

The Pulse



St. Agnes Council 15344
Knights of Columbus

"You will be Brothers: Our Vocation to Fraternity"
February 2020

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Combined Exemplification of Charity, Unity and Fraternity

In early January 2020, the Supreme Council announced a new, combined exemplification of Charity, Unity, and Fraternity to replace the three separate First, Second, and Third Degree ceremonies to which many of us had become accustomed. In an introduction to a video demonstration of the new combined exemplification, Supreme Knight Carl Anderson described why it had become necessary and the process by which the exemplification was developed.

Why it Became Necessary

The current First Degree exemplification on Charity, according to the Supreme Knight, is a product of the late 19th Century. At the time of our Order's founding in the early 1880s, the Knights competed with other fraternal societies for members. Men wanted secrecy and they wanted the sense of progress that came with attending and completing multiple degrees. That's why initially there were two degrees. A third was added, and later, a fourth.

But the men of today are not the men of the 1880s, or even the 1980s. In recent decades, we've found it harder to bring men, especially young fathers, into our Order. When asked why, we usually hear the same answer: The system of three separate ceremonies is too time-consuming and too difficult to attend. Secrecy is also unnecessary and often it was a deal breaker.

In addition, many local councils often lacked ceremonial teams or the manpower to organize degrees. As a result, many candidates waited far too long to join. Some gave up, and others never attained leadership roles. Thus, our current system is often a stumbling block, not a gateway, to membership.

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BIRTHDAYS

February

- 3 – Robert Rigor
- 25 – Richard Milward

Council Officers / Columbian Year 2019-2020

Grand Knight	SK King Bunyi.....	510-427-3596
Chaplain	Fr. Johnson Abraham	510-557-9845
Deputy Grand Knight	<i>Open</i>	
Chancellor	<i>Open</i>	
Warden	Cheng-Feng Tsai	925-890-0353
Recorder	SK Mike McDermott.....	925-676-2384
Financial Secretary	Gary Downs.....	925-825-4409
Treasurer	SK Richard Milward PGK	925-699-5852
Lecturer	Deacon Tony Reyes	925-671-0134
Advocate	SK David Wood PGK	925-458-0888
Inside Guard	Patrick Monahan.....	925-864-9867
Outside Guard	Wayne Schafer	925-323-6518
One-Year Trustee	SK Carlos Garcia PGK.....	925-680-2814
Two-Year Trustee	John Wright.....	925-798-5962
Three-Year Trustee	SK Frank Mazzuca PGK.....	925-381-5624
Supreme General Agent...	SK Carlos Gutierrez.....	415-517-7560
District Deputy	SK David Schwartz PGK	510-325-7810

The positions of Deputy Grand Knight and Chancellor remain open.
 The only qualification for these positions is that you must be a Third-Degree Knight. For more information, contact GK King Bunyi.



PRAYER INTENTIONS

Physical healing:

- Bro. Ron Artale (heart surgery) and his son
- Bro. Paul Murray (surgery)
- Bro. Ed Chatterton
- Bro. Joaquin Campos
- Bro. Neal Campanelli
- Bro. Octavio Padilla
- Bro. Tom Kisak
- Bro. Ray Doorack's son and grandson
- Bro. John Wright's brother Larry
- Bro. Claire Tryon and Brother Ed Burgess (St. Bonaventure)
- Bro. Gary's sister in-law Julie
- Bro. Neil Cuffy
- Deacon Jim Pearce
- Bro. David's daughter Sarah, his father Stan, his brother Hal (car accident), and Aunt Marianne (spine surgery)
- Zachary Puntty, son of Bro. Mike of QAS (car accident)
- Bro. Carlos Gutierrez mother in law
- Bro. Daniel Barrington (hospice)
- Bro. Tex's sister in law Alicia E. Banzos
- Bro. Jorge Garcia
- Bro. Norm Andrews
- Bro. Tom McEachran (stroke)
- Bro. Ed Lee's sister Marian (cancer)

Special Intentions of:

- Bro. King and for his father's conversion
- Bro. Walt Hubrig
- Inmates at Martinez Detention Facility
- Patricia Viscay

Supreme Chaplain's Message

HOW TO END THE DAY: REFLECTING ON THE PRESENTATION OF THE LORD REVEALS THE PATH OF HOPE AND ALLOWS US TO REST IN PEACE

I don't know about you, but some nights I have trouble sleeping. At bedtime, the events of the day are still ringing in my ears. When I turn out the light, the stubborn problem I wrestled with at 9 a.m. comes back for a nocturnal visit. An unpleasant encounter in the early afternoon returns for a repeat performance. The letter or email I wish I hadn't received is there for my mind's eye to read with 20/20 clarity. All the while, I'm thinking about what awful shape I'll be in the next day if I don't get some sleep.

An old song by Irving Berlin advises, "If you're worried and you can't sleep, count your blessings instead of sheep. And you'll fall asleep counting your blessings."

Not bad advice. But we should not only count our blessings at the end of the day; we should also give God thanks and praise for all the ways he has blessed us.

The Church, in fact, figured all of this out a long time ago and has an official prayer to bring the day to a close.

The Canticle of Simeon

The Liturgy of the Hours, also known as the Divine Office or breviary, marks the hours of the day with prayer — morning, midday, evening and nighttime. Bishops, priests and deacons are obligated to pray it, but all are encouraged to pray as well. The last prayer of the day is called Compline, which comes from a Latin word that means "complete." Compline, or night prayer, is a way of making our day complete.

This prayer consists of an examination of conscience, a hymn in which we ask God to be with us through the night, a psalm that speaks of remembering God and his mercy even at night, and then, the pièce de résistance: the Canticle of Simeon.

In the beautiful scene in St. Luke's Gospel where Mary and Joseph, in accord with the Law of God, bring the Child Jesus to the Temple in Jerusalem to dedicate him to the Lord, they meet a layman named Simeon. Simeon was part of the remnant of Israel that looked forward to the coming of the Messiah. He was a prayerful man whose heart was full of hope in all that God had promised. No doubt he frequently prayed in the Temple, but on this occasion he was prompted by the Spirit to go there, where he encountered the Holy Family.

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Essay and Free Throw Contest Winners Presented

St. Agnes Council Community Director Mike McDermott, accompanied by Grand Knight King Bunyi, recently presented certificates and awards to the winners of the Council's Essay and Free Throw Contest.

The top scorers in the **Free Throw Contest** are invited to another round of competition on Saturday, February 22.

Council members are invited to help with that competition – see page 9 for details.

Essay Contest – This year's essay theme was:

Discuss the meaning of Virtue and how you live and embody the virtue of Charity.

All 31 essays were well written and responsive to the theme. The winners of this essay contest should be proud of their accomplishment.

- Janelle Barragan – 1st place (Score of 98%)
- Alyssa McGallian – 2nd place (96%)
- Ty Ward – 3rd place (95%)

Free Throw Contest (FTC) from St. Agnes CYO

Overall winner Jace Zhivago hit an incredible 13 out of 15 free throws to win 1st place outright. Will, Myles, and Grayson tied for second place with a very respectable 10 of 15 score.

- Jace Zhivago – 1st place
- Will Blattler – 2nd place (tie)
- Myles Benitez – 2nd place (tie)
- Grayson Boustead – 2nd place (tie)



← Essay winners and teachers (L to R): Ms. Hilterbrand, Janelle Barragan, Alyssa McGallian, Ty Ward, and Mr. Sheridan.

FTC winners and Knights (L to R): → GK King Bunyi, Grayson Boustead, Will Blattler, Jace Zhivago, and Mike McDermott.





UPCOMING DEGREES

Admission (1st) Degree:

- None scheduled – Watch for email announcements or check council calendar: www.koc15344stagnes.org

Formation (2nd) Degree:

- None scheduled – Watch for email announcements or check council calendar: www.koc15344stagnes.org

Knighthood (3rd) Degree:

- None scheduled – Watch for email announcements or check council calendar: www.koc15344stagnes.org

Patriotic (4th) Degree:

- None scheduled – Watch for email announcements or check council calendar: www.koc15344stagnes.org

Council Calendar of Events

February 1	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
February 3	Council Officers Meeting, 7 PM, Ministry Center.
February 6	Knights Adoration Hour, 5 PM, Chapel.
February 7	No First Friday Fish Fry – Cooks still resting after the Crab & Tri Tip Dinner.
February 8	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
February 9	Pancake Breakfast, after 9 and 11 AM Masses, Church Hall.
February 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.*
February 13	Knights Adoration Hour, 5 PM, Chapel.
February 15	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
February 17	Council Business Meeting, 7:30 PM, Parish Hall. Dinner served at 6:30 PM, followed by Rosary at 7:15 PM.
February 20	Knights Adoration Hour, 5 PM, Chapel.
February 22	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
February 26	Ash Wednesday.
February 27	Knights Adoration Hour, 5 PM, Chapel.
February 29	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
March 2	Council Officers Meeting, 7 PM, Ministry Center.
March 5	Knights Adoration Hour, 5 PM, Chapel.
March 6	Lenten Fish Fry, 5:30-6:30, Church Hall.
March 7	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
March 8	Pancake Breakfast, after 9 and 11 AM Masses, Church Hall.

* Fourth Degree Knights only may participate in this event.



MEMBERSHIP ANNIVERSARIES

James Waters

– Feb 18, 2002 (18 yrs)

Antonio Reyes

– Feb 28, 2005 (15 yrs)

Isaac Farias

– Feb 26, 2011 (9 yrs)

Combined Exemplification of Charity, Unity and Fraternity (Continued from page 1)

The Supreme Knight concludes by stating that all this is a threat to our Order's future. We had to find new ways to bring into our Order the men we need and the men who need us.

A Resolution Passes

At the Supreme Convention in 2019, a resolution from the Illinois State Council was adopted to combine the three degrees and remove the pledge of secrecy. From there, the Supreme knight ordered a study and involved many experienced Knights to determine how to make it work.

The New Exemplification

The result is a new ceremony that stays true to our traditions, while addressing the needs of our times. Instead of three separate ceremonies, all three degrees can be conferred in a single ceremony that lasts about 30 minutes.

The new exemplification focuses on the history and principles of our Order, while better reflecting our commitment to community and church.

It is designed to be held in a council chamber or in the Church with family and friends seated in the pews (*so it is OK for non-family members to attend*). They will see firsthand the organization their husbands, fathers, brothers, sons, and friends are joining, the principles and values they are committing to, and why it matters.

Councils are free to immediately perfect and perform the new exemplification using an available script supplemented by a list of frequently asked questions.

See it for Yourself

A demonstration video of the combined exemplification, which includes the introduction by Supreme Knight Carl Anderson, can be viewed at <https://videos.kofc.org/exemplification>.



Brother Sumner Peery's Diaconate Rite of Acolyte

On Saturday, January 11, Brother Sumner Peery of St. Agnes Council undertook the Diaconate Rite of Acolyte with 15 other candidates at Santa Maria Parish in Orinda.

This is Brother Sumner's last major Rite before the Permanent Diaconate's Sacrament of Holy Orders at the Cathedral of Christ the Light on September 12, 2020.

Bishop Barber conferred the Rite assisted by Fr. George Mockel, who is the Pastor at Santa Maria Parish.

As one might expect, Brother Sumner had more guests (almost all Brother Knights and their wives) among those in attendance than any of the other 15 candidates.

Brother Sumner Peery (2nd from right, back row) was one of 16 candidates for the Diaconate that received the Rite of the Acolyte from Bishop Barber on January 11. ↓





SAINT OF THE DAY

February

- 2 – Presentation of the Lord
- 3 – St. Blase, Bishop and Martyr or
St. Ansgar, Bishop
- 5 – St. Agatha, Virgin and Martyr
- 6 – St. Paul Miki and Companions, Martyrs
- 8 – St. Jerome Emiliani, Priest or
St. Josephine Bakhita, Virgin
- 10 – St. Scholastica, Virgin
- 11 – Our Lady of Lourdes
- 14 – Sts. Cyril, Monk, and Methodius, Bishop
- 17 – Seven Holy Founders of the Servite Order
- 21 – St. Peter Damian, Bishop and Doctor of the Church
- 22 – Chair of St. Peter, Apostle
- 23 – St. Polycarp, Bishop and Martyr

Supreme Chaplain's Message (Continued from page 3)

When Simeon took the Child Jesus into his arms, his eyes of faith were opened and he knew he held the long-expected Savior. Filled with the Holy Spirit, he uttered this canticle, which forms the centerpiece of the Church's night prayer: "Lord, now you let your servant go in peace; your word has been fulfilled. My own eyes have seen the salvation which you have prepared in the sight of every people: a light to reveal you to the nations and the glory of your people Israel" (Lk 2:29-32).

What a beautiful prayer to offer as each day's work comes to an end!

Entrust, Examine, Rest

When Simeon saw Jesus, all that he spent his life and energy hoping and praying for came to pass. Jesus put Simeon's whole life in its proper perspective, and Simeon experienced an exquisite peace. So, if I follow Simeon's lead, as each day comes to an end, I need not avoid my worries and wounds, nor do I have to salve them with artificial happiness of self-induced positive thinking. On the contrary, all I need to do is to entrust the whole package — all my strengths and weaknesses, together with the events of the day — to the Lord Jesus, who is just as present to me as he was to Simeon.

In that moment of trust and love, I can also serenely examine my conscience. If I continue to follow Simeon's lead, I realize that, in the day that is ending, the Lord has been placed in my arms — entrusted to me in the Eucharist I have celebrated and received; in the Word of God I have proclaimed and listened to; in the people I have encountered, including those who are in need and those with whom I may have disagreed.

When I am spiritually alert, I will ask if I paused during the course of the day and really opened my heart to the living presence of Christ in the Eucharist, just as Simeon opened his heart to the Child Jesus. I will look to see if, like Mary, I truly held Jesus, the living Word of God, in my heart. Did I try to see the face of Christ in those I encountered over the course of the day? Did my eyes of faith perceive the light of Christ in others and truly glimpse the salvation that God has prepared for every person whom I am privileged to serve? Did my words, actions and demeanor reflect the light and goodness of the Christ I held in my arms? Then, entrusting myself to the Lord, I fall asleep in his peace.

So as each day begins and ends, my prayer for you is this: "May the Lord protect you as you stay awake and watch over you as you sleep, that awake you may keep watch with Christ, and asleep, rest in his peace."

Archbishop William E. Lori

Supreme Chaplain

Reprinted from Columbia Magazine - February 2017



KNIGHTS OF COLUMBUS

48TH

ANNUAL CHAMPIONSHIP

FREE THROW COMPETITION

DISTRICT 45 - 48 & 49

FOR COUNCILS

ST. BONAVENTURE 6038 OLQW 7164
OAKLEY 10414 ST. IGNATIUS 12578
CHRIST THE KING 5811 (48)
ST. AGNES 15344 (48) PITTSBURG 2956 (49)

CLAYTON COMMUNITY GYM

700 GYM COURT

CLAYTON CA 94517

ON THE CAMPUS OF
DIABLO VIEW MIDDLE SCHOOL

FEB. 22, 2020

PRACTICE TIME 6:00 TO 6:45 PM

**ATHLETES ARE TO BRING THEIR OWN BALL
FOR PRACTICE**

Introductions and Instructions @ 6:45 PM

COMPETITION WILL BEGIN 7:00 PM

**AWARDS AFTER THE COMPETITION
FOR EACH DISTRICT**

SHOWCASING YOUNG ATHLETES SINCE 1972

LEAVE A LASTING LEGACY... St. Agnes Parish Memorial Brick Order Form



Dear Parishioners,

St. Agnes Parish Catholic Community and St. Agnes Council 15344 of the Knights of Columbus are pleased to offer you and your family the opportunity to purchase engraved memorial bricks to be placed in front of the Parish's new *Memorial to the Unborn*, which will be located next to the statue of Mary.

The *Memorial for the Unborn* will become an important part of our Parish's history and a lasting tribute for loved ones and the engraved memorial bricks are a special way to honor your children, grandchildren, parents, special friends, as well as memorialize your loved ones.

The cost of each 4"x 8" brick is just \$50 and includes your personalized message of up to three lines engraved using state-of-the-art laser technology, ensuring long-lasting strength and durability in the engraving. Ordering is three easy steps...

STEP 1: Create the message for your brick:

- ◆ You may use any combination of lower and UPPER case letters.
- ◆ Bricks may contain up to three lines of 20 characters per line.
- ◆ Character count includes all letters, numbers, punctuation, and spaces.
- ◆ The example below has a total of 19 characters (15 letters, 1 punctuation mark, and 3 spaces.)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Example –	T	h	e		R	.		S	m	i	t	h		F	a	m	i	l	y	
Please print clearly	Line 1 –																			
	Line 2 –																			
	Line 3 –																			

STEP 2: Fill-in your information:

Name: _____ Phone: _____

Address: _____ Email: _____

City, State, Zip: _____

STEP 3: Mail this form and your check:

Please make your check (\$50 per brick*) payable to *Knights of Columbus Council 15344* and mail with this order form to:
Gary Downs, 1756 Bishop Dr., Concord, CA 94521-2022. (*Each brick requires a separate order form.)

- ◆ We will submit all brick orders for engraving at one time once we have received orders for 100 bricks.
- ◆ We will use your phone/email only for keeping you informed of progress or if we have questions.

For questions contact: Carlos Garcia, 925-250-8969 or cmgarcia@astound.net