

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



*A portrait of Fr. Michael J. McGivney, by Antonella Cappuccio.
Courtesy of the Knights of Columbus*

Knights of Columbus Founder Fr. Michael McGivney to be Beatified

Vatican City, May 27, 2020 / 04:55 am MT ([Catholic News Agency](#)).

- Pope Francis approved a miracle attributed to the intercession of Fr. Michael J. McGivney Wednesday, paving the way for the beatification of the founder of the Knights of Columbus.
- During a May 26 meeting with **Cardinal Angelo Becciu**, the prefect of the Congregation for the Causes of Saints, the pope authorized the congregation to issue a decree recognizing the miracle.
- Following his beatification, McGivney's cause will require one more authenticated miracle before he can be considered for canonization.

Full article reprinted inside this issue, page 4

Forms DUE

Form 944B (District Deputy Semi-Annual Report)	- JUN 30
Form 185 (Council Officers) / Form 186 (Assembly officers)	- JUL 01
Form 365 (Council Program Directors)	- AUG 15

STATE DEPUTY'S MESSAGE

LEAVE NO NEIGHBOR BEHIND



May is the month of Mary – a month traditionally devoted to motherhood and especially the Holy Mother. Our Lady has manifested Herself in many ways in many cultures and is an endearing part of our Catholic faith. She is manifested this year in the form of our Silver Rose Program and the Our Lady of Persecuted Christians Icon, both under the capable leadership of Past Chapter President **Jerry Fong**. My wife **Debbie** and I had the pleasure of picking up the Silver Rose at a small church near Reno, Nevada and being part of its entrance into California. Let us never forget the impact Our Lady, in Her many manifestations, has had on the world, particularly Our Lady of Guadalupe, Patroness of the Americas.

May is also the month of the State Convention – this year held “virtually” on May 16, 2020. My congratulations to all the newly elected officers for next fraternal year; State Deputy Elect **Stephen Bolton**, State Chaplain Elect **Fr. John Neneman**, State Secretary Elect **Dr. Noel Panlilio**, State Treasurer Elect **Rene Trevino**, State Advocate Elect **Greg Marracq** and State Warden Elect **James Larson**. My special congratulations as well to current State Chaplain and Priest of the Year **Fr. John Cantwell**, Family of the Year **Jerry** and **Myra Williams**, and Knight of the Year State Warden Elect **James Larson**. A special shout out to all the councils recognized with state awards, including the top council in programs, St. James the Apostle Council 14541, **Marcial Vasco** Grand Knight, and the top council overall, Salinas Council 17167, **Jamie Ayala** Grand Knight.

During the months of May and June as the coronavirus remains a concern please continue to focus on the five pillars of the “Leave No Neighbor Behind” program which includes supporting our Brother Knights, supporting our parishes, supporting our communities, feeding the hungry and participating in blood drives. There are many, many stories of Knights and Councils stepping up during the current emergency. All of this, of course, is to be done within your means with respect for your own safety and that of your family.



For the remainder of the year, consider “throwing a Catholic Man a Lifeline.” During times of anxiety and uncertainty, a Brotherhood like the Knights might be just what is needed to reduce stress for both himself and his family. A simple solution while we are under “shelter in place” orders is to have potential members join online at www.kofc.org. From now through the end of the year, by entering the discount code “CAKOFC” in the online application they will receive half off the normal \$30 membership fee. There are also many “virtual” Exemplifications of Charity, Unity and Fraternity allowing them to join a council directly. Given current reductions in membership, insurance and program goals recently enacted by the Supreme Council due to the coronavirus pandemic, many

councils have already qualified or are close to qualifying for Star Council.

There is hope as we enter “Stage 2” of the current pandemic that we may return to our churches for Mass and worship services soon – albeit with social distancing, protective measures, and frequent sanitization. As public Masses resume Knights will be needed more than ever in numerous volunteer capacities. Please meet with your Pastor to ensure his needs are met. As Knights of Columbus plan on being at the doors of our churches greeting parishioners as they return. Arrange to have the Fourth Degree Color Corp escort the pastor and religious into the church the first day public Masses resume.



Thank you for your charity and service! In all that you do be **Knights of Faith – Knights of Charity – Knights of Action!**

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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Elections and Officer Transitions for Columbian Year 2020 - 2021

Forms completed online using Member Management are preferred and the updated officers information will automatically be submitted to the Supreme office.

It is important to send this updated information as soon as possible after your elections are completed to the new State Directory can be compiled and published promptly after the start of the new Columbian Year.

FOR COUNCILS:

Complete Form 185 "REPORT OF OFFICERS FOR THE CHOSEN TERM"

- <https://www.kofc.org/en/members/resources/forms/185.html>

PDF copies of this report can then be printed, scanned and emailed to:

District Deputy
Chapter President
State Deputy
Council File

FOR ASSEMBLIES:

Complete Form 186 "REPORT OF ASSEMBLY OFFICERS FOR THE CHOSEN TERM"

- <http://www.kofc.org/en/members/resources/forms/186.html>

PDF copies of this report can then be printed, scanned and emailed to:

District Master
Vice Supreme Master
Chapter President
State Deputy
Assembly File

- - CORRECTION - -

In the FEBRUARY 2020 Issue of the GSK, page 18 the Council number for Larry Young was mistakenly printed as "Assembly 344" and should have been "Assembly **3447**".

Knights of Columbus Founder Fr. Michael McGivney to be Beatified

Vatican City, May 27, 2020 / 04:55 am MT ([CNA](#)).- Pope Francis approved a miracle attributed to the intercession of Fr. Michael J. McGivney Wednesday, paving the way for the beatification of the founder of the Knights of Columbus.

During a May 26 meeting with **Cardinal Angelo Becciu**, the prefect of the Congregation for the Causes of Saints, the pope authorized the congregation to issue a decree recognizing the miracle.

McGivney founded the Knights of Columbus in 1882. Today it is the world's largest Catholic fraternal service organization, with nearly two million members in more than a dozen countries.

Born in Waterbury, Connecticut, in 1852, McGivney played a critical role in the growth of the Church in the United States in the latter part of the 19th century. After his ordination in Baltimore in 1877, he served a largely Irish-American and immigrant community in New Haven.

Amid an anti-Catholic climate, he established the Knights to provide spiritual aid to Catholic men and financial help for families that had lost their breadwinner.

A press release from the Knights of Columbus May 27 said the miracle recognized by **Pope Francis** involved an unborn child in the United States who was healed in utero of a life-threatening condition in 2015 after his family prayed to McGivney.

It added that a date would be set soon for the beatification Mass, which will take place in Connecticut.

Supreme Knight **Carl A. Anderson** said: "Fr. McGivney has inspired generations of Catholic men to roll up their sleeves and put their faith into action. He was decades ahead of his time in giving the laity an important role within the Church."

"Today, his spirit continues to shape the extraordinary charitable work of Knights as they continue to serve those on the margins of society as he served widows and orphans in the 1880s."

"Fr. McGivney also remains an important role model for parish priests around the world and left us a transformative legacy of effective cooperation between the laity and clergy."

McGivney's sainthood cause officially opened in 1997 in the Archdiocese of Hartford, Connecticut. In 2008, **Pope Benedict XVI** declared the American-born priest a Venerable Servant of God in recognition of his life of heroic virtue.

In 2000, an investigation into a miracle attributed to McGivney's intercession was completed. But in 2011, the Vatican ruled that the event was not miraculous in nature. In 2012, another possible miracle was reported and placed under investigation.

Following his beatification, McGivney's cause will require one more authenticated miracle before he can be considered for canonization.

He would not be the first member of the Knights of Columbus to be canonized. A group of six Mexican members of the organization were martyred during the Cristero War of 1926-29 and its aftermath.



The six are
St. Luis Batis,
St. Rodrigo Aguilar,
St. Miguel de la Mora,
St. Pedro de Jesús Maldonado,
St. José María Robles, and
St. Mateo Correa.

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

Father McGivney moves closer to sainthood

- From Supreme Knight Carl Anderson



KNIGHTS OF COLUMBUS®

Dear Brother Knight,

It is with particular joy that I write to share with you the news that, at Noon today in Rome, the Vatican [announced](#) the formal recognition of a miracle attributed to our founder, Venerable Father Michael McGivney.

With this announcement, a Mass of Beatification will soon be scheduled.

This joyful news is the culmination of many years of determined effort, and I ask for your continued and increased prayers as we prepare for the day when our founder will be known as "Blessed Michael McGivney."

The Vatican announcement can be found below:

Decrees of the Congregation for the Causes of Saints

On May 26, 2020, the Holy Father Francis received in audience His Eminence Cardinal Angelo Becciu, prefect of the Congregation for the Causes of Saints. During the audience, the Supreme Pontiff authorized the same Congregation to promulgate the Decrees regarding:

[...] the miracle, attributed to the intercession of the Venerable Servant of God Michael McGivney, Diocesan Priest, Founder of the Order of the Knights of Columbus; born on August 12, 1852 in Waterbury (United States of America) and died in Thomaston (United States of America) on August 14, 1890; Venerable Michael McGivney was the founder of the Knights of Columbus, now the world's largest Catholic fraternal organization. After studies in Canada and the United States, he was ordained to the priesthood by Archbishop James Gibbons in Baltimore. He founded the Knights of Columbus as a mutual aid society, geared especially to working men and their families. He was known for his tireless work among his parishioners. He died at the early age of 38 from pneumonia.

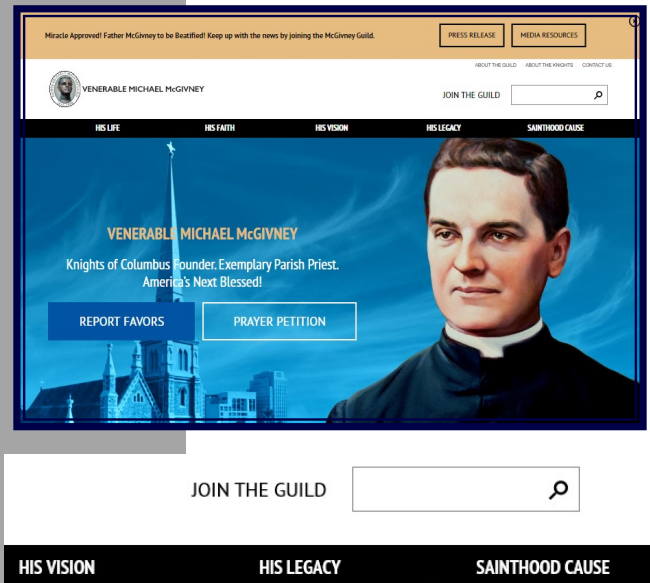
I would ask each brother Knight to learn more about our founder at the newly updated Father McGivney Guild [website](#) where the Order will also regularly post news and updates related to the beatification.

And if you would like to learn even more about our founder's heroic life and continuing legacy, please consider reading Father McGivney's biography, [Parish Priest](#), and the newly-released book [The Knights of Columbus: An Illustrated History](#).

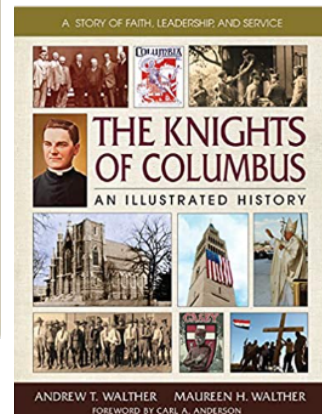
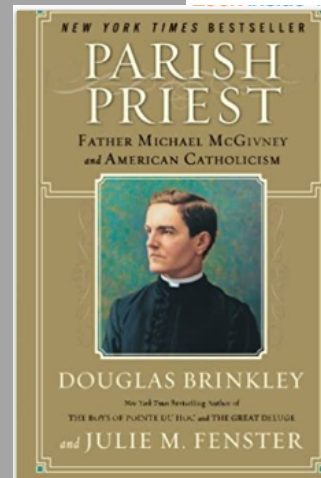
Sincerely,

Carl A. Anderson
Supreme Knight

Fr. McGivney Guild website [[click HERE](#)]



Books referenced by Carl Anderson



"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action



Knights of Columbus California State Council COVID-19 ADVISORY COMMITTEE May 24, 2020



BROTHER HELPING BROTHER

“...I was sick, and you visited Me...”

— Matthew 25:36

Brothers All...Praying all are staying healthy, staying safe! Today we are hearing about the possibility of our parishes being able to reopen sooner than expected. We are aware of some dioceses and archdioceses around the state developing plans to reopen our parishes. It is imperative that each of our councils be “in the ready” to assist our respective Bishops and Pastors in whatever way possible. Regardless of when we reopen, we must continue to comply with our civic leadership and local health authorities regarding social limitations and measures to preventative spread of the virus. In most areas of the state gatherings for Mass and church related events continue to be restricted, which includes council and assembly meetings and activities.

As of May 24, 2020, the California Department of Public Health reported there are 92,710 positive coronavirus cases in California and the number of deaths now stands at 3,774. Hospitalizations reported, for both confirmed and suspected cases, were 4,300. Ongoing testing is being done throughout the state and there have been over 1,582,745 tests already given.

To help you be prepared, here is our simple ‘Phase II’ outline regarding “Reopening our Parishes”:

COVID-19 Advisory Bulletin

Phase II – Reopening Our Parishes

- Follow all Federal, State and Local Health guidelines and timelines
 - This includes all local Diocesan guidelines and restrictions
 - ALL VULNERABLE INDIVIDUALS should continue to shelter in place
 - All individuals, WHEN IN PUBLIC (e.g. parks, outdoor recreation areas, shopping areas), should maximize physical distance from others
 - Avoid SOCIALIZING in groups of more than 10 people in circumstances that do not readily allow for appropriate physical distancing (e.g. receptions, trade shows) to include Council/Assembly ‘business meetings’
 - Continue to CONDUCT VIRTUAL MEETINGS whenever possible and feasible with business operations
- ALL COUNCIL'S should work closely with their respective Pastor and assist with the development and implementation of the parish reopening plan which should include hygiene and social distancing measures
 - Be prepared to assist with the cleaning requirements needed to reopen. This includes being prepared to help purchase the necessary cleaning supplies
 - Be prepared to assist with all social distancing requirements

As of 5/24/2020

“Love one another as I have loved you”

Knights of Faith – Knights of Charity – Knights of Action



Knights of Columbus California State Council COVID-19 ADVISORY COMMITTEE May 24, 2020



Today, the Centers for Disease Control and Prevention issued guidance titled "Interim Guidance for Communities of Faith". Please go to the following link: <https://www.cdc.gov/coronavirus/2019-ncov/php/faith-based.html> for more information.

Knights of Faith

Spiritual Communion Service at Home. Our "Prayers in the Pew" team continues with their postings regarding our "Spiritual Communion Service at Home" program which has been approved by the United States Catholic Congress of Bishops and we encourage everyone to share this with your respective Pastors and especially your families.

Knights of Charity

Leave No Brother Behind. The Order's "Leave No Neighbor Behind" program has taken hold throughout California and we have heard of many stories of those reaching out to those in their councils, parishes, and their respective diocese's.

Prayer Lists. *Reminder, we need to make sure we don't violate federal, state or local medical privacy requirements by listing individuals by name on any prayer list, without prior consent.* Instead, please request a general prayer be said for everyone affected by this pandemic.

Knights of Action

Many thanks to our State Programs Director Ricardo Saldana and his wife Monica for creating and presenting a wonderful video collage of Knights in Action as they execute "Leave No Neighbor Behind" throughout the state. This video was highlighted at our Virtual State Convention Awards ceremony held Saturday 16 May 2020.

We will continue communicating with everyone as the situation changes. We are proud of everyone's efforts to date and please keep diligent and always look out for yourself and your families. Stay Safe and Healthy!



Cast a Catholic Lifeline...

*A series of suggestions from
Online Membership Chairman Michael Brault*

There are many Catholic men who have been affected by the current pandemic. They may be isolated at home; some may have even lost their jobs. Even with the economic incentives offered by our State and Federal Governments, they may be “drowning!”

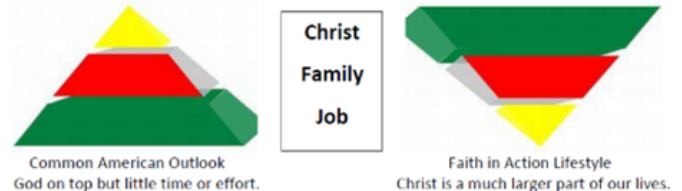
For many men, their jobs may have been the focus of their lives. Jobs often define men in American Society.

The Knights of Columbus can **Cast a Catholic Lifeline** by helping men (and their families) to reshape their priority structure. Help them to focus on Christ!

Reach out to qualified Catholic men from your family, neighborhood, job, or parish. Identify yourself as a Knight of Columbus as you invite men and their families to participate in online Faith in Action activities. Send out emails, texts, or make phone calls to men in your parish to let them know about local livestream Masses, online prayer groups or men’s reflection groups. You can put *Leave No Neighbor Behind* into action by simply making wellness check calls to parishioners (see attached script) during which you begin and end with prayer.

For those in financial duress, be prepared to suggest referrals to Council, parish, or local emergency food resources. Respectfully offer support. Find a way to cast a ring of hope and caring to men and families who have lost their direction during this Shelter In Place directive. The hope is found in Christ and the Church. The caring should be evident in our Brotherly words, actions, and support.

If a man is ready to become a Knight of Columbus, ask him to learn more about the Order at www.kofc.org and then become an Online Member by clicking on the “Join” button to complete an application. Then invite him to a local, online exemplification or one of the Exemplifications of Charity, Unity, and Fraternity offered by the Supreme Council.



LIFELINE #2- Bringing Christ to Homes

With the government edict to stay at home, think of how many Catholics may have lost all connection to Christ! Think about it...a large number of Catholics only attended Mass once per week (if that much) and haven’t been able to even do that in the past six weeks. Let’s make it our job, as the “Right Arm of the Church” to bring Christ into as many homes as possible.

One of the Precepts of the Church is to attend Mass on Sundays and Holy Days of Obligation. That requirement was suspended by our Catholic Bishops during the “Shelter In Place” mandate in California. As Knights of Columbus, we should continue the weekly obligation to the Eucharist by bringing the Mass or at least a Spiritual Eucharist into our homes every Sunday. Even better, let’s foster a culture of daily Mass within our families and throughout our parishes.

How can we do that?

1. Utilize the [Catholic Spiritual Communion Service at Home](#) resource that the California State Council has been sending out weekly. Schedule a time for your family to worship together, taking turns as reader/leader. If you are not already receiving a weekly update of this resource, ask your Grand Knight, Financial Secretary, or District Deputy to forward it on to you. You may also send a request to be added to the distribution list for the [Catholic Spiritual Communion Service at Home](#) to the State Office at state.office@californiaknights.org

Continued on page 8 > > >

“EVERY MEMBER A RECRUITER!”

Knights of Faith – Knights of Charity – Knights of Action

ALTERNATE PLAN for CLUB 365 DONATIONS



California Columbian Charities, Inc.
P.O. Box 4256
Cerritos, CA 90703



Grand Knights and Brothers All

Due to the Coronavirus Covid-19, the State Convention will be held "virtually" via teleconference. There will not be a **"Parade of Grand Knights"**, send your checks to the to the Charity Treasurer:

Knights of Columbus
California Columbian Charities
P.O. Box 497
Gustine, CA 95322

All Councils are asked to donate. Councils should consider a donation of \$3.65 for each of their Council members. The 365 Club is the Charity's primary source of funds. **Please be Generous! Please include a return address so that the Award Ribbon will be sent to that designation.**

Columbian Charities is dedicated to assisting California Brothers and their widows in distress. For over sixty-five years we have worked to provide CHARITY and to fulfill Father McGivney's mandate - **BROTHER HELPING BROTHER**.

At last year's "Parade of Grand Knights" you donated over \$109,000 to Columbian Charities! THANK YOU for reaching-out a helping hand to your less fortunate Brothers! You should be proud of your generosity.

These are challenging times and we want to continue to help our Brothers. The need is great and we are not funded by Supreme. **Please increase your contribution this year.**

Although the Convention is physically cancelled, Councils should not overlook their donation. Every Brother is also encouraged to make a personal contribution. Checks may be mailed to the Gustine P.O. Box. Donations are welcomed at any time during the year.

* * *

Columbian Charities is ready to provide financial assistance to your Council's Brothers in their time of need. Any member who has information about a Brother in distress should notify the Grand Knight. Only the Grand Knight can obtain a Charity application by calling the State Office at (909) 434-0460 or best by email at state.office@californiaknights.org

SUBMITTED from Brother **Stephen Petersen**, FN
CCC President

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

> > > Continued from page 6 ... **Cast a Catholic Lifeline**

2. Find out if your church (or one nearby) is livestreaming Sunday (and even, Daily) Mass. Bring your family together to attend a Virtual Mass every Sunday and perhaps even daily. If your church is not broadcasting its own Mass, link up to:

- a. <https://www.ewtn.com/tv/>
- b. <http://www.catholic.tv/org/masses/catholic-tv-mass>
- c. <https://www.youtube.com/channel/UCi6JtCVy4XKu4BSG-AE2chg>

Above all, continue to ask qualified Catholic men in your parish to join the Knights of Columbus. During these troubling and uncertain times joining a Brotherhood rooted in charity, unity and service may be just the "Lifeline" needed to ease fear or anxiety and bring them closer to their church and faith. From now until June 30 those entering the special code "CAKOFC" when joining online at www.kofc.org will receive ½ off the normal \$30 online membership fee. Better yet, make arrangements for them to attend one of the "Virtual" Exemplifications of Charity, Unity and Fraternity hosted by the Supreme Council or a council in your local area. There is much charity to be done, and now, more than ever before, does the church need every capable Knight joining in service.

LIFELINE #3- Parish Virtual Talent Show

Kids and parents alike may be experiencing "Cabin Fever" after up to nine weeks of California's "Shelter in Place" mandate. It's time to offer a chance for families to have fun while entertaining each other. **So how about organizing a Virtual Talent Show?** Make it parish wide and help parishioners and their families to reconnect with the church and one another.

Get permission from your Pastor to send out a "Casting Call" to all kids, teens, and adults with talent in the parish. Give it a catchy title like "St. Anthony's Got Talent!" Or, "Our Parish Has Talent!" Solicit 1 to 3-minute videos from parishioners showing off their talents. Remind them to be creative! You could arrange the order of performers into categories: young kids, teens, adults, religious themed, etc. The finished "Talent Show" most likely will be a combination of Powerpoint slides, pre-recorded videos and "virtual" live acts that can be displayed through an Internet meeting tool of your choice. Surely you have someone technically inclined in your council who can put it all together!

While all of this is taking place, be sure and invite qualified catholic men in your parish to join your council. During these troubling and uncertain times joining a Brotherhood rooted in charity, unity and service may be just the "Lifeline" needed to ease fear or anxiety and bring them closer to their faith. From now until June 30 those entering the special code "CAKOFC" when joining online at www.kofc.org will receive ½ off the normal \$30 online membership fee. Better yet, arrange for them to attend one of the "virtual" Exemplifications of Charity, Unity and Fraternity hosted by the Supreme Council or a council in your local area. There is much charity to be done, and now, more than ever, does the church need every capable Catholic man joined in service.

In all that we do we are **Knights of Faith - Knights of Charity - Knights of Action!**

Yours in Service,

Michael Brault

Online Membership Chairman
Knights of Columbus
California State Council

619-548-3190

mbrault54@gmail.com



"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

| Worthy Shepherds & Apostles
COVID-19 Wellness Check Script

Contact the Brother in person or by phone. Use this list as a script for calls and contacts.

1. Get to know him. Find out what is happening in his life. Be a friend.
 - a. Open with, "I'm _____, a Brother Knight and I'm helping Council (Name and Number) from _____ parish. I'm calling Brothers (or parishioners) and their families to conduct a wellness check."
 - i. How are you and your family coping with the COVID-19 situation?
 - ii. Do you have any prayer requests? (Pray right then if needed.)
 - b. Listen to his responses and comment when appropriate.
2. Thank him for being a member of the Knights of Columbus (or a member of the parish). Remind him that Knights support their Brothers in Christ.
 - a. Ask if there is any way the Council could help him or his family.
 - b. Let him know that during this crisis Brother Knights will be working on Food for Families programs.
 - i. Is his family in need of assistance?
 - ii. Could he or his family help in this effort for others?
3. Let him know that we can offer online spiritual opportunities for Brothers and their families during this time when public gatherings, even Mass, is not allowed.
 - a. Ask if he would like you to send him a list of links to online prayer and sharing opportunities.
4. Ask him if he has been receiving our Council's monthly newsletter (or parish emails).
 - a. Double check his email and forward the latest newsletter or parish email to him if needed.
5. Tell him that the Council wants to stay connected so we'd like to review his current contact information. Review (and correct if necessary) the following:
 - a. Current Address
 - b. Best phone #
 - c. Alternate phone #
 - d. Email address
 - e. Other ways to reach him
 - f. Emergency Contact person
 - i. Name and relationship
 - ii. Phone #
 - iii. Email
6. Would you like to be part of our team and make calls like this to 10 to 15 Brothers and later to members of the parish?
7. Offer to pray with or pray for him and his family. Ask him to join you in a prayer to close.

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

Unleashing the Power of Catholic Hope

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the holy Spirit.
Romans 15:13

by James Aitchison

This year's senior supplement hopes to find you and your loved ones safe and healthy. The current COVID-19 pandemic has dramatically changed our daily lives in so many ways including being isolated from one another, having the inability to stand together at Mass, having one's confession heard or experiencing the privation of some other good.

We endure in faith through it all!

Like many of you, I am looking forward to a time when we can gather with friends, and family, resume regular face-to-face meetings, and to the glorious day when the doors of the church are flung open to us once again. There is no doubt our world today is frightened and overcome by what we are experiencing. How many of us have heard from family and friends saying, "did you ever imagine," or "could you have thought this could happen in our lifetime?"

Many people live with pain all their life, but this is such a massive scale that it feels as if the world has stopped. It's quite breathtaking. It is during these times that we must be careful to not give in to a type of despair described by **St. Augustine** as one where hope is jettisoned. As **St. John Paul II** exhorted us: "Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song." As a concept, hope has been purported to be essential for health and well-being and even helps us to overcome and push away panic. Hope is what provides the strength that changes the world, that changes us and gives us the things that make us successful in life. While giving a commencement speech at Tulane University, **Thomas Friedman**, American political commentator and author encouraged the graduating class to not let realists tell them that hope is NOT a strategy. Adding emphasis to his point that hope is indeed the necessary beginning of every strategy for change, he said, "pessimists are usually right and optimists are usually wrong, but all the great change in the world was made by hope-filled optimists."

For Catholics, hope is rooted deeply in faith and is much more than a concept, strategy or part of a positive psychology movement to instill resiliency and positive attitudes. In fact and according to the *Catechism of the Catholic Church*, hope along with faith and charity is a theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. Hope provides the foundation we need for Christian moral activity. Engaged in this form of activity in turn builds a special character disposing Christians to live with hope especially amid crises.

We endure in faith through it all!

In a recent interview, His Eminence, **Raymond Cardinal Burke** was asked why hope is perhaps the most difficult of the three theological virtues to understand and if he could share some insight to help us better understand and grab hold of this wonderful virtue of hope which helps us to place our trust in God. "Sometimes people confuse hope with optimism or positive point of view when most things are going well and they are confident they will continue to go well," said His Eminence.

"But hope has its basis in a personal relationship with Christ, with our Lord through prayer and the sacraments; so, it makes us strong no matter what happens! We take our strength because we trust in our Lord and in His promises to us. It has to do with our confidence in Christ's fidelity to His covenant with us, His fidelity to His promise to be with us always and will assist us most of all when we are in trouble."

Grown from the human tendency to hope for a better world, it is natural when times get tough to look to a future time when uncertainty is alleviated and when crisis has passed. During the interim, it is hope that will sustain us and help us to fix our eyes on the other side and to stay focused on the spiritual life and prayer. Speaking about the importance of returning to the fundamentals of our faith during this challenging time, **Cardinal Burke** pondered, "perhaps we will discover we were not attentive enough to our daily personal relationship with our Lord in which He gives us this hope and now is a good time to resume praying the acts of faith, hope and charity we were taught as children."

In addition to helping people keep their chin up and remain calm during crisis, hope provides a yearning to fight against all odds bringing about the power to alter history. British writer and lay theologian, **C.S. Lewis** agreed with this view iterated earlier about hope being essential to changing the world saying, "it does not mean that we are to leave the present world as it is. If you read history, you will find that the Christians who did most for the present world were just those who thought most of the next."

So as we set out to change and leave a better world for our children and grandchildren, we advance not with a sling and stone as did David when defeating the giant Philistine soldier, Goliath, but with a hope given by God that provides the fuel for the heart needed to do good and to begin to live life again with more power and freedom than ever before.

We endure in faith through it all!

"EVERY MEMBER A RECRUITER!"

Knights of Faith – Knights of Charity – Knights of Action

Prayers in the Pew... a California Knights of Columbus State Program

James Aitchison is a Committeeman on the California State Council Knights of Columbus Prayers in the Pew program, and also promoting and contributing to Men of Prayer partnered with the [website SitStandKneel](#) (click on site name to be directed to website.)

In addition to prayer cards for parish pews, there are additional resources for home worship and strengthening faith. Through the website you can sign up to receive monthly newsletters– an example is provided on the next 2 pages from April 2020.

Prayers in the Pew

This Program can help and California Knights Intend to Lead the Way!

45.3% of US Catholics attend Mass at least once per month and only 21.1% attend Mass every week. *

Throughout California, we are asking every council and Brother Knight for an *All-Hands-on-Deck* effort. To ensure full participation throughout the state, please register your council and provide the necessary details regarding your parish size and if your council will need financial assistance.

Why Now?

In 2015, Supreme Knight Carl Anderson announced a new order wide mandate to Build the Domestic Church While Strengthening our Parish. Designed as an engine to make that mandate actionable, we plan to implement Prayers in the Pew™ as part of a multi-phased communications plan dedicated to increasing Mass attendance and while driving a Statewide Unity of Prayer movement that will indeed extend to the domestic Church and beyond.

In 2015, Knights were exhorted by Bishop Thomas J. Olmsted when he said "Men, do not hesitate to engage in the battle that is raging around you. Since His Excellency's exhortation, the battle has intensified; the Church cannot afford to sit this battle out and now requires boots on the ground. As Knights step up to be what St. John Paul II insisted, the Strong RIGHT ARM of the Church, here are just seven reasons why your council should adopt this program.

1. It positions the Knights to integrally assist our pastors with a Single-Point Focus on the critical metric of 'Mass Attendance'.
2. It quantifies our 'corporate communion' efforts to lead our families and faith communities as *Men of Faith!*
3. It provides a low cost, high-impact engagement device for the Knights to interact with the faith community.
4. It empowers Knights to truly lead behavioral change by setting the example with consistent on time Mass attendance.
5. It serves as a dynamic support program to help methodically implement fully Faith-in-Action program activities.
6. It nurtures our solidarity with our priests and religious enabling them to get the flock back on task.
7. And the favorite of every Knight, it is easy to plan and implement yet has an unquestionable value for our pastors and for our parish communities.

Step One: Register your council for Prayers in the Pew Monthly Newsletter (see Registration Form Below). Send your completed form via fax: 760-635-1132 or email: info@SitStandKneel.com

Step Two: Order your jump-start card package appropriate for your parish size and/or request financial assistance.

For more information or assistance in roll-out, please call us at (760) 456-7648



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APRIL 2020

PRAYERS IN THE PEW™ MONTHLY

FAITH IN ACTION CALENDAR

SUNDAY APR 5	Palm Sunday
SUNDAY APR 12	Easter Sunday
SUNDAY APR 19	Divine Mercy Sunday

Faith Formation Companion to Prayers in the Pew™

→ MONTHLY SYNOPSIS ←

April 2020 – During the month of April, which includes parts of the Lenten and Easter seasons, our liturgies and prayers remind us that Catholicism is not just a privatized “Jesus and me” faith. In the Apostles’ Creed we profess belief in a Trinitarian God but also in the one, holy, Catholic and apostolic Church. In other words, our supernatural faith also embraces the Church that Christ founded.

THE APOSTLES’ CREED

A “creed” is essentially a statement of belief, though creeds are not limited to religious beliefs. There are many professions and associations that employ creeds to list in summary form what their members believe. The Apostles’ Creed, as the name indicates, comes to us from the Apostles and lists the minimum beliefs that define what it means to be a Christian. It is recited by both Roman Catholics and Protestants.

The Apostles’ Creed has its origin in what has been called “The Old Roman Creed” and has been attested to in documents as early as the 2nd Century AD. St. Ambrose called it the Apostles Creed in the late 4th Century, and it has been known by that title ever since. The Creed in its present form dates to the 9th Century when the Emperor Charlemagne adopted it and made it the standard profession of faith for the Western Church. Note that the Creed gives us all the essential Catholic doctrines in one short prayer: the Blessed Trinity, the Virgin Birth, the Resurrection and Ascension of Jesus, as well as statements of our belief in the Church, the saints, the forgiveness of sins, and Heaven and Hell.

SPIRITUAL CHALLENGE

As we prepare ourselves to go through Holy Week and the Sacred Triduum without being able to attend services in our parishes, our challenge is to remain focused on the liturgy through the creative means (audio-visual and devotional) that the Church provides. Take special care to actively gather and pray with your family in these days so that you can build your “domestic church” through prayer and union with the holy sacrifice of the Mass being celebrated in private.

— by State K of C Chaplain, Rev. Fr. John Cantwell

THE APOSTLES’ CREED

*I believe in God, the Father Almighty,
Creator of Heaven and earth,
and in Jesus Christ, His only Son, Our Lord,
Who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
He descended into Hell.
The third day He rose from the dead;
He ascended into Heaven,
and seated at the right hand of God, the Father Almighty;
from thence He shall come to judge the living and the dead.
I believe in the Holy Spirit,
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.*



There is a slight danger of confusion with the Creed. The Catholic Church actually has two Creeds, the second of which is called the Nicene Creed (or Niceno-Constantinopolitan Creed) which we recite during Mass, dating from the Councils of Nicea and Constantinople in the 4th Century AD. It is a creed of the Greek and Latin Churches together and was formulated with more precise theological language (for example, “consubstantial with the Father”) in order to fight the heresies that were prevalent during the early centuries.

The Apostles’ Creed is the shorter and more ancient of the two creeds, but there is no contradiction between them. The Apostles’ Creed is commonly used to begin the Rosary and the Divine Mercy Chaplet.

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APRIL 2020

FAITH FUNDAMENTALS

The Four Marks of the Church

In the face of many challenges from heretical movements and schismatic preachers throughout time – all of whom claim to be the most authentic form of Christianity – we must be able to clearly identify the Church that Christ founded. There are four “marks” (characteristics or qualities) that identify the Catholic Church as the one, true Church. The term “marks” reminds us of the way we sometimes describe the wounds of Christ’s Crucifixion. Here is a summary of the Four Marks of the Church, each of which we will explain further in future Monthly Newsletters:



One – The Church is united under one pope and all share the same faith in teaching and practice.

Holy – The Church is holy because it was founded by Jesus Christ and teaches holy doctrine.

Catholic – The Church is universal (another name for “catholic”) because it embraces all peoples and cultures throughout time.

Apostolic – The Church was founded by Jesus on Peter and the Apostles. This same authority has been handed down from bishop to bishop throughout the ages.

BIBLE BASICS



Matthew 16:17-19, “Jesus said to him in reply, ‘Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.’”

Revelation 21: 1-2, “Then I saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more. I also saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband.”

CATECHISM CONNECTION

“Fully incorporated into the society of the Church are those who, possessing the Spirit of Christ, accept all the means of salvation given to the Church together with her entire organization, and who – by the bonds constituted by the profession of faith, the sacraments, ecclesiastical government, and communion – are joined in the visible structure of the Church of Christ, who rules her through the Supreme Pontiff and the bishops. Even though incorporated into the Church, one who does not however persevere in charity is not saved. He remains indeed in the bosom of the Church, but ‘in body’ not ‘in heart.’” (CCC, 837, LG 14)



THE SCHOOL OF SAINTS

“I receive Thee [Jesus], the price of my redemption, for whose love I have watched, studied, and labored. Thee have I preached; Thee have I taught. Never have I said anything against Thee. If anything was not well said, that is to be attributed to my ignorance. Neither do I wish to be obstinate in my opinions, but if I have written anything erroneous about this Sacrament [Eucharist] or other matters, I submit all to the judgment and correction of the Holy Catholic Church, in whose obedience I now pass from this life.”



~ Last words of St. Thomas Aquinas, March 7, 1274

“There are not a hundred people in the United States who hate the Catholic Church, but there are millions who hate what they wrongly perceive the Catholic Church to be.”

~ Archbishop Fulton J. Sheen

CALENDAR
OF CHURCH FEASTS

MONTH OF APRIL 2020

Sunday, April 5th	PALM SUNDAY
Thursday, April 9th	HOLY THURSDAY (Mass of the Lord's Supper)
Friday, April 10th	GOOD FRIDAY (Liturgy of the Passion)
Saturday, April 11th	HOLY SATURDAY (a.m.) and THE EASTER VIGIL (p.m.)
Sunday, April 12th	EASTER SUNDAY
Sunday, April 19th	DIVINE MERCY SUNDAY
Tuesday, April 21st	St. Anselm, Bishop and Doctor of the Church
Saturday, April 25th	St. Mark, Evangelist
Tuesday, April 28th	St. Louis Marie de Montfort, Priest
Wed., April 29th	Catherine of Siena, Virgin and Doctor of the Church
Thursday, April 30th	St. Pius V, Pope and



For more info on Prayers in the Pew™ please visit SitStandKneel.com

A Sit Stand Kneel Initiative.



Courtesy of

**KNIGHTS OF COLUMBUS
CALIFORNIA STATE COUNCIL**

“EVERY MEMBER A RECRUITER!”

Knights of Faith – Knights of Charity – Knights of Action

****Champions of Children Award****

My Brothers,

One of the new awards implemented this Columbian Year is the "Champions of Children" Award. It will be granted to councils in Divisions 1 through 5 **based on the number of members who have completed Praesidium's Armatus Safe Environment training offered by the Supreme Council. The number may include BOTH those required to take the training and those who have taken it voluntarily.** In order to qualify for the award, please report the number of members in your council who have completed Safe Environment training by clicking [here](#) and completing a brief questionnaire. **The deadline for members in your council to complete the training and increase your chances of winning this award has been extended thru June 30, 2020.**

For additional information on Praesidium's Armatus Safe Environment training offered by the Supreme Council go to www.kofc.org/safe.

<p>PRAESIDIUM'S ARMATUS® Safe Environment Program Training START ►</p>	<p>PRAESIDIUM'S ARMATUS® Safe Environment Program Training START ►</p>
<p>FOR LEADERS</p> <ul style="list-style-type: none"> State Deputies State Advocates State Program Directors State Youth Directors State Community Directors State Family Directors State Squire Chairmen Grand Knights Program Directors Community Directors Family Directors Chief Counselors (Squires) Counsellors (Squires) 	<p>FOR EVERYONE</p> <p>Members not listed on the other button, are encouraged to take the training as well by pressing the blue button.</p> <p>The Registration Code is kofcsafe.</p> <p>Please Note: If a member is later appointed to a role listed on the other button, the member may be required to retake the training in that role.</p>

May God bless,

Dave Abbott

State Deputy
Knights of Columbus
California State Council
(530) 680-0401

state.deputy@californiaknights.org

Click on image above to be taken to SAFE
ENVIRONMENT training portal

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50-a-day to Finish Recruiting Incentives to end CY 2019-2020

My Brothers,

California only needs **1,000 more new members to make its state membership goal!** That's roughly 50 new members per working day from now through the end of June. Divide it up and it works out to be **3 a day per Chapter, 2 per week per District, or 3 per Council for the entire month of June!** Can we do it!

From now through June 30 qualified Catholic men can join online at kofc.org/joinus for only \$15 by entering the special discount code "CAKOFC" in the online application. They immediately begin enjoying the benefits of being a Knights of Columbus member and count toward the state membership goal. **They also count as a new member for your council when they participate in a Combined Exemplification of Charity, Unity and Fraternity** and become a council member.

Remember also, **the State Recruiter membership incentives for the 2020-2021 Columbian Year described in the attached flyer begin on June 1 of this year** and include hats, shirts, jackets and watches. Get a head start and cash in on these valuable souvenirs and collectibles that will be with you the rest of your life. **By entering your name and membership number as a proposer on the Form 100 or online membership application you immediately begin qualifying for these awards.**

So, can we do it? **Can we achieve *Fifty a Day to Finish*? Can you make it your personal goal to recruit 3 or more online members before June 30** who have the potential to become council members? Now more than ever as our churches reopen and we return to the Lord's Table do we need Catholic men joined in service. **Invite a Catholic man to join today! Be BOLD! Be a CAN DO council!** Our church and our Pastors are counting on us to lead the way back to a safe return to Mass.

May God bless,

Dave Abbott
State Deputy

Stephen Bolton
State Deputy Elect

Knights of Columbus
California State Council

Knights of Faith - Knights of Charity - Knights of Action

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RECRUITING INCENTIVES 2020 - 2021 (the images from




California Recruiting Incentives 2020-2021



Stephen Bolton, State Deputy
Cell: 714-222-8880
state.deputy@californiaknights.org

Michael Jones, State Membership Director
Cell: 918-898-0001
membership@californiaknights.org

Recruiters Incentives
Begin June 1, 2020



From the Desk of the State Deputy
July 1, 2020

Brothers,

The California State Council's theme for the 2020-2021 Fraternal Year is, "BE BOLD". Be proud of who we are and what we are. We are proud Catholic American Citizens and members of the Knights of Columbus family.

It is our moral obligation to ask every Catholic man, over 18 years old, to become a member of the Knights of Columbus! Sometimes the hardest thing about recruiting is taking the first step. Recruiting a new member can be as easy as asking him to join. Amazingly, many individuals haven't joined the Knights simply because they have never been asked to join. When the opportunity arises, take the initiative and start a conversation with a potential prospect. It's the first step for recruiting on a one-on-one basis and can yield very positive results.

Every member of the Knights of Columbus in California is eligible to participate in the "2020-2021 Recruiting Incentives Program". All you need to do is recruit a new member, be a friend and guide them through their application process, escort them to the Combined Exemplification, and help start them on their way as a successful Brother Knight in our Order.

Please feel free to reach out to either the State Membership Director, Michael Jones or myself for any assistance we can offer towards your successful recruitment efforts.

Vivat Jesus,
Stephen Bolton
State Deputy 2020-2021

Knights of Columbus
California State Council
PO Box 2849
West Covina, CA. 91793

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brochure are rotated to provide best readability)

DISTRICT DEPUTY INCENTIVES July 1st 2020 - June 30th 2021

- DD Fast Start Incentive - by October 31st 2020
All Active Councils in District must be current on forms (185, 365, 1295) and Safe Environment compliant. Also, 50% of District Membership Goal must be achieved. Awarded to the DD at the 2020 DD Mid-Year Meeting. The DD will receive a California KofC Recruiter Jacket.



- DD Convention Time Incentive - by April 1st 2021
All Active Councils in District must be current on forms (185, 365, 1295, 1728) and Safe Environment compliant. Also, 75% of District Membership Goal must be achieved. Awarded to the DD at the 2021 State Convention. The DD will receive a KofC Polo shirt.



- DD Year End Incentive - by June 30th 2021
Achieve "Star District" as set by Supreme, all Active Councils in District must be current on forms (185, 365, 1295, 1728) and Safe Environment compliant. Awarded at 2021 Chapter Installation. The DD will receive a new KofC Watch.



CHAPTER PRESIDENT INCENTIVES July 1st 2020 - June 30th 2021

- All Chapter Presidents also have an opportunity to get in on the fun this year. Incentives will be awarded to the 3 Chapter with the highest % of intake Goal as shown on the 2020-2021 year-end Star Tracker.



- 3rd Highest % Chapter; President will receive an invitation to dine in his local area with the State Deputy and his wife.

- 2nd Highest % Chapter; President will receive a \$500 Gift Certificate to a high-end Steak House (Ruth's Chris, Morton's or similar).



- 1st Highest % Chapter; President will receive a 3-day Cruise for he and his wife.



Depart out of Long Beach, CA. to Baja Mexico.

COUNCIL INCENTIVES July 1st 2020 - June 30th 2021

- Grand Knight Incentive
Every GK that achieves Star Council for the 2020-2021 Fraternal Year will receive a California KofC Recruiter Jacket.



- Council Fast Start Incentive - by October 31st 2020
Achieve or exceed the Council membership goal, set by Supreme.

- Awarded to the Council at the 2020 DD Mid-Year Meeting.
- 100% of goal: receive a KofC PopUp Canopy
- 150% of goal: a KofC Canopy and Feather Flag
- 200% of goal: a KofC Canopy, Feather Flag, Table Cloth
- 250+ % of goal: The State Officers will provide and Cook a BBQ at and for your Council. Up to 150 guests.

- Council Convention Time Incentive - by April 1st 2021
Achieve or exceed the Council membership goal, set by Supreme.

- Awarded to the Council at the 2021 State Convention.
- 100% of goal: receive a KofC Feather Flag
- 150% of goal: a KofC Table Cloth
- 200% of goal: a KofC Bean Bag Toss
- 250+ % of goal: a brand new 8-burner propane gas grill

- Council Year End Incentive - by June 30th 2021
Achieve or exceed the Council membership goal, set by Supreme.

- Awarded to the Council at 2021 Chapter Installation.
- 100% of goal: receive a KofC Feather Flag
- 150% of goal: a KofC Table Cloth
- 200% of goal: a KofC Bean Bag Toss
- 250+ % of goal: a brand new 8-burner propane gas grill



Note: A Council can only earn one incentive award per % of intake period, and can win again for a higher % intake period. Example: A Council can earn the incentive for 100% "Fast Start" but NOT again for the 100% "Convention Time". They must achieve 150% or higher at "Convention Time" to be awarded. The more you grow your Council throughout the year, the more you can be awarded.

*These Membership Incentives are for the 2020-2021 Fraternal Year. Only exception is the "RECRUITER INCENTIVES" that begin June 1st 2020.

*Membership intakes are based on Supremes Daily Progress Report.

*Recruiters must sign as a Proposer to be eligible.

*All decisions are final as of the deadlines listed.

*Actual awards may appear different than shown.

RECRUITER INCENTIVES

June 1st 2020 - June 30th 2021

- Any Brother Knight who recruits a new member and signs as their proposer, qualifies for an incentive drawing. At the end of the 2020-2021 Fraternal Year, one name will be randomly drawn and that proposer will receive an invitation to dine in his local area with the State Deputy and his wife.



- Any Brother Knight who recruits 5 to 10 new members by the end of the 2020-2021 Fraternal Year; will receive a great looking KofC Cap.



- Any Brother Knight who recruits 11 to 15 new members by the end of the 2020-2021 Fraternal Year; will receive a KofC Polo Shirt.



- Any Brother Knight who recruits 16 or more new members by the end of the 2020-2021 Fraternal Year; will receive a California KofC Recruiter Jacket.



- The top 3 recruiters in the state, 1-North, 1-Central, and 1-South, by the end of the 2020-2021 Fraternal Year; will receive a new KofC Watch.



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Online Exemplifications — from Supreme

CARL A. ANDERSON
SUPREME KNIGHT

TEL.: 203-752-4350
FAX: 203-752-4118

KNIGHTS OF COLUMBUS
1 COLUMBUS PLAZA
NEW HAVEN, CONNECTICUT 06510-3326

Dear Brother Knight:

As we continue to be challenged by the coronavirus (COVID-19) pandemic, I am proud of the tremendous work you and your brother Knights are doing every day in service to **Leave No Neighbor Behind**. The greatness of our Order shines most brightly, and Father Michael McGivney's vision continues to be brought to fulfillment, because of the work you are doing.

The strength that enables us to respond so well in times of need is derived from our membership of more than 2 million men who are dedicated to the principles of charity, unity and fraternity. The coronavirus has presented new challenges to membership recruitment, but we have adapted and made possible new avenues for men to join our ranks, including the online exemplifications that are hosted by the Supreme Council each week.

I personally encourage you to make use of these online exemplifications, which are an important tool to drive the growth needed to allow us to respond to the challenges the coronavirus presents. The Exemplification of Charity, Unity and Fraternity is also a wonderful opportunity for First and Second Degree members to advance to the Third Degree. Detailed procedures and the schedule of upcoming online exemplifications are listed below.

Thank you for your efforts to ensure that our Order continues to grow and thrive. May Our Lady of Guadalupe and the Venerable Servant of God Father Michael McGivney guide our efforts and keep us and our loved ones safe.

Faternally,

Carl A. Anderson
Supreme Knight

ONLINE EXEMPLIFICATION PROCEDURES

- Councils should forward this downloadable PDF invitation to all eligible prospects for admission and advancement (click here for [English](#), [Spanish](#), [French](#)).
- Instruct the candidates to register for the exemplification of their choice by clicking on its associated link within the PDF invitation and filling out the online form. **Note that they will need your council number to complete the registration.**
- Contact the candidates to guide them through the registration if needed.
- Candidates then participate in the scheduled ceremony.
- After the ceremony, councils must process the candidates by submitting form 100s the traditional way or electronically in Officers Online.

Note that candidates for admission must be approved by your council. See the temporary rules for electronic voting (click here for [English](#), [Spanish](#), [French](#)).

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Week of May 24, 2020**English**

[Thursday, May 28 - 7:00 PM EDT](#)
[Thursday, May 28 - 10:00 PM EDT](#)

Spanish

[Wednesday, May 27 - 9:00 PM EDT](#)

Week of May 31, 2020**English**

[Tuesday, June 2 - 7:00 PM EDT](#)
[Tuesday, June 2 - 10:00 PM EDT](#)

Spanish

[Sunday, May 31 - 10:00 PM EDT](#)
[Wednesday, June 3 - 9:00 PM EDT](#)

[Thursday, June 4 - 7:00 PM EDT](#)
[Thursday, June 4 - 10:00 PM EDT](#)

Week of June 7, 2020**English**

[Tuesday, June 9 - 7:00 PM EDT](#)
[Tuesday, June 9 - 10:00 PM EDT](#)

Spanish

[Sunday, June 7 - 10:00 PM EDT](#)
[Wednesday, June 10 - 9:00 PM EDT](#)

[Thursday, June 11 - 7:00 PM EDT](#)
[Thursday, June 11 - 10:00 PM EDT](#)

French

[Saturday, June 13 - 11:00 AM EDT](#)

Week of June 14, 2020**English**

[Tuesday, June 16 - 7:00 PM EDT](#)
[Tuesday, June 16 - 10:00 PM EDT](#)

Spanish

[Sunday, June 14 - 10:00 PM EDT](#)
[Wednesday, June 17 - 9:00 PM EDT](#)

[Thursday, June 18 - 7:00 PM EDT](#)
[Thursday, June 18 - 10:00 PM EDT](#)

French

[Tuesday, June 16 - 10:00 PM EDT](#)

Week of June 21, 2020**English**

[Tuesday, June 23 - 7:00 PM EDT](#)
[Tuesday, June 23 - 10:00 PM EDT](#)

Spanish

[Sunday, June 21 - 10:00 PM EDT](#)
[Wednesday, June 24 - 9:00 PM EDT](#)

[Thursday, June 25 - 7:00 PM EDT](#)
[Thursday, June 25 - 10:00 PM EDT](#)

French

[Wednesday, June 24 - 7:00 PM EDT](#)

Week of June 28, 2020**Spanish**

[Sunday, June 28 - 10:00 PM EDT](#)

[Knights of Columbus | KofC.org](#)

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WELLNESS PROGRAM

Here is additional information that can help us during this time to boost our immune system. It is so important to get plenty of quality sleep each night for us to perform at our best, and to also help ensure that our immune system can perform as designed as well. With all of our commitments, it can be challenging at times, and don't I know it, but it is something that we can accomplish if we put forth the effort to make it happen.

This article is from **Ocean Robbins**, CEO of the *Food Revolution Network*. I have been following **Ocean Robbins** and the *Food Revolution Network* for several years now. This article is a little longer than usual but well worth the time for the value of the information being shared.

Enjoy!

Edward P. Huestis, PSD

Wellness Program Chairman

707-452-8636

ed.huestis@californiaknights.org



How to Sleep Better with Diet and Lifestyle

foodrevolution.org/blog/how-to-sleep-better-with-diet-and-lifestyle/

Ocean Robbins - Published March 6, 2020

Getting enough sleeps is very important for mental and physical performance.

If you noticed a few errors in the above sentence, you are not imagining things. That is pretty much what my typing would look like after a couple nights of sleep deprivation. One study showed that being awake for as little as 17 - 19 hours straight impaired mental and physical performance just as much as being legally drunk.

And we all know the unpleasant consequences of a poor night's sleep. Whether you experience sluggishness, brain fog, or general malaise, the effects of not getting enough sleep can ruin your whole day. And when you do not sleep well for long periods, this can really take a toll on your quality of life. And — as my family tells me — the quality of life of the people around you, too!

As it turns out, sleeping well is one of the most important things you can do for your physical, mental, and emotional health. And there are many ways you can design your everyday routine to sleep better at night.

Why Sleep Matters

Sleep is a basic biological need. At the risk of putting you to

sleep, here is a short list of why sleep is so essential for our health:

Sleep plays a vital role in the function of your brain and bodily systems. A lack of sleep actually disrupts emotional and intellectual function.

Sleep helps regulate your metabolism and appetite. Lack of restful sleep may be associated with an increased risk of becoming overweight or obese since your body needs sleep to balance out your hunger and satiety hormones.

Sleep supports the optimal function of your immune, hormonal, and cardiovascular systems. Lack of sleep promotes inflammation and can increase your risk for heart issues and hormonal imbalances.

Sleep helps you live longer. A 2014 study published in *Frontiers in Aging Neuroscience* concluded that regularly getting enough sleep is a significant factor in achieving longer life spans.

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A whole slew of things can interfere with healthy sleep patterns, including medical causes like heart or kidney disease, heartburn, or musculoskeletal disorders; psychological causes like anxiety and depression; and poor sleep “hygiene” (meaning “habits that can get you a good night’s sleep”).

How real are the consequences? It is estimated that “drowsy drivers” are 20% more likely to get into a car accident. Industrial accidents are also more likely when workers are sleepy. Sleep deprivation has also been blamed for some of the most famous accidents in modern history, including the Exxon Valdez oil spill, the Chernobyl nuclear accident, and the Union Carbide Bhopal explosion.

How Much Sleep Should You Get?

Research shows that getting too little sleep — or too much sleep (yes, although less common, that can be a problem also!) — can raise your risk for heart disease, and even early death.

How much sleep is ideal? Studies indicate that a sleep “sweet spot” of around seven hours per night is optimal for the health and functioning of most adults. However, your mileage may vary based on your age, health, activity level, and genetic makeup.

As you get older, your body clock changes, and you actually require less sleep. For instance, newborn babies need 14 - 17 hours of sleep per day, and preschoolers need 10 - 13 hours. Teens typically require 8 - 10 hours per day.

Don’t you think it is ironic that we need the most sleep when we are youngest? Most kids I know do not want to take a nap, and most adults wish they could fit one into their regular daily routine.

With the hustle and bustle of modern life, you probably will not be surprised to hear that most people are struggling under a large and growing sleep debt. A 2013 Gallup poll found that 40% of Americans are sleeping fewer than seven hours per night. Apparently, we are getting at least one hour less sleep on average than Americans did in the 1940s.

Even though sleep is incredibly important, approximately 70 million people in the United States, and 45 million in Europe, have at least one sleep disorder. These disorders can be short - or long-term disorders, caused by lifestyle and environmental factors, psychosocial issues, or medical conditions. Isn’t this all the more reason to figure out how to sleep better?

How Does Sleep Work?

Sleep is a complex process inside your body. Everyone has an internal body clock, called a circadian rhythm, that keeps

them on a somewhat regular sleep schedule. If you have noticed that your body tries to get you back on track when your sleep schedule goes awry — that is your internal clock in operation. For instance, if you are used to going to bed by 9 pm, but stay up until midnight, you might feel an extra drag in the morning. You might even notice that your body and brain naturally start to wind themselves down around your typical bedtime, preparing for sleep.

Your body thrives on exposure to light during the day and darkness at night. In the morning, your brain releases cortisol, which helps wake you up. At nighttime, when it is dark out, it releases melatonin, which helps you relax and go to sleep. Both cortisol and melatonin are considered to be hormones, and they are critical to healthy sleep function, as are a number of neurotransmitters.

Some of the neurotransmitters that play a key role in your sleep pattern include:

GABA, which is involved in your sleep/wake cycle and regulates neurons to get you ready to go to bed.

Glutamate, which is your primary excitatory neurotransmitter (meaning, it makes it more likely that certain neurons will fire) and helps regulate sleep duration.

Acetylcholine, which helps to initiate rapid eye movement (REM) sleep, or the period of sleep during which you usually dream and have the most brain activity.

Norepinephrine, which helps trigger waking up from REM sleep.

Dopamine, which can downregulate melatonin and help you wake up from sleep.

Adenosine, which builds up in your brain throughout the day and makes you sleepy toward the evening.

But neurotransmitters are just one piece of the puzzle in understanding how to sleep better.

Worst Foods for Sleep

Just as what you put into your body can either make you feel energized or sluggish, it can also support or disrupt your sleep patterns. While some foods can wreak havoc on your sleep, others can have a therapeutic effect on your ability to fall asleep and enjoy a night of restful sleep.

Some of the worst foods and beverages for sleeping include caffeinated beverages — like soda, tea, energy drinks, and coffee. But sugar, alcohol, spicy foods, acidic foods, and foods that are high in saturated fat can all cause problems, too.

Caffeine and sugar, especially consumed later in the day, can keep you up at night and make it difficult to fall asleep. Caffeine is an adenosine antagonist, which means that while adenosine is trying to make you sleepy as the day goes on, caffeine works to do the opposite.

While alcohol in small amounts may help promote sleepiness in some people, research has shown that high alcohol intake is associated with more sleep disruption, lower quality of sleep, and shorter sleep duration. In fact, people who drink alcohol to help them fall asleep very often have great difficulty staying asleep through the night.

Spicy and acidic foods, like citrus or tomatoes, can cause indigestion or heartburn that make it difficult to get comfortable. These physical side effects may also wake you up at night. Spicy foods may also cause your body to heat up, making you uncomfortable when trying to go to bed.

Foods high in saturated fat, like meat and dairy products, can also make it hard to sleep. A 2016 study published in the *Journal of Clinical Sleep Medicine* examined correlations between daytime food intake and nighttime sleep among 26 adults, finding that low fiber and high saturated fat consumption resulted in lighter, less restful, and more interrupted sleep patterns.

Best Foods and Beverages for Sleep

What, then, are the best foods and beverages for sleep? They include:

Nuts and seeds. Walnuts, especially, are high in melatonin and can increase your body's melatonin levels.

Beans and legumes are also natural sources of melatonin. Soybeans were found to have a significantly positive impact on sleep quality in a 2019 study of 440 sleep deprived medical students when compared to other foods. Legumes are also a source of tryptophan.

Fruits. Kiwi may improve sleep quality and duration among people with sleep problems. And cherries are known to significantly reduce inflammation and oxidative stress, improving sleep patterns in some people.

Darky leafy green vegetables, which are full of lutein and zeaxanthin — carotenoids that are natural blue light filters. Furthermore, leafy greens are packed with micronutrients that may help promote sleep, like tryptophan, potassium, magnesium, fiber, iron, calcium, vitamin C, and complex carbs.

Whole grains, which are a rich source of magnesium, a mineral that binds to GABA receptors and works as a natural

muscle relaxant. Other good sources of magnesium include avocados, soybeans, bananas, nuts and seeds, and wheat germ, making them some of the best foods for sleep.

Tart cherry juice, which has been studied for its potential to improve insomnia. A 2018 study suggests that tart cherry juice improves the availability of tryptophan and lowers inflammation, which can help you fall asleep.

Tea, especially chamomile, peppermint, lavender, lemon balm, or passionflower. Teas can reduce inflammation and anxiety, calm your nerves, and act as a natural sedative. One study found that passionflower tea was as effective as the sleep medication Ambien at inducing sleep.

Plant-based milks, especially warmed up, may be soothing at nighttime. Soy milk is a good source of tryptophan, which may help induce sleep. B vitamins, especially B6 and B12, found in some non-dairy milks, may also promote good sleep patterns.

Plain water can help you stay hydrated and promote restful sleep. But rather than guzzling a bunch of water right before bed, it is best to drink water throughout the day. That way, your bladder does not turn the wee hours into the wee-wee hours.

Timing is Everything

And here is an important key that many people don't know about: The amount of time between your last meal or beverage, and when you go to sleep, can substantially influence how much rest you actually get at night. If you have ever eaten a heavy meal near bedtime, you may have noticed that it can make it harder to fall asleep. It also might wake you up during the night.

To sleep optimally, steer clear of eating for at least a few hours before bedtime.

Other Ideas on How to Sleep Better

While nutrition is a significant part of achieving your best sleep, it is only one piece of the puzzle. To optimize sleep, there are several other things to prioritize in your regular routine.

Exercise

Exercise can help you sleep. Being physically active during the day, especially early on, can help expend excess energy, making it easier for your body to relax in the evening. Some people find that exercising too close to bedtime can actually wind them up and make it harder to go to sleep, so you will have to find what works best for you. Especially if you deal

with stress during the day, exercise can alleviate feelings of anxiety, which may otherwise negatively impact your sleeping pattern. Similarly, a lack of regular physical activity can actually interfere with a good night's rest. Of course, it works both ways: when you are exhausted from a restless night, it is harder to spend your limited energy on exercise. But it might be a good idea, anyway.

Temperature Control

The temperature at which you keep your bedroom can also make or break your sleep pattern. Keep the room cool, but not too cold. Some people find that using a weighted blanket — which can weigh between 5 and 30 pounds — can improve their sleep. Some studies suggest that weighted blankets can offer similar benefits to deep pressure therapy and can help to relax the nervous system. If you are interested in trying a weighted blanket at night, the bedextra or truHugs organic cotton blankets are a couple of popular options.

Noise Reduction

Noise level can also inhibit your sleep, especially if you are generally a light sleeper. To limit noise, try wearing earplugs at night. If you have tinnitus, and experience buzzing or ringing in your ears, try sleeping with a fan at night, or playing a continuous “white noise” noise track with a smartphone app. Sometimes steady noise can help drown out any extraneous noise that can disrupt your sleep.

Light Reduction

Having too much light can also disrupt your sleep or make it hard to fall asleep in the first place. Make your room as dark as possible, especially if you are sensitive to light. Your brain responds to how dark a room is. Levels of melatonin increase when it is darker, which can help you sleep. A couple of simple ways to do this are using a sleeping mask or installing blackout curtains on your windows to keep as much external light out as possible. And if you have any devices charging in your bedroom, make sure they are not emitting glows that keep the room from getting properly dark.

Have an Evening Routine

Having a regular routine can signal to your brain that it is time to get ready for sleep. Just as children thrive on a bedtime routine, so do adults. Implement an evening routine that is realistic for you and repeat it every night, or as much as possible. Some ideas include drinking a small cup of hot tea, taking a warm shower or bath, practicing meditation or yoga, journaling, reading for a set amount of time, or using a diffuser. Scents like lavender or frankincense can help the body and mind relax, which may help you wind down before bed.

No Blue Lights Before Bed

In a culture where screens are constantly in our faces and hands, getting into a routine that excludes these at night has been shown to improve sleep. Blue light emitted from phones, laptops, and TV screens actually block the release of melatonin.

Researchers suggest cutting off your use of electronics at least 30 minutes before you actually go to bed. Instead, pick up a book you have been meaning to start reading, share conversation or cuddles with a loved one, or do an art project. And keep in mind that many smartphones have a blue light blocking filter that you can turn on. Blue light blocking glasses are also a great option and are available at a range of price points.

Have a Morning Routine

Just as a nighttime routine is important, getting your day started on the right foot can be equally important to establishing a healthy sleeping pattern.

When you wake up and remember dreams from the night, write them down! You may also enjoy journaling some thoughts first thing in the morning. Pour yourself a big glass of nourishing water in the morning and make this the first thing you drink each day.

Big contrasts at the beginning and end of your day can help. For instance, exercising at any time of day can be beneficial, but studies show that morning exercise promotes deeper sleep more than exercise at any other time of day. And sunlight in the morning can help put your day in a positive motion. Cold showers in the morning can also wake you up and help get you moving.

Make Sleep a Priority

Sleep is essential for life, and your diet and lifestyle significantly impact how restful and nourishing your sleep is. Choosing healthy foods, creating a sleep-friendly atmosphere, and avoiding substances known to disrupt sleep are all good habits to get into to achieve your best sleep.

Ocean Robbins is the author of *31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World* (Grand Central Life & Style, February 5, 2019). He is the CEO and co-founder of the 500,000+ member Food Revolution Network. He's served as the adjunct professor for Chapman University. And he's received numerous awards, including the national Jefferson Award for Outstanding Public Service and the Freedom's Flame Award.

In the time of COVID-19, your health is more important than ever.



“EVERY MEMBER A RECRUITER!”

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Leave No Neighbor Behind

My Brothers,

One of the pillars of the Supreme "Leave No Neighbor Behind" program **is to reach out to members of your council and parish and see how they are faring under the current circumstances.** The list of people called should not only include council members, but also widows and families of deceased council members as well as those potentially marginalized by the current coronavirus pandemic.

A group often overlooked are insurance members that remain on your council roster but, for whatever reason, have allowed their membership to lapse. Called "*inactive insurance members*" they are designated by an "N" under "Member Type" on your Supreme Council roster. They remain on the council roster indefinitely, and a portion of the royalty from their insurance policy is credited back to your council to offset any Supreme and local assessments.

Given the current anxiety and uncertainty, **there has never been a better time to reach out to an inactive insurance member. By reactivating an inactive insurance member your council will be credited not only with a new member but an insurance member as well.** If your council is close to achieving Star Council, this might be just what is needed to put you over the top!

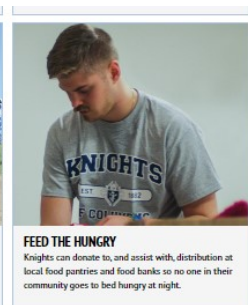
In your "Leave No Neighbor Behind" outreach, be sure and include any inactive insurance members designated with an "N" on your Supreme Council roster. Offer to forgive any past dues owed and return them to good standing. They might even be reaching out to you for camaraderie and fellowship. Please be warm and welcoming.

We are **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
state.deputy@californiaknights.org



COUNCILS -

We know your councils are working extremely hard to support your communities and parishes. PLEASE Submit your stories for publication in the Golden State Knightletter! You may inspire more activities. Photos should include names where possible... give "shout outs" to your Council and Chapter SUPERTSARS who have stepped up in a significant way under this program. Thank you for our time!

- Editor

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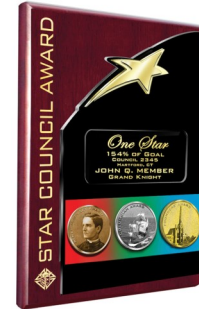
AWARDS – Reminders for End of Year Deadlines

STATE MEMBERSHIP - Councils and District Deputies

SUPREME COUNCIL AWARDS (Revised requirements)

STAR COUNCIL

Earn Columbian Award / McGivney Award / Founders Award
Reports #1728, #365 submitted
Leadership Safe Environment compliance
Per capita assessments WAIVED.



FOUNDERS AWARD

50% Reduction of ORIGINAL insurance quota - OR -
HOST Fraternal Benefits seminar (virtual) for Council before JUNE 30.



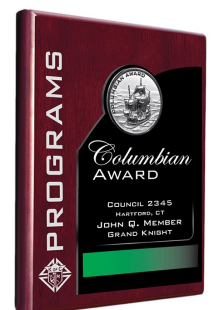
FATHER MCGIVNEY AWARD

40% Reduction of ORIGINAL membership quota
Candidates processed by JUNE 30.
Councils recruiting 200%, 300%,... etc. based on REVISED
quotas will be awarded Double-Star, Triple-Star, ... etc.
[net gain].



COLUMBIAN AWARD

10 Program Points - 2 each in FAITH, FAMILY, LIFE, COMMUNITY
from *Faith in Action* and 2 from any other program category
NO required programs
DOUBLE point credit for *Featured* or *LNNB* activities
Submit appropriate REPORT #SP-7 and report LNNB activity (-ies) online
(LINK = <https://www.surveymgizmo.com/s3/5521191/Leave-No-Neighbor-Behind>)



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District Deputy Training

Chapter specific training by Supreme

- | | |
|---------------|---|
| [1] June 15th | Northern, St. Francis, |
| [2] June 16th | San Jose, Oakland, Central |
| [3] June 17th | San Joaquin, Junipero Serra, Los Padres |
| [4] June 22th | Southern Cal., Mission High |
| [5] June 23rd | Orange County, San Gabriel, |
| [6] June 24th | Arrowhead Desert, San Diego |
| [7] June 25th | Redwood, Kern Inyo and all makeups for anyone that missed their specified date above. |

All of these trainings will be from 7:00 to 9:30 PM pacific time

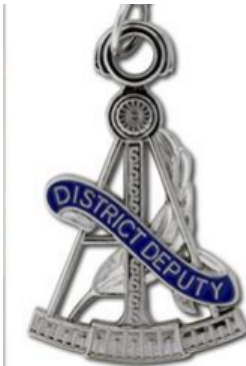
June 27th Webinar - DD training by State Membership team, State Programs team and State Operations Team 9:30 am thru 12:30 pm.

June 27th Webinar- Chapter Presidents & District Deputy Installation Mass 4:00 pm thru 5:30 pm Mass and virtual install for our Sixteen Chapter Presidents and all District Deputies.

Closing comments by our State Deputy and Myself.

Stephen Bolton

State Deputy Elect 2020-2021



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Instituted MAY 12, 1903

Over 119 Years of support
to our Catholic Parishes
and families

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!

Submission 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 PRIOR 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*
frgalloway120@gmail.com

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