

THE Paladin



Knights of Columbus Arden/Carmichael Council 4970 District 9 – Division 4
Serving St. Ignatius of Loyola and Our Lady of the Assumption Parishes



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The Common Good

By Michael Fazio, Editor

On the second Sunday of Easter, the Church reads from Acts 4:32-35:

The community of believers was of one heart and mind, and no one claimed that any of his possessions was his own, but they had everything in common. With great power the apostles bore witness to the resurrection of the Lord Jesus, and great favor was accorded them all. There was no needy person among them, for those who owned property or houses would sell them, bring the proceeds of the sale, and put them at the feet of the apostles, and they were distributed to each according to need.

In the past, I have had trouble reconciling this passage with my beliefs about our free-market economic system and personal liberty. This sounded like socialism or communism to me and, while nice in thought, practically would not work in today's world.

I was wrong. I was wrong because I looked at the call of the passage from Acts from the wrong direction. The generosity of the first Christians came from within each person. The passage does not say "The Apostles directed each person to sell their property or give everything to them." Instead, the passage said "no one claimed that

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VA Health Care for Eligible Veterans

By Dan Aseltine, Veterans
Chairman



Are you an eligible Veteran who is not currently receiving your health care at VA?

There are various reasons why you might not be receiving your care at VA— that is always your choice.

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Legislation Introduced to Provide Dental Care to All Veterans

By Dan Aseltine, Veterans
Chairman

Congresswoman Julia Brownley (Democrat – Ventura County) introduced the "Dental Care for Veterans Act (H.R. 914)" in February. The bill would eliminate the current statutory eligibility restrictions for VA dental care and expand eligibility for VA dental care to all veterans enrolled in the VA health care system.

Dental and oral health care services provided by the VA are currently limited to a small population of eligible veterans.

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Election Of Officers For Fraternal Year 2021-2022

By Trustees Peter Kilkenny, Joe Romanazzi and Miguel Sabral

We are pleased to recommend the following Brothers to be Council Officers for the next Fraternal Year 2021-2022. The list included is for reference only. Nominations will also be taken from the floor and anyone can be nominated who has received their full knighthood. Just make sure the person has agreed in advance to serve. The election will be conducted in June.

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GRAND KNIGHT	Joshua Figueroa
FINANCIAL SECRETARY	Deacon Lawrence Niekamp*
DEPUTY GRAND KNIGHT	Michael Fazio
CHANCELLOR	Gary Mello
RECORDER	Tim Spinelli
TREASURER	Steve Millner
ADVOCATE	Todd Wilson
WARDEN	Peter Kilkenny
INSIDE GUARD	Bill Davis
OUTSIDE GUARD	Ben Dougherty
ONE YEAR TRUSTEE	Joe Romanazzi
TWO YEAR TRUSTEE	Miguel Sabral
THREE YEAR TRUSTEE	Michael Dougherty
CHAPLAIN (Appointed)-	
LECTURER (Appointed)-	

*Deacon Lawrence Niekamp was appointed by Supreme as our Financial Secretary and will continue to serve without council vote. The Lecturer position is for a 1-year term to be appointed by the incoming Grand Knight. The Chaplain position is also appointed by the incoming Grand Knight.

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. As the meetings are always scheduled on Tuesday nights, we will default to meditating on the Sorrowful Mysteries, but we will also switch to the others in no particular order.

Bring your prayer intentions and rosary beads for our next meetings:
 Tuesday, May 4, 7:00 pm
 Tuesday, May 18, 7:00 pm

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

Message from Deputy Grand Knight Joshua Figueroa

Great thanks and a round of applause to all of the program directors this Columbian year and to all those who helped make this year's programs possible. It is an honor to be the Deputy Grand Knight for such a great group of dedicated Catholic men—gentlemen who are more than willing to serve and go above and beyond year in and year out.

Special thanks again to the program directors, those who volunteered, and all of you for your support.

COUNCIL 4970 OFFICERS

Grand Knight
 Michael Dougherty (916-470-7599)

Chaplain
 Fr. Eduino Silveira (916-481-5115)
pastor@olaparish.net

Deputy Grand Knight
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 Dcn. Larry Niekamp (916-962-1324)

Chancellor
 Brandon Glass

Warden
 Rick Di Regolo (916-966-1654)

Guards
 Bill Davis (916-944-1348)
 Ben Dougherty (916-470-7599)

Treasurer
 Steve Millner (916-502-3162)

Recorder

Advocate
 Todd Wilson (916-961-2761)

Lecturer
 Dan Asetline (510-381-1357)

Trustees
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 Peter Kilkenny (916-692-5446)
 Miguel Sabral (916-397-1728)

District Deputy - District 9
 Peter Mendenhall (916-616-6941)

Insurance Field Agent
 Greg Bronson (530-503-7473)

JOE'S CAFÉ ...Stop by for a tasty bit! -

By Joe Romanazzi, Past Grand Knight

A Healthy Container For Our Souls Is Most Pleasing To God



The Boston Herald published an article on December 16, 2020 reporting the results of a survey commissioned by Boston-based biotechnology company, Gelesis, who partnered with research firm Kelton Global. The survey found as many as 71 million Americans gained weight during the COVID-19 Pandemic. Of these, over one-half said they were depressed about the way they looked. They found that many people depressed over spending months away from family, friends, and co-workers often turned to food for an immediate but short-lived emotional boost. The researchers determined that, unlike food, exercise was the best antidote for the depression because it helped with weight control and also gave a long-lasting boost to self-esteem and mood enhancement.

Lauren Bogardus, a fitness and lifestyle coach from "Team Lauren" was invited to speak to the workers at Joe's Café about the roles diet and exercise play in maintaining weight and enhancing overall health. Chef Luigi knew his waistline expanded during the pandemic because he had to temporarily switch to suspenders and also had to order new, larger aprons and uniforms for 7 unnamed workers. Lauren said she was aware of the Gelesis study and agreed that while in quarantine many people lounged around and indulged in binge watching Netflix with ice cream, sodas, fruit juices, cookies, cereals, chips, and other sweet and salty prepackaged snacks all nearby. She said these are the comfort foods people tend to turn to in times of stress. She added that consuming these items can create an addiction because they deliver intense and immediate triggers to the pleasure sensors in our brains. She was not surprised to learn that obesity was a problem at Joe's Café and told Chef Luigi about the Center for Disease Control's most recent statistics from 2018 that showed just over 42% of the U.S. population was obese.

Lauren offered the following important advice and comments:

* Consume more food with high nutritional value and get educated about how large food companies use sodium and sugar in the manufacture of their products.

* Use greater self-discipline in daily individual exercise routines. Physical activity is a mainstay in preventative management of cardiovascular disease, diabetes, and obesity. It is also essential for the development of the brain because increased oxygen while exercising can boost concentration, memory and mood, helping to fight stress, anxiety and depression associated with uncertainty.

* Enjoy the added bonuses of not having to fear the *tale of the tape* or to look-away when passing a full-length mirror.

* God loves seniors. Senior citizens are especially vulnerable to obesity because most seniors don't get enough exercise and tend to eat a lot of oven-ready, microwavable meals and snacks. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys, and other things, thus doing more walking. In His wisdom He made seniors lose coordination so they would drop things, requiring them to bend, reach, and stretch. Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. If seniors find themselves getting up and down more as they age, remember it's God's Will!

My Brothers, our bodies are the earthly containers for our souls. It is essential to keep them in tip-top condition by eating healthy and exercising daily. Healthy containers for our souls are most pleasing to God. As God-fearing Knights in Council 4970, we know pleasing Him always fills our hearts with an abundance of peace, love and joy.

Program Directors

Sr. Program Director

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FAITH
TBD

FAMILY

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COMMUNITY

Loren Wallin (916-878-7777)

LIFE

John Mizerak (916-332-5511)

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Will Friesen (916-225-2440)

Selected Service Committees

Parish Liaisons

SI: Mike Fazio (973-747-6007)

OLA: Peter Kilkenny (916-692-5446)

Youth

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Will Friesen (916-225-2440)

Continued from Page 1 A Health Care

If you decide that you would like to apply to receive some or all of your health care at VA, here are some steps you can take now based on your individual circumstances

Apply for VA health care. If you're not currently enrolled in VA health care, you can apply now. Find out how at <https://www.va.gov/health-care/how-to-apply/> Or, you can call VA at [877-222-8387](tel:877-222-8387), Monday through Friday, 8:00 a.m. to 8:00 p.m. ET to get help with your application.

Schedule a primary care appointment at a VA health facility. If you're enrolled, but you haven't received care through VA in the past two years, contact your local VA health facility. You can get help scheduling a primary care appointment. If you haven't yet registered at a facility, you can get help with the registration process. Look up the phone number of a nearby VA health facility at

<https://www.va.gov/find-locations/?facilityType=health>

Continued from Page 1 Legislation Introduced

Those who are eligible often have a service-connected dental condition or disability or a dental condition that impacts the treatment of another medical condition.

The VA has reported that approximately 534,000 out of 8.83 million VA enrollees receive VA dental care. The VA also offers the option to purchase dental care to certain veterans through VA's Dental Insurance Program (VADIP), which provides coverage to an estimated 614,000 veterans.

Flash Updates: Upcoming Stand Downs for Homeless Veterans

Dan Aseltine, Chairman of Veterans Affairs

Here is the most updated information concerning Stand Downs for homeless Veterans:

- Friday, June 4. Single-day event; no overnight. Volunteers of America building at Mather VA Medical Center.
- Friday, July 9 and Saturday, July 10. Single-day events; no overnight. Volunteers of America building at Mather VA Medical Center.

Please contact PGK Miguel Sabral if you can donate a few hours on any of the above three dates. Brother Miguel will provide additional details and guidance: michaelsabral@yahoo.com or 916-397-1728.

Thank you for considering this volunteer opportunity on behalf of those who sacrificed for our freedom and safety.

Join the Knight of Columbus online:

Since July 1, eligible Catholic men in the United States and Canada* can now join the Knights of Columbus online, in a simple, streamlined process that takes just five minutes.

<https://www.kofc.org/secure/en/join/join-the-knights.html>

PRAYER LIST

Names on the sick/distress list are removed after being on the list for more than one year. Names may be reinstated simply by contacting Will Friesen at will.friesen@friesen-research.com, or by personal request at any meeting. Some very long-term entries (marked with an asterisk) will remain since they are known special cases. Names will continue to be removed each month as their anniversary occurs.

Brothers, families and friends listed below will be remembered during our business meetings:

Aborted Children
All Caregivers of the sick
Milt Amaral (dec)...
Steve Robinson (dec, son-in-law of Gene Gobbo)
Jerry Butler
Bruce Collins
Bill Davis
Ray Fischbach
Bob Kelnhofer's grandson
Chuck Mentzer (uncle of John Bartel)
Chris Obodoefuna (dec)...
Michael Scott*
Christopher Scott*
Russ Spear(dec)
Patty Kochis
Dick Hall
Chuck Cuny (dec)
Mario LaSchiazza
Ben Dougherty
Joe Kievernagel

Lady Knights:

Luisita Visitacion (dec)

To report illness or death contact
Fraternal Committee
GK Michael Dougherty

Continued from page 1: The Common Good

any of his possession was his own, but they had everything in common." In other words, each Christian gave everything they had to God and the early Church; no one took anything from them. They gave and received but did not take.

Bishop Barron offers a similar take on private property. Quoting Thomas Aquinas, he noted that "We have a right to ownership, through our hard work or inheritance. Fair enough. But with regard to the use of those things, then, says Thomas, we must always be concerned for the common good and not our own." To be sure, "you have a right to property, to ownership, but when and how you use what you own, that is always a matter of the common good." This is especially true of what we owe to those in need.

The Compendium of the Social Doctrine of the Church defines the term "common good" as "the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfillment more fully and more easily" (164). In other words, a society that helps everyone become holy. Further, the Compendium states "the common good therefore involves all members of society, no one is exempt from cooperating, according to each one's possibilities, in obtaining and developing it" (167).

Each of us must contribute to the common good. We have a right to our possessions, earned through our hard work, through gift, through inheritance, or other lawful means. But we must use our possessions, our money, our time, our talents, in a way that benefits the common good. By doing this we are serving our blessed Lord and his Church.

In addition to our possessions, our use of our personal freedom implicates the common good. It is critical to protect our basic freedoms of religion, expression, speech, and the like. But we also must use those freedoms responsibly for the common good. As Christians, we willingly sacrifice our freedom for the common good. We do it in big ways, like serving our country in the military, or small ways, like wearing a mask to prevent the spread of COVID-19, and in many ways in between. We do it with love for our brothers and sister and for the good our community and our nation. We do it for the common good.

As we continue the Easter season, let us reflect on ways that we can use our gifts, talents, time, possessions, and freedoms to ensure we are promoting the common good.

Men's Bible Study – May 5 and 19 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.

- | | |
|--------|---|
| May 5 | Reading Gospel from Fifth Week of Easter: John 15:1-8

Question: <i>Without me you can do nothing.</i> When have I most relied on God? What is God calling me to do? |
| May 19 | Reading Gospel from Solemnity of the Ascension: Mark 16:15-20

Question: <i>These signs will accompany those who believe.</i> How can people tell that I am a person of faith? How does my faith shape my daily life? |

A Definition from the Catechism of the Catholic Church**Veneration**

Showing devotion and respect to Mary, the Apostles, and the martyrs, who were viewed as faithful witnesses to the faith in Jesus Christ. Later veneration was given to those who led a life of prayer and self-denial in giving witness to Christ, whose virtues were recognized and publicly proclaimed in their canonization as saints. Such veneration is often extended to the relics or remains of those recognized as saints; indeed, to many sacred objects and images. Veneration must be clearly distinguished from adoration and worship, which are due to God alone.

The Council of Trent

By Will Friesen, Associate Editor

Martin Luther (1483-1546), a former Catholic priest, in his translation of the Latin Bible into German added one word to the second chapter of Ephesians (2:8-9) "For by grace you have been saved through faith **ALONE**, and this is not from you; it is the gift of God--it is not from works, so no one may boast."

He almost did not include the book of James because it, in contrast, says be a doer of the word. James 2:17: "So also faith of itself, if it does not have works, is dead." I am not being flip about Luther's willingness to leave out books. He left out 7 Old Testament books in his translation into German. If you are asking yourself, are the only differences between the Catholic and Protestant Bibles Old Testament books, the answer is Yes!!!

Luther taught that the only sacraments are Baptism and the Eucharist.

A contemporary of Luther was Menno Simon (1496 – 1561). Simon, also a priest, woke up one day and decided that he had trouble with 'Transubstantiation' and infant Baptism. Simon was a leader of the Anabaptist movement. (As an aside, Menno Simon grew up on Friesland, where my name comes from). Anabaptists believe in a second type of baptism, baptism of faith.

The third leg of the transformation tripod and also a contemporary of the other two is John Calvin (1509-1564). Calvin was raised a Catholic and even educated at a Catholic school. He had his own epiphany. He believed that the Church should not be the source of truth but instead the bible. He also believed that humans are inherently flawed, which was greatly formed by his study of the works of Saint Augustine (so the Bible and St. Augustine are the source of truth). Yet his source of truth says that the source of truth is the Church, 1 Timothy 3:15 "But if I should be delayed, you should know how to behave in the household of God, which is the church of the living God, the pillar and foundation of truth."

More irony, he believed in predestination. That means that even before you are born God has decided whether or not you are going to heaven. He still believed that sin separates us from God. He was a strong supporter in excommunication as punishment for egregious sins.

The Roman Catholic Church felt like she needed to respond to this new body of thought. In order to allow for open discourse she invited leaders of the 3 competing schools of thought. That group agreed on their 3 most important positions, Solo Scriptura (scripture alone), Sola Fidelis (faith alone) and the rejection Transubstantiation.

The protestants were not given voting privileges at this council, so they did not fully participate.

The council confirmed the Canon of the Catholic Bible to include 74 books, which was the same as was decided at the Council of Nicaea. Some uniquely Catholic traditions such as purgatory and praying for the dead are found in the books that were dropped by Luther. The council declared that scripture and tradition are given equal footing in informing church teachings.

There are 7 sacraments (not two) and they are necessary for salvation. They held marriage was a sacrament and an unbreakable bond. They affirmed the holiness of celibacy and condemned a practice called concubinage.

The council affirmed that Christ is present in the Eucharist. And that we believe in one baptism. We believe in the Holy Catholic and Apostolic Church. The Council justified prayer through Saints, the role of relics and the veneration of Mary.

The Church banned the selling of indulgences, which while a common practice was never dogma.

Where did our stars of the reformation end up? Well, if there truly was consensus, they had their fingers crossed.

Luther said that he believes in 'Consubstantiation' so he split from the other two. The subtle difference between Transubstantiation and Consubstantiation is that Consubstantiation says that both bread and the body are present.

Simon brought back works. Mennonites believe that you literally have to work towards holiness. It is in doing work that you glorify God. In effect the harder you work the harder you are praying. This extends to Mennonites even today. They are not against technology. If one buys an automatic washer and dryer so that they have more free time, then it is a sin. If one buys an automatic washer and dryer so that they can take in and do the laundry of the entire community then it is good because it helps them do more work.

Calvin taught that hard work and discipline are marks of a strong Christian faith. Calvinist churches celebrate communion.

The root of Protestantism is protest. Disagreement is therefore a requirement. But ironically it is no longer necessary that the disagreement be with the Roman Catholic Church. By some counts there are over 25,000 Christian denominations in North America. I do not think that there are 25,000 different dogmas about which we can disagree. It only started with Trent.

Continued Prayers Needed for Father Dave Ayotte

Father Dave posted the following health update on April 11, 2021 on his CaringBridge website: <https://www.caringbridge.org/visit/fr.daveayotte>

Health Update:

Hard to believe but it has been a month now on the new clinical trial drug. Not much news to report. I will have extensive tests and information on whether the new treatment is working in three weeks – the end of April. At that time there will be a decision to continue with the process if there are signs of even a little improvement in the condition of the liver. The trial is for two years, so we are still in the first stages of evaluation. In general Tuesday's are chemo with it hitting in the late afternoon and improving strongly by Friday. The new clinical drug is meant to amplify the effects of the two FDA drugs, Gemcitabine and Abraxane..... as well as their side effects. Hair loss, rather than shedding everywhere, has encouraged me to speak with my barber – who goes by the name of "Chemo". He convinced me to come under his single razor cut of "amazing buzz" – so I am now sporting the new Fr. Dave "Mr. Clean" look!

In general I am not in pain, sleeping well, and not losing weight. Medically, I am in a wait and see mode until the end of April. Many thanks for all the prayerful support and jokes about my new "dome".

Spiritual Reflection:

On Easter Day I was blessed to speak with Anka Patrick, an immigrant from Silesia, Germany. Anka speaks 4 languages and now at 87 has a wisdom that is inspiring. She too struggled with cancer for a number of years. She mentioned that at first she asked "why me?", but found as she heard more stories of others in rougher situations, including kids, she found that the question needed to be "why not me?"

She reminds me of the spiritual saints, who like warriors for Christ, are quickest to take on the greatest challenges. Anka mentioned "everything for Christ, to stay or leave". Her words represented to me the very enfleshing of the 'indifference' that St. Ignatius of Loyola would speak about in the Spiritual Exercises. Hearing her turned upside down my perspective on my cancer, and revealed a type of gift to be embraced. I am very grateful for this treasure given to me at our sunrise service of Eastern morn.

Why not me? Before our crosses and desire to know and meet Christ, and to be Christ's presence in the world, Anka's words ring out the very presence of the risen Christ.

You can read more updates on Father Dave's health, as well as spiritual reflections from him, on the CaringBridge website. We ask all Knights and Lady Knights to pray the Prayer for Canonization of Blessed Father McGivney for Father Dave:

God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Blessed Michael McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue, may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church. Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify Blessed Michael McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present, for Father Dave Ayotte to be cured of his cancer. Through Christ our Lord. Amen.



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**ELECTRONIC SERVICE
REQUESTED**

Council Celebrates Milestone Birthday of PGK Romanazzi

By Michael Fazio, Editor

The sounds of car horns and birthday greetings filled the air as Council 4970 celebrated PGK Joe Romanazzi's 70th Birthday with a Drive-By Birthday Bash Parade on March 27, 2021 at the Crestview Shopping Center. Council members gathered early to sign cards and decorate cars with balloons. At 10:30 a.m., a long line of cars greeted Joe with birthday wishes. It was wonderful for council members, family, and friends to celebrate Joe's birthday. Happy birthday, Joe, and many more!

