Living Out the Principles of Charity, Unity, Fraternity and Patriotism

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By Catholic Stewardship Consultants

Charity, unity, fraternity, and patriotism are the four guiding principles of the Knights of Columbus. Everything that the Our Lady of the Assumption and St. Ignatius Knights of Columbus (Arden/Carmichael Council 4970) members do falls into one of these categories.

Under the umbrella of charity, many of the council members have had a busy year, due to the COVID-19 pandemic. The Knights have been asked to check people in for weekend Masses to collect contact tracing information, distribute face masks, pass out disposable worship aids, and answer questions. Also, members helped set up chairs and heaters when Mass attendees were required to sit outside. They also stream the Rosary and Bible studies via the Zoom videoconferencing platform. This is all-important work, even though it's a bit different from their usual volunteer tasks.

Continued on Page 6

Save the date: June Stand Down for Homeless Veterans

By Dan Aseltine, Veterans Chairman

The next local Stand Down for Homeless Veterans will take place at the Volunteers of America building on the campus of the VA Medical Center, Mather on Saturday, June 5 and Sunday, June 6, 2021. Full details, including times of the event and volunteer opportunities, are not yet available -- so please pay attention to upcoming issues of the Paladin.

At Stand Downs, homeless Veterans are provided a broad range of services and goods

Continued on Page 2

Simchat Torah (rejoice in the Torah)
By Will Friesen, Associate Editor

A few years ago, I wanted to attend a Rosh Hashanah celebration. I knew that this was a high holy day in Jewish Tradition. It is like our Catholic Easter Mass, but it celebrates the creation of the world. I did not know what to expect but I wanted to learn. I did not want to be disrespectful, so I called Beth Shalom in Carmichael and spoke with a Rabbi. He said that Rosh Hashanah is generally overcrowded and that I would have to pay for my seat which was something like $500. He sensed my gasp and offered an alternative that he said would be as impactful and a little more

Continued on Page 5

And Jesus Wept...
By Fr. Tom Lucas, S.J

Half a century ago at Jesuit High in Carmichael, I studied Latin. As a kid with a puzzler's mind, I rather enjoyed the process of teasing words apart, and cracking the codes of arcane ancient grammar. Yet in my fourth year, as we were reading Vergil’s Æneid, I crashed on the inevitable reef of translation. Three little words — sunt lacrimae rerum — swamped my little boat, and I’ve been trying to bail it out ever since.

Sunt lacrimae rerum. Impossible to translate.

There are tears of things.
There are tears at the heart of things.
The world is a world of tears.

Continued on Page 2
Continued from Page 1 – June Stand Down for Homeless Veterans

including food and clothing, medical, legal, and mental health assistance. Onsite job counseling and employment referrals are available and, most importantly, companionship and camaraderie to lift their spirits. This is an opportunity for Brother Knights to connect with the homeless Veteran population and address this crisis that affects every town, city, and state in this country. The “give a hand up — not a handout” philosophy of Stand Down is carried out through the work of hundreds of volunteers, including Brother Knights and Lady Knights who have contributed many hours over the past several years.

For further information regarding Stand Downs, please consult: https://sacramentostanddown.org/

Continued from Page 1 – And Jesus Wept…

Vergil goes on with four more heartbreaking words: et mentem mortalia tangunt. And mortal things, the burdens of mortality, touch our hearts.

At 17, these words were no more than a puzzle. At 21, when my mom died after a brief battle with cancer, they came home and lodged in my heart. I suspect that I’ve been wrestling with them, trying to dislodge them, ever since. Certainly, they’ve come back to me again and again over this past year as we have all, in different ways, been challenged, threatened, and hurt by the pandemic.

That’s why this weekend’s gospel, the story of Mary and Martha’s grief, and the raising of Lazarus, has particular resonance in our present context.

Our faith tells us that Jesus is the Son of God. Yet today we also hear that Jesus wept at the death of his friend Lazarus and comforted the sisters who mourned for him.

As Jesus encountered Martha on the road, he fully experienced the lacrimae rerum, the tears that are always just beneath our all-too-human reality. Our mortality not only touches but weighs upon our hearts. Jesus felt that weight and dreaded what awaited him a few weeks down the road in Jerusalem. He dreaded it but accepted it. And, alas, so must we.

The early history of the Church was a shopping cart filled with controversies. Among the most vexing and least decipherable were the questions about how Jesus could be both truly human and truly God at the same time. Maybe, some said, Jesus was just a particularly good man who was blessed and inspired by God. On the other extreme, maybe in Jesus God just seemed to be a human being, wearing our body as a sort of costume. Ecumenical Council after council argued these fine points over centuries. Often the philosophical arguments had upper hand: if God is perfect and impassible and utterly unchangeable, then suffering cannot really touch Him.

But Jesus wept.

Jesus wept for Lazarus’s death. He wept for Martha’s and Mary’s grief. He wept for himself in the Garden of Olives, when his sweat was blood and tears were salt. And when he hung on the cross he wept for his own torment and for the distance from the Father he felt in that hour.

Jesus wept. Arguably, those are the two most consoling words in the Gospels. His tears contain all our sorrows, all our losses, all our pains, all our despair. His were not the crocodile tears of the trained actor, but the fully human response to the exquisitely painful mystery of our human existence, the mortality that touches and weighs down our hearts.

And so God tasted the bitter salt of our tears, and discovered not condescension but true compassion for the banished children of Eve and Adam. Groaning at the tomb of Lazarus and sweating blood under the olive trees in the light of the Passover moon, God passed over fully into our humanity.

And Jesus wept. And so do we. And still we hope, as he hoped on the cross, in the One who will wipe every tear from our eyes and make all things new and whole and glorious.
JOE’S CAFÉ …Stop by for a tasty bit! - Virtual Café
Something Wonderful is About to Happen.
By Joe Romanazzi, Past Grand Knight

Regular patrons, Billie Davis and her friend Dottie Enfante, came to Joe’s Virtual Café to enjoy root beer floats following their weekly volunteering at St. Michael’s Saint Vincent DePaul food locker. Billie told Dottie about her recent trip to Emmitsburg, Maryland to visit the National Shrine of Saint Elizabeth Ann Seton (1774-1821). Like all saints, Mother Elizabeth Ann Seton’s path to sainthood (canonized 1975), took many unexpected turns as she was determined to be obedient to God’s will for her. She fervently prayed throughout her life and frequently provided wise advice to encourage, console and inspire family, friends, and the Sisters in her congregation. After hearing the interesting story of her journey to sainthood, Dottie remarked that St. Mother Elizabeth Ann Seton was most likely the recipient of what are termed “Godwinks” today.

A Godwink is an event or personal experience, often identified as coincidence, so astonishing that it is seen as a sign of divine intervention, especially when perceived as the answer to a prayer. Squire (He spells his first name with a capital Q) Rushnell originated the expression in his first book of hope and encouragement which was released just prior to the tragic events of September 11, 2001. The new word “Godwink(s)” quickly entered into our language representing those little “coincidences” that didn’t feel like coincidence, but instead, seemed to be a tangible connection to a divine source. Today, “Godwink” is showing up in dictionaries, news stories, and in numerous books and movies. Rushnell says the original mission of Godwinks remains unchanged: to lift the spirits with powerful and true-life “Godwink” stories, providing hope and encouragement. He believes that by recognizing the “Godwinks” our Creator has placed in our paths, we can understand—and embrace—the journey God has laid out for us.

Matthew Kelly is an internationally acclaimed speaker, author, and business consultant. He is also the founder of The Dynamic Catholic Institute, a Cincinnati-based nonprofit organization, whose mission is to re-energize the Catholic Church in America by developing world-class resources that inspire people to rediscover the genius of Catholicism. In his book, The Biggest Lie in the History of Christianity, Kelly says God still speaks to us today. It isn’t that God has stopped speaking, but rather that we have stopped listening. He writes that “If we practice silence for a few minutes per day and open ourselves to God, He will guide, encourage, and lead us. This collaboration with God will create Holy Moments which are beautiful gifts that people, our society, and the whole world need at this moment in history to survive.” Kelly says every Holy Moment triggers a chain reaction of other Holy Moments and every event unleashes hope and inspiration.

My Brothers, we know that all power and all good things come from God's infinite love for us. We are aware from scripture that our Father knows what we need before we ask Him (Matthew 6:8). We also know that all things are possible for God, and there is nothing too marvelous for Him to do for us. Whether it is God winking at us or creating Holy Moments in our lives, as proud Knights in this Council we are joyful in hope and emphatically embrace the journey God has destined for us. As Dan Schutte, American composer of Catholic liturgical music and a contemporary Christian songwriter wrote in a popular 1976 hymn, “Glory and praise to our God, who alone gives light to our days. Many are the blessings he bears to those who trust in his ways”.

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VA Guidelines After You Have Been Fully Vaccinated
By Dan Aseltine, Veterans Chairman

Obtaining the COVID-19 vaccination(s), either from the VA or another health care provider, leaves the mission only partially accomplished.

The U.S. Department of Veterans Affairs recommends the following safety precautions after an adult has been fully vaccinated. This includes waiting the appropriate interval after being injected so that the vaccine has an opportunity to work:

What's changed? If you’ve been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can visit friends and family from one other household who all live together without masks unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you’re exposed to COVID-19, only get tested if you have symptoms.
- If you live in a group setting and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don’t have symptoms.

What Hasn’t Changed? For now, EVEN IF you’ve been fully vaccinated:

- You should still protect yourself and others by wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces.
- Take precautions whenever you’re in public or spending time with anyone unvaccinated, especially if they’re at an increased risk of severe illness.
- Avoid medium or large-sized gatherings.
- Delay travel. If you do travel, you’ll need to follow CDC requirements.
- Watch out for symptoms of COVID-19, especially if you’ve been around someone who’s sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.

Men’s Bible Study – April 7 and 21 from 7-8 p.m.
On Zoom- Contact Michael Fazio at mfazioshu3@gmail.com for Zoom Link and more information

Calling all men to an engaging discussion of the previous Sunday’s gospel. Below are the readings and a preview of our discussion questions. Hope you can join us.

April 7 
Reading Gospel from Easter Sunday: John 20:1-9

Question: He saw and believed. What people, events, or books have helped me to believe more fervently? How do my words and actions help others to believe?

April 21

Question: Jesus was made known to them in the breaking of bread. How can I make the Eucharistic liturgy more central in my life? Where do I see Jesus acting in my life?
Simchat Torah (rejoice in the Torah) intimate, so that is how I came to celebrate Simchat Torah.

Some background: The first 5 books of the Old Testament (Genesis, Exodus, Leviticus, Numbers and Deuteronomy) make up the Jewish Torah. These books together are written on a scroll made of sheep skin. The books are divided into 54 sections called Aliyot. The Tora scroll is stored in a cabinet at the front of the temple called an Ark.

Before the Gregorian calendar, the books were read in 54 consecutive Sabbaths. Today there are two weeks in which two sections are read making it 52 weeks.

Not to get too far into the weeds, each sabbath there are some Psalms sung (in Hebrew), everyone stands, the Ark is opened, and the Torah is respectfully taken from the Ark. Picture two sides of the scroll, one that is unrolled to reveal the weekly section and the other to roll-up after the Aliyot is read. This way we always know where we are each week as we unroll the left and roll the right. But at some point, you will be at the end of the scroll.

On the Tuesday between the last reading from Deuteronomy (about Moses’s death) and return to the first chapter of Genesis, the creation story which is read on Rosh Hashanah, is a holiday called Simchat Torah. Or as I like to call it, Rewind Tuesday.

On this holiday all the children come to temple with miniature scrolls and other items to teach them reverence for the Torah. The Torah is taken from the Ark just like on every sabbath, but today there is not a reading. The Scrolls are carried several times around the temple under a traditional chuppah. A chuppah is an 8-foot square white cloth that is held up by four poles that are held each by a man. The children follow the procession with their little Torahs.

After the procession, the children return to their seats and the adults make a circle around the outer side walls of the temple. The Chuppah is placed off to the side and the Rabbi begins to un-scroll the entire Torah. The adults around the congregation hold the Torah, touching only the very edge of the top and bottom of the Torah as touching more would desecrate the sacred scroll. Soon the entire Torah is fully open for all to read.

The Rabbi makes some comments about the Torah, asking volunteers to quote their favorite verse. After hearing it he moves quickly to the place where the reading is found in the scroll. He then asks some teenage boys when their birthday is and goes to the Aliyot closest to the date of their birthday as that will be the Aliyot that the boy must memorize for their Bar Mitzvah.

On this one particular Simchat Torah, the Rabbi said that his two favorite verses are the greatest commandments of the Torah. The first from Deuteronomy and the second from Leviticus.

Deuteronomy 6:4-6: “Hear, O Israel! The LORD is our God, the LORD alone! Therefore, you shall love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength. Take to heart these words which I command you today.”

Leviticus 19:18 “Take no revenge and cherish no grudge against your own people. You shall love your neighbor as yourself.”

I felt a tingle run down my spine. My brain went to Matthew 22:36-40: Teacher, which commandment in the law is the greatest? He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself.”

Suddenly this section of Matthew was so much clearer. Verse 34, “When the Pharisees heard that he had silenced the Sadducees, they gathered together.” One of them posed this question to Jesus probably thinking that Jesus would go to the 10 commandments. This was a trap without an answer. Jesus quoted Deuteronomy. The Pharisees were caught in their own trap. Jesus knew the Torah better than they thought that he did. Then he followed up with a quote from Leviticus.

All of my life I had assumed that what silenced the Sadducees was Jesus introducing two new commandments and the scholars of the time needed time to ponder this new thought. It did not occur to me that Jesus was giving them back some of their own teachings. And to think that this very Christian concept was taught to me by a Rabbi.

I want to thank the Rabbi and his wife for making a Catholic feel welcome during this sacred celebration.
Continued from Page 1

“We’ve just been asked to help, so that’s what we do,” says Peter Kilkenny, who has been a Knight for about 11 years, having previously served as Grand Knight.

Peter has been involved since 2010, upon his retirement. He made the move from Northern California, and decided it was time to get more involved in his Catholic faith — this, in turn, led him to the Knights of Columbus.

“I really enjoy the camaraderie and just being around other Catholic men and having fun,” Peter says. “We get to know each other and we help each other out.”

Michael Dougherty currently serves as the Grand Knight. Having been in the Knights for about four years, Michael originally joined in memory of his late father-in-law, Vincent La Bate, who helped start Council 4970.

“I wanted to join in his honor and to give me an outlet for outreach and charity,” Michael says.

Overall, Michael enjoys doing charitable work in the area, as well as the spiritual activities, like praying the Rosary and the Bible studies. In particular, he has enjoyed the social opportunities offered through the organization. He values all of the new friends he and his wife, Rosemary, have made through the Knights.

“I enjoy all the things for kids and families,” Michael says. ”The parish is family life. These are the things we miss during the pandemic.”

In a normal year, members help with parking for the Christmas Eve Mass and serve pancakes and sausage for the Christmas Pancake Breakfast. Another example of Council 4970’s good work is the Seminarian Support Program, through which the group picks a seminarian and provides them with $500 every year until ordination.

Knights members check people in for Mass as part of COVID-19 safety measures.

The Knights also place a big emphasis on pro-life and community work, such as the yearly Tootsie Roll Drive to support Camp ReCreation, for those with developmental disabilities. Their efforts also benefit our OLA and St. Ignatius students through the annual Free Throw Contest, as well as the fireworks fundraiser, which goes toward providing a $1,500 scholarship for OLA and St. Ignatius students to attend a Catholic high school. Also, they have contributed $1,500 toward the remodel of the Hospitality (Donut) Room.

Knights members also volunteer at Standdown, an event to help homeless and in-need veterans. The Knights’ booths are a regular presence at the parish fair, and they have a climbing wall fundraiser, the proceeds of which benefit the OLA School.

“In general, we are big supporters of the school and church,” Michael says.

“For the Knights of Columbus, faith, family, and helping the parish are all very important,” Peter adds.

Peter enjoys that when he gets together with a Knights of Columbus group — at a breakfast, for example — they all pray before they begin. “I like being with other men who aren’t afraid to show they are Catholic,” he says.
Chief Master Sergeant Tony Carveli USAF

By Michael Dougherty, Grand Knight

In honor, appreciation and recognition of your military service with the United States Air Force, brothers and families of the Arden Carmichael Council 4970 salute you, brother Anthony “Tony” Carveli.

After graduating high school in Brooklyn, NY in 1951, Tony enlisted in the U.S. Air force. Following basic and advanced training, Tony served in the far east theater

During the Korean airlift. In 1954, he transferred to the AF reserves serving in a number of assignments in aircraft maintenance and electronic systems.

In 1968, following the USS Pueblo incident, Tony returned to active duty and immediately deployed to South Korea as shop chief on the F-100 aircraft. Later in 1968, Tony was reassigned to Hamilton AFB, California, serving as branch chief in aircraft avionics.

During active duty, Tony also served at Mather AFB as Avionics Chief for the KC-135 aircraft then to McClellan AFB as manager of the aircraft management division for 4th Air Force.

In 1992 Tony was promoted to Chief Master Sergeant in the Air Force reserves. He currently advises military retirees in health care issues and as a volunteer with the military retiree office at McClellan AFB.

Brother Tony was nominated by grand knight Miguel Sabral in October 2019 for Veteran of the Day by the Department of Veteran Affairs, and on April 15, 2020, the VA recognized Tony for his service in the US Air Force. In the recognition presentation, the VA also applauded Tony for his ministry with Council 4970 of the Knights of Columbus and St. John the Evangelist Parish,

We, the brothers of Council 4970 thank brother Tony Carveli for his service and commitment in support of our programs for church, community and our youth. Therefore, on this day, March 15, 2021, we stand and offer a salute to Chief Master Sergeant Anthony “Tony” Carveli for his 41 years of service (1951-1992) to our great country, the United States of America.

Continued Prayers Needed for Father Dave Ayotte

Father Dave posted the following health update on March 8, 2021 on his CaringBridge website: https://www.caringbridge.org/visit/fr.daveayotte

Thank you for all your prayers concerning getting into a clinical trial for pancreatic cancer. There were two trials I was focused on and I especially wanted the one associated with the Angeles Clinic here at Cedars Sinai Hospital. I got in and I start this Tuesday, March 9th, with the two-year program of weekly chemo treatment using the established FDA drugs of Gemcitabine and Abraxane. This will be supported by a new immune support drug entitled “SRF 617” being tested by Surface Oncology out of Cambridge, Massachusetts. I am in the Phase 1 trial stage which is treating 100 people in the US. Five hospitals are involved in the country and only one in California. This is the first test moving from animals to humans.

Some of my friends question whether I can be distinguished from the animals and humans…. but I am trusting that I fooled the doctors in this case.

My most recent cancer results following not being on chemo for the last four weeks are sobering and reveal the aggressive nature of my cancer. Tumors are growing in the liver and my tumor in the pancreas, which had shrunk in half, is almost back to its original size. That explains the pain in the stomach that resurfaced last week. Regrettably, I developed a serious DVT in my right calf (blood clots) last week which has been treated successfully with a shift from Eliquis to Lovenox. Back to walking normally and able to exercise regularly.

In general the month has been a waiting for news about a clinical trial and trusting in the way forward. This week we start a new medical exploration. I am grateful for your prayers, my doctors and this opportunity.
Faith in Action - Online Group Rosary

Please join us as we come together for our biweekly Zoom meeting to recite the Holy Rosary of the Blessed Virgin Mary. All are welcome to join and anyone can participate in reading a decade. The prayers will be posted on the screen for those who may need help with the order or wording of the prayers. The atmosphere of our meeting is comfortable and friendly yet reverent.

Bring your prayer intentions and rosary beads for our next meetings:
Tuesday, April 6, 7:00 pm – Glorious Mysteries
Tuesday, April 12, 7:00 pm - Glorious Mysteries
Tuesday, April 19, 7:00 pm – Glorious Mysteries

For more information, please feel free to contact Brother Tim Spinelli at tim.spinelli@gmail.com

At a small gathering of Knights and Lady Knights, Brother Bill Davis is recognized and honored as Veteran of the Day.