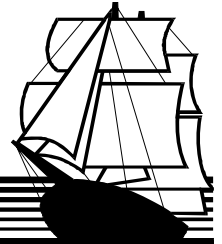


# MARINER



K N I G H T S O F C O L U M B U S

Volume 20, Number 2

April 2007

## APRIL-IMPROVE-A-HOME PROJECT

Our council needs skilled and unskilled volunteers to help upgrade the homes of county residents in need of an assist. Brothers Tim Shea and John Enzmann are leading the effort again this year. The council identifies the homes, buys supplies, delivers lunch and marshals parishioner-power to make the improvements. We have slots for lots of volunteers from spreading mulch to painting to repairing cabinets and other rough carpentry, electrical and plumbing work. The time commitment is less than 8 hours on Saturday, April 28, starting 8 a.m. (assemble from 7:30 to 7:45 a.m. in teams). Please sign up at <http://www.kofc8600.org/> and link to "April Improve-A-Home Project Form" or e-mail [e.molinelli@att.net](mailto:e.molinelli@att.net) with your name, phone, number of volunteers in your party and any special skills. Or call Gene Molinelli at 703-250-4150. If you cannot make April 28, sign up for the



follow-on date, Saturday May 12. We benefit from knowing your involvement ahead of time so that we can form teams suited to the work at hand.

This year we are also taking on a project that will start early and extend over several weekends. Please let us know of your availability and skills for this project during February, March and April. Even one day will make a difference.

## Grand Knight's Message



### Brothers,

Well, here we are in April already, which means there are only a few more months left in this fraternal year! Despite the weather, you can tell it's spring, as the Mighty KCs have assembled to shake off the cobwebs and prepare for this season of friendly competition in the Fairfax County Fellowship Softball League. Coach (and Past Grand Knight) Hovan predicts another pennant and a trip to participate in the Virginia Knights of Columbus State Softball Tournament in September. All members are encouraged to gather their cleats and join us on the diamonds of Fairfax to participate, regardless of your perceived skill level. As we have demonstrated in previous years, very little athletic prowess is needed to have good, plain old fun.

(Continued on Page 2.)

### VOLUNTEER NEEDED

The *Mariner* has an urgent need for a Brother Knight to assume the responsibilities of directing the preparation of the *Mariner* for mailing (folding, labeling, etc.) and bringing the *Mariner* to the Post Office for bulk mailing. Please contact the Grand Knight, Deputy Grand Knight or the *Mariner* editor if you are interested.

## Grand Knight's Message

*(Continued from page 1.)*

As I was filing the Council's Annual State Activity Reports, I was struck by the number and range of activities in which our membership participated during the current year. I recorded 54 separate events that, through your unselfish donation of time and effort, made lasting impressions on our parish and community. I can think of no other organization that has done comparable service in support of the needs of our neighborhood. A special note of recognition goes out to our committee chairmen and the event captains, without whose help none of this would have happened.

As in past columns, I'd like to take up a few lines to review some of our more notable accomplishments in this fraternal year.

Our Annual Polish Night in February was again a hallmark event. The occasion could not have happened without the participation of the Obuchowski's (both Big and Little Al, with wives), the Barones, the Kopaczeks and Jim Cella (I thought he was Italian?). This year we had as our guests Worthy District Deputy Mike Poumade and his lovely wife. Worthy Past Grand Knight Obuchowski has posted some pictures of the festivities to the council's Web site for all to enjoy. Funny, but the pictures are in much better focus than I remember the evening – must have had something to do with a certain fermented by-product of potatoes.

Through the organizational efforts of Brother Carlos Ota and his wife Alina, Brother Fidel Rodriguez and his wife Carmen, Brother John LaRosa and his wife Carolyn, and Brother Art De Los Santos and his wife Virginia, the council sponsored the first Tex-Mex Night at Farrell Hall on March 10. They were assisted by a long list of council volunteers, including Charlie and Cathy Gulac, Jim Cella (I thought he was Polish?), John Enzmann, Danilo Alcantara, Hauris Flores, Mick Sanzotta, Bob Albrecht, Virgil Villapando, Tom Clohisy, Julia Pierce, Dave and Ann Sharp, and Stacy Kopaczek. It is safe to say that the event exceeded all expectations! Turn out was tremendous, and there was the longest line of hungry parishioners I have ever seen for any one of our prior specialty dinners. The food, atmosphere and fellowship just couldn't have been any better. The Tex-Mex crew definitely put on a first class event that has raised the bar for all of our future dinners.

Sincere thanks go out to all the brother knights and their wives who were involved in making these two events such great successes. Once again, it proves what we have always known – if you want to get something done right, make sure the wives are involved!

For those of you who were not able to attend the Holy Thursday activities at the Parish Center, you missed a very powerful and impressive service that truly put the Holy Week into perspective. The last time I can remember attending and participating in such an event was my Confirmation in the early 60s at St. Cecelia's in Englewood, New Jersey. The church décor, proceedings and the presence of the Fourth Degree all contributed to produce a very moving and poignant service that will not soon be forgotten. What a way to welcome our new members of the Catholic faith. I'd like to thank our chaplain, Father Barkett, for allowing the knights to be part of that proceeding.

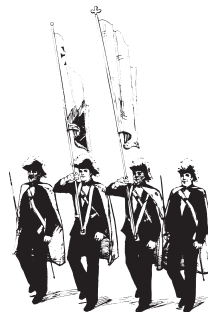
As usual, Chef Jim Cella (I thought he was Mexican?), Johnny Restivo and their spaghetti kitchen crew continue to support our pastor's fellowship programs by offering up great Italian Night meals following the Saturday evening services. These dinners, along with the pancake breakfasts, are instrumental in the continued development of parish fellowship. Thanks go out to all the volunteers who assist in these efforts.

I have done some comparative detective work lately, surfing other council Web sites, and have made an unbiased determination that Paul Armstrong has developed the best site in the state. Please use this electronic medium to keep current regarding council activities, as Paul regularly updates the site with important information.

In closing, I hope to see you at our meetings. Loosen up the arms and legs, take a few practice swings and I'll see you all on the ballfield.

Vivat Jesus,

*Tony*



# The Chaplain's Corner

## Praising God

*God inhabits the praises of his people.  
Enter his courts with praise. (Ps100)*



In prayer we come into God's presence. Coming into the presence of God changes us. We experience God's power, beauty and love. Praise is an important part of prayer. Through praise we go beyond the limits of our humanity and enter into the presence of God, into a spiritual realm. Praise of God along with worship is the goal of our prayer. We seek to be united with God and to worship him. We move from centering on ourselves and we focus on God and his goodness.

After thanking God for His many blessings, praise opens us up to God's presence. In praise we say good things about God, we tell Him how great and good He is. We give glory to God. We become aware of who God is and marvel at His glory, and we come to experience God in an intimate way. In praising God we enter into a spiritual dimension where our spiritual nature is awakened as we experience the glory of God. Praise brings us into the presence of God.

Father John Capuci in his book, *Opening the Gates of Praise*, talks about reasons to praise God.

*1. Because God wants us to praise Him.*

He wants us to acknowledge His gifts of generosity and love, and opening ourselves to God in praise allows the Holy Spirit to empower us with the gifts we need to lead a life pleasing to God.

*2. Because praise is an unselfish prayer to God.*

We are not seeking or asking anything when we praise God. Praise comes from a heart that is unselfish and open and in which God reigns.

*3. Because praise breaks down the walls that are barriers to God's grace.*

Walls of arrogance, low self-esteem, and self hatred begin to break down when we praise God. God heals us and releases the power of the Spirit in our lives. We come to know God in a powerful way as we receive His power and grace.

*4. Because praise creates a spirit of joy.*

We become aware of God's presence, and we respond to Paul's call to "Rejoice in the Lord always, again I say rejoice" (Phil 4:4).

*5. Because praise makes us more thankful to Jesus.*

We become aware of Jesus' goodness and realize there are many reasons to be thankful to a generous and loving God.

*6. Because praise opens us up to the gifts of the Holy Spirit.*

The gifts of courage, counsel, wisdom, service, hospitality, mercy, giving, ... .

We can begin praising God by creating a *String of Praises*. Here are some examples:

1. *Praise God for being God:* Praise you all powerful God, I praise you for the gift of your love in my life, for you are the Alpha and the Omega – the beginning and the end, I praise you for your presence in the Eucharist, praise you Christ the High Priest.
2. *Praise God for your history:* Praise you for the gift of faith, for my parents that passed that faith to me, praise you for my family and the love we show to each other, praise you for the gift of life, praise you for eyes that see and ears that hear.
3. *Praise God for your present life.* Praise you for making yourself known to me, praise you for the anointing of your Spirit, praise you for the experience of your love, praise you for allowing us to share your love with others.
4. *Praise God for what he is doing in you right now.* Praise you for healing my headache, praise you for being with me in a difficult job situation, praise you for the new insight you have provided me about my faith, praise you for healing my self-image.

By memorizing and stringing these and other praises together, we can praise God out-loud during our prayer time, and we will experience God's presence and power in our lives in a new way.



God bless you all,  
*Father James S. Barkett*

## ARTHRITIS WALK

Our council has supported the local Arthritis Walk over the last few years and is doing so again this year. Brother Gene Molinelli is the team captain and has registered a team on the event Web site for the council. Please either join the team or make a donation, or both. Follow the links at the [kofc8600.org](http://kofc8600.org) Web site or you may go directly to the site at the following location: <http://fairfaxcountyarthritiswalk.kintera.org/koc8600>.

Many of you may not know that Brother Knight Steve Smith of our council is the national volunteer chair of the Arthritis Walk. Steve and Dave Sharp (a member of the local Arthritis Walk committee) will give a presentation about the Arthritis Walk at an upcoming meeting. Steve's 15-year-old daughter, Emily, has had juvenile rheumatoid arthritis since the age of two. The Arthritis Foundation has been very important in the lives of the Smith family.

The local Arthritis Walk will be at Robinson Secondary on May 19. Registration is at 9 a.m. The walk starts at 10 a.m. and the finish is before noon. The Arthritis Walk is a noncompetitive, nontimed family event designed to increase awareness and raise funds for the foundation. At the same time, it is a health related walk that increases awareness of the need for exercise.

Please sign up at the Web site right away, so that sufficient supplies and staging can be prepared for your participation.

More information about the Arthritis Walk can be found at the Web address below:

<http://www.arthritis.org/events/arthritiswalk/default.asp>

### WEAR YOUR BADGE

We are a fraternal order involved in our community and church activities. Let others know you are a Knight. Wear your badge at Mass and at other St. Mary activities.

# FOOD FOR OTHERS

Our council is engaged in several programs to provide food for the community.

We support the parish in distributing free food to two sites in Burke from the food clearinghouse called **Food for Others**. We owe a big thanks to Brother Knight Mike Perri and his wife Kris for organizing this effort in the footsteps of Brother Pete Garry. Every Monday, one of four teams (of two Knights each) picks up food at a warehouse in Merrifield, augments it with food from the parish stocks, and delivers it between 6:30 and 7 p.m. to about a dozen families at each of the Burke sites. It is a great boost to about 100 people, most of whom are children, who are in transient or persistent need. Current team members include Mike and Kris, John Enzmann and Rich Murphy, Nick Yannarell and Jim Connors, and Gene Molinelli and Tim Slayter. Let Mike know at [fiveperris@cox.net](mailto:fiveperris@cox.net) or 703-591-5896 if you are interested in filling in on a standby basis or joining a team when a slot next opens up.

Mark Haaland reports that we had a good turn out for **Christmas Food Baskets**. We were able to provide a total of 30 meals to the probation and parole officers who support Fairfax County, to assist them in working with and helping the families who are involved in the probation and parole system. Of the 30 meals, the Knights provided 16 meals and the parish was able to donate 14 meals (less turkeys). The officers were very appreciative of our support again this year and offered their sincere thanks to our council. Mark wishes to thank Bob Ritchie for his help. We all owe Mark thanks for leading this effort.



Our council supports the parish **Lenten Soup Suppers** and the clothing drive. If you wish to volunteer please contact Pete Garry at [pgarry1@verizon.net](mailto:pgarry1@verizon.net) or 703-978-1163. Family members are welcome.

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## ROUTE 123 CLEANUP

Our council has adopted a highway in the form of Route 123 from Fairfax Station Road at the historic church southward to Chapel Road. A skeleton crew of knights with last names having initial letters in the A to H portion of the alphabet cleaned half this length in September, but a better turnout of about a dozen knights from the H to O portion did the whole stretch in about two hours on Saturday, January 20. The January 20 Team included Louie Leitao, Dan Mahoney, Thomas Milos, Michael Muldoon, Robert S Metzger, Kevin P. Miller, Stephen A. Morales, Edward J Moscatelli, Ngoc Le, Scott Leich, Ed Kropczek, and Dave Evans.

The next date, for knights from the O to Z portion of the alphabet, and all others who missed the date for their portion of the alphabet, and their families, was Saturday, March 24, beginning at 8 a.m.. The March 24 Team included Dave Evans, Mickey Sanzotta, Gene Molinelli, Stephen J. Pastva, Michael P. Perri, Paul C. Rinderle, Frank J. Romano, Martin M. Spolarich, Dan Turgeon, Tony Vanderbeek, Roger Wesley, Bill Wolf and Ken Wall.

This effort is led by Brother Knight Dave Evans, who, with poetic justice, is an employee of the Environmental Protection Agency.

Let Dave know at [devans1957@verizon.net](mailto:devans1957@verizon.net) or at 703-425-7246 if you can help during the next cleanup, whether your answer is yes or no. Dave's efforts at notifying the county of filled trash bags to pick up and otherwise keeping this operation going and stocked with spears, bags, vests, and coffee and donuts are greatly appreciated.

### BULLETIN

MISTAKES WERE MAYBE PROBABLY ACCIDENTLY MADE IN THIS ISSUE OF THE *MARINER*. IF YOU CAN SPOT ANY, YOU ARE ENTITLED TO A FREE CUP OF COFFEE (DONATIONS ACCEPTED) AT OUR NEXT COUNCIL MEETING.

YOUR EDITOR

# Second Annual Council 8600 Family Day Picnic

All knights and their families are invited to the Second Annual Family Day Picnic to be held on Sunday, June 17, 2007, from 1-6 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station, Virginia 22039, Sheltor B (at the rear of the park). There is plenty of parking available.

There will be no rain day.

Bring your entire family, children and grandchildren as well as visiting relatives and friends. The Knights will provide hamburgers, hot dogs, chips, and sodas. No alcoholic beverages, please. If your last name ends in A-L, please bring a salad or side dish for 10 persons. If your last name ends in M-Z, please bring a desert dish for 10 persons.

We will have lots of family games and activities throughout the afternoon (three-legged sack race, soft-

ball game and tag races. Burke Lake Park also has a number of family oriented activities such as boating, fishing, miniature train, playgrounds, a miniature and an 18-hole Par-3 golf course at reasonable prices, and a number of biking/hiking trails.

This Family Day Picnic is a way of thanking all of the knights who volunteered to support the various Council 8600 activities throughout the past year and to thank their families for their support.

The grand knight will recognize a number of outstanding knights at a special awards ceremony at 4 p.m.



Please call John LaRosa at (703) 425-2343 or Fidel Rodriquez at (703) 239-0121 for any questions you may have and to give them a count on how many members of your family will be attending. For additional information, please go to <http://www.fairfaxcounty.gov/parks/burkelake/>

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## SPECIAL OLYMPICS

Our council helps stage track and field events for the Special Olympics on Saturday May 5. Roger Wesley leads this project. Our efforts provide support for this great event that enriches the lives so much of so many that are burdened with disadvantages that the rest of us do not have. We have need for about a dozen knights and family members. Contact Roger at 703-503-3116 or at [wesleyr@osdgc.osd.mil](mailto:wesleyr@osdgc.osd.mil) if you can help.

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## COMMUNITY PROGRAMS TELEPHONE TREE

The Community Programs telephone tree has been a great boon to the programs and project leaders mentioned elsewhere in this issue. We still need additional volunteers to make calls to up to 20 fellow knights about 5 or 6 times a year (about 10 hours work per year). This is great duty for knights who are gregarious or busy or infirmed, in any combination. This is not cold calling. Each knight you call is a current member; and most are glad to hear from you and be given the opportunity to participate in a worthy activity. Usually, schedule or infirmity are the reasons for getting a "no" to your request for volunteers. Contact Gene Molinelli at [e.molinelli@att.net](mailto:e.molinelli@att.net) or 703-259-4150 if you can help.

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## NEW WOUNDED VETERANS PROJECT

Our worthy grand knight has targeted a new program this year to provide much desired personal articles that are not provided by the military to wounded veterans in nearby military hospitals and to improve lounge areas for vets and families. The Red Cross will deliver the goods. What is needed is a team of knights or family members who can approach local retailers to contribute to the effort with low prices or donations of the particular articles in question, such as micro-bead pillows, tear-away sweat clothing and personal music players. Also needed is a chef to help raise money for the effort by hosting hot dog roasts after Masses on Sunday. Russ DeRose and his Squires and Squire Roses will staff a hot dog sale on June 2 and 3, if permission is obtained from the pastor. Ulises Martinez has offered to coordinate efforts. Contact him at 202-256-0210 or at [UVM@novustar.com](mailto:UVM@novustar.com) to offer to help.

# 2006-2007 CALENDAR

## APRIL

- 3 Council Meeting, 8 p.m., OSMH  
Chili Cookoff, Dan Turgeon
- 5 Holy Thursday
- 6 Good Friday
- 7 Holy Saturday
- 8 Easter Sunday
- 14 Spaghetti Dinner, 4-8 p.m., FH, Jim Cella
- 15 Pancake Breakfast 6 a.m. to 1 p.m., FH  
(Team Mahoney)
- 17 Council Meeting, 8 p.m., OSMH
- 18-22 KOVAR, Scott Leitch
- 28 Improve-a-Home, meet at Farrell Hall  
7:30 p.m., Tim Shea
- 28-29 Bowling Tournament

## MAY

- 1 Council Meeting, 8 p.m., OSMH  
First Degree
- 4 First Friday Devotion, Contact Tom Gilding
- 4-6 State Convention, Virginia Beach
- 5 Special Olympics, Roger Wesley
- 12 Improve-a-Home, Follow-up Date  
Meet at Farrell Hall, 7:30 p.m., Tim Shea
- 13 Mother's Day
- 15 Council Meeting, 8 p.m., OSMH
- 18 Memorial Mass for deceased Brothers and  
relatives, Old Church, followed by reception
- 19 Spaghetti Dinner, 4-8 p.m., FH, Jim Cella
- 19 Arthritis Walk, Robinson High School
- 20 Pancake Breakfast, 6 a.m. to 1 p.m., FH  
(Team Ciatta)
- 21 Funeral Mass for Mary Read, St. Mary's  
parishioner who died at Virginia Tech
- 22 Second Degree, St. Mary of Sorrows
- 26 Route 123 Cleanup

## JUNE

- 1 First Friday Devotion, Tom Gilding

- 2 Wounded Warrior Hawaiian Night, Walter  
Reed Army Medical Center  
The Luau is for the wounded soldiers and  
their families, complete with Hawaiian enter-  
tainment, the Redskins Cheerleaders and a  
pig roast. Contact Charlie C. Gulac,  
703-692-1837, charlie.gulac@hqda.army.mil
- 2-3 Hot Dog sale for wounded warriors after all  
Masses
- 5 Council Meeting, 8 p.m., OSMH
- 8-10 Celebrate Fairfax, Government Center
- 10 Pancake Breakfast, 6 a.m. to 1 p.m.  
(Team Marotta)
- 17 Summer Picnic, Burke Lake Park, 1-6 p.m.  
Fidel Rodriquez
- 19 Council Meeting, 8 p.m., OSMH  
First Degree
- 29 Installation of Officers and Grand Knight  
Appreciation (tentative)



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**Paul T. Hannon, PGK, PFN  
FIELD AGENT**

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## COUNCIL PROGRAMS AND CHAIRMEN FOR FRATERNAL YEAR 2006-2007

### **Youth Program**

#### **Rich Holihan & Don Wilkinson**

Scholarships (Fred Walker)  
Young Man / Young Woman of the  
Year Awards (Fred Walker)  
High School Graduation Parties  
(Dick Lee)  
Parish Children's Christmas Party  
(Steve Schaefer)  
Scouting (Cub, Boy and Venture)  
(John LaRosa)  
Free Throw Contest (Steve Lisi)  
Squires & Squire Roses  
(Steve Schaefer)  
Work Camp (Mark Gazillo)

### **Council**

#### **George Wassif**

Meetings & Officer Installation  
(GK, DD)  
Christmas Trees (Geoff Smith)  
*Mariner* (Frank Romano)  
Softball Team  
(Dennis Connaughton)

Membership (Johnny Restivo)  
OSMH Renovation and  
Maintenance (Erc Barone)

### **Church**

#### **Tom Gilding**

Sanctuary for Life (Joe Marotta,  
Tim Donovan)  
Christmas Cards (Tom Gilding)  
Eucharistic Adoration (Chaplain)  
Car Raffle for St. Mary's Capital  
Fund (Jim Cella)  
KofC Memorial Masses  
(Tom Gilding)

### **Community Program**

#### **Gene Molinelli**

Marian Homes (Jake Jacobsen)  
Celebrate Fairfax (Mike Burbach)  
April Improve-A-Home  
(Tim Shea)  
Special Olympics (Roger Wesley)  
Northern Virginia Training Center  
(Gerard Durback)

KOVAR (Scott Leitch)  
Thanksgiving & Christmas Food  
Baskets (Mark Haaland)  
St. Mary's Food Ministry  
(Pete Garry)  
Route 123 Cleanup (David Evans)

### **Family**

#### **Carlos Otal**

Parties/Reception/Outings  
(Erc Barone, et al.)  
Spaghetti Suppers (Jim Cella)  
Pancake Breakfasts (Joe Marotta,  
Paul Ciatti)  
Hope of Northern VA (Pete Garry)

### **Special Committees**

Admissions (Al Obuchowski)  
Database & Web site (Paul  
Armstrong)  
Charity (Dennis Halpin)  
KOVAR (Pat Phillips)  
Pro Life (Tony DiGregorio)  
Public Relations (Dave Evans)  
Athletic Director (Jerry Hovan)