

# The Pulse



St. Agnes Council 15344  
Knights of Columbus

*"You will be Brothers: Our Vocation to Fraternity"*  
May 2020

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## More Than 2,000 Men Join KofC Amid Pandemic

More than 2,000 men joined the Knights of Columbus during the first ever online Exemplification of Charity, Unity and Fraternity held on April 16. The exemplification was hosted digitally by the Supreme Council as a unique opportunity for men to join the Order in a time of social distancing and minimizing mass gatherings.

In his introductory remarks to the exemplification, Supreme Knight Carl Anderson emphasized that the Knights of Columbus' principles — charity, unity and fraternity— are "needed now more than ever."

The online event took just under 40 minutes and nearly every jurisdiction in the United States and Canada was represented. Pennsylvania, Michigan, Texas and California were among the jurisdictions with the highest new member totals.

"Catholic men in our state, even during these times, want to belong to an organization like the Knights of Columbus to help others," said William Chasse, the state deputy of Michigan, on the Order's opportunity to increase its charitable impact. "The more that join the more we can help."

Pennsylvania State Deputy Mark Jago was pleased with the turnout, saying it's "not surprising that Catholic men want to join us in our mission to serve others, especially now."

In addition to new men joining, more than 7,000 first and second degree members were able to obtain their third degree, and thousands more Knights and family members were able to observe and support the candidates. The new, public exemplification debuted earlier this year, with the first taking place at St. Mary's Church in New Haven, Conn., where the Order was founded.

This historic online event was organized by the Knights of Columbus's newly formed Fraternal Excellence Department lead by Retired Navy Captain Tom McCaffrey, a former resident of Livermore, California.



BIRTHDAYS

- 2 – Jeffrey Aquino
- 7 – Jorge Garcia
- 8 – Michael Souza
- 8 – Ronald Artale
- 9 – Oscar Legaspi
- 11 – Philip Sunglao
- 14 – Frank Mazzuca
- 15 – Carlos Garcia
- 15 – Charles OConnor
- 16 – James Stanionis
- 17 – John Fitzpatrick
- 20 – Rev. Johnson Abraham
- 21 – Peter De Paschalis
- 29 – John Ouimet
- 29 – Joseph Moniz
- 29 – Peter Mazolewski

WIVES' BIRTHDAYS

- 20 – Diana Farias (Linus)

WEDDING ANNIVERSARIES

Frank & Colleen Mazzuca – May 11, 1991 (28 yrs)

Council Officers / Columbian Year 2019-2020

- Grand Knight .....SK King Bunyi.....510-427-3596
- Chaplain .....Fr. Johnson Abraham .....510-557-9845
- Deputy Grand Knight .....Open
- Chancellor .....Open
- 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 Field Agent.....Brian Montone.....510-689-6998
- 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

## Officer Nominations for 2020-2021 – Are You In?

### *HAVE YOU EVER CONSIDERED BECOMING A COUNCIL OFFICER?*

Believe it or not – It is time to fill our slate of officers for the 2020-2021 Columbian Year and some positions are yet to be filled.

If you are a Third Degree Knight and have ever thought about 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 and some, obviously, are more involved. 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 a member of the Nominating Committee: PGK Frank Mazzuca, PGK Carlos Garcia, PGK David Wood, or PGK Richard Milward and let them know.

Officer elections will take place at the June business meeting (which may be held online) and nominations are open now. Each officer position is described below. Take a look. You may see something you like.

### *DUTIES AND RESPONSIBILITIES OF COUNCIL OFFICERS*

The Council is led by the Grand Knight and assisted directly by the Deputy Grand Knight, Chancellor, and Warden. These four officer positions are sometimes referred to collectively as "the chairs." Ideally, by the time the Grand Knight is installed as Grand Knight, he has already served as Deputy Grand Knight, Chancellor, and Warden before that. The progression through the four chairs serves to train the Grand Knight.

There is no set term of office for council officers (except for the Financial Secretary and Trustees). In the past, officers typically served one year in each position. More recently, however, two consecutive one-year terms of office have become more common as men (especially Grand Knights) find that it takes them a year to really learn their jobs.

Continue reading on page 5 about the duties and responsibilities of each Council office.

*(Continued on page 5)*



# UPCOMING DEGREES

## New Exemplification of Charity, Unity and Fraternity

- Thursday, May 7, 2020.
  - 11:00 AM
  - 4:00 PM
  - 7:00 PM
 – Select the time that works best for you. You must register in advance using the Exemplification Invitation. If you need an invitation, contact Brother Richard Milward at 925-699-5852 or richard.milward.pgk@gmail.com
- Additional opportunities are being scheduled weekly (typically on Thursdays).

## Patriotic (4th) Degree:

- Saturday, May 16, 2020.
 

– POSTPONED –  
Date to be announced

## Council Calendar of Events

- **COUNCIL MEETINGS AND EVENTS:** FOR THE FORESEEABLE FUTURE, ALL KNIGHTS MEETINGS AND EVENTS HAVE BEEN CANCELLED/POSTPONED.
- **ANNUAL STATE CONVENTION:** THE STATE DEPUTY ANNOUNCED ON APRIL 13 THAT THE ANNUAL STATE CONVENTION WILL BE HELD “VIRTUALLY” VIA TELECONFERENCE ON SATURDAY, MAY 16, 2020.

*As events have unfolded over the past several weeks, it has become painfully obvious the current restrictions on large group gatherings and events intended to slow spread of the Coronavirus will not be lifted in time to hold the Annual State Convention at the Doubletree Hotel in Sacramento. Further information on times, sign on instructions and methods of participation will be forthcoming as the event details are fully worked out.*



## MEMBERSHIP ANNIVERSARIES

Edward Chatterton  
– May 9, 1978 (42 yrs)

David Zarri  
– May 1, 2003 (17 yrs)

William Van Hattem  
– May 6, 2006 (14 yrs)

GK King Bunyi  
– May 4, 2015 (5 yrs)

*Duties and Responsibilities of Council Officers (Continued from page 3)*

### **GRAND KNIGHT**

- Presides over all council meetings
- Appoints program and membership directors
- Appoints committees as needed
- Countersigns orders for payment and checks
- Ensures the submission of all paperwork required by the Supreme and State Councils
- Maintains working relationships with the council's Chaplain, District Deputy, Field Agent and General Agent, as well as with other local service organizations (e.g. Habitat for Humanity, St. Vincent de Paul, etc.)
- Has a working knowledge of the kofc.org website, Officers Online and Member Management

### **DEPUTY GRAND KNIGHT**

- Assists the Grand Knight with operation of the council
- Presides at council meetings in the absence of the Grand Knight
- Commonly also serves as the council's Program Director overseeing the council's program directors and activities
- Is recommended to serve on the council's retention committee
- Has a working knowledge of the Knights of Columbus website, Officers Online and Member Management
- Performs other such duties as the Grand Knight may direct

### **CHANCELLOR**

- Assists the Grand Knight and Deputy Grand Knight with their duties
- Entrusted with strengthening the members' interest in council activities
- Commonly also serves as the council's Membership Director
- Is recommended to serve as the chairman of the Admission Committee
- Performs other such duties as the Grand Knight may direct

### **WARDEN**

- Supervises and maintains all council property
- Arranges the council chambers for meetings and degree exemplifications
- Oversees Inside and Outside Guards
- Performs other such duties as the Grand Knight may direct

### **RECORDER**

- Responsible for keeping and maintaining a true and permanent record of all actions of the council, using a Recorder's Minute Book
- Maintains all correspondence of the council
- Reads the bills entered into the minutes for discussion
- Performs such other duties as the Grand Knight may direct

*(Continued on page 6)*



## SAINT OF THE DAY

- 1 – St. Joseph the Worker
- 2 – St. Athanasius, Bishop and Doctor
- 3 – Sts. Philip and James, Apostles
- 10 – St. Damien de Veuster of Moloka'i, Priest
- 12 – Sts. Nereus and Achilleus, Martyrs or St. Pancras, Martyr
- 13 – Our Lady of Fatima
- 14 – St. Matthias the Apostle
- 15 – St. Isidore
- 18 – St. John I, Pope and Martyr
- 20 – St. Bernardine of Siena, Priest
- 21 – St. Christopher Magallanes, Priest and Martyr and Companions, Martyrs
- 22 – St. Rita of Cascia
- 25 – St. Bede the Venerable, Priest and Doctor; or St. Gregory VII, Pope, Religious or St. Mary Magdalene de Pazzi, Virgin
- 26 – St. Philip Neri, Priest
- 27 – St. Augustine of Canterbury, Bishop
- 31 – Visitation of the Blessed Virgin Mary

*Duties and Responsibilities of Council Officers (Continued from page 5)*

### **FINANCIAL SECRETARY (APPOINTED)**

- Appointed by the Supreme Knight for a three-year term
- Collects dues from members through billing notices
- Initiates retention measures to prevent members from being suspended for nonpayment of dues
- Ensures that the council's membership records, including email addresses, are kept updated
- Files reports and membership transactions with Supreme Council
- Performs such other duties as the Grand Knight may direct

### **TREASURER**

- Handles council funds
- Receives money from the Financial Secretary and deposits it in the proper council accounts
- Maintains all the council's checking and savings accounts
- Is responsible for paying all council expenses, including assessments from the Supreme Council
- Performs other such duties as the Grand Knight may direct

### **LECTURER (APPOINTED)**

- Appointed annually by the Grand Knight
- Is responsible for providing suitable educational and entertainment programs under the "Good of the Order" section of council meetings
- Stays abreast of developments within the council's charitable, membership and social programs
- Performs other such duties as the Grand Knight may direct

### **ADVOCATE**

- Acts as parliamentarian for the council
- Has a working knowledge of Method of Conducting Council Meetings
- Knows council's bylaws and the Order's Charter, Constitution and Laws
- Has access to Officers Online and Officers Desk Reference
- Seeks legal assistance from the state advocate as needed
- Performs other such duties as the Grand Knight may direct

### **INSIDE/OUTSIDE GUARDS**

- Attends council chamber doors, checks for current membership cards
- Perform other such duties as the Grand Knight may direct

### **BOARD OF TRUSTEES (THREE TRUSTEES OTHER THAN GK)**

- Consists of the Grand Knight and three other members, who are elected by the council's membership for terms of 3 years, 2 years and 1 year
- Supervises all financial procedures of the council and conducts the semiannual audits
- Ensures that proper protocol and procedures are followed by the council for the payment of monies



# The connection between longevity and purpose in life

A recent study has linked a strong sense of purpose with a lower risk of all-cause mortality after age 50. The study followed about 7,000 adults over the age of 50. Researchers assigned life-purpose scores based on participants' responses and followed up with them five years later. They found that participants who had the lowest life-purpose scores were twice as likely to have died than those with the highest scores.<sup>1</sup>

There continues to be a growing body of research to support the impact of purpose on mental and physical health and how it can lead to longer life expectancy.<sup>2</sup>

## Finding purpose leads to a longer life

There is evidence to suggest that having a strong sense of purpose can impact health and longevity for the long haul.<sup>3</sup>

Finding your sense of purpose could come through career, faith, family, community, or more likely, a combination of these.

## Components of purpose

According to Richard Leider, "the first step toward unlocking your purpose is to mine your life story for major threads and themes that reveal your lifelong gifts, passions, and values."<sup>3</sup>

Then, examine your approach to the following:

**Having (Outer Life)** The dimension of your external experience and activity—how effectively you relate to the "having" choices in your life.

**Doing (Inner Life)** The dimension of your internal experience and inner activity—how effectively you relate to the "doing" choices in your life.

**Being (Spiritual Life)** The dimension of your invisible experience and spiritual activity—how effectively you relate to the "being" choices in your life.<sup>3</sup>

## Shared purpose in times of weakness

No one gets through life unchallenged or undefeated, at least in some way. When you are not your strongest self, shared purpose with those who share your values can help you through and out of times of stress, personal loss, or a loss of your sense of purpose.

## ...and in times of strength

You have probably heard it before, perhaps you have even said something like: "there are few things more rewarding than helping someone in need." In helping others, you not only feel better about your purpose in life, but you may have helped them reconnect with their own sense of purpose.

## Doctors know there is a connection

No one really knows for sure how spirituality is related to health. However, it seems the body, mind, and spirit



are connected. The health of any one of these elements seems to affect the others.<sup>4</sup>

**Path to improved health.** Identify the things in your life that give you a sense of inner peace, comfort, strength, love, and connection.

Set aside time every day to do the things that help you spiritually. These may include doing community service or volunteer work, praying, meditating, singing devotional songs, or attending religious services.<sup>4</sup>

## Knights of Columbus know, too

As Knights, we have experienced the benefits of fraternity, sharing, giving and helping. Join me in continuing our tradition by reaching out to those in need, and reaching out to us when you are in need of purpose. ♦

<sup>1</sup> <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2734064>

<sup>2</sup> <https://www.bluezones.com/the-purpose-checkup-2/>

<sup>3</sup> <https://www.bluezones.com/2019/05/news-huge-study-confirms-purpose-and-meaning-add-years-to-life/>

<sup>4</sup> <https://familydoctor.org/spirituality-and-health/>

## YOUR AGENT



### Brian Montone, FIC, FICF

CA License #0K62859

151 Callan Ave, Suite 208  
San Leandro CA 94577

PHONE: (510) 689-6998

EMAIL: Brian.Montone@KofC.org



Contact me today for information on long-term care insurance

## Family benefits & services

Knights of Columbus consistently ranks at the top of the industry in financial stability and ethics. Please call to discuss these services:

- Financial needs analysis
- Life insurance
- Tax deferred fixed-rate annuities
- Long-term care insurance
- Disability income insurance
- Retirement account rollovers
- Estate preservation
- Scholarships
- Family fraternal benefits





KNIGHTS OF COLUMBUS  
**Financial Beacon**

Knights of Columbus Supreme Office

**Brian Montone, FIC, FICF**  
151 Callan Ave, Suite 208  
San Leandro, CA 94577



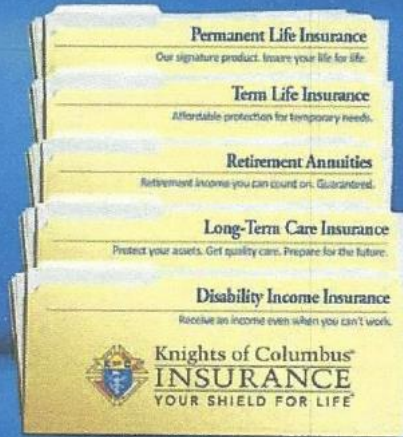
**The document your family will be glad you left behind**

In one place, you can assemble all the information your family would need to take care of basic financial matters in your absence. Your complimentary Knights of Columbus Personal Planning Workbook helps you compile details about key contacts (attorneys, insurance agents, etc.), financial accounts, bills, passwords, the location of important documents, and more.

Contact me today for your complimentary Workbook.



**A Portfolio of Protection**



Contact me today for information on long-term care insurance

**Creating your own pension with a fixed-rate deferred annuity**



A balanced retirement portfolio should have guaranteed options to provide a minimum income stream to cover the fixed expenses of life. An annuity can work like a pension: you pay in during your working life and when you retire you receive a monthly payment you cannot outlive.<sup>1</sup>

**Guaranteed principal; guaranteed growth**

With a Knights of Columbus fixed-rate deferred annuity, your principal is guaranteed safe, and the growth rate is guaranteed, as well. If structured properly, the funds you put into an annuity may grow tax-deferred.

**Lump sum or a series of payments**

With a Knights of Columbus fixed-rate deferred annuity, you have the option of making a series of payments to fund your annuity, or you can make one lump sum payment. It is simply a matter of which payment option works best for you.

**Building wealth beyond your needs**

With a Knights of Columbus annuity, your beneficiary(ies) will receive the remaining amount of money in the contract when you pass, with no surrender charge incurred, and in some cases, they may be able to assume ownership of the annuity without incurring immediate tax liability.

**"Self-insure" if you are "uninsurable"**

An annuity is a contract; you do not need to meet any health qualifications to enter into the contract.

Depending on your age and circumstances, an annuity may be a good fit when planning for long-term care or

other likely health related expenses not insurable another way.

**Planning for the unexpected**

If you are worried about having hard-earned savings locked in an annuity, there are ways to access funds beyond the planned income payments. Beginning with year two, up to 10 percent of the value of a Knights of Columbus annuity may be withdrawn once a year without surrender charges.\*

There is also a Medical Withdrawal Option which allows an annuitant to withdraw some or all of the Accumulation Value of their annuity for a qualified medical condition.

If you are considering an annuity as a piece of your portfolio, please contact me to assist you in evaluating your options and putting it in place. ♦

<sup>1</sup> <https://money.usnews.com/money/retirement/baby-boomers/articles/2018-07-25/8-myths-about-annuities-in-retirement>  
\* as long as a minimum value remains in the annuity. Withdrawals prior to age 59 ½ may be subject to IRS penalty.



# 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](mailto:cmgarcia@astound.net)