

# The Pulse



St. Agnes Council 15344  
Knights of Columbus

*"You will be Brothers: Our Vocation to Fraternity"*  
December 2018

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## Grand Knight's Corner

Decembers is another busy month. We have a lot of service opportunities, including Breakfast with Santa, Las Posadas, First Friday Dinner, and that's just the first week.

November was a busy month: we had a lot of service opportunities and we fulfilled them all. Thanks to all the Brothers that helped. A special thank you to Brothers James Waters, Patrick Monahan, Cheng-Feng Tsai, SK David Wood, John Wright, Hugh McManus, and Brother Wayne Schafer, just to name a few.

I'm still working with Supreme to get the recognition we deserve from last year and now we have several changes this year. I'll keep you posted on the changes as they develop.

A special thank you for Brother John Wright for stepping up as Three-Year Trustee.

SK Frank Mazzuca  
*Grand Knight*



## Program Director's Message

### ***THE THANK YOU LIST (PART 2)***

*Author's note: In the November Edition of The Pulse, we thanked a lot of people who made a great contribution to our Council for the past year. Without them, we would not thrive for this year. For that, we are eternally grateful.*

As we continue to celebrate Thanksgiving, Christmas, and New Year's, we must always remember the real reason for this season and every season: It's Jesus Christ. We should always express our gratitude for His coming. His birth marks the beginning of eternal salvation for all and a reestablishment of the relationship between man and God. If Christ did

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# BIRTHDAYS

## December

- 1 – Tim McGallian
- 2 – David Wood
- 5 – David Zarri
- 8 – Paul Duckart
- 16 – John Wachira
- 20 – Richard Duckart
- 24 – Noel Asuncion
- 27 – Sumner Peery

# WIVES' BIRTHDAYS

- 13 – Le-Chi Hsiang  
(Cheng-Feng Tsai)
- 17 – Sue Downs (Gary)

## Council Officers

Grand Knight .....	SK Frank Mazzuca.....	925-381-5624
Chaplain .....	Fr. Johnson Abraham .....	510-557-9845
Deputy Grand Knight .....	SK King Bunyi.....	510-427-3596
Chancellor .....	SK Jorge Garcia.....	925-676-3750
Warden .....	Tex Alimpolos.....	925-687-3798
Recorder.....	SK Mike McDermott.....	925-676-2384
Financial Secretary .....	Gary Gowns.....	925-825-4409
Treasurer .....	SK David Wood PGK .....	925-458-0888
Lecturers .....	Dcn Bill Droback .....	925-689-0838
	Dcn Tony Reyes .....	925-671-0134
Advocate .....	Cheng-Feng Tsai .....	925-890-0353
Inside Guard .....	Ron Artale .....	925-827-3713
Outside Guard .....	SK Jeff Aquino PGK .....	925-356-2474
One-Year Trustee .....	SK Richard Milward FDD PGK.....	925-699-5852
Two-Year Trustee .....	SK Carlos Garcia PGK.....	925-680-2814
Three-Year Trustee .....	John Wright.....	925-798-5962
Supreme Field Agent.....	SK Francisco Fernandez FIC PGK ..	650-243-8831
District Deputy .....	SK David Schwartz PGK .....	510-325-7810

## Council Directors

Program Director .....	SK King Bunyi.....	510-427-3596
Faith Director .....	Fr. Johnson Abraham .....	510-557-9845
Community Director .....	SK King Bunyi.....	510-427-3596
Family Director.....	Wayne Schafer .....	925-323-6518
Life Director.....	Linus Farias.....	510-423-3705
Membership Director.....	SK Jeff Aquino PGK .....	925-356-2474

If you would like to assist with one of the program areas above, contact the program area director or GK Frank Mazzuca.



## PRAYER INTENTIONS

- Brother Ed Chatterton
- Brother Joaquin Compos
- Brother Neal Campanelli
- Brother Ron Artale and his son
- Brother Octavio Padilla
- Brother David – father Stan, brother Hal, and daughter Sarah
- Brother Tom Kisak
- Brother Ray Doorack – son and grandson
- Brother John Wright – brother Larry
- Brothers Claire Tryon and Ed Burgess (Council 6038)
- Brother Gary – sister-in-law Julie
- Brother Neil Cuffy
- Deacon Jim Pearce
- Brother Joel Manana – special intention
- Brother Bob McEachran
- Brother Mike – daughter-in-law Josie, expecting a baby in December and back surgery in February
- Zachary Punty (son of Brother Mike Punty of QAS) seriously injured in a car accident
- Brother Carlos Gutierrez – mother-in-law
- Brother King – special intention and for his father's conversion
- Brother Daniel Barrington – in Hospice

## Chaplain's Message

The major part of the month of December is the season of Advent. The Advent season is a time of preparation that directs our hearts and minds to Christ's second coming at the end of time and also to the anniversary of the Lord's birth on Christmas. The final days of Advent, from December 17 to December 24, focus particularly on our preparation for the celebrations of the Nativity of our Lord.

The liturgical color for Advent is purple, just like Lent—as both are seasons that prepare us for great feast days. Also, Advent (like Lent) includes an element of penance in the sense of preparing, quieting and disciplining our hearts for the full joy of Christmas. This penitential dimension is expressed through the color purple, but also through the restrained manner of decorating the church and altar: “During Advent the floral decoration of the altar should be marked by a moderation suited to the character of this time of year, without expressing in anticipation the full joy of the Nativity of the Lord.”

One of the advent devotions is Advent wreath. Traditionally, Advent wreaths are constructed of a circle of evergreen branches into which four candles are inserted, representing the four weeks of Advent. Ideally, three candles are purple, and one is rose, but white candles can also be used.

The purple candles in particular symbolize the prayer, penance, and preparatory sacrifices and good works undertaken at this time. The rose candle is lit on the third Sunday, Gaudete Sunday, when the priest also wears rose vestments at Mass; Gaudete Sunday is the Sunday of rejoicing, because the faithful have arrived at the midpoint of Advent, when their preparation is now half over and they are close to Christmas.

The progressive lighting of the candles symbolizes the expectation and hope surrounding our Lord's first coming into the world and the anticipation of his second coming to judge the living and the dead.

Advent wreath Blessing:

Lord our God,  
we praise you for your Son, Jesus Christ:  
he is Emmanuel, the hope of the peoples,  
he is the wisdom that teaches and guides us,  
he is the Savior of every nation.

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## MEMBERSHIP ANNIVERSARIES

Walter Hubrig  
– Dec 1, 1981 (37 yrs)

Ron Artale  
– Dec 15, 1987 (31 yrs)

Mike McDermott  
– Dec 1, 2010 (8 yrs)

Octavio Padilla  
– Dec 1, 2010 (8 yrs)

Cheng-Feng Tsai  
– Dec 1, 2010 (8 yrs)

Pete Mazolewski  
– Dec 1, 2017 (1 yr)

### District Deputy's Message

I want to congratulate St. Agnes Council on earning its first Star Council Award! I hope to have the plaque shortly and present it to your Grand Knight at a future meeting. It's a good size plaque, so find a place to hang it and show off the good work of your Council for the last Columbian Year!

Now, don't rest on any laurels because we are almost half-way through the current Columbian year and you need to make sure you are on track to get the honor again. Make sure that you have the correct activities for the Columbian Award Application. You are half-way towards your goal with new membership, but you need more insured Brothers. Consider opening an annuity to get some of the Brothers to be considered insured. Host a Benefits Knight so your new brothers can find out what member benefits are available. By working on these items now, you will have less to worry about later!

SK David Schwartz CS PGK PFN  
*District Deputy*

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### **Chaplain's Message**

*(Continued from page 3)*

Lord God,  
let your blessing come upon us  
as we light the candles of this wreath.  
May the wreath and its light  
be a sign of Christ's promise to bring us salvation.  
May he come quickly and not delay.  
We ask this through Christ our Lord.  
Amen.

Fr. Johnson Abraham  
*Chaplain*



## UPCOMING DEGREES

### 1st (Admission) Degree:

- Monday, December 3 –  
Most Holy Rosary, Antioch.  
Registration 7:00 PM.  
Exemplification 7:30 PM.

### 2nd (Formation) Degree:

- Saturday, January 12 –  
St. Isidore, Danville.  
Registration 9:00 AM.  
Exemplification 10:00 AM.

### 3rd (Knighthood) Degree:

- Monday, December 10 –  
Holy Spirit, Fremont.  
Registration 6:30 PM.  
Exemplification 7:30 PM.
- Saturday, January 12 –  
St. Isidore, Danville.  
Registration 11:15 AM.  
Exemplification 12:15 PM.

### 4th (Patriotic) Degree:

- Saturday, February 2 –  
Doubletree Hotel, Rohnert  
Park. For updates, visit  
[tsa2286.oaklandkofc.org/](http://tsa2286.oaklandkofc.org/).

### *Program Director's Message*

*(Continued from page 1)*

not come into this world, we would never experience the true mercy for which we yearn for the forgiveness of our sins.

We should also be thankful for Mary and Joseph for being God's instruments in paving the way for Christ in this world.

We thank Mary for saying "yes" to God's invitation to be the chosen mother of God. Though God had chosen her from the very beginning, her "yes" became a crucial catalyst in assuring God that she would take this role to heart. And she did. She was with Christ throughout his life, including His public ministry and His passion and death on the cross. Her "yes" wasn't always wine and roses. She endured hardships and pains throughout her journey with Christ, but Her determination in affirming her "yes" prevailed.

We also thank Joseph for his courage to take the role in fostering Jesus and Mary. He may not be directly part of salvation history, but it was he who protected Jesus and Mary; both being vulnerable to the harsh harm of the broken world. He almost left Mary when he learned that she was bearing a child without a father. However, the angel convinced him that she and the child would need his paternal protection. That paternal protection was instrumental in ensuring the salvation that nearly faded as they were about to face tremendous trials.

Most of all, we thank God for the gift of everlasting salvation. We are eternally grateful for His Providence, though we had sinned by falling from His grace. Truly, God never abandoned His creation. He wills to have us back in His fold. Sacrificing His son as an atonement for our sins was His greatest act of love. We should also thank Him for making sure that the salvation we longed for happened. Despite the evil that lurked near Jesus, Mary, and Joseph, God didn't abandon them. God ensured that this, His grand plan, would work for the good of all.

May Thanksgiving, Christmas, and New Year's Day remind us why we are celebrating and thankful for a great reason. Let us not be tempted by the empty promises of the temporal world that eclipses our celebration for this season. Jesus Christ is, and always be, the real reason for this season.

SK King Bunyi

*Deputy Grand Knight & Council Program Director*



## SAINT OF THE DAY

### December

- 3 – St. Francis Xavier, Priest – Memorial
- 4 – St. John Damascene, Priest, Religious & Doctor – Memorial
- 6 – St. Nicholas, Bishop – Memorial
- 7 – St. Ambrose, Bishop & Doctor – Memorial
- 8 – Immaculate Conception of the Blessed Virgin Mary – Solemnity & Holy Day of Obligation
- 9 – St. Juan Diego, Hermit – Memorial
- 11 – St. Damasus I, Pope – Memorial
- 12 – Our Lady of Guadalupe – Feast
- 13 – St. Lucy of Syracuse, Virgin and Martyr – Memorial
- 14 – St. John of the Cross, Priest and Doctor – Memorial
- 21 – St. Peter Canisius, Priest and Doctor – Memorial
- 23 – St. John of Kanty, Priest – Memorial
- 25 – Nativity of the Lord – Solemnity & Holy Day of Obligation
- 26 – St. Stephen, the First Martyr – Feast
- 27 – St. John the Apostle and Evangelist – Feast
- 28 – Holy Innocents, Martyrs – Feast
- 29 – St. Thomas Becket, Bishop and Martyr – Memorial
- 30 – The Holy Family of Jesus, Mary, and Joseph – Feast
- 31 – St. Sylvester I, Pope – Memorial

## Council Calendar of Events

- December 1 State Deputy Forum, 8 AM, Holy Spirit Church – Fremont.
- December 1 Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
- December 3 Council Officers Meeting, 7 PM, Ministry Center.
- December 4 Las Posadas, 7PM, Church Hall.
- December 7 First Friday Dinner – Tri-tip, 5:30 PM, Church Hall.
- December 8 Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
- December 8 St. Agnes Parish Christmas Dinner, 6 PM, Church Hall.
- December 9 **NO** Pancake Breakfast in December. We're giving the grills the rest of the year off.
- December 12 Todos Santos Assembly Meeting, 7:30 PM, St. John Paul II Room, St. Francis of Assisi Church. Dinner served at 6:30 PM, followed by Rosary at 7 PM.\*
- December 15 Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
- December 17 Council Business Meeting, 6:30 PM dinner, 7:30 PM meeting, Church Hall.
- December 22 Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
- December 22/23 Crab & Tri-tip Dinner ticket sales begin.
- December 29 Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
- December 29/30 Crab & Tri-tip Dinner ticket sales continue.
- January 4 First Friday Dinner, 5:30 PM, Church Hall.
- January 5 Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
- January 7 Council Officers Meeting, 7 PM, Ministry Center.

\* Fourth Degree Knights only may participate in this event.





## HOW TO LOWER YOUR ODDS OF BECOMING DISABLED

An ounce of prevention, the old saying goes, is worth a pound of cure. That is certainly true about disability. You can immediately reduce your odds of becoming disabled by making a few commonsense improvements in the way you live.

### ***Embrace a healthy lifestyle.***

Oh, you've heard this one before? It's still true. Shedding bad habits and adopting healthier ones creates an abundance of benefits – not just for you, but for the people who love you and want you to stick around a long time.

- Quit smoking
- Get regular checkups
- Get regular cancer screenings
- Watch your weight
- Get regular exercise
- Avoid excessive drinking
- Become safety-minded
- “Watch your back”
- Cultivate your mental and emotional health, too

Source:

*Council for Disability Awareness*  
< [disabilitycanhappen.org](http://disabilitycanhappen.org) >

## Field Agent's Message

### ***DISABILITY INCOME PROTECTION – ITS TIME IS NOW***

Despite the statistical data that clearly illustrates the impact of disabilities, many consumers are simply unaware of the risks associated with long-term illness and injury and find themselves unprepared when disability strikes. According to the actuaries, someone entering the workforce today has an approximately 30% chance of suffering a long-term disability of 90 days or longer at some point in their career and that disability will last on average three years. Despite this very real risk, survey after survey of workers reveals a perceived risk of disability closer to 2% rather than the 30% the actuaries tell us about. That suggests a significant disconnect between perception and reality!

Perhaps one of the reasons so many underestimate the risk of disability is that they associate disabilities with accidents. Therefore, anyone who doesn't lead a daredevil lifestyle or have a dangerous job must not face a real risk. If someone works in an office and sits at a desk, they must be immune to disability risk, right? Wrong. What they are missing is the critical knowledge that only about 10% of long-term disabilities are caused by accidents and the other 90% results from the litany of illnesses that can disable someone – illnesses such as cancer, heart disease, diabetes, arthritis, and depression.

SK Francisco Fernandez FIC PGK

*Supreme Field Agent*





**Knights of Columbus**  
**INSURANCE**  
YOUR SHIELD FOR LIFE

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## MEMORIALS TO UNBORN CHILDREN

In 1992 Cardinal John O'Connor of New York challenged Knights of Columbus units throughout the Order to pay tribute to the millions of children killed by abortion by erecting memorials in Catholic cemeteries, on council hall grounds, and at Parishes.

Since the program began, thousands of these memorials have been built. These monuments, ranging from simple headstones to elaborate memorials, stand as testimony to one simple fact: Human life is a sacred gift from God to be protected and cherished at all stages, from conception to natural death.

*from Knight's Lifeline,  
December 2009/January 2010*

### Council Approves Memorial to Unborn Children

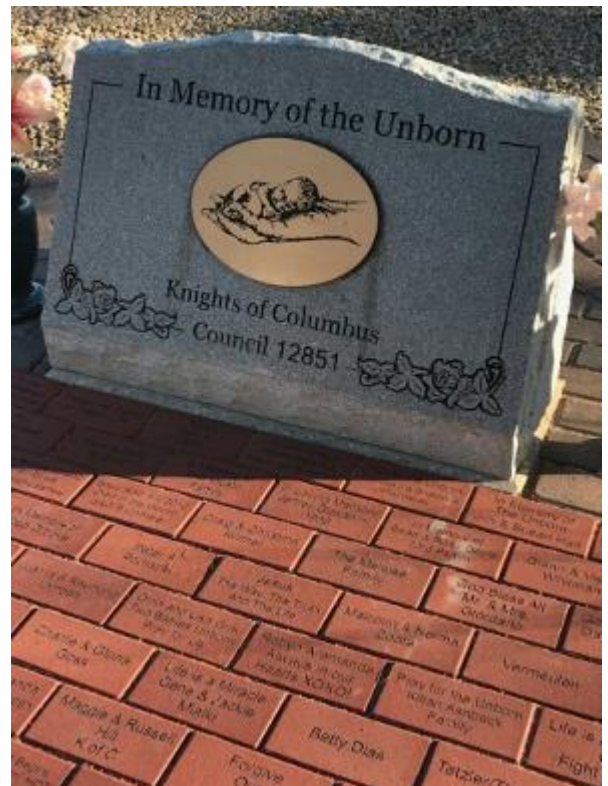
At its October 15 business meeting, the council voted to approve the motion presented by PGK Carlos Garcia at the October business meeting for the Council to purchase a granite memorial to the unborn. Fr. Johnson had previously approved the memorial. The total cost to purchase and install the memorial and its concrete base is \$4,242.

The memorial (36" wide, 16" high, and 10" deep) would be placed at the northwest corner of the church, behind the statue of Mary. This memorial will be for all unborn children, either due to abortion or miscarriage, died in the womb, or during the birth process.

The photo at right shows a similar memorial erected by a Council in Arizona. The front of the St. Agnes Parish memorial will read "In Memory of the Unborn" across the top, with "St. Agnes Council 15344 Knights of Columbus" across the bottom. The emblem of the Order will be featured in the center of the memorial, rather than the round bronze plaque in the photo.

About one-half of the total cost to purchase and install the memorial is estimated to be recovered through the sale of 4 x 8-inch Prayer Bricks at \$50 each. Using state-of-the-art laser technology, the bricks – like those in the photo in front of the memorial – can be custom engraved with up to three lines of text to honor children, grandchildren, parents, special friends, as well as memorialize loved ones. Sales of the Prayer Bricks will begin in the Spring.

Fabrication, shipping, and installation of the memorial will take several months.







## Building the Domestic Church Book Kiosk is Back

The *Building the Domestic Church* book kiosk is back and located near the Welcome Table. The kiosk displays a collection of popular Catholic Information Service (CIS) books focused on issues of vital importance for Catholic families seeking to build up and strengthen the church at home. The kiosk was last displayed during Lent.

The kiosk contains the following books at no cost:

- Building the Domestic Church: The Family Fully Alive
- Into the Breach
- Prayer Time
- Lord, Teach Us to Pray
- The Gift of Fatherhood
- Letter to Families
- The Good Life, God's Way
- The Family in the Modern World
- A Scriptural Rosary for the Family
- Becoming a Real Man of God
- Mary, The Mother of God
- Saint Benedict for Busy Parents
- Saint Joseph: Our Father in Faith
- God's Plan for Love and Marriage
- Faith: Questions and Answers

## One Warm Coat Drive a Huge Success

In California, 13.3% of the population lives below the poverty level, which for a family of four is about \$25,000. That's about one in every eight Californians living in poverty. That includes people working at minimum wage jobs – even holding down several jobs, seniors living on fixed incomes, and wage earners suddenly out of work. That means many families struggling to make ends meet, using their scarce resources to meet the most basic of needs, and not always able to afford the vital essential of a new winter coat.

Led by Brother Cheng-Feng Tsai, the Council's *One Warm Coat Drive* collected nearly 100 coats (56 women's, 33 men's, and 5 children's coats) and 28 miscellaneous items from St. Agnes School and Parish during November. Now dozens of our neighbors will be warmer this winter because others realized that a coat which they no longer needed was still useful and warm and needed by someone else.

The One Warm Coat Drive differs from the Knight's of Columbus' official 'Coats for Kids' program, because One Warm Coat collects donations of used coats of all sizes, which the council then distributes wherever the coats are needed. The Coats for Kids' program requires a Council to purchase a minimum of one dozen new children's coats (at \$13-\$18 each) for distribution. That means our Council did not have to solicit donations or use \$1,250 in Council funds to supply nearly 100 coats.

Over the next few weeks, Brother Sumner Peery will distribute the sorted coats to local shelters.



← Brothers Sumner (L) and Cheng-Feng (R) stand with the nearly 100 coats collected through the Council's 'One Warm Coat' program.