



CA State Deputy August 2021 message

My Brothers,

Greetings! As we prepare to enter the month of August of the new 2021-2022 Columbian Year, our councils, districts, chapters, assemblies - Our Order across this state are poised and resolved to "Rise Again" to meet our stated goals. These goals are pertinent to our potential. So, as we set out to Leave No Neighbor, Family Member, or Parish behind, let's take a moment to discuss the importance of restoring our energy in such a way I pray will drive us and sustain us for the climb ahead.

God's Grace and Divine Energy.

To make our climb this year, we realize we must rise up now from the ashes, amid the real consequences facing our society of pandemic fatigue, which has been described as the exhaustion you might feel after the months of spending extra time and energy dealing with the pandemic lifestyle of: wearing masks, physical distancing, being away from family and friends and not being able to attend Mass. And yes, let's not forget 'Zoom or Virtual Fatigue'! Altogether, this has taken and continues to take its toll.

For a few examples, studies suggest 42% of physicians are experiencing high levels of burnout. Last week, it was reported that 95% of workers want to quit their jobs, many excellent school students had difficulty getting passing grades. When facing the many difficult challenges of life including burnout, we learn about the nature of resiliency – picking ourselves up when we fall. We learn from Jesus' Agony in the Garden when He found the disciples unable to keep their eyes open, finally saying in the Gospel of Matthew (26:41), "**Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak.**"

Indeed, a willing spirit recognizes the weakness of the flesh. Jesus was not only asking them to keep watch with Him, but instructing them that Watching and Praying was the key to Christian spirituality, the key to overcoming struggles, the key to strengthening our souls!

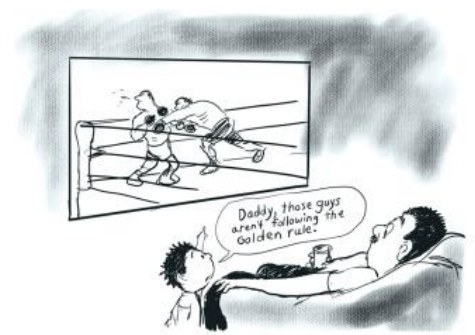
As Catholics, we have a wonderful resource, a shortcut if you will, to help in this process of ensuring we have sufficient strength and courage: the grace of the Holy Spirit. Just as our bodies need essential 'A, B, C, D, E, and K vitamins from external sources to remain healthy, **Grace** is an absolute necessity in our day-to-day activities and is a free gift from God. There is one condition, however. If we want more grace as with wisdom, we must go to God in humility and ask for it.

Therefore, I'm asking all of you to come together as a State Family and to prioritize our mental health and wellbeing with prayer and a commitment to deploying "and participating" fully in each of the Faith Programs, so that we have adequate fuel for the road ahead; more importantly, that it will be, **the Spirit that Moves us!**

Please stay-tuned in the coming days and weeks as we continue to roll-out faith programs and the COVID Recovery Program (CRP), the comprehensive program designed by Supreme to ensure councils and parishes rise and recoil in strength from the pandemic.

My Brothers, as we move to a new beginning this Columbian Year, remember the acronym “**Rise**” which stands for:

- R** – Rebuild our councils and churches; reinvigorate our members and parishioners
- I** – Instill Spirituality in our councils; continue to pray for our councils and its members
- S** – Support our clergy, parishes, and councils through our Faith in Action Activities
- E** – Encourage other parishioners and their families to join the Knights of Columbus; Exemplify new members in our Order which is the lifeblood of our Order



[Prayers in the Pew Monthly](#)

Building on our Summer Momentum, we enter the month of August where the Church remembers and celebrates the great mystery of the Assumption of Mary into heaven. Please find attached or in the link above the August 2021 Edition of Prayers in the Pew and take special note to:

- Learn about the history and recite The Memorare
- Review the Faith Fundamental on the ‘Four Cardinal Virtues of Prudence, Justice, Fortitude, and Temperance which help us manage the complexities of the world.
- Participate in the Featured Faith in Action Program of the Month: [Holy Hour For Our Church](#)
- Embrace the Spiritual Challenge from our California State Chaplain, Fr. Antony Vazhappilly to place our reliance on God’s grace as we make an effort to strive for virtue.
- Bonus editorial cartoon “**The Golden Rule**” and much more...

Finally, My Brothers, as we move to a new beginning this Columbian Year, I again ask for your continued prayers and assistance to make this year another successful one. We do this not only for

Vivat Jesus!

Dr. Noel Panlilio
State Deputy 2021-2022
California State Council
Knights of Columbus