

# The Pulse



St. Agnes Council 15344  
Knights of Columbus

*"You will be Brothers: Our Vocation to Fraternity"*  
March 2019

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## Grand Knight's Corner

Brothers,

This is a great time to get involved. This month we won't have a First Friday Dinner, because Lent is starting and with it our Friday Fish Fry Dinners.

Ash Wednesday is this Wednesday the 6th. That means our First Fish Fry Dinner is Friday the 8th. We have six Fish Fry Dinners during Lent and we need help with all of them. If you can help, check the dates (every Friday from March 8 to April 12 – we start serving at 5:30 PM, but we need help setting up) and let me know which one works for you.

We are supporting the Parish's St. Patrick's Day Dinner on the 16th. Brothers Tim and Jeff are spearheading the Council's efforts and they will need help.

We are participating in the 40 Cans for Lent drive this year and Brother Cheng Feng Tsai is organizing the Food Collection for SHARE and he needs help.

Finally, the Catholic Daughters want to start doing Bingo at St Agnes. I have also heard from the Italian Catholic Federation. If you are interested in getting involved in running Bingo at St Agnes, PLEASE LET ME KNOW.

Thank you for your commitment and involvement.

SK Frank Mazzuca  
*Grand Knight*





BIRTHDAYS

March

- 2 – Pat Monahan
- 12 – Mario Soto
- 20 – Walter Hubrig
- 22 – Gerald Waters

WIVES' BIRTHDAYS

- 16 – Christine Wood (David)
- 16 – Rose Wright (John)
- 22 – Allison McGuirk (Ed)

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 Drobick.....	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 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 (State Council)
- Brother Ron Artale and his son
- Brother Octavio Padilla
- Brother David Wood's father Stan, daughter Sarah, and brother Hal
- Brother Tom Kisak
- Brother Ray Doorack's son and grandson
- Brother John Wright's brother Larry
- Brothers Claire Tryon and Ed Burgess (Council 6038)
- Brother Gary Down's sister-in-law Julie
- Brother Neil Cuffy
- Deacon Jim Pearce
- Brother Joel Manana special intention
- Health concern for brother Bob McEachran
- Brother Mike's daughter-in-law Josie who is expecting a baby in December, and back surgery in February
- For Zachary Punty (son of brother Mike Punty of QAS) who was seriously injured in a car accident
- Brother Carlos Gutierrez's mother-in-law
- Special intention for Brother King and for his father's conversion
- Brother Daniel Barrington is in Hospice
- Brother Tex asking for Prayers for his sister-in-law Alicia E. Banzos

## Supreme Chaplain's Message

### ***A SPIRITUAL SPRINGTIME: THE LENTEN PRACTICES OF PRAYER, FASTING AND ALMSGIVING CAN RENEW OUR LIVES IN CHRIST***

The mere mention of Lent can sometimes seem dismal, like a long, dreary day. Lent consists, in fact, of 40 days and 40 nights of prayer, fasting, and almsgiving. Who can endure it?

Yet the word "Lent" does not pertain to darkness or despair. Quite the opposite. The original meaning of the word actually has to do with springtime. When Lent begins, it's winter. But by the time Lent concludes, the days are growing longer and the forsythias are in bloom. Even if there is an unseasonal snow shower, we take heart knowing that winter is having its last gasp.

Lent, then, represents a new springtime in our spiritual lives. It's a time when the darkness of sin gives way to a new light of grace.

### ***Season of Renewal***

Three analogies might help us see Lent in terms of a spiritual springtime.

First, just as we do spring cleaning, washing away the dirt and grime that accumulates during the winter months, so too Lent is a time for cleansing our souls and our hearts, making them a beautiful dwelling place for the Lord.

Or to use another comparison, spring is the season when farmers clear the land of debris and till the soil, thus giving the seeds they plant every chance to germinate. So, too, in Lent we are to clear the soil of our hearts from the debris of sin and the deadwood of hatred; by spiritual discipline, we till and enrich the soil of our souls so that the seed of God's Word, planted in us at baptism, will germinate and grow.

Finally, in winter, we sometimes feel poorly due to indoor pollutants that contaminate the air we breathe. When the weather grows warmer, we open windows to let in fresh air. Just the thought of getting out of the house and taking a walk makes us feel better. But isn't it true that we sometimes "insulate" our hearts? When we become self-centered, we close the windows of our soul to God's love and the needs of others. Then the spiritual air we breathe becomes stuffy, even polluted, with self-pity, impurity, anger, grudges and thoughts of revenge. Lent is a time to open the windows of our souls, to allow the fresh air of God's love to

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## MEMBERSHIP ANNIVERSARIES

Richard Duckart  
– Mar 14, 1963 (56 yrs)

John Ouimet  
– Mar 5, 1968 (51 yrs)

Michael Marshall  
– Mar 16, 1980 (39 yrs)

John Neudecker  
– Mar 3, 1981 (38 yrs)

Gerald Waters  
– Mar 1, 1982 (37 yrs)

Peter De Paschalis  
– Mar 1, 1989 (30 yrs)

Richard Peters  
– Mar 16, 1993 (26 yrs)

Patrick Monahan  
– Mar 9, 2006 (13 yrs)

Carlos Garcia  
– Mar 5, 2008 (11 yrs)

Arthur O'Keefe  
– Mar 17, 2014 (5 yrs)

John Wachira  
– Mar 6, 2016 (3 yrs)

Jorge Garcia  
– Mar 23, 2016 (3 yrs)

## Program Director's Message

### *GENUINE FREEDOM FROM BEING ALONE*

There are perks and disadvantages to being home alone. The perks: you enjoy your freedom in doing whatever you want in the comfort of your home. But seriously, you are now enjoying the freedom to take care of yourself. You can focus on doing your household chores without the nagging (no offense meant). The disadvantages: no one to talk to once you arrive at home. You feel the emptiness of your big home. Life is not the same when people are around.

It is how Christ felt when He dealt with the abandonment of his friends and his disciples days before his Crucifixion. He knew it would happen. But given his human experience, He felt the hurt of being abandoned and faced the agony and passion all by himself. There was a ray of hope from his passion – man will again experience genuine freedom from sin.

I had expressed my feelings of loneliness last week to my spiritual director. Moreover, the loneliness that I had was not from being home alone. It was loneliness due to people's judgment of my character. I admitted to him that I was brought down by their harsh judgment to the point of abandoning.

He advised me that there is only one person whose judgment is the only valid judgment. It was, and it is Christ. He knows who I am. He will judge my actions at the end of my life. My spiritual adviser further advised me that genuine happiness can be rooted in Christ's passion. Through his passion, we experience true freedom and true love that we can spread to others.

After that advice, I went home alone again. But this time, I felt at peace because I know Christ has set me free from that pain.

SK King Bunyi

*Deputy Grand Knight & Council Program Director*



## UPCOMING DEGREES

### 1st (Admission) Degree:

- Monday, March 4  
– St. Ignatius of Antioch, Antioch.  
Registration 7-7:30 PM.  
Exemplification 7:30 PM.

### 2nd (Formation) Degree:

- Monday, March 18  
– St. Ignatius of Antioch, Antioch.  
Registration 7-7:30 PM.  
Exemplification 7:30 PM.

### 3rd (Knighthood) Degree:

- None scheduled – Watch for email announcements or check council calendar: [www.koc15344stagnes.org](http://www.koc15344stagnes.org)

### 4th (Patriotic) Degree:

- Saturday, April 27, 2019  
– Doubletree Hotel, Sacramento.

## Council Calendar of Events

March 1	NO First Friday Dinner – Break prior to Lenten Fish Fry Dinners.
March 2	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
March 4	Council Officers Meeting, 7 PM, Ministry Center.
March 7	Knights Adoration Hour, 5 PM, Chapel
March 8	Lenten Fish Fry Dinner, 5:30-6:30 PM, Church Hall.
March 9	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
March 10	Pancake Breakfast, after 9 and 11 AM Masses, Church Hall.
March 13	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.*
March 14	Knights Adoration Hour, 5 PM, Chapel
March 15	Lenten Fish Fry Dinner, 5:30-6:30 PM, Church Hall.
March 16	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
March 18	Council Business Meeting, 6:30 PM dinner, 7:30 PM meeting, Church Hall.
March 21	Knights Adoration Hour, 5 PM, Chapel
March 22	Lenten Fish Fry Dinner, 5:30-6:30 PM, Church Hall.
March 23	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.
March 28	Knights Adoration Hour, 5 PM, Chapel
March 29	Lenten Fish Fry Dinner, 5:30-6:30 PM, Church Hall.
March 30	Rosary for the Innocents, 10 AM, Queen of Heaven Cemetery – Lafayette.

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



## SAINT OF THE DAY

- 3 – St. Katharine Drexel,  
Virgin
- 4 – St. Casimir
- 6 – Ash Wednesday
- 7 – Sts. Perpetua and  
Felicity, Martyrs
- 8 – St. John of God,  
Religious
- 9 – St. Frances of Rome,  
Religious
- 17 – St. Patrick, Bishop
- 18 – St. Cyril of Jerusalem,  
Bishop and Doctor
- 19 – St. Joseph Husband of  
the Blessed Virgin Mary
- 23 – St. Turibius of  
Mogrovejo, Bishop
- 25 – Annunciation of the  
Lord

## District Deputy's Message

Brothers,

March is coming, and with it the time of Lent. As we reflect on the sacrifices that Jesus made in the desert, think about what sacrifices you can make during this time. No, it is not something simple like giving up chocolate, but a good practice is to look at something that is running your life. Make it less important by giving it up for this short time. And while you reflect on making real sacrifices in your Lenten journey, consider finding a fellow Catholic and recruiting him into the Knights. Because that will help make your Council stronger, one new brother at-a-time.

Best wishes during this journey and be sure to keep praying for every loved one that is important in your life. Even pray for those you don't love as well, because they need your prayers as well!

SK David Schwartz CS PGK PFN

*District Deputy*

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### ***Supreme Chaplain's Message*** (Continued from page 3)

circulate anew in the depths of our hearts and to get ourselves moving outward — toward our brothers and sisters who are in need.

Once we look at the season of Lent as the herald of a new springtime in our spiritual lives, Lenten practices are no longer unwelcome intrusions into our comfort. Rather, they become harbingers of hope for a more Christ-centered way of life. These penitential practices are indicators and tools of God's mercy — mercy that is always available to us. Divine Mercy has the power to transform our way of life.

With this perspective in mind, let's briefly review the three principal Lenten practices, with our eyes fixed on the goal of renewed spiritual joy and greater holiness of life.

### ***The Practice of Faith***

Let's begin with prayer, or conversation with God. There are many ways to pray, but let's concentrate on one: silent, mental prayer, when we are alone with God and his voice echoes in our hearts. Such prayerful solitude requires us to turn off all our electronic devices, block out distractions and simply ask the Lord to let us see ourselves as he sees us. This is more than self-awareness. It is asking the Lord to help us measure

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## OFFICER NOMINATIONS FOR 2019-2020

### Have you ever considered becoming a Council officer?

It is time to fill our slate of officers for the 2019-2020 Columbian Year and some positions are yet to be filled.

If you are a Third Degree Knight and have ever questioned how you could better serve your Council by taking on a more significant role, then consider becoming a Council officer.

There are several officer positions that require little effort outside of Council meetings. If you are going to be at the meeting anyway, why not increase your involvement?

Even if you have never considered serving as a Council officer or feel you are not yet ready, you can still be of help. *Do you know a Brother who you think would fit perfectly into one of the officer's roles?* If you do, contact GK Frank Mazzuca or DGK King Bunyi and let them know.

But don't wait too long... Officer elections occur at the June business meeting and nominations are open now.

### Field Agent's Message

Brothers,

New members are the life blood of our Order! I'll say that again: New members are the life blood of our Order! I think everyone agrees with that, don't you? New members give the council more manpower to accomplish the good works that the Knights are known for across the world. It gives the new member an opportunity to give back to his community and help his fellow man and maybe just as importantly, it infuses the council with new and fresh ideas.

Our approach to membership can be summarized in four points:

1. **Lead with Faith**—Becoming a better Catholic man, father, and husband through prayer, study, and encouragement from fellow brother Knights. Right here in this council you have several programs that speak to that. For example: There are some councils that lead rosary before Sunday Mass. What did the Holy Father say when he was named Pope? Before he said anything, he asked us to pray for him. This something that can be done, and it does not cost us anything to do. Invite your parishioners to join you in praying the rosary for the Holy Father and our church.
2. **Serve Others**—This is where many of our councils excel...they do so much to support the local community. Your council carries out events like hosting a wheelchair Sunday, blood drives, support for vocations, helping people with intellectual disabilities, and many, many more programs. Councils like this one also help support our larger initiatives for the Order nationwide...even worldwide. Special Olympics, Coats for Kids, Global Wheelchair Mission...it's a long list!
3. **Defend Your Values**—From the March for Life to Christian Refugee Relief to the Ultrasound Program, new members can get involved in issues that are close to their hearts and have a dramatic impact on our hurting world. There are some councils that pray the Rosary every week in front of Planned Parenthood clinics in the Bay Area.
4. **Protect Your Family**—This includes the Consecration to the Holy Family, our Family of the Month and Year awards, and of course the protection afforded by our Order's highly rated insurance and retirement products. Just last month I met with several of this

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# RICE BOWL PROGRAM

Rice Bowls will be available after Masses on Ash Wednesday and after all Masses on March 9-10. Please take one home and enjoy the wonderful prayers and activities from the Rice Bowl Program.

Also, SAVE THE DATE for St. Agnes' first Lenten Soup Supper of 2019 on Thursday, March 14 at 6:00 PM. in the Church Hall. Bring a bowl and spoon and enjoy two great soups and a presentation from our youth in the La Morita Mexico Youth Mission. Supper begins at 6:00 PM; the program runs from 6:30 to 7:00 PM.

**Field Agent's Message** (Continued from page 7)


council's members to update their Family Service Record and make sure the family is secure no matter what situation they face.

With so much good, why do I find that recruiting a challenge? Maybe it's been my approach. I often assumed other men would want to join to help us, the council. But shouldn't I be inviting men to join to help them? Help them along in their faith journey...help them discover the joy of being of service to others...help them become a better Catholic man?

So, the next time I ask a Catholic man about joining the Knights, I'm going to tell him about why I joined, what it's meant to me, how I'm better for it, and how I hope I've made the world just a little bit of a better place because of my membership in the Knights. Then I'll ask him what he's looking for. I think no matter what he says, I'll have a solution for it...right here in this council.


Vivat Jesus!

SK Francisco Fernandez FIC PGK  
*Supreme Field Agent*

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

Francisco Fernandez, FIC, PGK  
255 Station Ave  
Daly City CA 94014  
(650) 243 8831  
francisco.fernandez@kofc.org







## 'UNPLANNED'

'Unplanned' is the inspiring true story of one woman's journey of transformation.

All Abby Johnson ever wanted to do was help women. As one of the youngest Planned Parenthood clinic directors in the nation, she was involved in upwards of 22,000 abortions and counseled countless women about their reproductive choices. Her passion surrounding a woman's right to choose even led her to become a spokesperson for Planned Parenthood, fighting to enact legislation for the cause she so deeply believed in.

Until the day she saw something that changed everything, leading Abby Johnson to join her former enemies at 40 Days For Life, and become one of the most ardent pro-life speakers in America.

*Unplanned* is the most important movie you'll ever see on the most controversial issue of our time.

*Unplanned ... in theaters nationwide Spring 2019.*

### *Supreme Chaplain's Message* (Continued from page 6)

our lives according to his standards, not our own. It is humbly asking the Lord for grace and strength to confront our overt sins as well as the hidden corruption that we often conceal from others and even from ourselves.

I don't know about you, but when I pray in this way, I find I'm well short of the mark. Such prayer leads me to seek the Lord's mercy and to make an unburdening confession of my sins. Lent is preeminently the time to grow in prayer and to receive the sacrament of reconciliation. This is a first and essential step in spiritual housecleaning.

A second Lenten practice is fasting or some other form of self-denial. This isn't the same as dieting. Rather, depriving ourselves of food is connected with the arduous process of emptying ourselves of everything that obstructs the grace of God from working in us and through us. Fasting has a way of helping us uproot our deep-seated habits of sin and our endless desire for comfort, convenience, power and esteem. The discipline of foregoing food or other comforts is a way of tilling the soil of our souls, making them receptive to God's Word.

A final Lenten practice is almsgiving, which includes giving of ourselves and our resources to those who are in need. The practice of charity is how we open the windows of our souls to God's love, forgetting our own wants and needs and concentrating instead on the needs of others, especially the poor and vulnerable. When we open our hearts in love to those in need, the stale air of self-centeredness dissipates as the fresh air of Jesus' self-giving love circulates through our inmost being, and we are thus spiritually reinvigorated. For us as Knights, this practice of charity should be second nature.

Prayer, fasting and almsgiving are, in fact, inseparable. As St. Peter Chrysologus (+450) taught: "Fasting is the soul of prayer, almsgiving is the lifeblood of fasting. ... When you fast, see the fasting of others. If you want God to know you are hungry, know that another is hungry. If you want mercy, show mercy."

In this way, may our Lenten observance lead us to experience a renewed life in Christ and joy in the Holy Spirit.

Archbishop William E. Lori  
*Supreme Chaplain*

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