 donated \$250.00 to the Flourishing Seeds Charity Organization. Our very own Brother Eric Neuyou, who is our Worthy Recorder moonlights as the resident and Chairman of the Board of Flourishing Seeds.



**Flourishing Seeds Inc.** is a 501 (c)(3) incorporated in the state of Arkansas in 2022 by Brother Eric and his wife with the objective to raise capital required to build a faith-based Christian, bilingual and trading K-12 school in Yaoundé, Cameroon.



The severe poverty in Cameroon and many African countries is amplified by a deficit of modern trading schools where children can learn skills to create successful businesses.



**Email:** [eric@flourishingseeds.org](mailto:eric@flourishingseeds.org)

**Telephone:** [\(501\) 339-1069](tel:(501)339-1069)      <https://flourishingseeds.org/>

**Current needs:** Installation of solar panel to pump the water from the well that we built. \$8000-\$10000





# A Knight's Tale



September 2025

## 18 Sep - Youth Ministry High School Pizza Dinner



No  
Anchovies!!!!

Yes Sir,  
Bui I like 'em  
Pizza, Pizza!!



**By order of the GK—Only Meat Lovers and Hawaiian (Just kidding)**





# A Knight's Tale

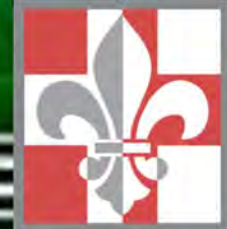


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# KNIGHTS OF COLUMBUS

IN SERVICE TO ONE. IN SERVICE TO ALL.



Start Time
0800—9yr (G)
0830—9yr (B)
0900—10yr (G)
0930—10yr (B)
1000—11yr (G)
1030—11yr (B)

**27 September**  
**Cardinal's Field**  
 Boys and Girls—  
 Ages 9-14  
 Same Day  
 Registration  
 or use  
[www.signupgenius.com/  
 go/4090F4CA8AF23A4  
 F49-57863949-soccer](http://www.signupgenius.com/go/4090F4CA8AF23A4F49-57863949-soccer)

Start Time
11:00—12yr (G)
11:30—12yr (B)
12:00—13yr (G)
12:30—13yr (B)
1:00— 14yr (G)
1:30—14yr (B)





# A Knight's Tale

September 2025



## 23rd Annual 5K Fun Run/Walk



**Registration is Now Open**

[Springfield VA Knights of Columbus 5K Fun Run and Walk](#)



### Springfield VA Knights of Columbus 5K Fun Run and Walk

Sat October 4, 2025

Fairfax Station, VA 22039 US [Directions](#)



### Springfield VA Knights of Columbus 5K 2025

**\$15**

(\$0: Ages 0 - 5)

(\$15: Ages 6+)

**9:00AM EDT**

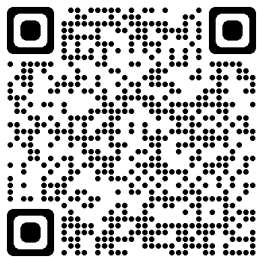
**12:00PM EDT**

Price increases after September 28, 2025 at 11:59pm EDT

The Springfield VA Knights of Columbus annually hosts a fund raising 5K Fun Run and Walk . This 5K Fun Run and Walk is for the whole family (children in strollers included!).

Event proceeds will go to help Virginians with intellectual disabilities through the Knights of Columbus KOVAR Charity (<https://kovarva.org> ) and to the St. Bernadette's Tuition Assistance Program (<https://www.stbernschool.org>).

The race is held at beautiful Burke Lake Park, where a free barbecue lunch will be provided for participants and their families following the race. NO pets will be permitted on the course or at the shelter. The event will be held "rain or shine".



[Burke Lake Park - Picnic Shelter A](#)  
[7315 Ox Road](#)

**SIGN UP**

[DONATE](#)

[RACE INFO](#)

[REFUND POLICY](#)

[SPONSORS](#)

[EVENT INFO](#)

### Race Contact Info

If you have any questions about this race, please contact the race director at [tomsmith6153@outlook.com](mailto:tomsmith6153@outlook.com)





# A Knight's Tale



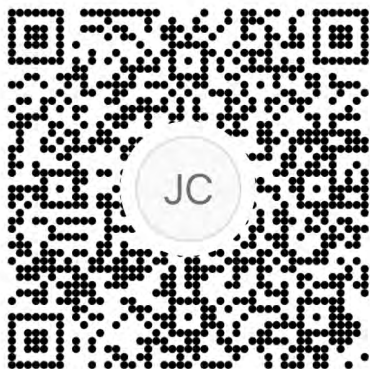
September 2025

## Springfield Council 6153



## St Bernadette

The Knights of Columbus will be collecting donations for the Coats for Kids program. One of the Knights pillars is Charity, and in supporting the most vulnerable in our society are children. One of their goals is to ensure that no child in North America goes without a coat during the winter season.



venmo

Please use "COATS" in the Comment/Memo Block

Become a Knight Save the World  
One Child at a time



zelle®





# A Knight's Tale

September 2025



## Say the Rosary with your Brothers

**Come and Join us!**  
**7PM—Every 1/3/5th Wednesdays**  
**In the Back of the St Bernadette's**

### 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>The Annunciation</li> <li>The Visitation</li> <li>The Nativity</li> <li>The Presentation</li> <li>The Finding of Jesus in the Temple</li> </ol>	<ol style="list-style-type: none"> <li>The Baptism in the Jordan</li> <li>The Wedding at Cana</li> <li>Proclamation of the Kingdom of God</li> <li>The Transfiguration</li> <li>The Institution of the Holy Eucharist</li> </ol>	<ol style="list-style-type: none"> <li>The Agony in the Garden</li> <li>The Scouring at the Pillar</li> <li>The Crowning with Thorns</li> <li>The Carrying of the Cross</li> <li>The Crucifixion</li> </ol>	<ol style="list-style-type: none"> <li>The Resurrection</li> <li>The Ascension</li> <li>The Descent of the Holy Spirit</li> <li>The Assumption of Mary</li> <li>The Coronation of Mary</li> </ol>



- 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.

Praying the Rosary offers numerous benefits, including:

**Seeing Christ through Mary's Eyes:** The Rosary helps you contemplate the life of Christ through the perspective of his Blessed Mother, Mary.

**Contemplating the Gospel Mysteries:** It provides an opportunity to reflect on the Joyful, Sorrowful, Glorious, and Luminous mysteries revealed in the Gospels, thereby deepening your understanding of Jesus' life and ministry.

**Strengthening Virtue and Overcoming Sin:** The repetitive prayers and meditation can foster humility, perseverance, and invite God's grace, helping you resist sin and grow in spiritual maturity.

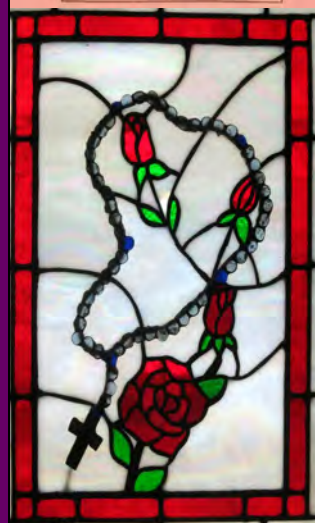
**Increased Spiritual Protection:** Considered a powerful weapon against evil, the Rosary, by invoking God's grace and Mary's intercession, can help shield you from harm and draw you closer to Christ.

**Making Time for God:** It provides a dedicated time to focus on God, fostering a deeper relationship with Him

**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.oprational.org](http://www.oprational.org)





# A Knight's Tale



September 2025

## Program Spotlight of the Month Food For Families—Can of the Week

Knights of Columbus are committed to helping end hunger through the Food for Families Program, with the goal to ensure that as few as possible go to bed hungry each night.

### Faith in Action

The program is a tangible way for the Knights of Columbus to live out their commitment to charity and service, putting their faith into action by addressing a basic human need, with the primary goal of ensuring no one in the community goes hungry.

#### Community Action:

It mobilizes members and their councils to actively participate in charitable service, which includes collecting and distributing food.

#### Encourage Donations:

The Knights of Columbus Supreme Council supports these efforts by offering a financial rebate program to reimburse local councils for their contributions.

#### Support Local Pantries:

Local Knights of Columbus councils and assemblies contribute money and/or food to community food banks, parish food pantries, and soup kitchens.

### Partnership with St Bernadette supporting ECHO – Ecumenical Community Helping Others

Every Monday, three Catholic Gentlemen, SK Al Pirowski, SK Don Howell, and St Bernadette parishioner Henry Champaign collect, bag the food donation and transport the donations to the ECHO distribution center. The team averages over 30 bags a week with an average donated weight of over 300 pounds

Date	Bags	Weight
2024 Totals	1,780	16,743
2024 Ave	34	322
<hr/>		
Date	Bags	Weight
2025 Total	983	9729
2025 Ave	31	304



#### Contact ECHO

ECHO is 501(c)(3) non-profit organization

#### Information on Donating?

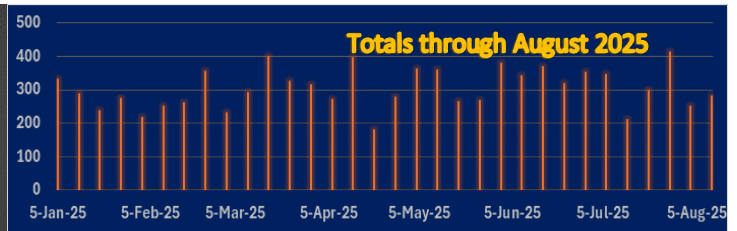
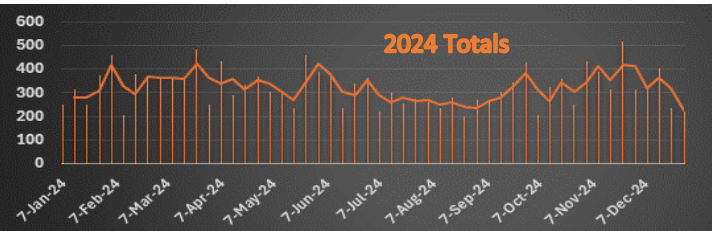
Call 703-569-7972

[admin@echo-inc.org](mailto:admin@echo-inc.org)

#### Need Assistance?

Call 703-569-9160

ECHO can help you with food, clothing, housewares, school supplies, and limited financial assistance with rent, utilities, and car repairs.





# A Knight's Tale



September 2025

## CONGRATUALATIONS !!



### July Knight of the Month

James Womack  
Brother Womack's efforts working with the community, coupled with his support to the Council as been extraordinary. He humbly leads by example.

### July Family of the Month

#### The Downer Family

There are three Knights in the Downer Family. They lead through actions and set the example for the Council and Parish with their volunteerism.



Please continue to support the Knight and Family of the Month Programs. Nominations are submitted on the "Member's Only" (not the jacket) uKNIGHT website, <https://uknight.org/CouncilSite/membersOnly.asp?CNO=6153>

#### NOMINATE KNIGHT AND FAMILY OF THE MONTH



MAKE YOUR NOMINATIONS

Let us know if you need assistance

## Congratulations to Ian Womack—Eagle Scout

Ian Womack is a member of Troop 995, and is a 2025 graduate of West Springfield High School. He earned his Eagle Scout by setting up collection points in his neighborhood for clothing and household goods, which were donated to ECHO. Ian collected 23 bags of clothing and 11 boxes of various household items.





# Happy Fraternal Anniversary!!!

## Capturing January 2025—September 2025



70 Years			
James	Nally	9/4/1955	9/4/2025



60 Years			
Valerian	Stasik	4/1/1965	4/1/2025
Giles	Coffey	11/1/1965	11/1/2025

50 Years			
Joseph	Mundy	3/18/1975	3/18/2025
Augustine	Taormina	5/14/1975	5/14/2025

35 Years			
Vincent	Zinicola	5/23/1990	5/23/2025
John	Curran	9/26/1990	9/26/2025
William	Edwards	9/26/1990	9/26/2025

40 Years			
Joseph	McDonnell	3/28/1985	3/28/2025
Daniel	Keller	10/1/1985	10/1/2025

25 Years			
Joseph	Palaganas	7/5/2000	7/5/2025

30 Years			
Roy	O'Connor	4/27/1995	4/27/2025
Robert	Ward	8/23/1995	8/23/2025

5 Years	
Dale	Berkey
Cedric	D'Cruze
Michael	Grenn
David	Siegmund
Ulrich	Tiago
James	Merrill
John	Cosgrove
Ralph	Heinze

10 Years	
Arturo	Galan
William	Serrano Martinez
Jose	Torres
Joshua	Mccarron
Victor	Munaires
John	Tuminaro
Matthew	Schmitt

15 Years	
Joseph	Peckl
Peter	Popeck
Robert	Wilson
Lance	Thom
Francis	Carr
David	Campbell
Richard	Miserendino

20 Years	
Bill	McShea
Lance	Thomas
Richard	Prien

## Making up for Lost Time—2024 40-years and more

60 Years			
Walter	Ferony	2/1/1964	2/1/2024

55 Years			
Frank	Massaro	5/5/1969	5/5/2024
Donald	Suchy	5/5/1969	5/5/2024
Pierre	Deslauriers	10/1/1969	10/1/2024

50 Years			
John	Cockayne	1/9/1974	1/9/2024
John	Harrison	3/13/1974	3/13/2024
William	Golden	12/1/1974	12/1/2024

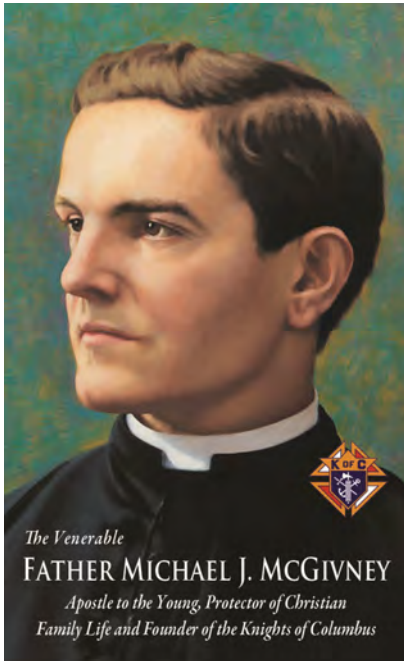
45 Years			
William	Rouady	2/14/1979	2/14/2024
Richard	Peppe	9/26/1979	9/26/2024

40 Years			
Victorio	Castillo	3/14/1984	3/14/2024
Timothy	Barry	10/18/1984	10/18/2024
Leland	Suchadoll	11/18/1984	11/18/2024





# The Feast Day of the Blessed Michael McGivney



On Thursday, 13 August, the Council hosted a Mass in honor of the Blessed Michael McGivney's feast Day. Fr James was the celebrant. The Mass was attended by 20 Brothers and the Worthy Virginia State Secretary, John Knox. The mass was a bonding event for the Council and the Knights



to the Blessed Fr McGivney.

## *Pray for the Canonization of Blessed Fr. Michael*

God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Blessed Michael J. McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church.

Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify Blessed Michael J. McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (*here make your request*). Through Christ our Lord. Amen.





# A Knight's Tale

September 2025



## Thought of the Month: What is a Catholic Gentlemen ?

Brothers,

A Catholic gentleman, as defined by the Knights of Columbus, is a man who is a "practical Catholic in union with the Holy See," meaning he accepts the teachings of the Catholic Church, strives to live by its precepts, and is in good standing. The Knights of Columbus promotes the core principles of charity, unity, fraternity, and patriotism. It is dedicated to strengthening Catholic men by empowering them to be better husbands, fathers, and disciples of Jesus Christ through their faith and service to the Church and community. OK, so is the "So What"? I go to church every week, I help at church as a lecturer, usher, EMCH, give money at the second offering and extra donations. Aren't I a Catholic Gentleman?

That is the million-dollar question. All these act MUST be done not as a "check-the-block" action, but must be done with the correct intentions - 1 Samuel 16:7 states, "The Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart". Matthew 15:8, states, "These people honor me with their lips, but their hearts are far from me". Put into our vernacular - True worship and service, require a sincere heart.

So the first step is to give freely and openly, to honor God, and not to shine the light on you. Proverbs 22:1, states, "A good name is more desirable than great riches; to be esteemed is better than silver or gold." If you do this, God will reward you, Psalm 112:5 Good will come to those who are generous and lend freely, who conduct their affairs with justice.

The next step is to look internally, not only at yourself, but at the family - to be the family leader. 1 Timothy 3:4-5 states, "one that ruleth well his own house, having his children in subjection with all gravity; (for if a man know not how to rule his own house, how shall he take care of the church of God?)" ; Ephesians 6:4 states, "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord." and Ephesians 5:25, "Husbands, love your wives, just as Christ loved the church and gave himself up for her."

The bottom line is that Catholic Gentlemen are leaders in the home and community. We set the example through our deeds, not because we want to be noticed, but because it is right, because we want to give Glory to God. Titus 2:7-8 states, "Calls for setting an example of good works, integrity, seriousness, and sound speech that cannot be criticized." Being a Catholic Gentleman is difficult, but through faith, and with the help of God and the Holy Spirit, we can walk that path, remembering Proverbs 20:7, "Blessed the children of the righteous man who walks in integrity."

Vivat Jesus, GK Casey





# A Knight's Tale



September 2025

## Who We Are



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



FAITH



FAMILY



COMMUNITY



LIFE



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**

