

**CHAPLAIN**

Rev. Marc Bishop

**GRAND KNIGHT**Nicholas Gallo Sr.  
GrandKnight@KofC109.com**DEPUTY GRAND KNIGHT**

Tim Feeney (PGK)

**CHANCELLOR**

Stephen Ronayne

**WARDEN**

Chuck Kunsman

**INSIDE GUARD**

Ron Sheehan

**OUTSIDE GUARD**

John Chisholm III

**FINANCIAL SECRETARY**Peter Kenney (PGK)  
FS@KofC109.com**TREASURER**

Phil Lohnes

**RECORDER**

Paul Buckley (PGK)

**ADVOCATE**

Tim Buckley

**TRUSTEES**Kevin Brown (PGK)  
David Couture (FDD, PGK)  
Patrick Barrett (PGK)**INSURANCE GENERAL AGENT**Chandler Kuehne  
Chandler.Kuehne@KofC.org**DISTRICT DEPUTY**

James McLaughlin

**LECTURER**

Michael Keefe (PGK)

**HALL RENTALS**Steve Meadows (PGK)  
Rental@KofC109.com  
(781) 648-KofC (5632)

# KNIGHTS OF COLUMBUS

## ARLINGTON COUNCIL 109

### GRAND KNIGHT'S MESSAGE

February 2024

Dear Brothers,

While a few weeks have passed, I continue to receive calls, texts, notes, and handshakes of appreciation for our Council regarding the wonderful Paul Tracey Memorial Benefit. While these are being sent to me due to my office, this appreciation is for all of you in our Council who are working so hard and living the principles of the Knights of Columbus! I was exceptionally moved to see the bravery, strength, love, and vision of Kristin and her family. It is unfortunate that we tend to only have these gatherings after a tragedy, their power to remind us of what matters in life is beyond my ability to describe.

Last month we also completed our Council level Free Throw Championship. Our champions will now move on to the district competition. Please join me in cheering on all the competitors!

February 14<sup>th</sup> is Ash Wednesday and the start of Lent. Pope Francis reminds us that Lenten penance "is a commitment, sustained by grace, to overcoming our lack of faith and our resistance to following Jesus on the way of the cross. To deepen our knowledge of the Master, to fully understand and embrace the mystery of his salvation, accomplished in total self-giving inspired by love, we must allow ourselves to be taken aside by him and to detach ourselves from mediocrity and vanity," he encouraged. "We need to set out on the journey, an uphill path that, like a mountain trek, requires effort, sacrifice, and concentration."

In support of these Lenten efforts our Council hosts the annual Communion Breakfast. Please mark your calendar for March 9<sup>th</sup> and join us for Confession, Mass, and Breakfast!

Vivat Iesu & May God Bless Council 109  
Grand Knight Nicholas Gallo

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#### Upcoming Council Events & Activities

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February 13 <sup>th</sup>	Columbus Club Meeting
February 14 <sup>th</sup>	Ash Wednesday
February 20 <sup>th</sup>	Knights of Columbus Meeting
March 5 <sup>th</sup>	Officer's Planning Meeting
March 9 <sup>th</sup>	Communion Breakfast
March 12 <sup>th</sup>	Columbus Club Meeting
March 16 <sup>th</sup>	St. Patrick's Day Party
March 19 <sup>th</sup>	Knights of Columbus Meeting
March 31 <sup>th</sup>	Easter

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To keep informed of Council activities, visit our website: [www.KofC109.com](http://www.KofC109.com)

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## FEBRUARY MOTIONS

### PROGRAM DIRECTOR

Paul Buckley (PGK)

### MEMBERSHIP DIRECTOR

Peter Kenney (PGK)

### RETENTION CHAIRMAN

Jim Wells (PGK)

### RECRUITMENT COMMITTEE

Peter Kenney (PGK)

Jim Wells (PGK)

Pat Barrett (PGK)

<open>

### DIRECTOR OF FAITH ACTIVITIES

<open>

### DIRECTOR OF FAMILY ACTIVITIES

Stephen Ronayne

### DIRECTOR OF COMMUNITY ACTIVITIES

Nicholas Gallo Sr.

### DIRECTOR OF LIFE ACTIVITIES

Robert Tosi Jr. (PGK)

### VOCATIONS CHAIRMAN

Thomas Henry (PGK)

### VISITING COMMITTEE (SICK & WAKE COMMITTEE)

Steve Meadows (PGK)

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### OUR LOCAL PARISHES:

St. Agnes & St. Camillus

[www.cparl.org](http://www.cparl.org)

St. Eulalia

[www.sainteulalia.org](http://www.sainteulalia.org)

St. Peter

[www.saintpetercambridge.org](http://www.saintpetercambridge.org)

### COUNCIL SEMINARIANS:

Paulo Carvalho

The following motions have been submitted for our regular business meeting:

- Approval of January 16<sup>th</sup> Regular Business Meeting Minutes.
- Motion from Br. Mark Russo: I move that Arlington Council #109 appropriate the sum of \$250 to support AHS Girls Hockey. Dennis Broughton's two daughters are seniors & captains of this year's team. We would appreciate your support.

## KEEP IN YOUR PRAYERS

The following Brothers or family members have been reported ill. Your prayers are requested for their well-being and for the continued good health of all our Brothers and their families. A card or a visit would be appreciated.

Brother Tom Henry (PGK) – recovering from a foot issue.

Brother Steve Kelly Sr – in rehab after a few falls.

Joan Hurd, wife of Brother Frank Hurd – currently receiving chemotherapy, fighting Pancreatic Cancer.

## IN MEMORIAM

Please remember in your prayers the repose of the souls of all our deceased Brothers and their family members, may their souls and all the souls of the faithfully departed, through the mercy of God, rest in peace.

Br. Edward “Ed” Gaffey (HLM)

## SCHOLARSHIPS

Did you know the Supreme Council is accepting applications for several scholarships? Last year the Supreme Council provided nearly a million dollars in scholarships! More information may be found on their website: <https://www.kofc.org/en/what-we-do/scholarships/index.html>. If you need any assistance applying, please reach out to an Officer.

## 2024 COUNCIL DUES

You should have received your dues bill in the mail. Please reach out to Financial Secretary Peter Kenney (PGK) if you have any issues or questions via the FS email FinancialSecretary@kofc109.com for assistance.

Please note that the new Council key cards were activated on February 1st. Also, due to an increase in per capita assessments, dues for Honorary members will increase slightly to \$13.50.

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## CANDIDATES FOR COUNCIL MEMBERSHIP

The below are individuals who have completed an application for membership to our Council. **Action will be taken on their application at our next Business Meeting:**

- Rick Pedrini (Transfer)
- Chris Acer (Transfer)

## ASPIRANTS FOR COUNCIL MEMBERSHIP

The below are individuals who have been accepted by a vote of the Council but have not yet completed a degree. **Please encourage these Aspirants to complete their degree training** so they may fulfill their membership requirements:

- Michael Tremblay
- Kenneth Wallace
- Jason Vlachic
- Michael Alogna
- Thomas Farren Jr
- Michael Brunelli

## ON-DEMAND EXEMPLIFICATION

Have you reached the 3<sup>rd</sup> degree? All individuals without a degree or with only the 1<sup>st</sup> & 2<sup>nd</sup> degrees are encouraged to complete their 3<sup>rd</sup> degree. Our first three degrees are an introduction to our order's focuses on Charity, Unity, and Fraternity. **This on-demand training only takes about 30 minutes to complete.** A link to the ceremony may be found here: [www.kofc109.com/exemplification](http://www.kofc109.com/exemplification)

## COUNCIL MEMBERSHIP UPDATE

We have set a goal of 30 new members this fraternal year (July 2023 - June 2024). Below is our progress towards that goal:

Goal	Feb +	FYTD +	%
30	5	29	97%

If all 6 aspirants completed their training and became brothers, we would be 117% past goal! Make sure to both recruit new members and assist them through the degree process!

## FOURTH DEGREE EXEMPLIFICATION

If you have interest in this exemplification, please reach out to [GrandKnight@KofC109.com](mailto:GrandKnight@KofC109.com) and I can share more information.

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*"The heart is rich when it is content, and the heart is always content when its desires are focused on God."*

*- Saint Miguel Febres Cordero (1854-1910),  
Feast Day February 9th*

*"Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation."*

*- Catherine Doherty*

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## LENTEN EVANGELIZATION

During Lent, when your friends or co-workers' express curiosity about Catholic customs and symbolism, use those moments as opportunities to evangelize! Following are some common questions Catholics hear during Lent and some evangelizing answers.

### Ash Wednesday: What's with that dirt on your head?

First, it is a call to repentance: a physical sign that we are sinners in need of forgiveness, which is how the prophets used it in the Old Testament. Second, it is to remind us that God created us from the earth and when we die, we will return to it. As Pope Benedict XVI said, "Man is dust and to dust he shall return, but dust is precious in God's eyes because God created man, destining him to immortality."

### Abstinence: So why aren't you eating pepperoni pizza on Friday?

On Fridays during Lent, we particularly remember the sacrifice of Christ on the cross. In memory of this great sacrifice, we continue the tradition of penance and sacrifice – abstaining from meat on Fridays is an outward manifestation of an interior reality: the conversion of our hearts.

### External Sacrifice: Why give up something for Lent?

Christ said, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me" (Luke 9:23). Giving up something we enjoy strengthens our love for Christ and our resilience against temptation.

### Palm Sunday: Why are you carrying around tree branches?

When the people heard that Christ was coming and "they took out palm branches and went out to meet him, and cried out 'Hosanna! Blessed is he who comes in the name of the Lord, [even] the king of Israel.'" (John 12:13). It was a tradition to spread palms before a king as he processed into his city. It was a way to welcome him, to show him glory and homage.

### Good Friday vs. Opening Day: Why can't you go to the game?

At three o'clock on a Friday, on a hillside called Calvary, Jesus took his last breath. At 3p.m. on Good Friday, we take the time to reflect on what Christ has done for us, not only by fasting, but also by the various devotions that our churches offer: veneration of the cross, the reading of the Passion and the Stations of the Cross. On Good Friday, we spend our afternoon walking with Christ to Calvary, immersed in his love and mercy... and that beats any baseball game, any time.

(above adapted from <https://www.usccb.org/prayer-and-worship/liturgical-year/len/ideas-for-evangelization-during-lent>)