



**KNIGHTS  
OF COLUMBUS**  
**Council 11053**  
c/o St John the Divine Parish  
390 Baseline Rd W  
London, ON N6J 1W1

## *Knights in Action*

### February 2022 NEWSLETTER

#### Grand Knight's Message



Welcome to 2022. At the time of writing, we are heading into another lock down with no end in sight.

Despite this, the Knights of

Columbus took it upon themselves to handle the Collection Envelope Delivery Program again this year early in January. Seven Br. Knights volunteered to deliver the envelopes to parishioners' mailboxes. This is an important program as it allows parishioners to forward donations to the Church which support the Parish financially and allows it to continue to operate.

Br. Tony Darmanin has, once again, offered to facilitate our "Into the Breach Series", commencing on Wednesday, February 9, 2022 and continuing until July 13, 2022. During this period, eight Br. Knights will meet via zoom once every two weeks and have an opportunity to discuss various topics relating to our Catholic Faith. It is bound to have a positive impact on our role as husbands and fathers of our family.

After careful consideration and deliberation, by the Parish Team, the Goldsack Family was selected as the Family of the Year, 2021. We offer our congratulations to Lisa, Cory

and their four children for their dedication in living out their lives faithfully in the Catholic tradition.

Our Knight of the Year, 2021 is Br. Bill Grenier. A most worthy recipient, Bill has been a member of the Knights of Columbus since 1978. Additional details are provided further down in this newsletter.

Recently Br. Louis Goldenberg and I held a zoom meeting with the Ontario Squires Branch of the Knights of Columbus. This particular program is geared towards young boys age 10 to 18 and is directed primarily towards character building. Details about the program are published in this newsletter for your review.

Like many other activities, Covid-19 and omicron have prevented us from moving ahead with normal activities so it will be some time before we are able to offer additional information. Please stay tuned for further details.

I trust and pray that you all stay safe and well during the coming months and I look forward to seeing you all in the near future PG.

*SK Anthony (Tony) Nother GK*





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## Chaplain's Message



### Synod 2021-2023

The ability to travel by air allowed Vatican Council II to be one of the largest consultative processes ever exercised by the Church.

For the first of the sessions

and votes, there were nearly 3000 bishops present.

It was a huge undertaking.

Pope Francis has asked for something even greater to take place. He has asked that between 2021 and 2023 that every bishop, in every diocese, consult with not only every parish but with everyone who lives within their boundaries.

What does this mean and why are we doing it? A few questions must be answered. What is a synod? What is synodality?

### *What is a synod?*

Simply put, a synod is a meeting or assembly of church leaders. The idea of a synod has New Testament roots in Acts 15.

This is not the first time that Pope Francis has gathered the Church for a synod. He also has held extraordinary synods, like those on the family, young people and the Amazon, more often than previous popes. The scope of extraordinary synods has also expanded

under Pope Francis. Before each gathering, he has urged bishops to hold local listening sessions in their dioceses, and he has invited more laypeople to participate in the bishops' meetings in Rome.

### *What is synodality?*

"Synodality" refers to the way that these synods make decisions. It is a model that includes listening to a broad range of people and then discussing the issues together with the goal of hearing where the Holy Spirit is calling the church.

After the discussions, the bishops of the synod draft a document and vote, paragraph by paragraph, to approve it. The pope uses that document to inform his decisions following the synod.

Ultimately, the goal is to reach a consensus, which does not always mean the idea that most people support will be embraced by the pope. For example, during the Synod on the Amazon, the majority of bishops voted in support of allowing married men to be ordained priests in order to ameliorate the priest shortage in the region. Pope Francis chose not to go forward with approving the proposal because, as he revealed in a personal note to the Jesuit journal *La Civiltà Cattolica*, he believed the majority decision did not reveal a true consensus reached through prayerful discernment.



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While critics believe that the pope's role as the final decision-maker limits

the ability of the synod to make decisions, especially when the pope's decisions run counter to the synod's recommendations, Pope Francis sees it as more of a "discerner in chief" role. It "is not a limitation of freedom, but a guarantee of unity," the pope said.

It is clear that Pope Francis still thinks there is a long way to go before the church is making decisions "synodally" at every level. In fact, it is difficult to even imagine what that may look like. As the papal biographer Austen Ivereigh wrote in *Commonweal*, "A Church accustomed to a command-and-control model does not adapt easily to synodality."

With his plans for a two-year "synodal process" focusing on synodality, Pope Francis seems to have decided that the best way for the church to figure out what synodality means in practice is to try it out.

The process "For a Synodal Church: Communion, Participation, and Mission" will begin with a diocesan listening phase from October 2021 to April 2022, followed by a continental phase from September 2022 to

March 2023 and a final "universal church phase" that will look more like past synod meetings in the Vatican in October 2023. It is reasonable to expect that Pope Francis will follow the document with an apostolic exhortation outlining his takeaways and decisions from the synod a few months later, as he has done for previous synods.

That process will likely be messy. It is different from what most Catholics are used to, and by its nature involves disagreement. But it also involves mutual listening, courage, humility and respect—all virtues that today's church could stand to grow in.

While not a democratic process, everyone's voice needs to be heard and prayer and our love for God and the Church needs to be the thing which holds us together and directs our conversation.

The parish process of consultation has been delayed because of the recent restriction due to the pandemic.

I look forward to these gatherings at Springbank Catholic and I encourage your participation and involvement.

Fraternally,

*Michael Bechard (Rev.)*

Pastor | Springbank Catholic Family of Parishes



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**Br. Bill Grenier**

## **Knight of the Year!**

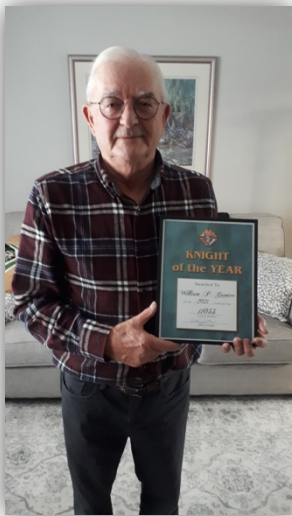
It is a privilege and a pleasure for me to announce this year's recipient for Knight of the Year, our very own Bill Grenier. Bill joined the Knights of Columbus on April 1, 1978 and has had continuous service since then. In fact Bill and his wife Mary

Anne's lives have revolved around service and they have been very visible at St. John Divine Church since joining the parish in 1971.

There are so many areas in which Br. Bill has been involved including - Bereavement Committee member, Parish Fund Raiser (capital campaign), Usher at the 12:00 noon Mass on Sundays, Traditional Choir, COR Program – 3 Day Retreat for teenagers, Cursillo – 3 Day Retreat for adults, volunteer with SSVdP Society and Cub Scout Leader for 10 years, to mention a few.

Most rewarding of all, Bill was employed by St. John the Divine Parish for approximately ten years. Fr. Jim Mockler and Fred Galloway, Parish Council Chair at the time, paid a surprise visit to offer Bill the position of caretaker of the Church. Bill accepted the position and was given a free hand to maintain and keep the facility in good order. We can all recall the meticulous attention he gave to his responsibilities and maintained the Church and grounds in superb condition.

Prior to this, Bill worked for twenty-seven years in automobile, truck as well as construction equipment as a Class A Technician and brought superior experience to his new position.







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Many of us will remember, quite clearly, the day Mary Anne and Bill were invited to join Fr. Rob on the altar to receive the



Benemerenti Medal in 2008. This is a special award granted by the Pope to members of the clergy and laity for outstanding service to the Catholic Church. On this

occasion, Pope Benedict XVI recognized Mary Anne and Bill for their exceptional contribution to the Parish of St. John the Divine. It was truly a moment of great joy and celebration for all parishioners in attendance at Mass that morning.

Prior to the restrictions of Covid-19, Bill and Mary Anne were both on the Golf Committee and were instrumental in making our Golf Tournament in August, 2019 at FireRock Golf Club a great success. \$12,400.00 was raised for our two Charities – The London Food Bank and the Particular Council of the Society of St. Vincent de Paul. A little later on, Bill took it upon himself to make a cement slab into which he placed the monument in memory of the deceased members of the Knights of Columbus. Installation of the monument occurred in

September, 2019 and was subsequently blessed by Fr. Don Pumputis on December 31, 2019, when Fr. Michael J. McGivney was beatified.

A man of great integrity and quiet dignity, Br. Bill is most deserving of the Knight of the Year Award for 2021 and will be a popular choice among his Br. Knights. Congratulations Bill and best wishes to you and Mary Anne.

*SK Anthony (Tony) Nother GK*



Deacon Don's introduction to the Knights of Columbus was ahead of our times. Invited by his father to join the Knights, Don became a Knight in 1980 and received three degrees



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in one day. Most of us will recall that degrees were more gradually conferred, and it took some time to achieve 3rd. Degree status.

At the time, Deacon Don was living in Windsor, ON and since there was no Degree Team in the area, a Knights of Columbus Team from Detroit, MI agreed to come over to conduct the ceremony and, after a long day, he received all three degrees, just as we do today.

The role of the Permanent Diaconate has its roots in the Bible, specifically in the Acts of the Apostles, Chapter 6:

*6 Now during those days, when the disciples were increasing in number, the Hellenists complained against the Hebrews because their widows were being neglected in the daily distribution of food. 2 And the twelve called together the whole community of the disciples and said, "It is not right that we should neglect the word of God in order to wait on tables.[a] 3 Therefore, friends,[b] select from among yourselves seven men of good standing, full of the Spirit and of wisdom, whom we may appoint to this task, 4 while we, for our part, will devote ourselves to prayer and to*

*serving the word." 5 What they said pleased the whole community, and they chose Stephen, a man full of faith and the Holy Spirit, together with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus, a proselyte of Antioch. 6 They had these men stand before the apostles, who prayed and laid their hands on them. (Acts 6:1-6)*

The Second Vatican Council (1962-1965) reestablished the diaconate as a proper and permanent rank of the hierarchy of the Church. However, it was not until later that the Diocese of London introduced a Program for Permanent Diaconal Studies. Upon hearing the announcement, Don, was moved to apply. His decision was based on a desire to serve God and His people. Don was already involved with choir, RCIA, Knights of Columbus all of which contributed to an attitude of service. Because of the considerable number of applicants and a limited enrollment, Don was deferred to apply again at a different date. He re-applied a few years later after talking with a Deacon friend. Upon acceptance, he pursued his course of studies, culminating in his ordination as a Permanent Deacon November 8, 2017, at St. Peter's Cathedral Basilica.



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To Don, the role of Permanent Deacon is a call to serve God by actions which imitate Jesus' servant heart. It involves the greater calling of Jesus' mission in our world today which occurs in our daily lives. As a minister of the Word of



our Lord and as minister of the Chalice, his primary responsibilities are focused on being sent to be present to those in need within our community. Additionally, outside of Mass, he can be called upon to perform baptisms and weddings with faculties he has received from Bishop Fabbro. St. John the Divine was the parish where Deacon Don completed his practical year and to which he was assigned and accepted as Ordained Deacon in 2017 by Fr. Pio D'Oria, our pastor at the time.

Balancing the role of Deacon and family life can be challenging, however, Deacon Don manages this with proper communication with his wife Joanne to avoid any conflicts they have planned together. The whole point of the Diaconate is that it involves your wife. If you did not have the support of your wife, you could not be a Deacon, it is as simple as that. You could not provide service to the community without her support, which is mandatory. You always need to keep in mind that, after God, wife and family comes first

and it is essential to avoid isolating yourself from your family. There is no doubt that Joanne supports her husband in his role as Deacon and they have been able to reach equilibrium.

Deacon Don experiences his greatest joy in assisting those in need. One area he hopes to develop is reaching out to widowers who can often find themselves unprepared for a life without a spouse. Listening, having a meal, holding meetings to deal with the various degrees of grieving would be beneficial. The emphasis will be on accompanying other men during a difficult time. Deacon Don has the support and the blessing of both the Bishop and Fr. Michael for this ministry to be established.

Another area of importance to Don is serving the poor and marginalized of our society. He cited the provision of meals to the residents of 30 Baseline Road as a prime example. He is also most impressed with the new initiatives taken on by the Springbank Catholic Family of Parishes to expand outreach to the needy, which unfortunately has hit an obstacle with Covid-19 and omicron.

With respect to the Family of Parishes, he noted that it is starting to take hold. He added that the fears and concerns which people have are noted but will dissipate once we are able to return to normal activities. We are in the process of becoming a family with





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the two parishes combined and it is slowly being accepted. Once Covid-19 is no longer a concern, we will live our mission as we are called to do.

In offering advice to any man aspiring to become a Deacon, Don suggests he must look at the reasons for doing so. The vocation of a Deacon involves service and passing on the message of Jesus. Deacons, by their nature, are part of the clergy and are no longer lay people. One of the requirements for Deacons is that they are required to take a vow of chastity in the event their spouse dies.

Deacon Don feels blessed that his life has taken on a whole new and wonderful purpose. He sees his life as simple and not complicated by some of the new responsibilities. Finally, he sees himself as a Permanent Deacon, a husband, a father, a grandfather, a son, a brother, a Knight, a Vincentian and a parishioner. He is blessed with a fine strong voice that resounds in church when he is preaching and is an imposing figure on the altar serving God.

We are truly fortunate to have Don as our Deacon and wish him continued success for many years to come.

*SK Anthony (Tony) Nother GK*



Celebrating  
*Saint Valentine*





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### Columbian Squires A Catholic Youth Organization Unlike Any Other



#### OUR ORDER

The Columbian Squires is an international youth fraternity run by the Knights of Columbus for Catholic boys between the ages of 10 and 18.

As said by our Founder - Brother Barnabas, "The supreme purpose of the Columbian Squires is character building."

Squires have fun and share their Catholic faith, help people in need, and enjoy the company of friends in social, family, athletic, cultural, civic and spiritual activities. Through their local circle, Squires work and socialize as a group of friends, elect their own officers, and develop into Catholic leaders.

With the support of their Knights of Columbus Counsellors, there is no goal out of a Squire's reach. A new member of the Columbian Squires should expect to feel a sense of fraternity with the others as soon as he has been invested into the Order.

So, the Squires circle, is an athletic team, a youth group, a social club, a cultural and civic improvement association, a

management training course, a civil rights organization and a spiritual development program all rolled into one. One of a kind - Faith based Leadership!

#### THE FUTURE

Why should the Knights of Columbus care about the Squires? Simply put, the Columbian Squires works in close association with the Knights of Columbus. The young men grow and learn through their years of experience being with the squires, and when they come of age, they are ready for Knighthood.

Right from the beginning, every Squire is surrounded by a group of Knights that are there to teach and guide them, all the way until their 18th birthday. From there, they can start a new journey with the Knights of Columbus, as a young Council member looking to give back to their supporters through commitment and hard work. It's hard to describe in words just how much you are ready to give after years of being a committed Columbian Squire, but we implore you to find out first hand.

***Note: Council 11053 is currently investigating the possibility of joining an existing Squires Council. More information will be passed on as it becomes available.***

*The above article is taken directly from the Squires Website*



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## FAMILY *of the* YEAR



**Congratulations to the Goldsack Family, this year's recipient of the Family of the Year Award.**

Lisa, Cory and their four children were presented with a special certificate before the final blessing on Sunday, December 26, 2021, the Feast of the Holy Family. Fr. Saleem Amir OFM presided at the Mass and extended a blessing to the family and the congregation in attendance.

An application has been forwarded to Marcel Lemmen, State Deputy for consideration as International Family of the Year, which will be announced in June, 2022.

We will keep our fingers crossed and wish the Goldsack Family the best of luck!



### Interested in becoming a Forth Degree Knight?

I recently participated in a Forth Degree Ceremony and was truly impressed with how it was conducted. Learning about patriotism and Canada in particular was an inspiring experience, one which I would highly recommend to Br. Knights.



The Fourth Degree of the Knights of Columbus is committed to the preservation of the Church, the Order, and the many nations where Knights serve. It should be a natural progression for First, Second and Third degree Knights to aspire to join the Fourth Degree. Membership in the



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Fourth Degree allows a Knight to display pride in his country, while continuing to serve his community and Church.

The primary purpose of the Fourth Degree Knights of Columbus is to inculcate a love of country and impress the duties of citizenship. Its motto is Patriotism -- a patriotism enlightened and informed by religion.

To qualify for the Fourth Degree a member must:

- Be 18-years-old or older
- Be a citizen of the country in which he resides
- Have been a member of the Order for at least 12 months
- Be a member in good standing within a Council.

Please do not hesitate to contact me if you are interested in becoming a Forth Degree Knight.

*SK Anthony (Tony) Nother, GK*



## Crime Prevention Safety Tips

### Telemarketing Fraud

"If it sounds too good to be true, then it probably is!"

Use of the telephone for the sale of a wide range of services or products can be an effective, legitimate marketing tool for any number of businesses. However, the legitimacy of well-known companies has provided an excellent opportunity for criminals.

Criminals use the same techniques as legitimate companies, but hide behind the anonymity of the telephone and attempt to defraud thousands and thousands of citizens each year.

Here are some tips to help ensure that you do not fall victim to the tactics of fraudulent telemarketers:

- DO NOT believe that everyone calling with an exciting promotion or investment opportunity is trustworthy, especially if you do not know the caller or their company.
- DO NOT invest or purchase a product or service without carefully checking out the investment, product, service, and the company.





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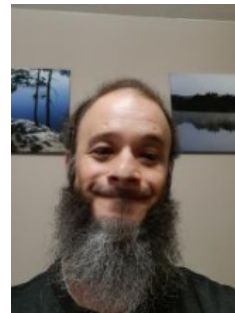
- **DO NOT** be afraid to request further documentation from the caller so you can verify the validity of the company.
- **DO NOT** be fooled by the promise of a valuable prize in return for a low-cost purchase.
- **DO NOT** be pressured to send money to take advantage of a "special offer or deal."
- **DO NOT** be hurried into sending money to claim a prize that is available for only a "few hours"
- **DO NOT** disclose information about your finances, bank accounts or credit cards ( not even the credit card expiry date).
- **DO NOT** be afraid to hang-up the phone.
- **DO** contact your national anti-fraud services if you are contacted by someone who promises you great prizes, but you are required to send money in advance for shipping, handling, taxes, etc.
- **DO** contact your national anti-fraud services if you are contacted by someone who says that you have won a prize, but you have to purchase a product to qualify.

If you suspect that you have been contacted by a fraudulent telemarketer, contact your local police right away.

If you suspect that you gave your credit card information to a fraudulent telemarketer, contact your credit card company right away and they may be able to stop the payment.

(copied with permission from the RCMP, from the website: <http://www.rcmp-grc.gc.ca/scams-fraudes/tf-ft-eng.htm>)

*Br. John Noonan, Field Agent*



### DGK's Corner

In future issues of "Knights in Action", we will devote a section to learning more about our Founder, Blessed Fr. Michael McGivney. In this edition, we are pleased to introduce you to:

### *The Cause for Canonization*

#### WHAT YOU CAN DO?

The Cause for Canonization of Blessed Father Michael J. McGivney is at a favorable stage at the Vatican and you can help him on his way to sainthood. Since he was declared a Venerable Servant of God in March, 2008, and a miracle through his intercession has opened the way to beatification, we are near the final phase of the process. One more miracle is needed for him to be eligible for sainthood.





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### PRAY. REPORT. JOIN.

**PRAY.** Your prayers can take two forms: to and for. Pray to Father McGivney that he may intercede for you and others in times of need, especially in cases of serious illness. Pray for Father McGivney's cause, that it may continue to move forward with favorable reports.

You may join members of the Guild throughout the world in reciting the official Prayer for Canonization, or you can pray in your own words.

Knights of Columbus Councils and families especially should engage in these prayers, but anyone who is devoted to Father McGivney can and should pray for his intercession and canonization.

Remember that prayers to and for Father McGivney are really prayers asking God to act through and on behalf of the Blessed Servant of God.

**REPORT.** After asking Father McGivney to intercede for a particular intention, it is important to report any favors received – to let the Guild know if the prayer has been answered. You are encouraged to report any and every favor, big or small, so we can appreciate better the spiritual activity of the Blessed Servant of God. Medical and physical healings are especially important to report since they are most likely to be judged miraculous under strict Vatican guidelines.

It is easy to report favors through a form on this website. You may also report favors by email ([guild@kofc.org](mailto:guild@kofc.org)) or by regular U.S. mail to the address below.



**JOIN.** Step 3 is to join the Father McGivney Guild. Membership is free and you receive many benefits, including a quarterly newsletter with spiritual insights and updates on the cause, and a weekly Mass offered for the intentions of all Guild members. Take a moment now to access the online enrollment form.

### A Call to Holiness

Most importantly, the cause of Father McGivney is not simply about him being declared a saint. It is an opportunity for each one of us to seek his intercession and draw closer to God. As the Second Vatican Council made clear with its universal call to holiness, we are all called to be saints. Father McGivney's cause, in particular, is a summons to laypeople to embrace the mystery of Christ in its fullness so each of us will see that we are called to heroic virtue. Through the prayers and example of Father McGivney, we can come closer to loving God with our whole heart and our neighbor as ourselves.

*Louis Goldenberg, DGK*



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## Pallbearers Needed!!!

We recently received a request from Br. David Mitchell for volunteer pallbearers.



This service is offered gratis, to any family, RC or not, however,

an honorarium is gratefully accepted and ranges in the amount of \$200.00 to \$600.00 which goes a long way to fund our two Charities, St. Joseph Hospitality Centre and St. Peter's Seminary.

For further information and to volunteer, please contact Br. David at 519-870-8063 or at [dmitch27@hotmail.com](mailto:dmitch27@hotmail.com)



**Happy  
Birthday to our  
Br. Knights!**

Hugh Short	February 1, 1939
Glen Hennessy	February 2, 1964
Tony Couto	February 15, 1963
Ted Bartlett	February 26, 1936
Michael Croft	February 27, 1944
Roland Cura	February 28, 1952
Martin Van Doren	February 28, 1953
Selwyn Mendes	March 8, 1966
Patrick Bowles	March 21, 1942
Conrad Marcotte	March 22, 1958
Richard Bissonnette	March 25, 1952

## Knights of Columbus Second Annual Mass for the Unborn

Thursday, March 24, 2022  
St. John the Divine Church  
Rosary 6:00 pm  
Mass 6:30 pm

All are welcome to attend

Br. Pete Mosey  
Director/Life FIA Program



We extend a warm welcome to the following new members joining the Knights of Columbus:

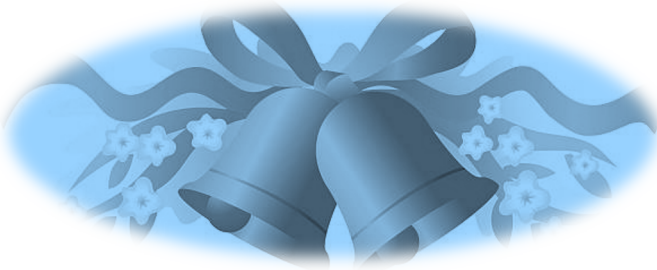
**Daniel D'Oria  
Mark Kok**



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**Congratulation to Ruth and George on  
the Occasion of Their Wedding!**

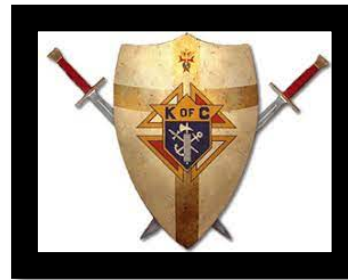


*Ruth Johnson and  
George Kreiger tied the  
knot on Wednesday,  
January 5, 2022 at St.  
John the Divine Church  
in London.*

*The couple, seen here  
in the narthex of the  
Church, exchanged  
wedding vows with  
immediate members of  
the family present.*

*Fr. Michael presided at  
the wedding ceremony and Rev. Kerry Stover  
from Calvary United Church not only  
delivered an amazing homily on love, but  
also sang during part of the ceremony. Word  
has it that he intends to show up some  
Saturday evening for Mass. Wouldn't that be  
something, ecumenically speaking!*

*Our very best wishes are extended to Ruth  
and George for many happy years together.*



**What do we do as  
Knights of  
Columbus?**

**Over the next several  
"Knights in Action"  
Newsletters, we will**

**highlight what we actually do as Knights and  
provide a "job description" for each role.  
This information is taken directly from State  
archives and is for your edification and  
information.**

## **Faith in Action/Life Director**

**Responsible for all Life based programs;  
The Life Director reports to the Program  
Director;**

**The Brother appointed to this position must  
be comfortable discussing and planning  
efforts within the context of pro-life in all  
stages and in all conditions, Notably, he  
strives to promote programs that support  
and encourage the advancement of the pro-  
life movement, support for people with  
intellectual disabilities and persecuted  
Christians.**



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### UPCOMING EVENTS

- February 1, OPC Zoom Meeting
- February 8, Council Zoom Meeting
- March 1, OPC Zoom Meeting
- March 8, Council Zoom Meeting
- March 24, K of C Mass for the Unborn



**Family Fishing Derby  
Spring 2022 - Port Stanley  
Sunrise to 12:00 noon**

**More bait and tackle in April!  
Br. Mark Askew & Br. Joe Metron**



### Knights of Columbus Charity Golf Tournament 2022

Arrangements have been made to host our Seventh Annual Charity Golf Tournament at Pine Knot Golf and Country Club, Dorchester, ON

Saturday, August 13, 2022 with a start time of 10:00 am. Cost per player is \$125.00 which includes golf, golf cart, lunch on-the-run, dinner, silent auction and passport draws.

All of this is subject to the easing of restrictions related to Covid-19 and full access to the Golf Club. We will start promoting our Golf Tournament around April 1, 2022.

The Golf Club requires us to guarantee 124 golfers so we will need the full support of all Council members to promote this event in order to support our two Charities – The London Food Bank and The London Particular Council of the Society of St. Vincent de Paul.

More information will be provided in April.





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## **THE MOST POWERFUL HEALING PRAYER BY ST. PADRE PIO**

*Heavenly  
father, i thank  
you for loving  
me. I thank  
you for  
sending your*

*son, our lord Jesus Christ, to the  
world to save and to set me free. I  
trust in your power and grace that  
sustain and restore me.*

*Loving father touch me now with your  
healing hands, for i believe that your  
will is for me to be well in mind, body,  
soul and spirit. Cover me with the  
most precious blood of your son, our  
lord, Jesus Christ from the top of my  
head to the soles of my feet. Cast  
anything that should not be in me.*

*Root out any unhealthy and abnormal  
cells. Open any blocked arteries or  
veins and rebuild and replenish any  
damaged areas. Remove all  
inflammation and cleanse any  
infection by the power of Jesus'  
precious blood. Let the fire of your  
healing love pass through my entire  
body to heal and make new any  
diseased areas so that my body will  
function the way you created it to  
function.*

*Touch also my mind and my emotion,  
even the deepest recesses of my  
heart. Saturate my entire being with  
your presence, love, joy and peace  
and draw me ever closer to you every  
moment of my life. And father, fill me  
with your holy spirit and empower me  
to do your works so that my life will  
bring glory and honour to your holy  
name.*

*I ask this in the name of the lord Jesus  
Christ. Amen.*