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Grand Knight Report



Aneurin M'Carthy PGK
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Lent is here. A time to spend time in the “Spiritual Wilderness” so that when we can emerge newly reborn and reformed for the greater glory of God.

Please take advantage of the various opportunities to receive the Sacraments in preparation for Easter.

Planning for the 60th Anniversary celebrations are in full swing. The 60th Anniversary Gala will be on Saturday, May 20 2023. The weekend will be closed out with a Mass of Thanksgiving on Sunday, May 21 at 6PM. Our 60th anniversary planning committee Tickets for the gala will be presold on a first come first serve basis and are on sale now.

We had a very successful recruiting campaign recently. So far we have 4 new memberships being processed. We will introduce the members at the earliest opportunity.

Finally, please remember that the organization offers advice on retirement planning. Please contact our fraternal benefits adviser.

May God continue to bless you and your families.

Vivat Jesus



Chaplain's Corner

Deacon's Reflection



Rev. Mr. Alton Davis, Jr
Assistant to the Chaplain

Readings: Joel 2:12-18; 2 Corinthians 5:20-6:2; Matthew 6:1-6, 16-18

A time to prepare

Welcome to Lent! On Ash Wednesday, some of us have the custom of wishing one another a "good Lent." Why good? Should not we be wishing one another a solemn or serious or remorseful Lent? Maybe we should, but it is entirely appropriate to extend this good wish to others. Lent *is* good. It is good because it focuses us on what is most important. Every year Lent invites us to prepare for the celebration of the great high feast of Easter. It calls us to join ourselves more closely to the main event of our faith: the life, death, and Resurrection of Jesus.

"Return to me with your whole heart": In other words, *repent*. Turn back to God. One of the things that gives Lent such power is hearing once again the voice of God calling us back, a voice filled with patience, love, and mercy. With regret but also with joy we realize that voice has always been speaking to us, though we have not always listened. So we gather to make our prayer for mercy and give thanks for God's unfailing compassion. We receive a mark on our foreheads as a sign of an inner change of heart and mind that will express itself in our attitudes and what we do.

One way Lent draws us anew into Christ's sacrificial and reconciling love is through practices: prayer, fasting, and almsgiving. These practices—all mentioned in the scripture readings for Ash Wednesday—are ways to show ourselves we are keeping the season.

But please do not get caught up in mere observance. Let us not forget that one of the things Jesus did was to overturn an outward, rules-oriented path to holiness.

Pray, fast, and give alms with humility, not to impress others or ourselves, but with the intention to purify ourselves, serve others, and give glory to God.

Anything we do to turn toward God is *prayer*. Lent aims to make prayer more a part of our lives, both by praying more regularly and deepening our experience of prayer.

One place to start: Pray every day, in whatever way suits you. Catholic tradition offers a wealth of ways to pray: morning and evening prayers, meal time prayers, prayerful reading of scripture, devotions, the liturgy, spiritual reading, prayer groups, retreats, and even now prayer resources on the internet. Lent gives us the chance not only to pray more but also to become more prayerful, to make our entire lives a prayer.

Fasting: What we do with food is an outward sign of what we do with ourselves. The official days of fasting and abstinence serve as reminders of the deeper meaning of fasting: to see and then try to remove all that separates us from the love of God and neighbor. The hallowed Catholic custom of giving something up for Lent is, as well, a form of fasting.

That leaves *almsgiving*. Sure, one way to give alms is to open your checkbook more often for the great number of worthy causes in need of funds. The larger spirit of alms, though, is one of generosity—which can take many forms. The Easter mysteries celebrate Jesus' giving of himself for the sake of the world. In imitation of him, give more of yourself, your time, and your energy, especially with those who most need your help.

The practices of Lent are just that: *practices*. We do them to get better at them. But they are not ends in themselves. Lent is not the end; Easter is. Death and loss are not the end; Welcome to Lent! It is a blessed time. In it we draw closer to our Lord, and we learn to pray more deeply, remove the obstacles in our lives to love, and give of ourselves more generously. What could be better than that? Have a good one.



Seton note



District Deputy Report



Harold F. Sanders, DD, PFN

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Greetings My Brothers, the Catholic Men's Fellowship of Maryland, Annual Conference is March 25th. The Anniversary of the founding of the Knights of Columbus is March 26th. The State Founder's Day 5:00 pm Mass will be the 26th at Saint John the Evangelist Catholic Church, 10103 Georgia Ave., Silver Spring, MD 20902. Following Mass, an awards dinner, will be held at Father Rosensteel Council 2169, Columbian Room. All are invited. Check the State's website for further information. As we are in the Lenten season, we should be spending this time in spiritual reflection and preparation for our Lords last supper, his death and his glorious resurrection at Easter.

Remember, there are still catholic gentlemen just waiting for someone to ask them to become a Knight of Columbus.

"Cry the Gospel with Your Life"

Vivat Jesus

Harold Sanders

District Deputy #3

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 of Columbus.

AMEN



2022-2023 Officers

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Financial Secretary

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240-481-0622

Family Activity

Family of the Month

Sylvester Ikpi, PGK, PFN

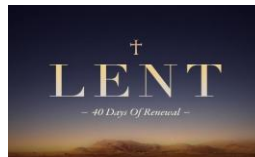
301-613-8762 or sylvester.ikpi@gmail.com

Our family of the month for January 2023 is the family of **Rozanna and Don Aitcheson**. Don is our Financial Secretary and Newsletter Editor. He is also the parish Sacristan, a lector, and a Eucharistic minister. His wife is also a lector. Thank you for your service to the Council, Parish and Community.

God's continued blessings for you and your family.

Faith Activity

SK Francisco C. King



We commemorate the following feast days and saints this month of March : Katherine Drexel(3), Casimir(4), Perpetua & Felicity (7), Patrick(17), Joseph(19), 4th Sunday of Lent -Latare Sunday (19) Annunciation of the Lord (25)

Fraternal Benefits Corner

Stephen Clites

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240-375-1372



Knights of Columbus
INSURANCE
YOUR SHIELD FOR LIFE



STEPHEN M. CLITES, FICF
FIELD AGENT

SUPREME KNIGHTS SALES CLUB QUALIFIER

PHONE: (240) 375-1372

FAX: (301) 210-0743



"THE FINEST COMPLIMENT I CAN RECEIVE IS A REFERRAL
FROM ONE OF MY MEMBERS."

Annuities • Disability Insurance
Long-Term Care • Term & Permanent Life Insurance

Please contact the benefits agent to discuss your needs.
Free Consultation.



**Gabriel Achemu
Henry Mbah
Community Activity**

Our FedEx activity was recognized recently at a reception held by Levy, the concessions management group. Mother Seton was selected as NFP (not for profit) Group of the year (2022). Congratulations to Sony Ajayi and his supporting stand managers Bob Worthington and Charles Briscoe.

Prayer to Mother Seton
Lord God,

*You blessed Elizabeth Seton with gifts of grace
As wife and mother, educator and foundress,
So that she might spend her life in service to
your people.*

*Through her example and prayers
May we learn to express our love for you
In love for our fellow men and women.
We ask this through our Lord Jesus Christ, your
Son,
Who lives and reigns with you and the Holy
Spirit,
One God, for ever and ever.
Amen.*



**STEWARDS OF HOPE
FOUNDATION**
Hope Through Love

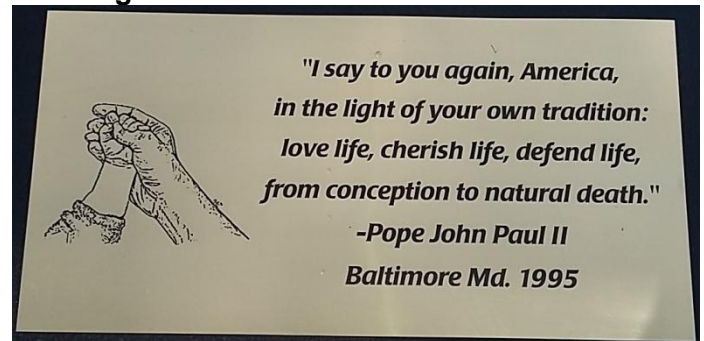
Go to <http://stewardsofhopefoundation.org>

**James Kalshoven, PGK
Pro - Life Activity**



**We continue to Defend Life from Conception
to Natural Death.**

**Defend Life - Support the Ultrasound
Program**



Membership Corner
Membership Director
E. Sony Ajayi, PGK
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202-413-1066

**“Make It Personal and
Ask”**

Checker:
2022-23 : GOAL: 9
NET: 6
Every day is a new opportunity

www.kofc.org/join



Catholic Corner

Pope Francis' Prayer Intentions for March 2023



The Pope's Worldwide Prayer Network invites all to join in the Holy Father's March 2023 prayer intention:

For victims of abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

Daily Offering Prayer

God, our Father, I offer You my day. I offer You my prayers, thoughts, words, actions, joys, and sufferings in union with the Heart of Jesus, who continues to offer Himself in the Eucharist for the salvation of the world. May the Holy Spirit, Who guided Jesus, be my guide and my strength today so that I may witness to your love. With Mary, the mother of our Lord and the Church, I pray for all Apostles of Prayer and for the prayer intentions proposed by the Holy Father this month. Amen.

Liturgical Facts For Lent

During Lent the Gloria & Alleluia are omitted.
Weekday Mass is proper order as Memorials are prohibited.
Fridays are days of Abstinence only.
Ash Wednesday and Good Friday are days of Fasting &
Abstinence.

Trivia: Sundays do not count in the 40 days of Lent.



Sick and Recovering

Brothers

Christopher Agboli, PGK
Kevin Butler, PGK
Deacon Alton Davis
Dominic Forka, PGK
Martin Gallagher, PGK
Nicholas Kniska, HLM
Everett Lallis
Rodney Oak, PGK

Relatives/Friends

Helen Dgiduch
Avelino Gonzales (Pastor's Dad)
Eugenia Ikpi
Jan Jarus
Hidegard Jorgensen
Anne Keightley-Florimbio
Martha (Marty) Lallis
Gay Magruder
Angie Opalski

Lord, look upon me with eyes of mercy,
may your healing hand rest upon me,
may your life-giving powers flow into every cell of my body
and into the depths of my soul,
cleansing, purifying, restoring me to wholeness
and **strength** for service in your Kingdom. Amen

If you know a Brother Knight or a family member who is sick, recovering or recently deceased, please contact us so that we may pray for them. Your help is needed to manage this list (Editor: aitcheson@hotmail.com.)



Father of goodness and love; hear our prayers for the sick members of our community and for all who are in need. Amid mental and physical suffering, may they find consolation in your healing presence. Show your mercy as you close wounds, cure illness, make broken bodies whole and free downcast spirits. May these special people find lasting health and deliverance, and so join us in thanking you for all your gifts. We ask this through the Lord Jesus who healed those who believed. Amen.



Supreme Council News

‘In Solidarity with Ukraine’

Knights of Columbus relief efforts in war-torn Ukraine chronicled in new documentary airing on ABC affiliates nationwide beginning Feb. 26



The Knights of Columbus’ ongoing relief efforts for internally displaced persons and refugees are chronicled in the new Knights of Columbus-produced documentary “In Solidarity with Ukraine.” The 60-minute documentary will premiere on Feb. 26, 2023, for a six-week run on ABC-affiliated stations across the country through a partnership with the Interfaith Broadcasting Commission.

“Our message to internally displaced persons in Ukraine and refugees in Poland is one of solidarity, gratitude and a commitment of continued support,” said Supreme Knight Patrick Kelly. “Knights in Poland and Ukraine are committed to meeting the long-term needs of the people and communities most impacted by this devastating conflict. This is why I can say with confidence to the Ukrainians: ‘You’re not alone.’ This is why I can promise we’ll be there for as long as it takes.”

The Knights responded within 36 hours of the Russian invasion by committing \$1.5 million toward humanitarian relief and established the Ukraine Solidarity Fund. To date, the Knights of Columbus has raised more than \$20 million, and thanks to the more than 9,000 Knights in Poland and Ukraine, distributed over 3.2 million pounds of food to those affected by the war. During the first weeks of the war, the Knights of Columbus Mercy Centers provided much-needed opportunities for refugees to find shelter, warmth, rest, food and water — as well as spiritual support through the presence of Knights chaplains and the Sisters of Our Lady of Mercy.

[Watch the “In Solidarity with Ukraine” trailer.](#)

“In Solidarity with Ukraine” was produced by David Naglieri, director of film and digital media for the Knights of Columbus, and features commentary from Supreme Knight Patrick Kelly; Archbishop William E. Lori of Baltimore, supreme chaplain of the Knights of Columbus; Major Archbishop Sviatoslav Shevchuk of the Ukrainian Greek Catholic Church; Cardinal Konrad Krajewski, dictionary of the service of charity; Archbishop Mieczysław Mokrzycki of Lviv; and Scythian, a Celtic folk-music band founded by brothers Alexander and Danylo Fedoryka, who are first-generation sons of Ukrainian immigrants.

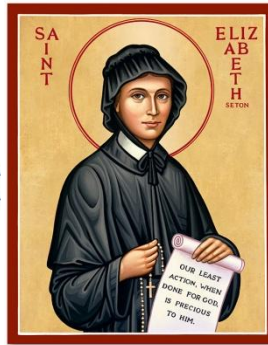
Reprinted from www.kofc.org 2/26/23



Seton note



60th Anniversary Gala 1963-2023



*Mother Seton Council #5381 cordially invites you
to an Evening of Dining, Dancing, Prizes,
Fraternity and Fun as we celebrate our legacy!*

When: Saturday, May 20, 2023 @ 7PM- 12AM

*Where: Friendship Hall
Saint Matthias Apostle Church*

Ticket: \$50

Dress: Formal (Black Tie)

*For Tickets Call Don Aitcheson 240-481-0622
Parish Office - Hughes Center
Member Knights*

No Tickets will be sold at the Door



Maryland State Council News



State Deputy
Chris Powers



MD State Convention 2023

May 5th – 7th, 2023, Crowne Plaza, 173 Jennifer Road, Annapolis, Maryland

Online registration (<https://kofc-md.org/>) for the 2023 KofC MD State Convention opened **January 9, 2023**. **Be sure to register EARLY to secure your registration and room at the Annapolis Crowne Plaza.** Visit the convention web page (<https://kofc-md.org/md-state-convention-2023/>) for the current information and direct question to convention@kofc-md.org.

To Sign up new members online

Log in to:

[www. Kofc.org/Join](http://www.Kofc.org/Join)

Remember to use Council # 5381

For more details, go to www.kofc-md.org



Seton note



Fourth Degree Report

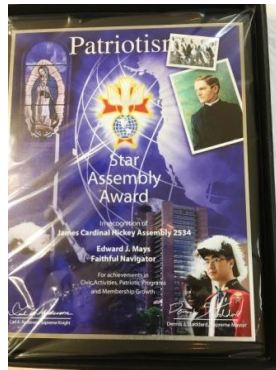
Bishop James E. Walsh Assembly No. 1548

Meets on the 2nd Monday, 7:00 pm at Father Michael Kidd Council, Holy Family Church, Mitchellville, MD

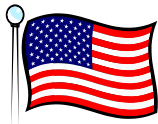
Next scheduled meeting is March 13th @ 7PM



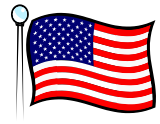
PLEASE NOTE THE CHANGE OF MEETING LOCATION



ADW Website (www.awddistrict.org)

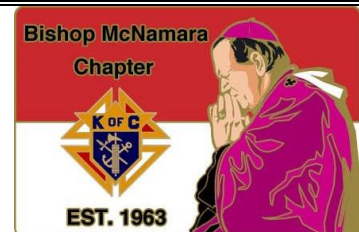


Official Flag Days in the USA



March

Bishop McNamara Chapter of Grand Knights Maryland State Council *Celebrating its 60th Year* Upcoming Chapter Meetings



	March 15, 2023	Meeting	James C. Fletcher, Jr. Council #11422, St Joseph Church, 2020 St. Joseph Drive, Largo MD
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Come hear about all the exciting events and activities that are planned for the year.
 The Chapter encourages not only Grand Knights to attend, but also Deputy Grand Knights and Council Program Directors. The Chapter meets the third Wednesday of each month except for December. The location varies.
<http://www.kofc-md.org/state1820/mcnamara.asp>



BIRTHDAYS FOR MARCH

Council



2 Martin Kwapinski
7 Linus Ketcha
9 Emmanuel Amanyeiwe
10 Tchamnda Mbatchu
18 Christopher Okorie
19 Darren Watson
22 Edwin Onyeiwu
25 Gabriel Achemu
27 Timothy Hankins

Ladies Auxiliary



**HAPPY
BIRTHDAY!!!**

Editor's Pen

If there is a special request for a copy of the Seton notes by mail, let us know. Please send all newsletter related issues to Don Aitcheson at aitcheson@hotmail.com (240-481-0622).

The deadline for article submission is the 20th of each month. The email edition will be sent on or about the 1st of each month. Please feel free to give us feedback. Copies are available in the pamphlet rack at St. Matthias. back of Saint Matthias Church and on the website at www.stmatthias.org.

Seton notes
Knights of Columbus
Mother Seton Council #5381
9475 Annapolis Road
Lanham, MD 20706-3020

Upcoming Council Events Calendar

Mar 7	Council Meeting – 8PM
Mar 21	Council Meeting – 8PM
Apr 2-8	Palm Sunday/ Holy Week
Apr 4	Council Meeting – 8PM
Apr 7	Good Friday
Apr 9	Easter (No 6PM Mass)
May 20	60 th Anniversary Gala Dinner...7PM
May 21	60 th Anniversary Mass – 6PM

Council meetings are held 1st and 3rd Tuesday of every month in the Hughes Center at Saint Matthias Parish, Lanham , MD unless otherwise posted.

Council meetings are now being held in person.

**Note: Dress code is in effect for meetings.
Jacket and tie requested.**

NO Shorts or T-Shirts Please @ any meeting.