

# Knights Knews

August 2025

## Grand Knight Report

### Grand Knights Message

We had a great officer installations and turnover dinner on Aug 3 at the KC hall. pictures are up on the website. I gave out the awards for the year at the dinner. I will put them in a separate article. We have a new kc5803.com website format, check it out, the website now includes the Chili cook-off and car show.

This month we will be cooking for the St. Rose Feast day over at St. Rose of Lima on Friday, Aug 22nd, Chris Fabry is the event chairman, call him if you can help 805-624-9858.

We will have an Exemplification of Charity, Unity, And Fraternity at the KC hall at 1255 Patricia on August 11th, come down and welcome the new Knights. It starts at 7pm.

We will be presenting and approving our 2025-2026 budget at the General meeting on Aug 13, free food at 6:30pm, rosary at 7pm and meeting at 7:30pm, hope to see you there.

Sincerely,

GK Rick Ostrich



Knights of Columbus Council No. 5803, 1255 E. Patricia Ave. Simi Valley, CA



**KNIGHTS**  
**OF COLUMBUS**  
IN SERVICE TO ONE. IN SERVICE TO ALL.

## Field Agent Report

Will you have enough income in retirement? The last thing any of us wants to worry about is running out of money to cover our needs, especially in our golden years.

An annuity from the Knights of Columbus can help give you peace of mind with a guaranteed income stream. How does it work? Simply put, an annuity is a retirement savings product. You make contributions, and, after a specified amount of time, the annuity pays you regular income. Unlike other ways you may be saving for retirement, annuities remain stable during volatile market conditions. In fact, each Knights of Columbus annuity comes with a guaranteed minimum interest rate. No matter the market fluctuations, your annuity is guaranteed to never earn less than the contractually stated amount, on an annual basis.

As you prepare for retirement, you can also consider the tax advantages, income flexibility, and estate planning benefits that permanent life insurance offers. It's a potentially valuable, and often underutilized, tool for families when it comes to preparing for retirement.

You're hopefully maximizing your contributions to savings plans like a 401(k) at work or Individual Retirement Account (IRA). What about other investment options that take your targeted retirement date and risk threshold into account? Knights of Columbus Asset Advisors, a wholly owned subsidiary of Knights of Columbus, has resources to help you understand your options. If you need assistance, I'm happy to connect you with a registered advisor. Let's look at your finances together to see what plans you already have in place, and what gaps you may have to ensure you don't run out of income in retirement. Safeguard your future today — set up time to meet with me in the coming weeks! Thank you!

Thank you!

Jehan Fernando, FICF

(805) 231-3675

jehan.fernando@kofc.org

Insurance Field Agent

**License # 0E07756**

Knights of Columbus

# Deacon's Corner

## Assumption

On August 15th, we celebrate the Assumption of the Blessed Virgin Mary. In 1917 she appeared to three little children near Fatima in Portugal. While the children were watching their sheep, a dazzling light flashed in the sky. Suddenly Our Lady appeared and told them: "I came from heaven." There were six appearances between May and October. The last appearance was accompanied by the miracle of the revolving sun. Too many thousands witnessed these wonders to question that they actually took place.



One of the children Jacinta, in later years would go to the mountains to pray the Hail Mary. After each word, she would say "Hail" and then wait for the word to echo back from the mountains.

That little child realized, as you and I must realize, that the words of the Hail Mary were brought from heaven. The first part, "Hail full of grace", was spoken by the angel who told Mary she was to be the Mother of God; the second part "Blessed art thou among women and blessed is the fruit of thy womb", were uttered by heaven's inspiration by Elizabeth, her cousin. The last part was added by God's church, but in a sense was brought from heaven, as Our Lady in her appearance of August 19th, told the three children of Fatima: "Pray for sinners".

"Now and at the hour of our death", is especially appropriate on the feast of the Assumption, which means that Mary, at the end of her life, was taken, assumed, soul and body into heaven. Jesus did not want His spotless mother to be subject to the decay and corruption of the grave. That is the bright and beautiful truth we celebrate on Assumption.

Viva Jesu

Deacon Terry

## A Decades-Long Battle with Periodontal Disease – With a Great Outcome

On July 24, 2025, my periodontist declared me as having reached stable elimination of periodontal disease. She warned me that there is no cure; it can recur without proper care at any time, but for now I have no infection, and no further bone loss and pocket depths showed improvement.

This has been a 40-year battle, with extractions, oral surgery, implants, one of which came loose then removed by my new periodontist. I credit my victory to using a product that kills senescent cells. Senescent cells are old cells that have lost the ability to divide/multiply to create new cells. They become zombie-like, damaging surrounding cells and breaking down and inflaming surrounding tissues, inducing senescence in nearby cells.

Five years ago, I began learning about cellular senescence, its impact on aging of various tissues and decided to start using Senolytic Activator from Life Extension; the first supplement that showed promise at slowing aging by killing senescent cells. In youth, immune cells patrol blood and tissues and eliminate senescent cells, and the liver recycles the parts for building new cells and detoxes what's left. But with age, the immune system itself is becoming senescent, producing less effective immune cells, and the population of senescent cells in tissues with fast dividing cells, such as the gums, starts ramping up exponentially.

There are now hundreds of studies that link cell senescence to periodontal disease. My current periodontist is aware of this research (Natasha Yashar at Simiperio.com at Cockrane & Sycamore) and took my story as some confirmation of the science. I think that my use of this senolytic for the last 4 years is an important factor in halting my periodontal disease.

Here is a brief search result from Perplexity.ai to the query 'List diseases of aging attributable to cellular senescence':

"Many maladies of aging are attributable—at least in part—to the accumulation of **senescent cells** and their effects on tissues. Cellular senescence contributes to chronic, low-grade inflammation ("inflammaging"), impaired tissue repair, and pathological remodeling via the senescence-associated secretory phenotype (SASP). Below is a list of major aging-related diseases and conditions with significant evidence implicating cellular senescence as a causal or contributory factor:

**Osteoarthritis** (degeneration of joint cartilage and bone)

**Atherosclerosis** and **Cardiovascular Disease** (plaque buildup, loss of arterial elasticity)

**Type 2 Diabetes Mellitus** and other metabolic/endocrine disorders

**Neurodegenerative diseases**, including **Alzheimer's disease**

**Idiopathic Pulmonary Fibrosis** (progressive lung scarring)



**Chronic Kidney Disease** and renal dysfunction

**Liver fibrosis** and cirrhosis

**Cataracts** and ocular diseases (e.g., age-related macular degeneration)

**Sarcopenia** (loss of muscle mass and strength)

**Frailty syndrome** and general impaired physical function

**Osteoporosis** (loss of bone density)

**Cancer** (senescence can promote tumorigenesis in some contexts through inflammatory SASP factors)

**Progeroid syndromes** (accelerated aging syndromes like Hutchinson-Gilford progeria)

**Musculoskeletal declines** (including impaired tissue regeneration in tendons, cartilage)

**Impaired immune function** (immunosenescence)

**Skin aging** (wrinkling, reduced elasticity, impaired wound healing)

Cellular senescence has been detected as a pathological feature in the tissues affected by these conditions, and removal of senescent cells in animal studies can ameliorate signs and symptoms of these diseases.

While not every case of these diseases is entirely due to senescence, and multiple mechanisms often contribute, the accumulation of senescent cells is now considered a key "hallmark of aging" and target for both mechanistic research and therapeutic intervention."

I would add periodontal disease to that list. If you want more info on how to use available senolytics, which likely will add multiple decades to your healthspan, email me at [wil-helmi@pacbell.net](mailto:wil-helmi@pacbell.net). It is very cheap protection.

To Your Greater Health and Fitness – In Christ,

Frank





# LORD, HEAR OUR PRAYER



## August Bereavement & Fraternal

Brothers and Sisters in Christ.

Updated 7/26/25 This month we mourn the passing of Mark Gutsell brother-in-law of PFN Jerry Myszkowski, William Rubel son of PGK Gary, and Willy Romero's cousin Sammy Manchaca, . Please keep the Gutsell, Myszkowski, Rubel, Manchaca and Romero, families in your prayers. Please keep the following especially in your prayers, Don Meyers, , Shirley wife of SK Dan Zengierski, PGK/PFN Gerry Riss niece Erin Hughes, Lou Porter friend of PFN Gerry Padgett, Angie Smith wife of PGK SK Bob Smith, PGK SK Bill Alexander, FN/SK John Downey, and PGK Russ Ireland.

SK Bill Alexander and wife Lori  
Tracy Antonacci and Cheri sisters of PGK

John and friend Cherokee Vandermark

David Babcock and wife Maddy  
Regina Barbosa daughter of SK Steve

Logan Brammer's mother-in-law

PGK/SK Boyd Brotherton

Salley Brownie wife of SK Ron (d)

Sean Duggan nephew of SK Joel Bruemmer

Jerry Brusseau and family

Andrew Budinski

SK Richard & Susie Case

Guillermo Camarena's father

Rosa Camacho

Juanita Camacho mother of Tony

Blanca Chowdhury and family

Barbara Connor, mother of SK Blair

Patricia wife of SK Carl Cornell (d)

Armando Correa

SK Don Corson's wife Marian and son Don

Trudy wife of SK Dominick Costanzo (d)

Jerry Mahieu brother-in-Law of SK Larry

Denning

Sahera sister of SK Sam Doka

SK John Downey's wife Ritamarie, and

family Robert, Bobby, Sean Downey and

Joan Millenciewicz,

Ann Dumas wife of SK Ronald (d)

Andy Duport

Amanda niece & Pam wife of SK Fred Erickson (d)

SK Jim Fabry and wife Linda

Diana Fabry wife and sons Noah and Chris of PPGK/SK Chris Fabray

Lupita Fanning wife and Dennis brother of SK Neil

PGK SK Joe Ferrall and his friends Matt

Weaver Sr. & Jr.

PGK Bill Fisher

Brian Fransen son of SK Don (d)

Carmen Scurlock grand-daughter, of Paul Friedeborn

Peggy, wife of Gerald Giarrusso

Nick Gomes

SK Cody Gorecki

Jacqueline Griffith mother of SK Mark

Tanya Guzman

SK Bob Hacia's Sister in law Dalton Collins

and uncle Tom Riza

Alfredo Hernandez and his sister

Alejandro Hernandez

Maury Hoffart and sons John & Ron

SK Tim Hodgins and wife Terry

Fran Hokanson and Mia Garza grand-daughter

SK Lance Holman

Stephen son and Lois, wife of PGK

SK Ron Herth

Donna Hull

Kyle Kadell's Sister Karen Childers

PGK/SK Russ Ireland

Trudy Kern mother of Dave

George Powell in Law, Walter Bingham

uncle, Sara Jayne Powell Sister and Tim

son, of SK Tom King (d) and daughters Marianne and Carol.

SK Duke Kopacz's wife Roberta and his daughter Rebecca

Al Kowalski and wife Emese

Tony Lemos and his brother Joel

Harold (Chris) Lev Jr.

Brian son & Karen wife of John Lin-scott Jr

DD Mike LoColo

Maria Lojo's mother-in-law

Veronica Lopez & Alberto Anaya cousin & nephew of SK Alberto Lopez

SK Joseph Lopez's wife Beverly and daughter Denise

Julia Mora.

Ray Madden's brother-in-law Lou

SK Henry Mancilla, brother-in-law

Alejandro Arellano, Scott, grandson and

niece Roseann Fuentes

SK Jim Manda and son Tim

PGK SK Bill Martin

SK John Makenzie's friend Andrew Richards

Norma Martinez and Daughter Thalia

The Mazo Family

PGK John McCracken and daughter Joan

Kellie daughter and Jo McKinley wife of

PGK SK Al (d)

Don Meyers

Mary and Janice Metz

Charles Miserendino and brother Joseph

Fr John Moloney

SK Tom Morrissey and wife Hope

Terry Brown, sister and cousin Ross Roger of PFN Dan Owens

Blair O'Connor's mother Barbara

Megan O'Maler

Stephen Paisley son of Marilyn

Steven brother, Katie, Saylor Padgett & Mateo Briones grand children, Miguel and Cecelia Briones, father and mother-in-law, PGK David Cabone, Rita Costello and Marc Silvestri, Lou

*Continued on next*



# LORD, HEAR OUR PRAYER



## *August Bereavement & Fraternal, continued*

SK PGK SK Bob Smith his wife Angie, sons

David and Chris.

PGK SK Chris, wife Susan, Alex son and Jean daughter.

PGK/PFN Bob Spielman's wife Mary and Elaine sister

David Tellez's (d) wife Alberta and

Brian

Lampkin son in Law

Kitty Fidermutz, Lonnie Todd's (d) daughter

Sandy, wife of Mike Tortorici

Ginger Trematore wife of SK Joe (d)

Ruben Valdez

Josephine wife of GK /PFN Fred Val-

dez and nephew Gabriel Loranzo family

Manual Vargas's niece Marissa, sister Mayira Vargas and his mother Maria Espinoza de Vargas, John Vera's son Marc Venegas & Family

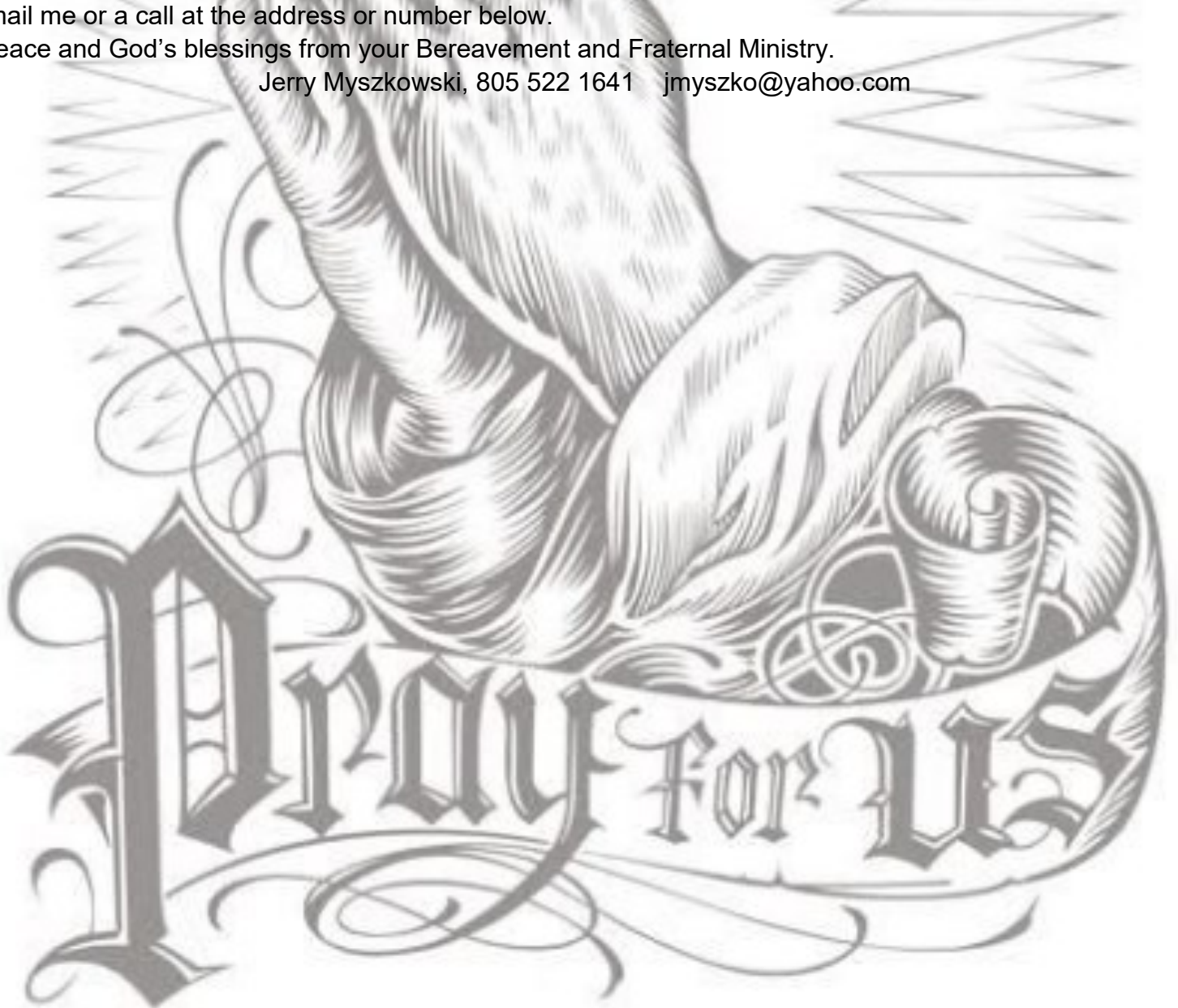
Daniel Videgain

SK Gene Walinski and wife Kathy

Please continue praying for our service men and woman, they serve throughout the world helping to maintain peace and the ideals of our country. My brothers, if you know of someone in your family, or a friend who is in ill health, who needs our prayers, or of someone who can thankfully be removed from the list, Email me or a call at the address or number below.

Peace and God's blessings from your Bereavement and Fraternal Ministry.

Jerry Myszkowski, 805 522 1641 jmyszko@yahoo.com





## **OCTOBER BLOOD DRIVE**

Please roll up your sleeve Saturday October 25 for the Knights of Columbus Council 5803 Vitalant blood drive at the St Rose of Lima parish hall from 7:30 AM to noon. Your donation has the potential to save 3 lives in our community and since the red blood shelf life is only 42 days, blood is always needed. If you can donate please call Paul Friedeborn at 805-395-1126, Vitalant at 806-654-1600 or contact them online to make an appointment.

We will also have an information table set up for anyone able to help brother knight Tony Lemos find a kidney. You can literally save his life!

## **PENDING MOTIONS**

No Pending Motions from last Business Meeting.

## **WE NEED BINGO WORKERS**

We are in need of more Bingo workers:

- Callers
- Cashiers
- Paper
- Call Back
- Finance
- Pull Tabs

Training is free, they are not hard jobs, and you get a free dinner. All we ask is 3 - 4 hours per month. Remember that CHARITY is one of the founding principles of the Knights and Bingo is where the council gets its money to donate to our charities!

If you are new to the council, or if you have not worked Bingo, please call me so I can schedule you for training and add you to the Bingo schedule.

Thank You,  
Fred Valdez  
805-428-6413  
F\_valdez@yahoo.com

## **HELPING HANDS**

Thank you everyone willing and able to help with the large variety of volunteer opportunities that our council offers each month especially the Bonomo, Linscott, and Riss families and other volunteers for their weekly Sunday community dinners. If anyone knows of any Knights, St. Rose parish members/community members in need of helping hands call me at 805-395-1126.



## 2023 - 2024 OFFICERS

|                          |                             |                |                                                                                |
|--------------------------|-----------------------------|----------------|--------------------------------------------------------------------------------|
| Grand Knight             | SK Rick Ostrich             | (805) 501-8818 | rickostrich@yahoo.com                                                          |
| Spiritual Advisor        | SK Deacon Terry Reibenspies | (805) 390-0745 | terryreib@pacbell.net                                                          |
| Deputy Grand Knight      | John Antonacci              | (805) 559-2944 | john_thetilepro@yahoo.com                                                      |
| Chancellor               | SK Paul Friedeborn          | (805)395-1126  | paulf@rsrpd.us                                                                 |
| Warden                   | John Linscott, Jr.          | (805) 428-8145 | <a href="mailto:johnlinscottjr@sbcglobal.net">johnlinscottjr@sbcglobal.net</a> |
| Recorder                 | John Downey                 | (805) 579-8970 | johndandrita@sbcglobal.net                                                     |
| Financial Secretary      | SK Jim Hook                 | (805) 579-8438 | jhook643@gmail.com                                                             |
| Treasurer                | Dave Babcock                | (408)499-5576  | dave@babcock-family.org                                                        |
| 3-Year Trustee           | SK Chris Fabry              | (805) 624-9858 | chrisfish74@hotmail.com                                                        |
| 2-Year Trustee           | PGK Joe Ferrall             | (805) 428-1894 | Jnl_70@outlook.com                                                             |
| 1-Year Trustee           | SK Jerry Padgett            | (661) 492-5473 | jtpadgett2013@gmail.com                                                        |
| Advocate                 | SK Joel Bruemmer            | (818) 307-3590 | bruemmer@pacbell.net                                                           |
| Membership Chair         | Jay Espiritu                | (805) 587-9028 | jayespiritu@sbcglobal.net                                                      |
| Guard                    | Larry Peltier               | (818)209-3580  | larrabypel@sbcglobal.net                                                       |
| Guard                    |                             |                |                                                                                |
| Guard                    |                             |                |                                                                                |
| District Deputy          | SK Mike LoCollo             | (805) 231-6168 | mikelocollo@roadrunner.com                                                     |
| Insurance Representative | Jehan Fernando              | (805) 231-3675 | jehan.fernando@kofc.org                                                        |

## COUNCIL 5803 EVENTS AND CHAIRMANS

| EVENT                              | DATE                        | CHAIRMAN                                | TEL                      | E-MAIL                                             |
|------------------------------------|-----------------------------|-----------------------------------------|--------------------------|----------------------------------------------------|
| <b>On Going/ As needed</b>         |                             |                                         |                          |                                                    |
| Bingo                              | On going                    | PGK Rick Ostrich                        | 501-8818                 | rickostrich@yahoo.com                              |
| Blood Drive                        | On going                    | SK Paul Friedeborn                      | 522-6080                 | paulf@rsrpd.us                                     |
| Christian Service Program          | On going                    |                                         |                          |                                                    |
| Family Mass                        | 5th Sundays                 |                                         |                          |                                                    |
| Fish Fries—1st Friday              | 1st Fridays                 | SK Tony Bonomo                          | 805-407-0578             | marilyn@marilynehrman.com                          |
| Healthy Living Director            | On going                    | SK Frank Wilhelmi                       | 526-6194                 | wilhelmi@pacbell.net                               |
| Helping Hands                      | As needed                   | SK Paul Friedeborn                      | 522-6080                 | paulf@rsrpd.us                                     |
| Community Breakfast                | Weekly                      | PGK Rick Ostrich                        | 501-8818                 | rickostrich@yahoo.com                              |
| Community Dinner                   | Weekly                      | PGK Rick Ostrich                        | 501-8818                 | rickostrich@yahoo.com                              |
| Membership Chair                   | On going                    | Jay Espiritu                            | 587-9028                 | jayespiritu@sbcglobal.net                          |
| Admissions Chair                   | On going                    | PGK George Gnesda                       | 522-5699                 | g.gnez@yahoo.com                                   |
| Knights Knews- Bulletin            | On going                    | SK Joel Bruemmer                        | (818)307-3590            | bruemmer@pacbell.net                               |
| Pro-Life Breakfast                 | 5th Sundays                 | SK Tony Lemos<br>SK George Lemos        | 584-3803<br>584-9816     | eliman7@sbcglobal.net<br>lemos11@sbcglobal.net     |
| Rosary for the Unborn              | 1st Saturday                | SK Tony Lemos<br>SK George Lemos        | 584-3803<br>584-9816     | eliman7@sbcglobal.net<br>lemos11@sbcglobal.net     |
| Various Food Drives                | TBA                         | TBD                                     |                          |                                                    |
|                                    |                             |                                         |                          |                                                    |
| <b>Seasonal</b>                    |                             |                                         |                          |                                                    |
| Fish Fries- Lenten                 | Ash Wed to Easter (Fridays) | SK Tony Bonomo                          | 805-407-0578             | marilyn@marilynehrman.com                          |
| Monday Night Football              | Sept- Jan                   | PGK John Antonacci                      | 559-2944                 | john_thetilepro@yahoo.com                          |
| Bowling                            | Sept-May                    | PGK George Gnesda                       | 522-5699                 | g.gnez@yahoo.com                                   |
| PADS                               | Oct-April                   | PGK Rick Ostrich                        | 501-8818                 | rickostrich@yahoo.com                              |
| K of C 5803 Toy Drive              | Oct-Dec                     | PGK Cliff Wirtz<br>PGK Norm Ouellette   | 208-8970<br>551-3704     | cawpaw@aol.com<br>njouellette7@yahoo.com           |
|                                    |                             |                                         |                          |                                                    |
| <b>Once Per Year</b>               |                             |                                         |                          |                                                    |
| Charter Night                      | TBD                         | SK Richard O'Donnell                    | 522-0906                 |                                                    |
| Super Bowl Party                   | February                    | PGK John Antonacci                      | 559-2944                 | john_thetilepro@yahoo.com                          |
| Annual Men's Retreat               | March                       | Oren Robles                             | (805) 432-6034           | orencio8@yahoo.com                                 |
| St Patrick's Day Dinner            | March                       | PGK Joe Ferrall                         | 428-1894                 | jnl_70@outlook.com                                 |
| Scholarship                        | Spring                      | PGK Bob Smith                           | 587-0434                 | truestorybob@hotmail.com                           |
| Free Throw Contest                 | Spring                      | PGK George Gnesda                       | 522-5699                 | g.gnez@yahoo.com                                   |
| Soccer Chalange                    | Spring                      | PGK Joe Ferrall                         | 805-428-1894             | jnl_70@outlook.com                                 |
| International Dinner/Vocation Sun. | TBD                         | PGK Cliff Wirtz                         | 208-8970                 | cawpaw@aol.com                                     |
| Chili Cook Off                     | June TBD                    | DGK Chris Fabry                         | 805-624-9858             | chrisfish74@hotmail.com                            |
| Installation of Officers           | July                        |                                         |                          |                                                    |
| Turnover Dinner                    | July                        |                                         |                          |                                                    |
| PGK Testimonial Dinner             | September                   | PGK Bob Smith                           | 578-0434                 | truestorybob@hotmail.com                           |
| Simi Valley Days                   | September                   | SK John MacKenzie<br>PGK John Antonacci | 522-9818<br>559-2944     | ukmackenzie@yahoo.com<br>john_thetilepro@yahoo.com |
| Bishop Fishing Trip                | Oct                         | PGK Christopher Smith                   | 579-7373                 | groobee@sbcglobal.net                              |
| Dream Cuisine                      | Oct                         | PGK Cliff Wirtz                         | 208-8970                 | cawpaw@aol.com                                     |
| MRC Tootsie Roll Drive             | October                     | PGK John Antonacci                      | 559-2944                 | john_thetilepro@yahoo.com                          |
| Columbus Day Dinner                | October                     | SK Tony Gammariello                     | 522-9548                 | tgammy@yahoo.com                                   |
| Thanksgivng Dinner / Turkey Shoot  | November                    | PGKs Jerry Padgett & Rick Ostrich       | 661-492-5473<br>501-8818 | rickostrich@yahoo.com                              |
| Memorial Mass                      | November                    | PGK Bob Smith                           | 578-0434                 | truestorybob@hotmail.com                           |
| Hanicapable Lunch                  | December                    | DGK Chris Fabry                         | 805-624-9858             | chrisfish74@hotmail.com                            |
| New Years Party                    | Dec 31st                    |                                         |                          |                                                    |

# August 2025

| Sun                                                                      | Mon          | Tue | Wed                                                                             | Thu | Fri                   | Sat                                                             |
|--------------------------------------------------------------------------|--------------|-----|---------------------------------------------------------------------------------|-----|-----------------------|-----------------------------------------------------------------|
|                                                                          |              |     |                                                                                 |     | 1                     | 2<br>*Rosary at Assumption 9:30AM<br>*Bingo<br>*Men's Holy Hour |
| 3<br>*Community Dinner 5:30-6:30<br>*5803 Officers Installation + Dinner | 4<br>CUF 7PM | 5   | 6<br>Officers Meeting                                                           | 7   | 8<br>Ya-Ya Coed event | 9<br>*Bingo<br>*Men's Holy Hour                                 |
| 10<br>*Community-Family Dinner 5:30-6:30                                 | 11           | 12  | 13<br>Pre Meal 6:30<br>Rosary 7PM<br>5803 Business Meeting 7:30PM               | 14  | 15                    | 16<br>*Bingo<br>*Men's Holy Hour                                |
| 17<br>*Community Dinner 5:30-6:30                                        | 18           | 19  | 20<br>*4th degree Officers meeting and Rosary 6:30PM<br>Business Meeting 7:00PM | 21  | 22<br>St Rose BBQ     | 23<br>*Bingo<br>*Men's Holy Hour<br>*4th Exemp - Dinuba         |
| 24<br>*Community Dinner 5:30-6:30                                        | 25           | 26  | 27                                                                              | 28  | 29                    | 30<br>*Bingo<br>*Men's Holy Hour                                |
| 31<br>*Community Dinner 5:30-6:30<br>*Family Mass<br>*Pancake Breakfast  |              |     |                                                                                 |     |                       |                                                                 |

# September 2025

| Sun                                             | Mon                                                      | Tue | Wed                                                                                                | Thu | Fri                                                              | Sat                                                                  |
|-------------------------------------------------|----------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------|-----|------------------------------------------------------------------|----------------------------------------------------------------------|
|                                                 | 1<br>Labor Day<br><br>Community<br>Breakfast<br>7-8:30AM | 2   | 3<br>Officers Meet-<br>ing                                                                         | 4   | 5                                                                | 6<br>*Rosary at As-<br>sumption 9:30AM<br>*Bingo<br>*Men's Holy Hour |
| 7<br>*Community<br>Dinner 5:30-<br>6:30         | 8<br>Monday Night<br>Football<br>(MNF)                   | 9   | 10<br>Pre Meal 6:30<br>Rosary 7PM<br>5803 Business<br>Meeting<br>7:30PM                            | 11  | 12                                                               | 13<br>*Bingo<br>*Men's Holy Hour                                     |
| 14<br>*Community-<br>Family Dinner<br>5:30-6:30 | 15<br>MNF                                                | 16  | 17<br>*4th degree<br>Officers meet-<br>ing and<br>Rosary 6:30PM<br>Business Meet-<br>ing<br>7:00PM | 18  | 19                                                               | 20<br>*Bingo<br>*Men's Holy Hour                                     |
| 21<br>*Community<br>Dinner 5:30-<br>6:30        | 22<br>MNF                                                | 23  | 24                                                                                                 | 25  | 26<br>Past Grand<br>Knights Dinner<br>5PM Coctails<br>6PM Dinner | 27<br>*Bingo<br>*Men's Holy Hour                                     |
| 28<br>*Community<br>Dinner 5:30-<br>6:30        | 29<br>MNF                                                | 30  |                                                                                                    |     |                                                                  |                                                                      |