



## Knight Watch – February 2019

Knights of Columbus Council 6419  
Hot Springs, Arkansas

### **Council and Assembly meetings:**

Council 6419 Leadership Meetings: First Thursday of every month at 6:30 p.m. The Assembly 1892 Leadership meeting starts at 6:00 p.m.

Council 6419 meetings: Second Thursday of every month, 6:30 p.m. (Meeting this month is February 7, so you can enjoy February 14<sup>th</sup> with your Valentine!)

Assembly 1892 meetings: Third Thursday of every month. Business meetings on odd months at 6:00 p.m. Social meetings on even months at 6:00 p.m. with no meeting in December.

### **Keep Your New Year's Resolutions With Help From a Medieval Monk:**

*Amending your life with Thomas à Kempis and The Imitation of Christ By Catholic editor and writer Gerald Korson*

With the turn of the calendar we traditionally resolve to make a turn for the better in our lives. Yet New Year's resolutions tend to be as ambitious as they are likely to fail within weeks. There's a reason for that: Change is rarely easy, and amending our outward routines or habits requires that we change on the inside as well. Enter Thomas à Kempis, the 15th century German-Dutch monk known best for the spiritual classic *The Imitation of Christ*. Although originally composed as an instruction on the spiritual life for novice monastics, the timeless wisdom of this little book has enriched the lay faithful for centuries. More about spiritual growth than typical resolutions like volunteering more or eating less, the book nevertheless offers valuable insights to help us form the proper mindset for keeping our resolutions. And to the extent our goals are spiritual in nature, they fit all the better. Here are a few pep-talk pointers from Thomas à Kempis:

1. "Leave vanity to the vain." Check your motives. Are you going to the gym for health reasons or to win the admiration of others? In setting professional goals, are you seeking to provide better for your family or to achieve power and esteem? Purify your intentions and you're more likely to persevere in the good.
2. "Fight like a man. Habit is overcome by habit." Self-improvement consists in eliminating a bad habit in favor of a good habit — in other words, conquering vice with virtue. Overindulgence is overcome by self-control, sloth by diligence, anger by patience. Whatever you resolve, focus on developing the virtue it requires to succeed, and the bad habit will naturally diminish.
3. "There is one thing that keeps many from zealously improving their lives, that is, dread of the difficulty, the toil of battle." As the saying goes: no pain, no gain. Amending our lives requires serious effort; we must combat the temptation to backslide into the old habits. Good intentions

are not enough. We need to struggle day by day to form the virtues to which we aspire. That sometimes means pushing ourselves to do what is not only good, but better or best. Did you resolve to be more helpful with household chores? Then get off the couch and pick up a dish.

*This is an excerpt of an article that first appeared on knights.net, our portal for members who join online.*

### **Marian Prayer Program – Our Lady Help of Persecuted Christians:**

5 January 2019

In the 2018-2019 fraternal year, a new icon and prayer program will replace the Holy Family Prayer Program. The new icon is of Our Lady Help of Persecuted Christians. The purpose of the icon and prayer program is to spread devotion to Our Lady and to pray for our brothers and sisters of faith who are at risk around the world. As the new Marian image is brought on pilgrimage through the jurisdiction, councils will host the Our Lady Help of Persecuted Christians icon for a prayer service at their parish.

This year's program will begin on or before February 1, 2019. We have two icons that will be traveling the state. Each district within the Arkansas jurisdiction is scheduled to host one of the icons for one month. (Apparently, April is our month.) I will directly contact the initial receiving District Deputies to coordinate delivery. I am asking that you start contacting your Councils now and find out when the Council/Parish would like to host this icon within your scheduled month. Prayer books and cards will be provided. We need the prayer books returned and the cards passed out sparingly so sufficient materials are available for the next service. Books and cards will be provided in both English and Spanish.

There is a log book with each icon. This needs to be filled out following each service and kept with the set (set includes icon, prayer books, and prayer cards). Upon transfer to a new district, the District Deputy transferring the icon will need to scan and email me the last couple of pages so that I can keep track of the totals. This will also be verification that the transfer has been made and will allow me to track the icon's location. Any damage to the icon needs to be photographed and sent to me. I also need to know ASAP if any additional program materials need to be ordered. My email address is wooster\_m@yahoo.com

Any pictures that you, the Council or the Parish may take, please forward these as well. I will try to post as many as possible to the state website.

Vivat Jesus!

Michael W. Bowman

State Warden

### **Bingo is Coming!**

BINGO for St. John's School begins February 24<sup>th</sup>! Bingo starts at 2:00 p.m. at the St. John's School Cafeteria. Knights who wish to assist need to be there at 1:00 p.m. for setup and training.



## THE LIVES YOU HAVE SAVED:

1/1/2019

### ON THE 10TH ANNIVERSARY OF THE KNIGHTS OF COLUMBUS ULTRASOUND INITIATIVE, WE CELEBRATE THE PLACEMENT OF MORE THAN 1,000 LIFE-SAVING MACHINES

It started with a vision and a challenge. The Supreme Council launched the Knights of Columbus Ultrasound Initiative on Jan. 22, 2009, the 36th anniversary of *Roe v. Wade*. At the Supreme Convention later that year, Supreme Knight Carl Anderson asked Knights to step up and place machines in every state.

Why ultrasound machines? When a woman considering an abortion is able to see her unborn child and hear the heartbeat, her perspective suddenly changes. Ultrasound technology allows pregnancy centers to better serve women and empower them to choose life.

It didn't take long for state and local councils to answer the call. Knights put their faith into action and began raising money toward the purchase of machines for qualified centers nationwide, with matching contributions from the Order's Culture of Life Fund.

By 2015, the Ultrasound Initiative had provided more than 500 machines, costing an average of about \$30,000 each, and the initial goal was a distant memory. Then, in 2017, the supreme knight issued a new challenge: Place 1,000 machines before the initiative's 10th anniversary. The Knights responded once again, and the 1,000th machine was placed in late 2018.

The numbers, as impressive as they are, tell just a sliver of the story. Most of these machines have already made a difference in the lives of hundreds, if not thousands, of women and their babies. The women come from diverse places and circumstances, but they share one thing in common. When they saw their baby, they couldn't say no.

(Above is from the January 28 Knights Newsletter email.)



#### **Corporate Communions:**

Corporate Communions will be held on the **FIRST Sunday of each MONTH**. Knights and their families should sit together at each of the Masses, at each of the Churches that our Council serves. Look for the signs and reserved sections at Mass.

#### **Exemplification Dates:**

Second and Third Degree, District 10

February 10, 2019, Hot Springs Council Hall, 3045 Spring St., Hot Springs, 11:30 a.m.

Fourth Degree

April 6, 2019, Sacred Heart, Hot Springs Village, AR

## **Dues are due!**

Greeting Brother Knights:

Our Council 6419's 2019 \$45.00 dues for our First- and Third-Degree member dues are currently due. Please remit your \$45.00 2019 dues payment to K of C Council 6419.

Mail your 2019 dues payment to:

Knights of Columbus Council 6419

P.O. Box 22927

Hot Springs, AR 71903-22927

The distribution of your dues are:

\$22 to Council

\$13 to Supreme

\$10 to State



Your prompt attention to e-mail billing will save our Council \$100.00 in postage expenses.

Charlie Cook

FS 6419

## **Put up Flag Holidays:**

February 18, 2019: Presidents' Day

May 27, 2019: Memorial Day

June 14, 2019: Flag Day

July 4, 2019: Independence Day

September 2, 2019: Labor Day

September 11, 2019: Patriot's Day

October 14, 2019: Columbus Day

November 11, 2019: Veteran's Day

December 7, 2019: Pearl Harbor Day



## **Upcoming Events:**

BINGO for St. John's School, February 24, 2019: Information above.

Lenten Fish Fry, March 8, 2019, St. John's, 4:30 p.m. to after Stations of the Cross

Lenten Fish Fry, March 15, 2019, St. Mary's, 4:30 p.m. to after Stations of the Cross

Rummage Sales: April 5/6 and 12/13, 2019 & October 4/5 and 11/12, 2019

Massenelli/Bauer Scholarship Application Deadline is March 31, 2019

Golf Tournament, May 18, 2019

## **Living Rosary Dates:**

Every fifth Sunday of the month during the year:

## **How you can HELP!**

- To help with flags, show up at 7:00 a.m. sharp at Calvary Cemetery on Greenwood Avenue. It only takes about 10 minutes to put up 24 American flags to celebrate the holiday. For information, call Don Sass 767-2780 or Joe Kanopsic 262-5829.

- To help with Exemplification teams, call Larry Nieman 5201300, Newton White 622-0191 or Joe Kanopsic 262-5829.
- To assist with any part of the Rummage Sales, call Jim Lockwood 525-7022.
- To help cook spaghetti for the Bazaar, call Joe Giompoletti 767-8292.
- To help with Oktoberfest, call Mike Tucker 617-9158 or Mark Chunn.
- To assist with the Tootsie Roll drive, call David Myers 620-9006 or Charlie Cook 262-5413.
- To assist with Corporate Communion at St. John's, call Kevin Touhy 752-2509.
- To assist with Corporate Communion at St. Mary's, call Charlie Cook 262-5413, Andy Anderson 425-9368 or Joe Kanopsic 262-5829.