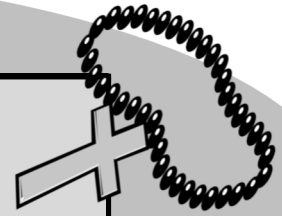




February 2023

# Knightly Knews

St. Vincent de Paul Knights of Columbus Council #11353  
St. Vincent de Paul Catholic Parish Fort Wayne, Indiana



**Love is the Joy of Service So  
Deep That Self is Forgotten.**

Volume 25 Issue 2



**Knights of  
Columbus®**

## A Message from your Grand Knight ...



**Brother Knights,** JMJ

In 2023, our Lenten journey begins in February. Lent (Latin: Quadregesima) meaning "fortieth", commemorates the 40 days Jesus spent fasting in the desert and enduring temptation by Satan before beginning His public ministry. In our Catholic tradition, Lent begins this year on Ash Wednesday, February 22nd and ends on Holy Thursday, April 6th. As Knights, we have an opportunity to serve the Parish in various ways this month and make that part of our Lenten sacrifices. The blood drive, breakfast, free throw contest, men's conference in South Bend, oratory and directing traffic are all on the schedule.

Deputy Grand Knight Steve Shoda came up with an excellent idea of sponsoring pilgrimages to three Shrines and exhibits in Indiana, Ohio and Michigan. He contacted fellow Knight Gene Meenagh to check with

the St. Vincents Boy Scouts Committee about using their Boy Scout Bus for the trips. They gave permission and we just need to work out logistics and scheduling one or two of the Scout's approved drivers to operate the bus. The destinations are:

1. The Shrine of Christ's Passion in St. John, Indiana
2. "Who is the Man in the Shroud?" - permanent exhibit in Ann Arbor, Michigan
3. The Basilica and National Shrine of Our Lady of Consolation in Carey, Ohio

A big thank you to Steve and Gene for carrying through on what could be a great experience for our Council.

Fellow Knight Keith Burns has offered to keep track of all our members who need Safe Environment training from the Diocese and/or the Knights. We know that this information may be available somewhere but not always when we need it. Keith would keep an accurate record of our members, will accurately monitor who works with kids at each event and alert officers to any member who has not completed proper training. No more second guessing! Thanks, Keith!

Special thanks to Tony Ganda, Rick Stier and Bruce Cadwell for completing our yearly report of money donated and hours volunteered from our Council. This is a tough but necessary task that takes many hours to prepare. Each council is responsible for submitting this documentation to help sustain our national organization's tax exempt status and to award councils for outstanding contributions to their parishes and communities.

Also, a thanks to Fellow Knight Don Koritnick for his idea of selling Christmas ornaments at our breakfast in December and at our Christmas dinner. With more time next year to advertise, it can become a source of income for our Council. Hope to see you all at our membership meeting on February 15th.

Vivat Jesus! **Mike McMillen, Grand Knight**

## Ladies Auxiliary News....

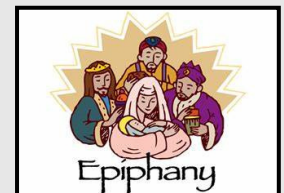
Knights Auxiliary Ladies, Just to update you, we did meet in December. We wrapped all of the Christmas gifts for the family that the Knights adopted. We also did our usual of adopting the A Mothers Hope ladies. Which simply means we gathered eight backpacks, and packed them full of "girly goodies" and drop them off at A Mothers Hope. The ladies love these they always look forward to us donating this. There is a little core group of 5 to 6 ladies that has been meeting the last year. We meet on the third Monday of the month and go out to a restaurant for dinner. Some of us cannot make the Wednesday night with our husbands so this seem to work out, now that the pandemic has settled down perhaps more of you would like to join us. Please phone me or text me Connie Dailey, **260-446-2177** or you may email me: [ctdailey@frontier.com](mailto:ctdailey@frontier.com) to be included in our mailings and activities. We would love to have you join us. The Knights have asked us to take care of the planning of a summer picnic for them and also Christmas dinner. We really do need more ladies to step up. We would love to hear from you!

**Blessings. Connie Dailey, coordinator**

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**Meetings are on  
the 1st & 3rd  
"Wednesdays"  
of the Month.**



***Come to our  
'dinners' before the  
meeting. Cards after.  
Meet our newest  
members.***

## Our Prayer Line:

*Please keep the following members and their families, who are sick, in distress or in harms way (police, fire, ambulance, health care or serving in the military) in your prayers.*

**Take a moment to enliven one's heart.** Msgr. Kuzmich, Mike & Teresa Koch, Jim Lane, David Gensheimer, Ivy Berghoff, Kellie Stanley, Bob Pequignot, Phil Dubois, Paul Reszel, Ellis Ryan, Howard Fischer, Dan Myers, Pam Allen, Kathy Stieglitz, Bob O'dell, Joe Brown, Ruth Ann Houlihan, Ted Okendu, Lisa Craw, Dana & Alice Achor, Mike Pranger.

**For the departed souls:** Ron Brouwer, Rosemary Reszel, Msgr. Joseph Ssebayingga, Bob Cowan, Bob Gensheimer, Denny Mockenhaupt, Steve Lybrook, Don Getts, David Yee, Jim Irey, Lowell Dusseau, Bernie Richardville, Jack Oberle, Karl Cid, Robin Studt, Sheila Zoretich, Doug Schumick, Larry Eberle, Bob Deck, Dave Springmann, Ron Minton, John Hennessey, Walt Voigt, Ed Jarboe, Skip Johnson, Max Cambre, Felipe De Guzman, Greg Carlston, Donald Leffers, David Chavis, Deacon Jim Fitzpatrick

**For all the aborted babies and for all of the elderly and/or sick members of our council.**



## Membership Report...

The Knights of Columbus are a pillar of our parish in supporting our faith, our parish families, and parish activities. As a Knight you choose the projects with which you wish to be involved in within your own community. What is more, the Order is dedicated to family life and the many benefits it offers. From insurance to scholarships to service and social activities and programs, all are open to the whole family. Every Catholic man has an opportunity to make a difference in this world and live the Catholic faith through actions of the Knights of Columbus. Please consider this a personal invitation to you to ask someone to join. Have them come and see just what the Knights are all about and take the first steps to enhance your personal life.

For more information contact: **Randy Lauer 615-2686 - Mike McMillen 415-0163**

***Have you asked someone to join the Knights of Columbus?***

## 2022 / 2023 Officers

Chaplain	Fr. Polycarp Fernando	489-3537
Grand Knight	Mike McMillen	415-0163
Dep. Grand Knight	Steve Shoda	445-8373
Chancellor	Tom Solosky	703-924-6206
Financial Secretary	Bruce Cadwell	750-6836
Recorder	Dan Nix	450-2073
Treasurer	Rob Green	348-1174
Lecturer	Rick Stier	704-5233
Advocate	Dave Thomas	637-6387
Warden	Randy Lauer	615-2686
Inside Guard	Rick Reed	413-2152
Outside Guard	Nick Dawson	497-0100
1 Yr Trustee	Mark Sorich	403-2140
2 Yr Trustee	Dennis Fech	489-9620
3 Yr Trustee	Don Koritnik	627-0921
<hr/>		
District Deputy	Dr. Tom Ryan	413-4131
Past Grand Knight	Mike McMillen (20-22)	415-0163
Benefits Rep.	Jeff Goralczyk	574-529-1719

## Service Program Directors / Chairmen

Program Director	Tony Ganda	440-725-2910
- Faith Director	John Becker	415-3458
- Community Director	Jeff Schafer	489-1965
- Life Director	Dana Achor	437-9061
- Family Director	Rick Stier	704-5233
<hr/>		
Membership Chairman	Randy Lauer	615-2686
- Retention Committee	Steve Shoda	445-8373
- Admission Committee	Bruce Cadwell	750-6836
Vocations Chairman	Tom Solosky	703-924-6206
Memorial co-Chairman	Jim Cox	637-4969
" co-Chairman	Tom Solosky	703-924-6206
Rekindle the Fire Liaison	Mike McCarthy	413-1454
Scouting Liaison	Tony Wagner	415-0881
4th Degree Liaison	Ed Koehl	338-0743
Newsletter Editor	Rick Stier	704-5233
Gibault Envoy	Bruce Cadwell	750-6836
Blood Drive Chairmen	Ed Koehl	338-0743
" "	Jeff Schafer	489-1965
Special Olympics Amb.	Dennis Fech	489-9620
Ladies Auxiliary Coordinator	Connie Dailey	446-2177

## Happy 'February' Birthday Guys !!!!

Robert Behan Kevin Cunningham Brian Dumford Jason Garrett Philip Goffer Rev Vincent Ibeh Michael Koch  
Kevin Komin Don Koritnik Ronald Kuenkler Ryan Lepley William Magda Michael McCarthy Gregory Mitro  
Dan Nix Edward Ort Michael Richardville Dr Matthew Shambaugh Christopher Smith Mark Sorich Dean Stanley  
Michael Thompson Buddy Weihe Kent Whiting Robert Zurbuch

### 4th Degree Report....

I want to thank everyone who came out to support the March for the Unborn back in January, we need to always keep the unborn in our thoughts and our prayers. Back in January we had some candidates go through the virtual 4th Degree, I want to personally welcome them to the 4th Degree. Members please try to make it to a 4th Degree meeting, we meet the 2nd Tuesday of the month, come and support your Assembly, meetings start at 7 PM with the rosary.

Mark your calendars, we are having our appreciation dinner for the Priest and Sister's who serve our area. The date is set for Thursday June 22, 2023, the dinner will be at the Parkview Mirro Center. We will send out invitations to all members of the 4th Degree. Please keep our men and women who serve in the military in your thoughts and prayers. We will always send out phone blasts with information about what is going on in our Assembly and reminders about our meetings.

**Brent Mosley, Faithful Navigator, Anthony Wayne Assembly 239**



### 2023 Membership Dues Notices Have Gone Out...!

The 2023 Council membership dues statement were sent out and you should have received yours by the first week in January. Please send in your dues as soon as convenient as a 2nd Notice reminder will be sent out in late February which will be an added cost to the council.

*If you are having trouble paying your dues this year due to financial concerns, please let me know... we want to help! Also, if there is some reason you may be considering withdrawing your membership in the Knights... please let me know as well so we can discuss and resolve your concerns right away.*

*God Bless, Bruce Cadwell Financial Secretary 260-750-6836*

### Knights in Action!!! ....

*Council activities where we have served our parish and community.*

- **Traffic Assistance at St.Vincent - Weekend Masses in January (10 Knights - 16 Hours)**
- **St. Mary Magdalene Oratory - Adoration of the Blessed Sacrament for Jan.(8 Knights - 8 Hours)**
- **A Mothers Hope - Repair File Cabinet & Desk January 6th & 10th (1 Knight - 8 hours)**
- **Pick Up New Parkview Priest from Elkhart And Provide Misc. Assistance January 13/20/27 - 1 Knight - 16 Hours**
- **Council Free Throw Competition January 22 - (9 Knights - 20 Hours)**
- **Build Crucifix Stand for Life Center Built by Dan Kite - (1 Knight - 25 hours)**





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**Joseph Kimes**

Field Agent

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**Field Agent Report...**

Just a quick check-in on how you're keeping up on New Year's resolutions...Maybe the realistic question is, "Have you already broken some of them?" Year after year, amongst the most common resolutions are:

- 1) Getting into shape
- 2) Stop procrastinating
- 3) Improve prayer/spiritual life
- 4) Be more thankful
- 5) Spend more time with people that matter most
- 6) Reduce stress
- 7) Read more or cut down phone/internet use
- 8) Improve a skill/develop a new hobby
- 9) Save money/spend more wisely
- 10) Make plans for \_\_\_\_.

While the Knights of Columbus can't help with all of the above, a complimentary financial evaluation from your friendly neighborhood Knights of Columbus agent can help with several of the above. God has blessed us all abundantly and expects each of us to be stewards of our time, treasure, and talents. An annual review of our stewardship can go a long way in improving our spiritual life, being more thankful, reducing stress, saving/spending more wisely, and making plans for xyz, etc. Reach out to me and discover the Catholic difference! Vivat Jesus!

Joe Kimes, Field Agent

Email: [joseph.kimes@kofc.org](mailto:joseph.kimes@kofc.org)

Phone: 260-241-7119



## Culture of Life....

As of this writing, the injunction that pauses Indiana's ban on abortion, is under review by the Indiana Supreme Court. If the injunction is overturned, we still need to be vigilant over the next few years that Indiana does not slide backwards, instead makes even more gains. And our work is just beginning...helping Moms and families in crisis pregnancies takes on even greater importance. One way is to begin supporting, if you haven't yet, the pregnancy resource centers in our area. Yes, much work is needed, but we are the Knights of Columbus... the men of this country that can unite to ensure the support and love is there. The event's keynote address at the 49<sup>th</sup> N.E. Indiana March for Life was delivered by national anti-abortion speaker Katie Shaw. Shaw, an Indiana native, has Down syndrome and advocates against all abortions, particularly in cases of fetuses diagnosed with disabilities. Her goal, she said, is to help "lead the world to be abortion-free." "I am proud to be here today for the fight for the human dignity of life for all unborn babies, diagnosed with a disability or not. I believe in equality for you, for me, for everyone who has begun life in the womb," she said. "I am proud to be here to show the world that people with a disability or not need to have a chance to show the world God's plan for them." The day's other speakers included U.S. Rep. Jim Banks and Priscilla Baughman, of Deeper Still Northern Indiana, a ministry focused on women who regret their choice to receive an abortion.



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## Family of the Month....

Mark and Annette Sorich is our Family of the Month and have been St. Vincent parishioners since 2002. They have shared 35 years of wedded bliss and were married at St. Joseph Church on Brooklyn. Mark is a transplant from Michigan, while Annette is a true Hoosier. The two met while working at the old Guardian Photo Lab across from the Fort Wayne International Airport. Mark and Annette are blessed to have two adult children (Andrew & Bethany) and two granddaughters (Emma & Nina). They treasure the times spent with their family and their travels, which have taken them as far as Brazil, where their daughter-in-law Geovanna is from.

Service is important to Mark and Annette, and they can both be seen as greeters before Masses. Mark has been a Knight for 15 years and has been an officer for the past 9 years, including our Grand Knight from 2017-2020. Please congratulate them when you see them. This is an honor to be selected and a joy to work beside him in our Council.

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## New Study Suggests Acts Of Kindness May Be The Best Medicine For Depression And Anxiety....

Researchers from The Ohio State University split 122 people into three groups. Two of the groups were assigned to techniques often used in cognitive behavioral therapy (CBT) for depression: planning social activities or cognitive reappraisal (identifying negative thought patterns and then revising the thoughts).

Members of the third group were instructed to perform three acts of kindness a day for two days out of the week. Participants followed their instructions for ten weeks. The findings showed that participants in all three groups showed an increase in life satisfaction and a reduction of depression and anxiety symptoms.

However, the group performing acts of kindness led to improvements not seen in the two other groups. "These results are encouraging because they suggest that all three study interventions are effective at reducing distress and improving satisfaction," the study's co-author David Cregg said.

"But acts of kindness still showed an advantage over both social activities and cognitive reappraisal by making people feel more connected to other people, which is an important part of well-being."

The acts of kindness technique was the only intervention tested that helped people feel more connected to others. "Social connection is one of the ingredients of life most strongly associated with well-being. Performing acts of kindness seems to be one of the best ways to promote those connections," Cregg said.

In addition, the acts of kindness group showed greater improvements than the cognitive reappraisal group for life satisfaction and symptoms of depression and anxiety, results showed.

The authors noted that just participating in social activities did not improve feelings of social connection in this study.

"There's something specific about performing acts of kindness that makes people feel connected to others. It's not enough to just be around other people, participating in social activities," said co-author Jennifer Cheavens. Some of the acts of kindness that participants later said they did included baking cookies for friends, offering to give a friend a ride, and leaving sticky notes for roommates with words of encouragement.

"Something as simple as helping other people can go above and beyond other treatments in helping heal people with depression and anxiety," Cregg added.

---

**"To appreciate the beauty of a snowflake, it is necessary to stand out in the cold." — Aristotle**

## Calendar of Events

Feb 1	7:00 pm	K of C Officers Meeting - (Sp.Center - Room B)
Feb 4	7 am-12 pm	K of C Blood Drive - (Parish Hall) <b>SIGN UP NOW !</b>
Feb 5	8:00-11 am	K of C 'Family' Breakfast - (Parish Hall) <u>(Proceeds To St. Vincent School)</u>
Feb 5	12:00 noon	K of C 'District' Free Throw Contest (School Gym)
Feb 14	7:00 pm	4th Degree Meeting- @ Cathedral (St.Mother Theodore Guérin Chapel)
Feb 15	6:30 pm	<u>K of C Member Meeting - Sp.Center A &amp; B</u> <u>(Meal @ 6:30pm; Rosary @ 7:10pm; Mtg @ 7:30pm)</u>
Feb 18	9am -5 pm	2023 RTF Catholic Men's Conference (Century Ctr - South Bend)
Feb 20		<b>President's Day !!</b>
Feb 21		<b>Mardi Gras !!</b>
Feb 22		<b>Ash Wednesday !!</b>
Feb 26	6:30 pm	Rekindle the Fire - (Parish Hall)
=====		
Mar 1	7:00 pm	K of C Officers Meeting - (Sp.Center - Room B)
Mar 14	7:00 pm	4th Degree Meeting @ Cathedral (St.Mother Theodore Guérin Chapel)
Mar 19	6:30 pm	Rekindle the Fire - (Parish Hall)
Mar 22	6:00 pm	<u>K of C Member Meeting - Sp.Center A &amp; B</u> <u>(Meal @ 6:30pm; Rosary @ 7:10pm; Mtg @ 7:30pm)</u>
Mar 23	6:30pm	<b>St Vincent Evening of Confession (Church)</b>
Mar 25		<b>Solemnity of Annunciation of the Lord !!</b>
Mar 29		Founders Day - Anniversary of the Founding of the K of C in 1882.
Mar 29	7:00 pm	April K of C Officers Meeting - (Sp.Center - Room B)
TBD		Stations of the Cross (Church) - <b>As a Council !</b>
=====		
Apr 9		<b>Happy Easter—He Has Risen !!</b>
Apr 19	6:30 pm	<u>K of C Member Meeting - Sp.Center A &amp; B</u> <u>(Meal @ 6:30pm; Rosary @ 7:10pm; Mtg @ 7:30pm)</u>

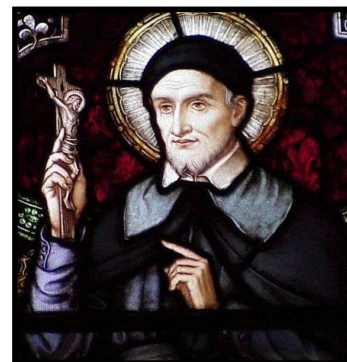
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## Pray the Rosary!

"The basis for a vibrant KofC organization is steady growth  
and commitment to the values of the Knights of Columbus."

## Next Member Meeting:

Wednesday, February 15th (S.C.)

Meal @ 6:30pm; Rosary @ 7:10pm; Mtg @  
7:30pm