



FEBRUARY - HEART MONTH



**Our Lady of Mount Carmel
Council #6413**



Knight Line

Newsletter

Knights of Columbus Council #6413 and Assembly #2781
Portland, Texas



February 2024

IN SERVICE TO ONE. IN SERVICE TO ALL.

"MEETING REMINDERS"

OFFICER'S COUNCIL #6413 MEETING

Thursday 1st
Parish Hall
7pm

MONTHLY COUNCIL #6413 MEETING

Thursday 8th
Parish Hall
Meal: 7pm Meeting: 8pm

4TH DEGREE ASSEMBLY #2781

Thursday 15th
Parish Hall
Meal 7pm Meeting 8pm

KofC members are invited and encouraged to attend these meetings. You'll find out what's going on in our council and assembly and you will be able to take an active part by expressing your views and opinions on the issues.

Grand Knights Comments



GK Jack McCarty

My Brother Knights, Ash Wednesday is February 14th. Lent is one of the times the Church sets aside for us to take stock of our lives. We need to prepare our souls, in thought and deed, in preparation for our Lord's Passion and Resurrection.

St. Valentine's Day is also the 14th—plan accordingly since a Valentine's Day date doesn't necessarily fit with a day of fasting and abstinence.

Welcome to our newest Brother Knight Manuel Lara who was exemplified on February 16th.

Congratulations to Fr. Piotr our December Knight of the Month and to Beto & Alma Martinez our December Family of the Month.

Choir and Ladies Night Out is planned for Saturday February 10th (location to be determined).

In February and March we will skip our chicken and sausage BBQ fundraisers due to Lenten Fish Fries. Speaking of Fish Fries, Everyone PLEASE pitch in every Friday for the 6 weeks of Lent—never assume there will be plenty of help. Too often, Brother Kyle has lots of volunteers week 1 and then enthusiasm starts to drop off. Preparations start at 3PM each week and cleanup normally finishes up about 7:30—lend whatever help you can during those hours.



Your Brother in Christ

Jack McCarty

Vivat Jesus!




FEBRUARY

2024

Knights of Columbus calendar events:

FEBRUARY - HEART MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Birthdays!</u>				1 Officer's Meeting Parish Hall 7pm	2	3
4	5 Sir Knight Greg Young burial ceremonies See pg 4	6	7	8 Council Meeting Meal 7pm Meeting 8pm OLMC Parish Hall	9 James Toombs-64	10 KofC Choir 5:30pm Show up 6pm Mass Ladies Night Out U&I Resturant Corpus 7:15pm
11	12 Leonel Farias-83 Daniel Reyes-27 Thomas Solis-22	13	14  Ash Wednesday  Happy Valentine's Day Lawrence Luering-72	15 4th Degree Assembly Meeting Meal 7pm Meeting 8pm OLMC Parish Hall	16 KofC Fisf Fry 3:30-7pm	17
18 	19	20	21	22 KofC Chapter Meeting: Rosary 6:30pm Meal 7pm Meeting 8pm Timothy Vala-70	23 KofC Fisf Fry 3:30-7pm	24
25	26	27	28			

May God grant you success in all your endeavors. May He give you the grace to stand up for what is right and courage to fight for the truth. On your special day, we just want to remind you that we are always and forever praying for you. And in the end, it's not the years in your life that count. It's the life in your years!

FEBRUARY 2024 CALENDAR EVENTS:

Prayer to Mary Queen of the Knights

Our Lady, Queen of the Knights, bless all the activities of our order. Keep us true to the pledge to extend the kingship of thy Divine Son on earth. Through Thine intercession, win for us the grace ever to exemplify in our public and private lives, the virtues, which should characterize those specially dedicated to the service of the heavenly court. Make us always aware that as your Knights we are constantly observed, our faith judged and our order appreciated. Accept O Mary, this renewed pledge of fealty and devotion of thy servants, the Knights

SIR KNIGHT GREG YOUNG SERVICES: (Mon. 5th)

Arrangement details for him are as follows:

**Location: Our Lady of Mount Carmel, Monday February 5, 2024, Visitation 5-7pm, Rosary- 7:00 pm
Tuesday, February 6, 2024: Funeral- 10:00 am, Christian burial to follow.**

MONTHLY MEETING (Thurs. 8th, 7pm)

Brother Knights, join the officers and other members for our second meeting of the new year. Input and participation on discussions regarding the council's programs and activities always welcome. meal 7pm and council meeting at 8pm.

OLMC CHOIR AND LADIES NITE OUT (Sat. 10th, 5:30pm)

Brother Knights, our choir is back on for Saturday Mass! Please come and be part of the choir at the Saturday. Show-up at 5:30pm in the back of the church practice prior to 6pm mass. Please wear your green KofC polo shirt and Khaki colored pants if possible. **Ladies Night Out** will be held at U&I Restaurant, 309 S. Water Street, Corpus Christi.

ASH WEDNESDAY 14th

Ashes are blessed in the Church on Ash Wednesday. While the ashes remind us that we will die and return to the ground, if we believe in Jesus, we will be raised with Him in glorious new bodies. **Services: 7am, 12:05pm and 4:30pm.**

ASSEMBLY (4th Degree) INFORMATION MEETING (Thurs. 15th)

Monthly meeting: meal at 7pm and meeting at 8pm.

- Anyone interested in an officer position in the 4th degree Assembly for the next Fraternal Year (July 2024-June 2025) contact the Faithful Navigator Joe Saavedra.

KofC FISH FRY (Fri. 16th and Fri. 23rd)

Brother Knights, it's that time of the year again for everyone to join us for our fish fry drive. All volunteers please show up 3pm-7pm. Please invite your wives to come help serve. No volunteer will be turned away!

Due to Boy Scouts having their annual BBQ, we will not have a bbq this month.

Greg & Andrea Young
Sherryl Lopez Galvan
Antonio Benavides, Jr
Bill & Gerry Reeves
Armando Aleman
Madeline Walker
Msgr McGowan
Gary Moore, Sr.
Mary Ann Cruz
Aria Rodrigues
Gylian Rosales
Efrain Carrera
Scott Grote
Al Arguijo
Bev Cox

KEEP IN PRAYER



PRAYER FOR THE SICK:

Dear Jesus, Devine Physician and Healer of the sick, we turn to You in this time of illness. O dearest Comforter of the Troubled, alleviate our worry and sorrow with Your entle love, and grant us the grace and strength to accept this burden. Dear God, we place our worries in your hands. We ask that You restore Your servant to health again. Above all, grant us the grace to acknowledge Your holy will and know that whatsoever You do, You do for the love of us.
Amen.

In memory of our brother "Sir Knight",

Greg Young

1959 - 2024

October 9

January 29

GOD OUR FATHER,
YOUR POWER BRINGS US TO BIRTH,
YOUR PROVIDENCE GUIDES OUR LIVES,
AND BY YOUR COMMAND WE RETURN TO DUST.

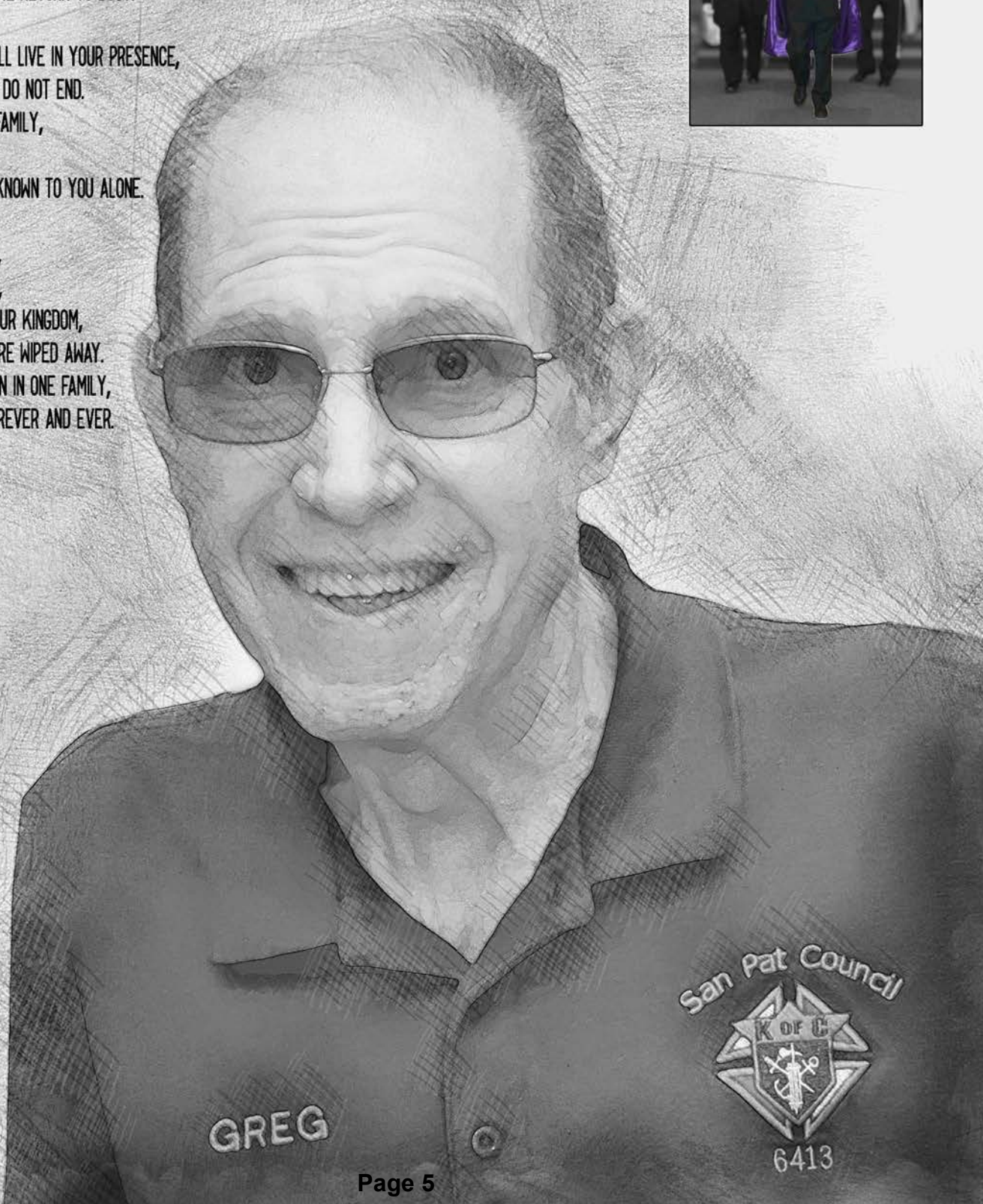
LORD, THOSE WHO DIE STILL LIVE IN YOUR PRESENCE,
THEIR LIVES CHANGE BUT DO NOT END.
I PRAY IN HOPE FOR MY FAMILY,
RELATIVES AND FRIENDS,
AND FOR ALL THE DEAD KNOWN TO YOU ALONE.

IN COMPANY WITH CHRIST,
WHO DIED AND NOW LIVES,
MAY THEY REJOICE IN YOUR KINGDOM,
WHERE ALL OUR TEARS ARE WIPED AWAY.
UNITE US TOGETHER AGAIN IN ONE FAMILY,
TO SING YOUR PRAISE FOREVER AND EVER.

AMEN.



VIVAT JESUS



San Pat Council



6413

History of American Heart Month

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers.” When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we’ve learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family and be heart healthy!

American Heart Month Timeline

May 1967

First Bypass Surgery Performed

Argentinian surgeon Rene Favaloro from the Cleveland Clinic performs the first bypass surgery, changing heart treatment forever. Today, coronary artery bypass grafting is the most common cardiac surgery in the world.

1950s

Diet Becomes Important

In the 1950s, doctors begin to understand cholesterol and the role of a low-fat diet in cardiovascular health.

1924

American Heart Association Forms

Several heart disease research groups coalesce to form the AHA, hoping to coordinate and promote efforts to understand and treat heart disease.

1200+ B.C.E.

Ancient Heart Disease

Egyptian mummies, some more than 3,500 years old, show signs of cardiovascular disease, proving that heart disease isn't an entirely modern phenomenon. Researchers speculate that the high-fat diet and sedentary lifestyle of upper-class Egyptians may have contributed to their poor health, but other pre-modern factors could also be at play.

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!



THE KNIGHTS NEED YOU!



Joining the Knights of Columbus

can change your life. As a Knight, you have the opportunity to strengthen your parish, give back to your community, grow in your faith and gain exclusive access to our portfolio of top-quality insurance products to financially protect your family. Councils conduct many programs that support your parish and community. By joining your local council does not mean that you need to sacrifice quality time with your family.

If you're interested in helping those in need in your parish and community, strengthening your parish and your familial relationships, growing in your faith, and gaining exclusive access to top-quality insurance protection for you and your family, then consider joining the Knights of Columbus.

To join the Knights of Columbus you have to be a man of 18 years of age as of your last birthday, and be a Practical Catholic in communion with the Holy See.

What does it mean to be a "practical" Catholic in communion with the Holy See?

Practical Catholic guidelines have been established to assist in judging the practical Catholicity of an applicant or member. The main components of this requirement may be described as follows:

The practical Catholic in union with the Holy See is one who, in general, regulates his life according to the teachings of Christ and the Church, and endeavors to observe the commandments of God and of the Church.

A practical Catholic strives to have a greater knowledge of the teachings of Christ and his Church's authority (vested in the Supreme Pontiff, the hierarchy and clearly united with him) to teach, govern and sanctify the faithful.

A practical Catholic gives material and moral support to the Church and her works on all levels, promoting the programs of the parish and diocese and comes to the aid of the missions, the needy, the underprivileged; espousing and advancing the just causes of minority groups; endeavoring to eliminate unjust discrimination, prejudice, etc.; supporting the Church in her defense of marriage and family life and in her crusades against divorce, abortion, pornography and all the evils of today.

If a practical Catholic marries outside the Church, that is, contrary to the laws of the Church, he ceases to be a practical Catholic and hence may not be a member of the Knights of Columbus. A man who, living in a valid marriage, obtains a civil divorce and remarries outside the Church ceases to be a practical Catholic and hence loses his right to join or continue in the Order of the Knights of Columbus.

If his former marriage is declared null by the Church and he remarries validly according to the Church's laws, he may be reinstated into the Order.

A Catholic who is a member of a forbidden, secret society is not a practical Catholic and hence may not become or continue to be member of the Knights of Columbus.

COUNCIL/CONTACT INFORMATION

Physical Address / Mailing Address:

1008 Austin
Portland, TX 78374

Email:

kofc@olmcportland.com

Regular Officer Meetings:

1st Thursday of the month at 19:00 OLMC Parish Hall.

Regular Business Meetings:

2nd Thursday of the month at 20:00 OLMC Parish Hall.

Newsletter Editor:

Ervey Martinez: kofc@olmcportland.com

Insurance Agent:

Paul Hickey
(361)241-4576

2023-2024 COUNCIL OFFICERS

Grand Knight	Jack McCarty
Deputy Grand Knight	Ben Walker
Chaplin	Fr. Piotr
Chancellor	Ervey Martinez
Recorder	Beto Martinez
Treasure	Brad Warner
Financial Secretary	Alvin Saathoff
Advocate	Richard Gonzales
Warden	John Panek
Inside Guard	Javier Carrion
Outside Guard	Richard Gonzales
Trustee for 1 year	Kyle Nohavitz
Trustee for 2 years	Tom Yardley
Trustee for 3 years	Robert "Chief" Lopez
Lecture	Butch Guerra

RESOURCEFUL LINKS RELATED TO THE KNIGHTS OF COLUMBUS

Corpus Christi "Area Chapter" Knights of Columbus: www.corpuschristikofc.com

Corpus Christi Area Chapter Knights of Columbus "Flicker": www.flickr.com/photos/ccdiochapter.org

Knights of Columbus Texas Sate Council: www.tkofc.org

Our Lady of Mount Carmel Parish: www.olmcportland.com

Our Lady of Mount Carmel Flicker: <http://www.flickr.com/photos/olmcportlandtx/>

Our Lady of Mount Carmel Facebook: [Our Lady of Mt. Carmel Catholic Church, Portland, TX](#)

KNIGHT LINE SUBMISSION:

We want to hear from you! Please submit your input to the Knight Line Newsletter. Please send to kofc@olmcportland.com no later than the 25th of the month. Requirements for submitting pictures:

- All pictures "MUST" be at least 1MB or larger in file size.
- Pictures must be related to Knights of Columbus event(s).
- A caption of the picture being submitted must be included.
- Only exception to cell phone pictures is, if your cell phone takes pictures in HD of 1MB or larger.

OLMC Knights of Columbus Council No. 6413
1008 Austin
Portland, TX. 78374



AFFIX
STAMP
HERE

Scan with your smart phone to visit OLMC



Council #6413 Website