

California State Council Knights of Columbus



State Officers
CY 2019—2020

State Deputy
Dave Abbott



State Chaplain
Rev. John Cantwell, Ret.
Sacramento Diocese

State Secretary
Steve Bolton

State Treasurer
Dr. Noel Panlilio

State Advocate
Rene Trevino

State Warden
Greg Marracq

Immediate PSD
Joe Salaiz

Golden State Knightletter

Introducing the Knights of Columbus' New Ceremonial



Photo: Knightline: Vol 38, No. 2

A new era has begun for the Knights of Columbus: A modern single, public exemplification ceremony can now be used to welcome men to our ranks as full members of the Order. The new ceremony combines the three ceremonies used in the past.

This issue takes an in-depth look at the new exemplification ceremony: what it is, why it's changed and how you can run one.

Straightforward and easy to implement, the new exemplification ceremony gives Catholic men the opportunity to publicly commit to being Knights — ready to lead, serve, protect and defend.

FROM: Knightline: Vol 38, No. 2

More Information on this new ceremonial is presented in this issue of the Golden State Knightletter. See page 11.

Upcoming Dates / Events — February 2020

Council Resolution Submission for Convention	Due 01 FEB 2020
FORM 1295 (Council Semi-Annual Audit)	Due 15 FEB 2020
Basketball Free Throw District - complete by	End of February
120th Anniversary Fourth Degree Exemplification	22 FEB 2020



STATE DEPUTY'S MESSAGE

WE BELIEVE!

My Brothers,

Happy New Year! It is hard to believe half the year is gone. The mid-point of the year marks an important benchmark. Have you reached the halfway mark in your goals for the Columbian Year? As many of you might recall, the membership goal for the entire state this year is 6,000 new members – on average 500 members a month. To date the councils of California have recruited 1,600 new members, or a little more than half of the number desired. We are now in a position where we must do 75% of the work in 50% of the time. It is particularly telling that as of the end of December, 358 of the 712 councils in California have yet to recruit a single new member. It is time (perhaps even past time) to put a program in place assuring the growth and health of your council and our Order in California.

As Knights of Columbus we believe in the importance of our Church and Faith. Now, more than ever does our Church need us. I recently learned some shocking statistics – sacramental marriages are down by 40%, attendance at Catholic schools is down by 20%. In a recent Gallop poll 75% of the Catholic men contacted between the ages 20 and 29 reported they attend Mass infrequently, and 60% of those between the ages of 30 and 39. Who better to evangelize our Church and Faith than the Knights of Columbus? Who better to reach out to the young men of our parishes furthering their faith formation, making them better husbands, better fathers, and the spiritual leaders of their families? As Knights of Columbus we believe!

During the months of January, February and March we will be engaging in a *"Membership Marathon!"* Top recruiting councils in the state will be recognized weekly and gift cards will be awarded to top recruiters, districts and councils at the end of each month. All of this leads up to the **statewide Founder's Day membership drive the weekend of March 28 & 29**. If you have not already done so, please contact your Pastor and obtain permission to hold a membership drive in conjunction with all the Masses that weekend (or another weekend near that time). Order your Delta church drive kit with recruiting materials and supplies from Supplies Online. Watch for further information on programs and promotions as Founder's Day nears.

The big news is the new combined ceremonial! This has been talked about on and off for years – but Supreme has finally released an exemplification combining elements of the First, Second and Third Degree in a single ceremony. Lasting approximately ½ hour, it is designed to be performed by councils in church in front of family and friends. Gone is the element of secrecy. Rather, it is an invitation for the entire family to become active in their church and Knights of Columbus council. Traditional First, Second and Third degrees will continue to be scheduled for the foreseeable future, but councils are free to perfect and perform the new degree as scripts and materials become available. A video version is also scheduled to be released. The script, video and instructions are scheduled to be available for download from Officers Online in both English and Spanish in mid-January.

Please join me in welcoming California's newest councils; San Pedro Council 17432 in San Francisco, St. Anthony of Padua Council 17436 in Imperial and newly reactivated Council 4939 in Blythe. Thank you to all who worked so diligently on these efforts including Supreme Hispanic Development Director **Pona Magana**, Regional Hispanic Development Coordinator **Manuel De Los Reyes**, District Deputy 156 **Gary Hayes**, Chapter President **Tony Despart** and Immediate Past State Deputy **Joseph Salaiz**.

My best wishes for a happy and healthy new year!
May God Bless,

Dave Abbott

State Deputy

state.deputy@californiaknights.org



"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

California State Council Knights of Columbus State Officer Contact Information

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STAR COUNCIL AWARD

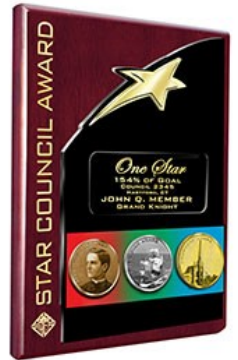
MORE EFFORT IS NEEDED On Your Way To The Stars

The council has done the hard work and accomplished a lot. All that is needed is to complete the paperwork.

A major part of the award requirements is the Safe Environment Program. The Program is designed to keep our youth safe at council activities. The Safe Environment Program training is required for Grand Knights, Program Directors, Community Directors, and Family Directors. Each council leadership that have not taken the required training need to do so now. The on-line training takes about two hours and is time well spent. Please ensure each member holding one of the listed positions completes the training and submits the completion certificate. From experience, I know supreme and state data bases are not always accurate. If the members have completed the training, please resubmit the certificate. Also, some councils need to submit their Form 185, Form 365 and Semi-annual Audit. If you have any questions on the requirements or your standing, please call me between 11:00am and 2:00 am at 858-774-7210 or john1632@yahoo.com.

Fraternally,

John Giltner FDD, PGK, PCP
Star Tracker Chairman



Fourth Degree Faithful Navigators... Steps for your —

STAR ASSEMBLY AWARD

- 1) Publish a monthly newsletter (copy to VSM, Dist. Master)
- 2) Submit [form 186](#) — Officers Chosen report
(Copy to Membership Records, State Deputy, VSM, Dist. Master)
- 3) Submit [form 1728A](#) — Annual Survey Fraternal Activities by JAN 31
(Copy to Dept. of Fraternal Services, Supreme Master, Dist. Master)
- 4) Submit [form 1315](#) — Report Annual Audit, due AUG 1
(Copy to Supreme Master, VSM, Dist. Master)
- 5) Increase NEW Membership goal of 7% (Roster as of July 1)
- 6) Submit [form 2321](#) — Earn Civic Award, 4 Assembly Sponsored Programs
(Copy to Supreme Fraternal Services, VSM, Dist. Master)
- 7) Submit "[To Be A Patriot Award](#)" application to Dist. Master by APRIL 30

CLICK ON FORM LINKS above to open...

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WELLNESS PROGRAM

At home we like eating pistachios, but I really didn't care for the ones that still had the shells on where we must expend some effort to remove the shell just to get to the small pistachio nut. Recently we have been buying the 1.5 lb. bag of shelled pistachios that are roasted and salted with sea salt under the Kirkland Signature brand from our local Costco. We had heard that it was good for the heart but were pleasantly surprised to find out about all the other health benefits of eating pistachios that are outlined in the following article that arrived in my Inbox recently.

With pistachios being a great source of vitamin B6 and helping to improve heart health and cholesterol levels, along with the ability to fight diabetes and burn fat, we both want to make sure that we grab a handful of pistachios as part of our daily routine. In fact, we both just had another handful as a healthy snack before dinner as I finish writing this introduction to the following article. Just one more healthy snack that feels like we are doing something good for our bodies, and now we know even more about why that is true.

This article is from the Nutrition Watchdog. Enjoy!

Edward P. Huestis, PSD
Wellness Program Chairman
707-452-8636
ed.huestis@californiaknights.org

Pistachios – My Favorite Fat Burning & Heart-Healthy Snack

www.thenutritionwatchdog.com/pistachios-my-favorite-fat-burning-snack

I remember back when I was a kid, pistachios were bright red! Back then, pistachios mostly came from the Middle East, and the harvesting methods left them with stains, so they were dyed (ugh!) a bright reddish pink to cover up the stains. Fortunately, most pistachios today come from California, where they come to us for snacking in their natural (and more appetizing) tan color.

Pistachios have become elevated to almost everyone's favorite snack. Did you know that pistachios are one of the most nutritious nuts you can eat? Just a small one ounce serving contains over 30 vitamins, minerals and other **powerful nutrients to help you burn fat, improve your cholesterol and heart health, balance out your blood sugar, and even improve your sex life!**

Pistachios contain some of the **highest protein and healthy fats of any nuts**, so they are one of the best ways to snack, get tons of nutrients, keep your blood sugar low, and burn fat as well.

Pistachios rank high among nuts as having the highest amounts of antioxidant activity (ORAC ranking) of any food. Antioxidants help to **prevent free radical damage**, which allows for healthy cell reproduction, slows aging, and prevents chronic disease, among other things.

Pistachios have a unique nutrient and fatty acid profile. They are a **good source of unsaturated fatty acids and numerous antioxidants**, including γ-tocopherol, β-carotene, lutein, selenium, flavonoids, and phytoestrogens.

Compared with other popular nuts, pistachios are one of the **richest sources of potassium, vitamin B-6, beta-carotene, and lutein + zeaxanthin**. And they contain a healthy amount of protein, fiber, and selenium (good for thyroid health) as well.

These little green nibbles are crunchy, salty, delicious, satisfying, low-carb and good for you! Although these yummy nuts have loads of healthy fat in them, they are one of the best fat-burning snacks you can find.

Here are FIVE good reasons to snack on pistachios—

1. A great source of vitamin B6. B vitamins are 'water soluble' vitamins. That means that B vitamins are easily washed out of your body, and you cannot store B vitamins.

B6 is vital for helping to produce certain neurotransmitters that protect the brain and nervous system. What's more, **B6 helps banish depression and anxiety, increase your ability to break down and process fat cells**, up your energy levels, improve premenstrual syndrome, and help attention-deficit issues like ADD and ADHD.

B6 is also one of the most important vitamins to lower homocysteine levels in the body. Homocysteine is an

Continued ... > .> >

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> .> > [Pistacios... from Page 4](#)

inflammatory substance the body produces that is a leading indicator of heart disease. High homocysteine can lead to an increased risk for heart attacks, strokes and blood clots.

2.Improves Heart Health and Cholesterol Levels.

While many of the other nut varieties have been well-studied for their health benefits, pistachios have been studied for heart health and cholesterol-lowering benefits.

This study published in the American Journal of Clinical Nutrition, shows a definite and significant reduction in the harmful LDL cholesterol with as little as one serving a day, although the reduction in cholesterol appears to be 'dose-dependent'. In other words, two servings of **pistachios will bring down cholesterol** and other cardiac risk factors slightly more than 1 serving (serving = 10% of total daily calories). LDL cholesterol was lowered by an impressive 9-12%.

High LDL is a major risk factor for heart disease and is thought to result partly from increased triglycerides (which usually come from a high carbohydrate-high sugar diet). In addition, pistachios contain high levels of antioxidants, which also protect heart health and blood vessels.

3. Diabetes Fighter.

Eating pistachios has a beneficial effect on blood sugar, helping to keep blood sugar levels low, insulin levels low, and **helping to prevent diabetes**.

New research from Spain shows that people with prediabetes have a lower risk of developing diabetes if they eat pistachios on a regular basis. The test subjects ate two ounces of pistachios daily and had **significant drops in both blood sugar and insulin levels**.

Some subjects also found they had reduced inflammatory levels as well, due to the antioxidants and anti-inflammatory levels in pistachios. As an added benefit, subjects also found that their waist measurement decreased as well.

Besides the fact that pistachios are very low in sugar, they also contain many bioactive compounds that affect the heart, blood sugar levels and other measures of health.

Pistachios are also **high in protein, fiber and healthy fats**, so they help control your 'munchies' and satisfy you. Not only do pistachios curb your appetite, but they give you some seriously healthy nutrients as well.

4.Better Sex.

A study published in the International Journal of Impotence Research looked at the effects of eating pistachios in 17 men who had erectile dysfunction (ED).

The men ate about 3.5 ounces (about a cup) of pistachios a day for three weeks. The men were tested before and after the study using the International Index of Erectile Function score. After three weeks, the men's IIEF scores increased significantly, and the subjects also reported they had **increased sexual desire, pleasure, and satisfaction**. So, want to add a little 'spice' to your life? Eat more pistachios!

5. Fat Burning.

Nuts contain lots of healthy fats, but they also help you burn fat! Pistachios are one of the nuts that contain the highest amount of protein, which helps to make you feel satiated and full.

In addition, they contain generous amounts of healthy monounsaturated fats, like the healthy fat in olive oil. This fat not only helps you feel satisfied, but it keeps blood sugar low — a key factor in appetite and dealing with the munchies. When blood sugar stays low, you keep your body in the **fat-burning mode, burning fat for energy instead of storing fat** — which is what happens when you eat carbohydrates or sugary foods.

What's more, when you eat shelled pistachios, it takes a bit of work to crack those tasty little babies open, so you tend to eat less.

Pistachios also contain generous amounts of the antioxidants, **lutein and zeaxanthin**, which protect the eye from diseases related to aging, including macular degeneration.

And, pistachios are great for your gut health too. We all talk about "probiotics" but there are "prebiotics" as well. These are healthy, fibrous foods that **feed your healthy gut bacteria**, and pistachios just happen to be one of those foods that feed your healthy gut bacteria and keep those critters happy!

A University of Florida study showed that people who ate 3 oz. of pistachios for 19 days, had improved levels of beneficial gut bacteria, and an increase in beneficial butyrates, which are substances formed from healthy gut bacteria that help heal the gut lining. Got the munchies? Pick up a bag of yummy, crunchy pistachios. Your body and your gut critters will thank you! Enjoy your pistachios and stay lean!

References

<http://care.diabetesjournals.org/content/early/2014/08/07/dc14-1431>

<http://www.truthaboutabs.com/pistachio-nutrition-benefits.html>

https://draxe.com/pistachio-nutrition/?utm_campaign=Article-May-2016&utm_medium=Social&utm_source=Facebook&utm_term=pistachio

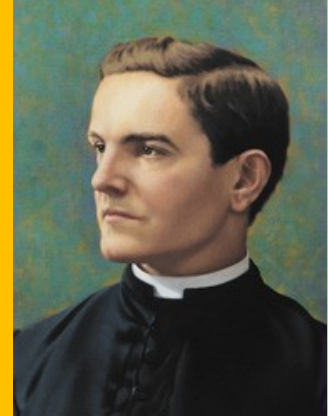
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MEMBERSHIP MARATHON!

FOUNDER'S DAY MEMBERSHIP DRIVE



MARCH 28 & 29, 2020

**Recruit new members in honor of our Founder the
Venerable Fr. Michael J. McGivney!**

Request your Pastor's permission to conduct the drive and have pulpit announcements

Mobilize all members of your council and order your custom Delta Church Drive Kit from Supplies Online

Show your council members how to enter data on the online prospect page at <https://info.kofc.org/us.html>

Advertise in your council and church bulletin

Have tables outside the church with information materials and a Knight at every door

Invite every Catholic man to join the Knights of Columbus

Enter names of prospects into prospect landing page

Follow up with open house and exemplification

For further information contact Supreme Trainer Ken White at
ken.white@kofc.org

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Report on Recruiting by State Deputy-

My Brothers,

During the months of January, February and March Knights of Columbus in California will be engaging in a "*Membership Marathon!*" Put your faith into action by recruiting another qualified Catholic man to our Order! Top recruiting councils in the state will be recognized on a regular basis and gift cards will be awarded to top recruiters, districts and councils at the end of each month. Congratulations to the current top recruiting council in the state; Salinas 17567 at 500% of their Supreme membership goal, **Jaime Ayala** Grand Knight. So far this Columbian Year they have recruited 20 new members. Also achieving a 20 member intake year to date are councils 4112 in San Jose, 9195 in Anaheim and 4588 in Livermore.

All of this leads up to the **statewide *Founder's Day* membership drive the weekend of March 28 & 29**. If you have not already done so, please contact your Pastor and obtain permission to hold a membership drive in conjunction with all the Masses that weekend (or another weekend near that time). Order your Delta church drive kit with pamphlets and recruiting materials from Supreme Supplies Online. See the flyer attached for further information. Tell us your membership drive plans by clicking on the link <https://forms.gle/6pcuCoSfQFHkCNn88> and filling out a short questionnaire.

Also look for a statewide special event on Founder's Day weekend, March 28 & 29. Further information will be forthcoming on Relevant Radio and in your diocesan publications.

In all that you do, be Knights of Faith - Knights of Charity - Knights of Action

May God bless,

Dave Abbott

State Deputy

Knights of Columbus

California State Council

(530) 680-0401



California Council State Convention 2020

Dear Brother Knights and Families,

The California Knights of Columbus State Council will hold their 118th Annual State Convention in the City of Sacramento from May 14 – 16, 2020 at the DoubleTree Sacramento Hotel. This hotel will provide all the event functions, other than the golf tournament and the tours on that Thursday and Friday.

The State Convention Committee is planning an outstanding weekend for your enjoyment.

I would like to highlight the special Thursday tour lined up to visit the Columbian Retirement Home in Marysville followed by a visit to the Abbey of Our Lady of New Clairvaux Winery and newly completed Chapter House in Vina. By scheduling this tour on Thursday, this will provide a unique opportunity for the members to go on a tour to see the Columbian Retirement Home and still make all the business sessions on Friday and Saturday. You can sign up for this tour, and any other events at the upcoming State Convention on the State website at the following link:

www.californiaknights.org/stateconvention

Please see the updated hotel reservations information below. The preferred method for making hotel reservations is to use the reservation links provided for the hotel properties below or on the State website at the following link:

www.californiaknights.org/conventionhotels

We will be providing shuttle service between the DoubleTree Sacramento Hotel and the overflow hotels which are less than a mile away.

Visit Sacramento has provided the following link to the microsite just for our members and families attending the upcoming State Convention May 14 – 16, 2020:

<https://www.visitsacramento.com/knights-of-columbus>

We are looking forward to seeing you and your families in Sacramento this May.

Fraternally,

Edward P. Huestis, PSD

State Convention 2020 Chairman

Hotel Reservations Information – Updated January 21, 2020

DoubleTree by Hilton Hotel Sacramento - \$102 per night until April 29, 2020

2001 Point West Way, Sacramento, CA 95815

800-686-3775

Group Code: **KOS**

Complimentary Wi-Fi and Parking

https://doubletree.hilton.com/en/dt/groups/personalized/R/RLSA-DT-KOS-20200512/index.jhtml?WT.mc_id=POG



Hilton Sacramento Arden West - \$105 per night until April 23, 2020

2200 Harvard Street, Sacramento, CA 95815

916-922-4700

Group Code: **KNI**

Complimentary Wi-Fi and Mini Refrigerators in all rooms

Discounted Parking Rate of \$5 per night

<http://www.hilton.com/en/hi/groups/personalized/S/SMFHIHF-KNI-20200514/index.jhtml>



Courtyard Sacramento Cal Expo - \$102 per night (Rate good for only May 15 & 16, 2020) until April 24, 2020

1782 Tribute Road, Sacramento, CA 95815

800-973-1386

Group Code: **Knights of Columbus**

Complimentary Wi-Fi and Parking

[Book your group rate for California State Council - Knights of Columbus](#)



Fairfield Inn Cal Expo - \$102 per night (Rate good for only May 15 & 16, 2020) until April 24, 2020

1780 Tribute Road, Sacramento, CA 95815

800-605-6578

Group Code: **Knights of Columbus**

Complimentary W-Fi and Parking

Breakfast included in the Room Rate

[Book your group rate for California State Council - Knights of Columbus](#)



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A FRIENDLY REMINDER -**THE COUNCIL YEARBOOK JUDGEING WILL TAKE PLACE AT
THE STATE COUNCIL CONVENTION IN MAY**

Three Awards (1st, 2nd & 3rd) will be given to the council that creates the most informative council year book which documents the council's many fraternal activities throughout the Columbian year. The activities should reflect the four principles of our order. Yearbook competition is on a statewide basis and not on a division basis.

You are competing with every council in the State of California for these awards.

Judging will take place at the annual state convention in May.

Council Yearbook Guidelines

The following guidelines have been established as basis for the council yearbook awards.

- There will be no points for fancy covers.
- Each yearbook will be judged entirely on its contents alone.
- **Dedication Page** – State the reason you are dedicating the yearbook, provide a picture as appropriate, if applicable to the dedication. To whom or to what you dedicating your yearbook is your decision.
- **History Page** – Write a brief history of your council containing the pictures if possible and past accomplishments of your council. Length is not a key factor, but it must be informative.
- **Required Pictures** – Individual and or group pictures of all council officers elected or appointed, to include the council chaplain or spiritual director if any, properly labeled with the title of office and name of council officers. Another set of individual and or group pictures of all program directors properly labeled with title and name of directors on the following page. Additional pictures are required and identified as to the activity. Where it is possible, identify all the people in the picture.
- **Activities** - a picture of the activity director to appear on the first page of each activity stating the name of the activity. A separate page of each activity with a description is desirable. A maximum of six pictures per activity. The size of the activity does not matter, but it must be a council activity performed during this Columbian Year.

To be considered for judging, your council yearbook must be in the designated room prior to 11:00AM Friday at the State Convention. Late entries will not be entertained. Grading of yearbooks will commence at 11:30 AM.

John Giltner FDD, PGK, PCP Yearbook Committeeman
Phone: 858-774-7210 Email: john11632@yahoo.com

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A New Ceremonial is Introduced for Welcoming New Members to Councils

On November 23, the Board of Directors approved a new combined ceremonial to be used by Knights of Columbus Councils. This new ceremonial – Exemplification of Charity, Unity and Fraternity, allows all 3 degrees to be conferred in a single ceremony.

Exemplification of Charity, Unity and Fraternity VIDEO for viewing and download is available

CLICK [HERE](#)

‘This Crisis Calls for Knights’

*These are excerpts from Supreme Knight **Carl Anderson**’s address to state deputies at midyear organizational meeting. The full article is available in January 2020 Columbia Magazine, Vol. 100, Number 1. (Editor.)*



*Supreme Knight **Carl Anderson** addresses state deputies during the midyear organizational meeting in November (2019).*

A RISING TIDE lifts all boats, and there has been a rising tide since the Second Vatican Council. The council opened the floodgates of lay involvement and lay leadership in our Church. The Knights of Columbus has been there at every level of the Church in service and in solidarity. In so many ways, we have been indispensable as the strong right arm of our pastors, our bishops and even, at times, our popes. As an Order, we have nearly doubled our size since the middle of the 20th century, and in recent years, we exponentially increased our charity.

But there is another tide — a tide that is no longer rising. In fact, it is a tide that is receding, and it is receding fast

— and it’s pulling much of what we love out to sea. We all can see what is happening; it’s impossible to ignore.

Over the last 50 years, more than 26 million Americans have left the Catholic faith, along with millions more in Canada. In the past several decades alone, baptisms have fallen by more than 40%; sacramental marriages have plummeted by two-thirds; and the percentage of Catholics who attend Mass every week has dropped from more than half to just over 20%.

Approximately four out of every 10 “born and raised” Catholics no longer identify as Catholics, and for every person in the United States who converts to the Catholic faith, seven leave. This year marked the first time that a majority of Hispanics in the United States said they don’t identify as Catholic.

This is a crisis for our Church. This is a crisis for our Catholic families. We are not talking about abstractions. We are talking about *our* parishes, *our* communities, *our* councils, *our* families and *our* friends.

And this is a crisis for our Order. The hard reality is that the Knights of Columbus is not immune to these trends. You know as well as I do that we are finding it harder to recruit men — especially younger men. And while many jurisdictions are still adding members and inspiring more good works, in other jurisdictions this is no longer the case. This trend makes clear that our long-term future is far from secure — both as a Church and as an Order. We cannot expect someone else to come in and make everything right. The challenges are too great. All of us have a responsibility. We must step up and we must act now. *This crisis calls for Knights.*

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My brother Knights, this crisis in our Church is really a crisis of evangelization — or rather, it is a crisis of a *failure* to evangelize. In a particular way, it is a failure to evangelize the Catholic family and to evangelize *within* the Catholic family. Such a crisis cannot be adequately responded to without the action of Catholic husbands and fathers.

We must forge a new generation of Knights — men who see in our principles of charity, unity and fraternity a path to leading a Catholic way of life that can strengthen their families, their parishes and their communities. Just as our forefathers rallied to meet the challenges of their day, we must inspire the men of our day.

We must reach out to meet these men where they are. And when we do, we must show them that they are called to be men of charity, unity and fraternity. Because of this, we are acting to make our Order more inviting and more accessible. Our online membership initiative has already opened the door to membership where no local councils may be active. Early in the new year, we will begin offering a new and groundbreaking combined exemplification of our principles of charity, unity and fraternity.

A NEW CEREMONY FOR A NEW ERA

This historic new ceremonial is rooted in our past and tailored to our present. It will inspire more men to join us. Most of all, it is essential to the sustainability of the Knights of Columbus, as it will empower us to advance our mission and grow in the years ahead. It is essential to our ability to meet the crisis we now face.

The current degrees are products of the late 19th century. At that time, the Knights of Columbus competed with other fraternal societies. In those days, men wanted secrecy and the sense of progression that came with multiple degrees. That's why our founder and first members initially created a system of two ceremonies. Over time, a third and then a fourth were added.

The idea of a journey through knighthood in which men progressed from one degree to the next was meant to encourage greater participation in the activities of the Order. It was meant to inspire men to seek leadership roles in our local councils — and for a time it worked well. But the men of today are not the men of the 1880s, or even the men of the 1980s.

In recent decades, we have found it harder to bring men, especially young fathers, into the Order. When we ask them why, they tell us three ceremonies are too time-consuming and too difficult to attend. They also tell us that secrecy is unnecessary, and sometimes, it is even an impediment to joining.

Many local councils lack ceremonial teams or the manpower to organize degrees. This means many candidates wait far too long to fully join our ranks. Some give up. Too many never take their Second and Third degrees. Last year, little more than half of the men who took their First Degree also took their Third Degree.

We must find new ways to bring the men we need — and the men who need us — into our Order. We no longer need a journey through knighthood based upon a progression of degrees that nearly half our men are unwilling or unable to take. Today, we need an exemplification of our principles that presents, in a clear and convincing way, how charity, unity and fraternity can come together to form a Catholic way of life for today's man and his family.



Supreme Master **Dennis Stoddard** (left) and Supreme Council staff demonstrate the new combined ceremony for the exemplification of charity, unity and fraternity during the midyear meeting of state deputies.

We must find new ways to bring the men we need — and the men who need us — into our Order.

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Eight steps for a successful exemplification

1. **Meet with your council chaplain or local pastor.**
Obtain your pastor's and chaplain's recommendations on conducting an Exemplification of Charity, Unity and Fraternity. Ideally, select a date when one of them can attend and lead the prayers during the ceremony. (If no priest is available, the presiding officer may lead the prayers.)
2. **Select a date and secure a location.**
Preferably, the exemplification will be held in a Catholic church following Mass.
3. **Order materials.**
Order *Candidate Kits* (#531) from Supplies Online, accessible [here](#).
4. **Select an honoree.**
Selecting an honoree is optional. If one is chosen, let the honoree know the date and time of the event.
5. **Promote.**
Build public interest in the upcoming exemplification in your parish and larger community via your parish's and council's bulletins, websites and social media pages. Include mention of the honoree(s).
6. **Plan a reception.**
Host a social event after the ceremony so that everyone can meet the council's newest members and their families.
7. **Invite brother Knights to attend.**
Invite all council members, their families, your district deputy and your field agent to attend.
8. **Practice.**
Conduct walk-throughs so that all exemplification personnel are comfortable in skillfully presenting their parts in a solemn and dignified manner.

Following each exemplification, financial secretaries should present a Membership Card to each of the newly advanced members. Councils should also complete the Ceremonial Report Form (#450). Submit the form to ceremonials@kofc.org.



Four items every council needs

To conduct the new exemplification ceremony, you'll need these supplies.



Ceremonial Baldrics

The presiding officer, three presenters, warden and the investing officer are required to wear baldrics during the exemplification.

Crucifix

A large, wooden crucifix is held up during the ceremony. A wooden crucifix is available from Knights Gear and similar crucifixes are available from the [English Company](#) or [Roger Sauvé](#), the Knights of Columbus' official ceremonial suppliers in the United States and Canada.



Cable and Fibers

Fibers (small strings) and a white cable, approximately 1 inch in diameter and 2 feet in length, are used to symbolically demonstrate the virtue of unity. Cables and fibers can be ordered from the Knights of Columbus' official ceremonial suppliers.

Candidate Kit (#531)

Each kit includes a rosary and emblem pin, both of which are presented during the exemplification. Councils should order one kit per candidate.



Frequently asked questions about the exemplification

Why have these changes been made?

The future of our Order depends upon growth, and we need a way to join that is inviting and accessible. The new combined ceremony removes the barriers of secrecy and commitment of time that inhibited many from joining our ranks. It also eliminates redundancies and presents the lessons of charity, unity and fraternity in a more clear and convincing way. For more on the reason behind the changes, watch the supreme knight's speech [here](#).

What is the difference between the new degree exemplification and the old ceremonies?

Instead of having separate closed-door ceremonies, all three degrees can now be conferred in a single ceremony held in the parish, or in a council chamber.

Who can attend the new degree exemplification?

The new ceremony is open to guests, including the family and friends of current and new Knights.

Can we conduct the old degree ceremonies?

State deputies will direct the implementation of the new ceremony and the phase out of the old ceremonies within their jurisdictions. The old ceremonies may still be conducted if your state deputy allows. A final date for complete termination of the old ceremonies will be determined by the Knights of Columbus Board of Directors.

Should First and Second Degree members participate?

Encourage First and Second Degree members to participate in the Exemplification of Charity, Unity and Fraternity. These members should also be invested with a rosary and lapel pin, even though they received them at their First Degree ceremony. At the conclusion of the ceremony, they are Third Degree members.

Are online members allowed to participate?

Online members can participate and then transfer into your council. The transfer details can be handled afterwards. If an online member wishes to remain in the Online Division (Council), his wishes should be respected.

There is no pledge of secrecy in this ceremony. How do members handle the promises they made during the original ceremonials?

Promises made in previous ceremonies should be honored.

Will knighting be conducted using a sword?

Knighting with a sword will be reserved for Exemplification of Patriotism, when the member becomes a "Sir Knight."

Do teams need to be certified?

With the simplicity of this ceremony, the decision was made that no certification would be required. The grand knight and district deputy are charged with making sure the ceremonial script is being adhered to. However, this would not prevent existing conferring officers and ceremonials directors from assisting as mentors and guides for the implementation of the new ceremony.

Should councils continue to assess an Initiation Fee?

Since the Candidate Kit (#531) is now the only cost to councils, lowering or eliminating the initiation fee are both acceptable options. To do this, councils must vote to change their by-laws, afterwards updating them at "By Laws

Other frequently asked questions can be found < [HERE](#) >.

The CEREMONIAL SCRIPT is available for download at this < [LINK](#) >

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

Supreme Knight Carl Anderson - New Exemplification

Continued from Page 12 >>>

The result is a new ceremony that stays true to our traditions while addressing the needs of our times. Instead of having separate ceremonies, all three degrees can now be conferred in a single ceremony. The new exemplification focuses on the history and principles of our Order. It presents a fuller and richer understanding of who we are, what we stand for and what we are called to be. It hearkens back to the simple ceremonies of unity and charity first approved by Father McGivney.

Our new ceremony can be held in a council chamber or in a church with families and friends seated in the pews. They will see firsthand the organization that their husbands, fathers, brothers, sons and friends are joining — the principles and values they are committing to and why it matters.

FOLLOWING OUR FOUNDER

Now, I recognize that this is a significant change. Like so many of you, I have a special fondness for the old degree ceremonies. Yet, also like you, and every leader of our Order, I want to see the Knights of Columbus thrive and grow. The Knights of Columbus needs the men of today. In the 1880s, Father McGivney oversaw reforms that were needed to allow his young organization to flourish. Looking back on those changes, our founder proudly declared: “The Knights of Columbus is the same now as when first instituted.”

My brother Knights, I say the same to you today. Together with our online membership initiative, our new combined ceremonial will form the two wings upon which membership growth can soar to new heights. All of this will be supported by a new branding and marketing campaign that will be released early in the new year. It will focus on how we can more effectively invite men to join us. And it will show that “one-on-one recruiting” is most effective when it expresses our own personal experiences in the Order.

During his trip to the United States in 2008, Pope Benedict XVI spoke of our founder. He said Father McGivney represented “the secret of the impressive growth” of the Catholic Church in our continent. We should be inspired and humbled that a pope should highlight Father McGivney in such a way as a model for

our fellow Catholics. We continue to pray for his canonization — that through the example of his heroic virtue, his vision and his intercession, millions of Catholics will be inspired.

Father McGivney’s example and his vision can again be the reason for the “impressive growth” of our Church in the days ahead. Father McGivney saw that Catholic men united in charity could form a brotherhood that would enable them to fulfill their mission to manifest Christ to others by their witness and in that way contribute to the sanctification of the world. For Father McGivney, the path of charity, unity and fraternity was to be an enduring path of Christian discipleship.

Then, Father McGivney did something that made all the difference — he entrusted this great task to the Catholic laymen he called his brothers. He could have chosen to serve as the leader of the new organization that his vision and his determination had made a reality. Instead, he trusted laymen, in unity with their clergy and with their guidance, to direct and carry out their own part in the mission of the Church. This is the great legacy that you and I have inherited.

May the intercession of Father McGivney guide, sustain and enable us to fulfill our vocation as leaders of this great Order for the welfare of our brother Knights and the renewal of our Church.

Vivat Jesus!

* * *

NOTES for IMPLEMENTATION of NEW COMBINED EXEMPLIFICATION

- The Degree Exemplification Report (#450) has been revised and is now available online.
- Financial Secretaries should know that all degree fields on the Form 100 must be completed when candidates complete the combined degree.
- Existing 1st and 2nd Degree members should be encouraged to participate.
- The State Deputy will decide when their jurisdiction will be migrating exclusively to the new combined ceremonial. A council cannot vote to keep the old degree system.
- The Knighting by sword is reserved for the Exemplification of Patriotism.
- Promises made in previous ceremonies (pledge of secrecy) should be honored. There is no reason to discuss a past ceremony with a member who did not participate in the version of the ceremony.

“EVERY MEMBER A RECRUITER!”

Knights of Faith – Knights of Charity – Knights of Action



MEMORANDUM

TO: Board of Directors, State Deputies, State Officers, State Membership Directors, State Program Directors, State Ceremonial Chairmen, State Chaplains, District Deputies, Grand Knights, Financial Secretaries, Council Chaplains, Council Membership Directors

FROM: Thomas McCaffrey - Vice President, Fraternal Excellence

RE: Exemplification of Charity, Unity & Fraternity

DATE: Jan. 16, 2020

The Knights of Columbus is pleased to release the new Exemplification of Charity, Unity and Fraternity.

Degree ceremonies impart lessons that inspire men to serve. This new ceremony teaches our time-honored principles in a way that is appropriate for today. It presents the lessons of charity, unity and fraternity in powerful contemporary language. It will significantly enhance a man's first impression of the Order. It will do the same for his family and friends.

To better understand the ceremony, please view the following link where the Supreme Knight presents the reasons for the change and the process that developed it. The link includes a video of the ceremony. <https://videos.kofc.org/exemplification>

State Deputies, Ceremonial Chairmen, and their wives saw the ceremony in November. Some state leaders were authorized to start using it immediately. One of the first exemplifications took place on New Year's Day in the basement of St. Mary's Church in New Haven, Connecticut, where Father Michael J. McGivney and a small group of dedicated Catholic men founded the Order. More than 50 men received the honors of full Knighthood in the presence of over 200 people. The responses from all were highly favorable.

Councils may use the new ceremony with permission of the State Deputies. Print the attached ceremonial script and refer to the frequently asked questions for

guidance. DVDs and hard copies are not yet available. Old ceremonies may still be used at the State Deputy's discretion until further notice. Submit questions and suggestions to the Director of Ceremonials at ceremonials@kofc.org.

Leaders are asked to communicate this change and its reasons to all members of the Order. This is the biggest change that most Knights will ever see. Make it a positive experience for them. Mitigate concerns by communicating the facts. Emphasize that the principles and mission of the Order remain the same. All Knights are on this journey together. The path to follow is faith in action.

Please ask the Venerable Father McGivney to pray for the success of this endeavor.

Vivat Jesus! Tom McCaffrey

Vice President, Fraternal Excellence
Knights of Columbus

Culture of Life - California State Director



Richard Marciniak, KHS, PGK,
PCP, DD

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Culture of
Life: www.californiaknights.org/culture-of-life/

California Knights: <https://californiaknights.org>

Rancho link: <https://youtu.be/03s3v2qDmYY>
<https://californiansforlife.org>

Attached is a scan of the January Columbian (devoted to life issues every year) article "Champions for the Unborn" where the California Knights Life Program is 1 of 3 states noted for its Legislative Advocacy.

We will have a big push on legislative advocacy this year by State Life.

Champions for the Unborn *by Kevin J. Jones*

K of C councils are promoting pro-life legislation all across the United States

A group of Knights of Columbus gathered in a church basement after Sunday Mass in rural Michigan. They posted some signs — "Love Life, Choose Life" — and laid out their weapons: pen and paper. Each signature collected was a step toward winning a legislative battle — to ban a grisly second-trimester abortion procedure in their state.

This recent effort in Michigan is just one example of how Knights at the state and local level are contributing to grass-roots pro-life work. From circulating petitions to meeting with legislators to participating in marches for life and other demonstrations, Knights are a positive force for legislative advocacy throughout the nation. Members in many states, including Michigan, California and Virginia, have been a unified voice for the right to life.

"It's important that Knights be leaders," explained Richard Marciniak, the culture of life director for the California State Council. "It's important that we work at both the state level and in our community to protect life from conception until death."

MIGHTIER THAN THE SWORD

Tim Donovan, who serves with his wife as pro-life chair couple for the Michigan State Council, has a hard time describing the procedure he is working to stop. "It's just gut-wrenching," he said.

Medically known as a dilation and evacuation abortion, it involves pulling off the limbs and crushing the skull of an unborn child in the second trimester of pregnancy. According to the Michigan Department of Health and Human Services, 1,908 dilation and evacuation abortions were performed in the state in 2018.

A ban on the procedure passed in the Michigan legislature

last spring but was vetoed by the governor. Right to Life of Michigan has led an initiative to collect petition signatures from at least 340,047 Michigan residents by Dec. 23. If the petition effort is successful, the legislation will be reintroduced and cannot be vetoed if passed.

Barbara Listing, president of Right to Life of Michigan, said the organization always seeks out the Knights first.

"The Knights have been a great partner over the years," she said. "They have always been such faithful champions for the unborn."

Shortly after the petition to ban dismemberment abortions was announced late last spring, the Michigan State Council pledged to secure 40,000 signatures and provided financial support for printing the first petitions. The Knights mobilized volunteers, and the first batches of petitions were distributed at K of C meetings during the summer.

"It's really at the local level that many of the Knights have been out there, collecting signatures," said Listing.

In Listing's hometown of Shepherd, Mich., where her husband, Otto, is a longtime member of Shepherd Council 8554, Knights collected signatures at local churches and went door to door in the community.

On behalf of the Michigan Knights of Columbus, State Deputy Bill Chasse received Right to Life of Michigan's life achievement award in September 2019, in recognition of the Order's active leadership.

Donovan, who helped coordinate the Order's statewide participation in the petition drive, is proud of the response of Knights to pro-life initiatives near and far.

"I truly believe that many of these different pro-life efforts throughout the nation would not be happening if it were not for the support and solidarity of all my brother Knights," he said.

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

Champions for the Unborn - Columbia Magazine, January 2020 * Volume * 100 Number 1

Tim Donovan (left), state pro-life chairman, and members of St. John Council 3281 and Msgr. David M. Stotenbur Council 7237 collect petition signatures Dec. 1, after Mass at St. Joseph's Catholic Church in St. Johns, Mich. The petition, submitted to the state government in late December, aims to ban a grisly second-trimester abortion procedure.

LEVERAGING NUMBERS

On the West Coast, the California State Council has also been effective at mobilizing many of its 80,000 Knights to pro-life action.

California Knights have helped to organize and support the Walk for Life West Coast in San Francisco, OneLife LA and the San Diego Walk for Life, as well as many smaller events. The state council also communicates with local chapters, district deputies and grand knights about pending legislation. Through this network, individual Knights in different legislative districts are encouraged to contact their representatives and sign petitions.

If even 10% of Knights sign and submit a petition, legislators

take notice, explained Richard Marciniak, the state culture of life director.

"Legislators are beginning to recognize that the Knights are numerous and have a real role in their community," he said.

Robert Burnside, the state council's legislative chairman, noted that the Knights' political engagement is also motivated by the principle of patriotism.

"Participating in the system is important," Burnside affirmed. "Prayer is always good, but sometimes you have to come out of the pews to tell legislators that something is to be done or not."

Knights have a chance to do that in person during Catholic Advocacy Day, an annual event organized by the California

Photo by Ethan Palmer



Knights serve as marshals during the inaugural Virginia March for Life, held April 3, 2019, in Richmond.

Catholic Conference, the bishops' official public policy voice.

Some 40 Knights joined Marciniak in the capital of Sacramento last spring to meet face-to-face with their representatives and present the Church's positions on important policy issues.

For example, in response to legislation that provides free abortion pills for students at state universities, Knights encouraged legislators to instead consider provisions for housing, counseling, medical care and child care to help women choose life.

Marciniak is hoping to increase the K of C presence each year.

While there has been some success in affecting public opinion, he said, "It's very important to keep members focused on legislative issues, because that's where the battle is really being won or lost."

A focus on policy, not political affiliation, is also key, he added.

"You can't do this as a partisan thing," Marciniak said. "You have to focus on the issues, the ethics, the morality of the issue. Otherwise you're going to alienate a lot of people."

Marciniak believes advocacy within each state is crucial, even in places where it seems like an uphill battle.

"Pro-life laws at the state level greatly affect life issues," he said. "This is won or lost at the state level."

TAKE IT TO THE STREETS

In Virginia, Knights have been bringing the fight from the national capital to their state capital.

Virginia Knights have long played an instrumental role in the national March for Life, held in Washington, D.C., each January since 1974.

According to Thom Harrington, a board member of the March for Life Education and Defense Fund, March for Life president Jeannie Mancini has put it this way: "Without Virginia Knights of Columbus, there would be no March for Life."

Harrington, a member of George Brent Council 5332 in Manassas, Va., leads operations and logistics for the march. Knights — mainly from Virginia, but also other nearby jurisdictions — have served as marshals for the national march from the beginning. They help to keep things running smoothly, as the event draws hundreds of thousands of participants every year.

"A crowd that size can sometimes get a mind of its own," explained Virginia State Deputy Bob Szareszynski, who has served as a marshal for many years. "Our job is to try to keep people on the march route."

Harrington noted that the event is the largest annual, peaceful human rights protest in the world.

Photo courtesy of Bob Szareszynski



Knights meet with state legislator Adrin Nazarian (second from right) during last year's Catholic Advocacy Day at the California State Capitol in Sacramento. Richard Marciniak (right), the state council's culture of life director, encourages Knights to advocate in person for pro-life policies.

"Our example has led to statewide and local marches across the country," Harrington said. This, in turn, has had an effect on pro-life legislation.

"Pro-life witness changes the culture, and laws reflect the culture," he explained. "A large number of state laws have been enacted to place important limits on abortion, yet more needs to be done."

In early 2019, Virginia became a center of controversy after a legislator acknowledged that a proposed bill — later withdrawn — would allow abortion for any reason until birth. To many observers, defenses of the bill appeared indistinguishable from defenses of infanticide.

As part of the response to the bill, the March for Life Education and Defense Fund worked with state groups to organize a march that brought several thousand people to the

Virginia capital April 3. The Virginia Knights stepped up to help, sponsoring more than dozen buses to Richmond and serving as marshals for the event.

"Because the unborn cannot speak or march for themselves, we must do so on their behalf," Harrington affirmed.

Szerszynski agreed, noting that pro-life advocacy is integral to the Knights' mission.

"If you think about it," he said, "this is why Father McGivney founded the Knights of Columbus: for the protection of widows and orphans — by extension, that means everyone." ♦

KEVIN J. JONES is a journalist living in Colorado. He is a member of Our Lady of Mount Carmel Council 13205 in Littleton.

BE AN ADVOCATE FOR LIFE

Knights and other Catholics play an integral role in the political life of our nation. But our duty to engage in the political process may sometimes feel daunting. Here are three steps you can take to become an effective advocate:

1. Connect with your state Catholic Conference.

Most states have a Catholic Conference, which represents the bishops of the state in public policy matters. Stay informed about the issues highlighted on the Catholic Conference's website, and if your state does not have a Catholic Conference, connect with your diocesan pro-life office about how to get involved.

2. Subscribe to action alerts.

Action alerts are messages concerning public policy and legislation, sent by organizations to mobilize members and influence the decisions of elected officials. Stay up to date with important legislation by subscribing to action alerts from your state Catholic Conference, the U.S. Conference of Catholic Bishops and the Knights of Columbus Supreme Council. When you receive an action alert, contact your elected officials using the form provided.

3. Personally contact your elected officials.

There have never been more ways to contact your elected officials. Personal visits, letters, phone calls and social media posts are all effective ways to make the Catholic voice heard in the public square. Find the contact information for your elected officials by visiting www.usa.gov/elected-officials.

DISTRICT DEPUTIES:

Degree Exemplification Report Form 450 [v. 1/20] has been revised to INCLUDE **COMBINED EXEMPLIFICATION**. Click <[HERE](#)> to download.

Hold your District Training Session with your councils.

Assist your councils with forming their Combined Exemplification teams and observe the ceremonials.

Featured Faith in Action programs:

FAITH; Building the Domestic Church — KIOSK for distributing booklets

FAMILY: Family of the Month

COMMUNITY: NEW- Hockey Challenge (yes, there is hockey in CA !!!)

LIFE: Walk for Life / Life Rally
(Los Angeles, San Francisco, San Diego)

Calling Out to All Chapter Presidents and State Committeemen

*The **GOLDEN STATE KNIGHTLETTER** would like to offer article space for your noteworthy accomplishments, events and notices. Please submit your materials or encourage your councils to do so.*

*Worthy **DISTRICT MASTERS** are also invited to submit noteworthy events or materials for statewide distribution.* - Editor

Worthy Brother Knights All,

PLEASE send me your comments, stories, events, successes, awards, recognitions, celebrations... and photographs to proudly show our California Charity, Unity, Fraternity and Patriotism!

Sumbimssion deadline– 10th of every month for current newsletter

Please indicate "GSK Article" in your subject line. If you are including photos please try to make sure participants are identified, and photo credits provided.

PLAN AHEAD– If you wish to promote a program, please submit your information for publication the issue month PRI-OR to your event dates, as publication will be in the 2nd half of the calendar month.

EXAMPLE: Program Event in DECEMBER; submit for publication by NOVEMBER 10.

Roark Galloway, PGK *Editor, California Golden State Knightletter*
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Instituted MAY 12, 1903

Over 119 Years of support
to our Catholic Parishes
and families

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