



Knights of Columbus

FOURTH  
DEGREE

*Patriotic degree of the Order.*

## ***St. Francis Assembly 3495***

*Cardinal McGuigan Province 2<sup>nd</sup> Ontario District*

*Master: Sir Knight Joe Mathews*

*Faithful Navigator: Sir Knight Lorne Winkler*

## ***St. Marys Parish-Collingwood Ontario***

**[“The Sentinel Newsletter”-April 2015- Issue #8](#)**



## ***Our Patron Saint :***

### **The Prayer of Saint Francis**

Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O divine Master, grant that I may not so much seek

To be consoled as to console,

To be understood as to understand,

To be loved as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying to self that we are born to eternal life.

Attributed to Francis Bernadone, perhaps the most universally loved of Christian saints, who was born in Assisi, Italy, in 1181 or 1182. At the age of twenty-two, after a sudden illness that brought him almost to the point of death, he left his home and inheritance to follow an injunction that he felt he received from Christ himself: "Francis, go and rebuild my Church." Three great Franciscan orders quickly grew around the monks, nuns, and lay disciples who responded to his joyful example of universal love and selfless service.

**For most men who follow Jesus, there comes a time when duty extends beyond our own lives, beyond how we lead our families, and into how we serve our**

**fellow man. That's what the Knights of Columbus is all about. The Patriotic Degree allows K of C members to take this one step further. "Sir Knight" is more than a title — it's an honor.**

***Your 2014/2015 founding executive:***

**Worthy Faithful Navigator, Lorne Winkler**

**Worthy Faithful Friar, Rev. Father Gerard Pilon**

**Worthy Faithful Captain, Dominic Sanfilippo**

**Worthy Faithful Admiral, Greg Paupst**

**Worthy Faithful Scribe, Michael Sangregorio**

**Worthy Faithful Comptroller, Kas Watroba**

**Worthy Faithful Purser, Rene Lalande**

**Worthy Faithful Pilot, Joe Frendo-Cumbo**

**Worthy Inside Sentinel, Adam Monid**

**Worthy Outside Sentinel, Norm Andrews**

**Worthy 3 year Trustee, Ype (Nick) Huver**

**Worthy 2 year Trustee, Demetrius Romanko**

**Worthy 1 year Trustee, Gerard Cando**

**Guard Commander, Michael Bullis**

**Newsletter, S.K. Frank Bondi**

## UPCOMING EXEMPLIFICATION NEWS



### FOURTH DEGREE EXEMPLIFICATION SECOND ONTARIO DISTRICT

- Date:** Saturday June 6, 2015
- Location:** Saints Peter and Paul  
Ukrainian Catholic Church  
231 Milner Ave.  
Scarborough, ON. M1S 5E3  
(North from # 401 on Markham Rd. – approximately two lights - turn left at Milner).
- Google Map:** Church and Banquet Hall
- Candidate Registration:** Registration will commence at 10:45 a.m. and continue until 12 noon.
- Associated Cost:** Lay Candidate Package     **\$ 100.00** -- Clergy Package     **\$ 70.00**
- Banquet Tickets:** One banquet ticket included in the Candidate Package –  
Additional banquet tickets if required **\$ 55.00**.
- Banquet Venue:** Peter & Paul Banquet Hall – (same location as above).
- Noon Box Lunch:** One lunch ticket included in **candidate package**. Additional optional  
lunch tickets for existing Sir Knights who wish to partake **\$7.00**
- Ladies Program:** See complete details on separate flyer. (Same location) Cost **\$ 25.00**
- Sword Package:** Sword Packages can be ordered on form “R” and picked up at the  
Exemplification at a reduced price versus prices quoted on individual  
orders placed with the supplier by existing Sir Knights.  
**\$ 210.00** (includes sword & scabbard + carrying case + service baldric).

Additional Information to be issued separately:



Faithful Friar Rev. Father Gerard Pilon is pictured with members of St Francis Assembly following Flag Day Mass on February 15<sup>th</sup> 2015 at St Marys Collingwood. This was held in celebration of the 50<sup>th</sup> Anniversary of the Canadian Maple Leaf flag. (photo by Lady Maria McDonnell)

### Calendar of events,

**Saturday April 11<sup>th</sup> 2015**-District Meeting Transfiguration Church 21 Lidstone Ave Etobicoke ,on agenda format for Parade Competition

**Sunday 12 April 2015**- Devine Mercy Sunday-Honor Guard is requested at St Patricks Church Stayner. Full regalia required meet time 2:30 PM in Church hall for start time 3:00 PM. Pot Luck to following in St Patricks Church Hall.

**Sunday April 19<sup>th</sup> 2015**-Parish breakfast will be served at 9 & 11 Am Mass.All welcome to attend.

**Sunday April 19<sup>th</sup> 2015**-Spring Fling being held by Fr.Andre Bissett Council Wasaga Beach.Cost \$38.00 per person.Being held at Georgian Circle Family Restaurant Wasaga Beach.All welcome to attend this event.Contact Sir Knight Michael Bullis for details.

**Sunday May 31<sup>st</sup> 2015**-Fr Andre Bissett Council will be hosting a Ladies appreciation dinner at the Wasaga Beach Swiss Chalet.Again all are welcome to join for this dinner.

**Wednesday 15<sup>th</sup> August 2015**-Plans are in the works for the annual golf tournament-stay tuned and get your clubs ready.

**Wednesday April 22nd- NEXT MEETING- 150 St Paul Street @ 7:30 PM**

**APRIL IS THE MONTH OF THE HOLY EUCHARIST**



1.

*Since the 16th century Catholic piety has assigned entire months to special devotions. The Church traditionally encouraged the month of April for increased devotion to Jesus in the Holy Eucharist. "The Church in the course of the centuries has introduced various forms of this Eucharistic worship which are ever increasing in beauty and helpfulness; as, for example, visits of devotion to the tabernacles, even every day; Benediction of the Blessed Sacrament; solemn processions, especially at the time of Eucharistic Congresses, which pass through cities and villages; and adoration of the Blessed Sacrament publicly exposed . . . These exercises of piety have brought a wonderful increase in faith and supernatural life to the Church militant upon earth and they are re-echoed to a certain extent by the Church triumphant in heaven, which sings continually a hymn of praise to God and to the Lamb 'Who was slain.'" --Pope Pius XII*

**Prayer:**

**ACT OF ADORATION** I adore Thee, O Jesus, true God and true Man, here present in the Holy Eucharist, humbly kneeling before Thee and united in spirit with all the faithful on earth and all the blessed in heaven. In deepest gratitude for so great a blessing, I love Thee, my Jesus, with my whole heart, for Thou art all perfect and all worthy of love.

Give me grace nevermore in any way to offend Thee, and grant that I, being refreshed by Thy Eucharistic presence here on earth, may be found worthy to come to the enjoyment with Mary of Thine eternal and everblessed presence in heaven. Amen.

**FAITH IN THE EUCHARIST** O my God, I firmly believe that Thou art really and corporally present in the Blessed Sacrament of the altar. I adore Thee here present from the very depths of my heart, and I worship Thy sacred presence with all possible humility. O my soul, what joy to have Jesus Christ always with us, and to be able to speak to Him, heart to heart, with all confidence. Grant, O Lord, that I, having adored Thy divine Majesty here on earth in this wonderful Sacrament, may be able to adore it eternally in Heaven. Amen.

**PETITION** Believing that Thou, my God, hast in any way revealed to us--grieving for all my sins, offenses and negligences--hoping in Thee, O Lord, who wilt never let me be confounded--thanking Thee for this supreme gift, and for all the gifts of Thy goodness--loving Thee, above all in this sacrament of Thy love--adoring Thee in this deepest mystery of Thy condescension: I lay before Thee all the wounds and wants of my poor soul, and ask for all that I need and desire. But I need only Thyself, O Lord; I desire none but Thee--Thy grace, and the grace to use well Thy graces, the possession of Thee by grace in this life, and the possession of Thee forever in the eternal kingdom of Thy glory.

**FOR THE PEACE OF CHRIST** O most sacred, most loving heart of Jesus, Thou art concealed in the Holy Eucharist, and Thou beatest for us still. Now as then Thou sayest, "With desire I have desired." I worship Thee, then, with all my best love and awe, with my fervent affection, with my most subdued, most resolved will. O make my heart beat with Thy heart. Purify it of all that is earthly, all that is proud and sensual, all that is hard and cruel, of all perversity, of all disorder, of all deadness. So fill it with Thee, that neither the events of the day nor the circumstances of the time may have power to ruffle it; but that in Thy love and Thy fear it may have peace. --*Cardinal Newman*

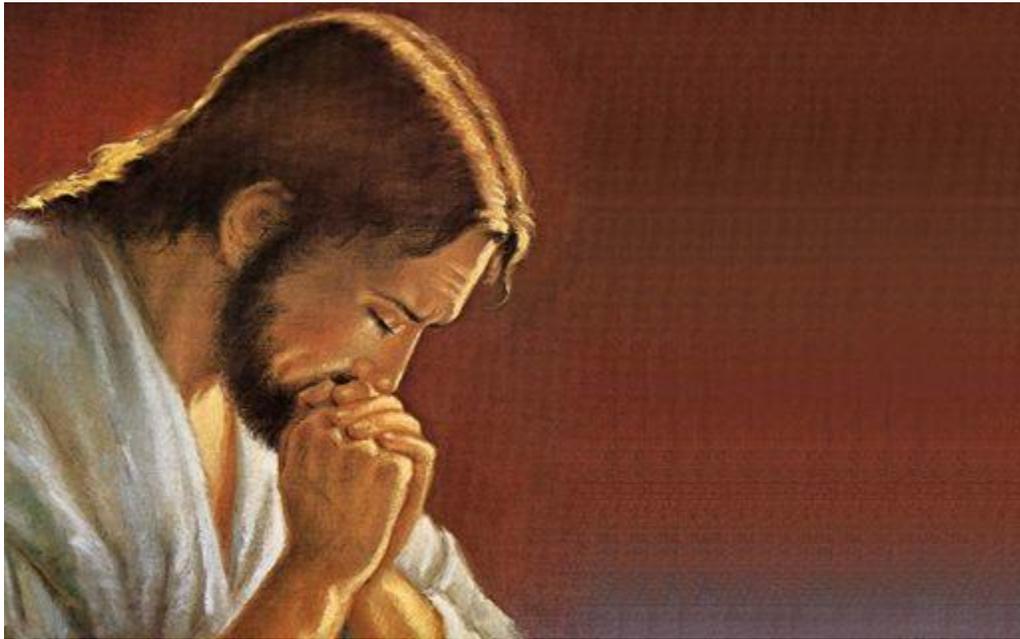
**ACT OF LOVE** I believe Thou art present in the Blessed Sacrament, O Jesus. I love Thee and desire Thee. Come into my heart. I embrace Thee, O never leave me. I beseech Thee, O Lord Jesus, may the burning and most sweet power of Thy love absorb my mind, that I may die through love of Thy love, who wast graciously pleased to die through love of my love. --*St. Francis of Assisi*

**ACT OF REPARATION** *Saint Margaret Mary Alacoque, well known in connection with devotion to the Sacred Heart of Jesus, led the way in making reparation to Jesus in the Blessed Sacrament for the coldness and ingratitude of men. This prayer of hers can become our own as we attempt to make amends for our own and others' neglect of the great Sacrament of His love, the Eucharist.* O kind and merciful savior, from my heart I earnestly desire to return Thee love for love. My greatest sorrow is that Thou art not loved by men, and, in particular, that my own heart is so cold, so selfish, so ungrateful. Keenly aware of my own weakness and poverty, I trust that Thy own grace will enable me to offer Thee an

act of pure love. And I wish to offer Thee this act of love in reparation for the coldness and neglect that are shown to Thee in the sacrament of Thy love by Thy creatures. O Jesus, my supreme good, I love Thee, not for the sake of the reward which Thou hast promised to those who love Thee, but purely for Thyself. I love Thee above all things that can be loved, above all pleasures, and above myself and all that is not Thee, promising in the presence of heaven and earth that I will live and die purely and simply in Thy holy love, and that if to love Thee thus I must endure persecution and suffering I am completely satisfied, and I will ever say with Saint Paul: Nothing "will be able to separate us from the love of God." O Jesus, supreme master of all hearts, I love Thee, I adore Thee, I praise Thee, I thank Thee, because I am now all Thine own. Rule over me, and transform my soul into the likeness of Thyself, so that it may bless and glorify Thee forever in the abode of the saints. --*Saint Margaret Mary Alacoque*

OFFERING My Lord, I offer Thee myself in turn as a sacrifice of thanksgiving. Thou hast died for me, and I in turn make myself over to Thee. I am not my own. Thou hast bought me; I will by my own act and deed complete the purchase. My wish is to be separated from everything of this world; to cleanse myself simply from sin; to put away from me even what is innocent, if used for its own sake, and not for Thine. I put away reputation and honor, and influence, and power, for my praise and strength shall be in Thee. Enable me to carry out what I profess. Amen. --*Cardinal Newman*

[From Worthy Faithful Navigator:](#)





**GOOD OF THE ORDER**

**[Please remember these Brothers and their families in your prayers:](#)**

**Brothers Roy Adams, Antonius (Tony) Logtenberg, Tony Magee & Ann Magee, John McMillan, Paul McGinty, George Stewart, Bruno Jacka, Norm Duhamel, Ivan LeBlanc Brian McDonell, s daughter Cheryl, Brother Gerard Cando,**

**WFN Lorne Winkler, Penny Broderick, the late Nancy Guchardi aunt of Bro. Frank Bondi and any other Brothers or family members who may be ill.**

*If you have a request for prayers for a Brother Knight or family member send it to [Frank.Bondi@sympatico.ca](mailto:Frank.Bondi@sympatico.ca)*



## **ON THE LIGHTER SIDE**

4/7/15

A farmer named Muldoon lived alone in the countryside with a wee dog that he loved and doted on. After many long years of faithful companionship, the dog finally died, so Muldoon went to the parish priest:

"Father, my dear old dog is dead. Could you be saying a Mass for him?"

Father Patrick replied, "I am so very sorry to hear about your dog's death. But, unfortunately, I can't say Mass for the poor creature..."

Muldoon said, "I understand, Father, I do. I guess I'll go to this new denomination down the road; no tellin' what they believe... Do you think \$500 is enough to donate for the service?"

Father Patrick: "Why didn't you tell me your wee dog was Catholic?!"

-----  
-----

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

---

An Irish priest is driving down to New York and gets stopped for speeding in Connecticut. The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car. He says, "Sir, have you been drinking?" "Just water," says the priest, fingers crossed. The trooper says, "Then why do I smell wine?" The priest looks at the bottle and says, "Good Lord! He's done it again!"

---

Moira asked her Sunday school class to draw pictures of their favorite Bible stories. She was puzzled by Sean's picture, which showed four people on an airplane, so she asked him which story it was meant to represent. "The flight to Egypt," said Sean. "I see ... And that must be Mary, Joseph, and Baby Jesus," Ms. Moira said. "But who's the fourth person?" "Oh, that's Pontius -- the Pilot!"

---

A wee Irish lad was attending his first wedding. After the service, his cousin asked him, "How many women can a man marry?" "Sixteen," the boy responded. His cousin was amazed that he had an answer so quickly. "How do you know that?" "Easy," the little boy said. "All you have to do is add it up, like the Priest said: 4 better, 4 worse, 4 richer, 4 poorer."

---

A young Irish lad was talking to God and asked God the question, "What is a million years like". God answers back and tells the boy, "A million years is like a second." The boy then asks God, "What is a million dollars like". God replies, "A million dollars is like a penny". So the little boy asks God, "Can I have one of your pennies", to which God replies, "Just a second".

---

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "honor thy father and mother," she asked "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy answered, "Thou shall not kill."

Greg Paupst, Admiral

If anyone has any submissions feel free to send them in.

Newsletter-Sir Knight Frank Bondi ([Frank.Bondi@sympatico.ca](mailto:Frank.Bondi@sympatico.ca))







