

Recruiting Update from the Worthy Chancellor

The Labor Day Picnic afforded us the annual opportunity to “man up” our KofC booth and reach out to the men of the parish as a prelude to the upcoming Blitz Weekend (October 3-4). Through the fine efforts of those who graciously manned up the recruiting booth (Ray Connolly, Tony Vanderbeek, Al Obuchowski, Pete Garry, Carlos Ota, Jerry Hovan and many others) we were able to sign up nearly a dozen potential new Knights and capture three additional transfer members.

The following day Jerry Hovan lit up the phone circuits calling these newly identified candidates and was successful in getting six to attend the First Degree exemplification held Tuesday evening, September 15.

Through the persistence of many, St. Mary of Sorrows Council 8600 welcomed the following new First Degree Knights at our first exemplification of the new fraternal year:

Tim Barry
Clark Mulligan
Scott Wescavage
Ben Boyd
Alan Somers
Thomas Patronik

This year looks like it’s starting out as another great year for the council and our collective eyes are on the target for the upcoming Blitz Weekend.

If you can help after any Mass on the 3rd/4th of October weekend, please let me know. My e-mail is: pmarzluff@cox.net.

Pete Marzluff
Chancellor

Grand Knight's Message



Brothers,

I am very happy, and humbled, to have been elected as your Grand Knight for the 2009 – 2010 fraternal year. It seems particularly noteworthy as we are also beginning the “Year of the Priest” and the “Year of Volunteerism.” We are off to a great start for the fraternal year, having already had a planning meeting with the new officers and standing committee chairmen as well as a council meeting where we have read both the proposed budget for the year and the planning calendar for the council. Both of these are available on line at the council Web site: www.kofc8600.org. Please visit this site at least weekly to keep ahead of all the activities that your council is undertaking.

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Military Veterans

You can replace your military records, medals and awards. For information go to the DoD Archives Web site at: <http://www.archives.gov/veterans/evetrecs/>

Grand Knight's Message

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I have met with Father Barkett, and as the Pastor of St. Mary of Sorrows as well as our Council Chaplain, he is extremely satisfied with the support he has received from the Council and looks forward to even greater things in the coming year. I will be meeting with Fr. Barkett on a monthly basis, so if you have any issues regarding the Knights and the parish that you would like brought up, please drop me a line. There is a link to send me an email on the website listed above.

Speaking of service, to paraphrase the late President Kennedy, "ask not what your [council] can do for you, ask what you can do for your [council]." The webpage is full of opportunities for you to become more involved in every aspect of the work of the order. Of particular note, I want to bring your attention to the First Friday adoration. Two years ago, we voted to support Fr. Barkett with the all night Eucharistic adoration at the church on First Fridays of each month. We have a sign-up sheet posted on the website for you to sign up for one of the time periods through out the night. I understand that sitting up in the middle of the night with the Lord at the Worship Center may not be your first inclination, but when you think of it, it is like the knights of old who were often called by their Lord and Master to guard him. Our aim is to never leave the Blessed Sacrament alone during the exposition. Please sign-up often for this fundamental duty.

I look forward to a great year and hope that you will accept the challenge of volunteerism and help your council in our mission to support our church, our families, our communities, and our country.

Vivat Jesus
Dan Turgeon



FROM OUR INSURANCE AGENT

Dear Brother Knights and Families,

As the summer heat diminishes, schools and colleges begin to welcome back the students. June and July were record months for the Knights of Columbus Insurance products. The market still is not recovering as fast as predicted and uncertainty in the employment arena also seems to be continuing. The Ulmer Agency servicing the Northern Virginia area is supposed to have 15 field agents; currently there are 10. Please contact me if you would like information about becoming a field agent.

The month of August was not an easy month. There were some death claims to administer, and assisting the widows and children is part of the job description. Please take the time to communicate to your spouse your financial information and insurance information. I spoke to a widow and she was unsure of her husband's insurance policies. The Knights of Columbus policies her husband had purchased will provide financial stability for the family. You may also have group life insurance coverage through your employer. Having a Knights of Columbus Life Insurance policy in place will add financial protection for your family. The Knights of Columbus Annuity and Long-Term Care products continue to have record sales.

Please pray for an end to abortion and for the families of all the Brother Knights who have lost a loved one.

Paul T. Hannan, FA
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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.

The Chaplain's Corner

SIGNS OF SPIRITUAL PROGRESS

Thus you will know them by their fruits. (Matthew 7:20)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. (Galatians 5:22-23)

Different people are led by the Holy Spirit in different ways. Each person's walk with God is unique and different from other people's. However, there has to be some way of measuring progress in the spiritual life. A person that is growing in his or her faith into a mature Christian and progressing in holiness will exhibit certain signs that indicate that that person is following the will of God more than his or her own will.

Chester Michael in his book, *An Introduction to Spiritual Direction*, discusses telltale signs of progress toward holiness.

Gratitude toward God. As a person progresses toward union with God, he or she will experience a growing awareness of increased gratitude toward God. Gratitude helps in the practice of humility and counters self-centeredness and the growth of pride. Everything we have is a gift from God, and we learn to give humble thanks to God frequently during the day. As an example, on awakening we thank God for the gift of a new day. If someone compliments us at work, we acknowledge the compliment but also thank God for the inspirations and skills that enabled us to do well. As progress is made in our walk with God, growing in awareness of increased gratitude toward God means we are moving in the right direction.

Trust in God. As time goes by we are also aware that we are trusting God more and more each day. In His life on earth Jesus insisted on trust in God and blind faith. Trust in God enables us to experience God's goodness, love, and mercy. Scripture tells us that this trust in God is based on two characteristics of God: his loving kindness and

faithfulness to his promises. We need to see God for what He is, absolutely trustworthy and dependable. God has infinite power and has the qualities of truthfulness, love, wisdom and goodness. Recognizing this we should grow in trusting God in all we do.

Intimacy with Jesus. Christian saints have experienced this greater intimacy with Jesus in their lives. The holier the person, the greater is the experience of love between the person and Jesus. This kind of relationship with Jesus takes years to develop. It takes work on the person's part to achieve it. Reading the four Gospels numerous times helps in understanding that Jesus is the Son of God, the "Word made flesh." In studying and reflecting on words of Jesus in the Gospels, He becomes more alive to us, a real person that we can develop a deep personal relationship with and can engage in conversation.

Other signs of spiritual growth include submission of our will to the will of God, adoption of a simplistic lifestyle, a longing for God and His holiness, the centering of our mind on God and the things of God, experience of a deep inner peace, a more positive attitude toward all things, greater self-control and generosity in sharing with others, and a greater willingness to change our ways of speaking, thinking, acting and judging. Over time, we will begin to experience the fruits of the Spirit found in Galatians: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.



God bless you all,
Father James S. Barkett

THE COLUMBIAN SQUIRE ROSES

The Columbian Squire Roses program was begun in order to give young women a better opportunity in life – a chance to receive the leadership training and the spiritual and moral guidance they will need in order to succeed in current and future choices and goals. The following information will provide you with information on the Squire Roses, a national and international award recognized circle

Our meetings are once a month (usually the third Sunday) except for December, July and August. Our membership comes from a variety of grade school, junior high schools and senior high schools. Members are active in high school and travel sport teams, national honor society, various high school music and theater activities, debate teams, and other school and outside activities. Some are or have been in Girl Scouts, Youth Ministry and other church programs. Yes, their plates are full but somehow they can handle the Squire Roses activities and the projects they lead. They are college bound. Some of the universities they have attended or are attending are: University of Virginia, James Madison University, Virginia Tech, Mary Washington University, George Mason University, College of William and Mary, American University, George Washington University, Duke University, Virginia Military Institute, Villanova University, Wellesley College, Amherst College, Wellesley College, Northwestern University, University of Notre Dame and University of North Carolina.

First, the Squire Roses is a Catholic young women's organization patterned after the Columbian Squires and college sororities. Membership is restricted to young Catholic women 10 to 19 years of age.

Second, a Squire Roses Circle is designed to run both by and for young women. If a Squire Rose is to be a leader, she must, to the degree that she is able, be given the opportunity to lead. Therefore, each Squire Rose will be an officer or chairwoman or co-chairwoman of a program and is expected to run at least one program or event each year. In the Squire Roses, she is given this and other leadership opportunities.

Third, the purpose of the Squire Roses program is to develop young women as Catholic leaders who understand their religion, who have a strong commitment

to the church, and who are ready, willing and capable of living their lives in the manner of Jesus as a youth.

Fourth, the Squire Roses Circle is a service and civic organization that provides over 1,000 hours per year to support local, national and international programs and projects for pro-life, children, people in need, those in military service, church organizations and others in need. Squire Roses Circles raise funds and donate from \$1,000 to over \$5,000 to charities and church (local and foreign) each year. The St. Mary's Squire Roses Circle in conjunction with the Squires' Circle has donated \$500 to a specific seminarian each of the past five years. They also assist the Knights of Columbus in its programs each year. We always welcome others who wish to support us in this effort.

Fifth, the Squire Roses Circle is an athletic team, a youth group, a social club, a cultural and civic improvement association, a management training program, and a spiritual awareness course all rolled into one. The Columbian Squire Roses program is well-rounded, because our church and nation need well-rounded women who can lead.

Sixth, our counselors are Catholic women who wish to act as mentors and advisors as requested by our officers and committee chairpersons and co-chairpersons. Each year a woman is assigned as the chief Squire Rose counselor or co-counselor. A priest from our local church is our Father Prior, and a member of the Knights of Columbus is the interface between the Squire Roses and the Knights and represents the Squire Roses and Squires at the Knights' meetings.

Origin of the Squire Roses

The following is how we arrived at our name. A name was needed to attract young women and that they could relate to in a positive way. No one saint or famous woman of the church emerged. The one word that came up in a great number of discussions with young and older women and even men was the word ROSE. It was a part of many women's investitures and the one flower that is given to a special person or for a special occasion. It is a symbol of womanhood in many countries and is our country's national flower. Two Masses each

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year are given in recognition of the rose. In 1960 in "Operation Rose" a sterling silver rose was brought from Canada through out the United States of America to the Shrine of Our Lady of Guadeloupe and given to Pope John XXIII. It was a "spiritual bouquet" promoting the cause of sainthood and was permanently ensconced. Since then, many other references are made to the rose. There is even a Squire Rose shrub, a species of the Knight Rose family. The name of the young women's Catholic leadership circle was born.

The Squire Roses have their own guides, medallion, formal jewels (red), installation and investiture material, shirts and hats, and other material and certificates. Knights of Columbus protocol is followed as it is with the Squires. The Squire Roses have other circles in Virginia and Washington, D.C., and circles are starting in California and New Jersey. Similar organizations are located in Canada, Mexico, the Philippines and Missouri.

If you wish additional information on joining the Columbian Squire Roses or starting a Columbian Squire Roses Circle, contact Russell DeRose, Knights of Columbus interface and Squire Roses Counselor, (telephone 703-743-1171 and e-mail address jardr@comcast.net).

THE COLUMBIAN SQUIRES

The Columbian Squires program is developed to enhance a young man's opportunities in life, a chance to receive the leadership training and moral guidance needed to succeed in whatever opportunities lie ahead.

What makes this organization special is that its main focus is to provide for young Catholic men an organization to reinforce strong moral values, develop strong character and provide for positive leadership responsibilities. Membership is restricted to young Catholic men 10 to 18 years of age.

Our meetings are held once a month (usually the second Sunday in conjunction with our pancake breakfasts) except for July and August. Our membership comes from a variety of grade school, junior high schools and senior high schools. Members are active in school and travel sport teams, national honor society, school and outside music and theater activities, debate teams, and other school and outside activities. Some are in Boy Scouts, Youth Ministry, altar servers, and other church activities. Yes, their plates are full but they can handle

the Squires activities and projects they lead. They are college bound. Some of the universities they have or are attending are: University of Virginia, James Madison University, Virginia Tech, Mary Washington University,, George Mason University, Catholic University, University of North Carolina, University of South Carolina, Virginia Military Institute, Duke university, United States Naval Academy, and other locations in the United States. Past members have become engineers, lawyers, teachers, educators, doctors, service men and small business owners.

As a Squire you will take part in many different kinds of activities. Program areas include circle/leadership, spiritual, service/civic, family, and membership projects and activities each year. This provides the opportunity for growth in areas such as decision-making, delegation of responsibility, project development, administration, public speaking, public relations, record-keeping, financial responsibility and program promotion. You will be involved in fund raising activities for charities, church activities and circle operations.

You won't just be a participant in those activities but one who plans them, organizes them, finances them, promotes them and carries them to completion. You will gain a sense of the diversity of people in the world, and find your own place within the community. They will teach you the value of charitable activities. They will help your body grow strong and prepare you for working with other people by fostering team spirit. You will become more comfortable in any social situation. These activities will increase your awareness of other young men – and of your responsibility toward their growth, as well as your own. You will be asked to work joint projects with your sister organization, the Squire Roses, your sponsor, the Knights of Columbus, and organizations within your church as well as outside charitable organizations. You will become a better leader.

If you are not a Squire but wish to assist in these activities contact Russell DeRose, co-chief counselor, 703-742-1171 or by e-mail at jardr@comcast.net. Also, if your CCD or other organizations wish to assist us please contact us at the same telephone and e-mail address as we perform over 1,000 service hours per year.

As an elected or appointed leader in your circle, the most important gifts you can give to your circle and its members are your time, your effort and Your enthusiastic support. The depth of your commitment will determine
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how much benefit you receive from your participation. Your commitment should be a free and conscious decision to give part of yourself to the circle.

Upon joining the Columbian Squires you will receive a pin, rosary, certificate, Squires Handbook and other items. The handbook will be used to take notes at meetings and to keep information sent to you by email or handed out at meeting. Your attendance at meetings is critical to keeping up to date and making suggestions for future events but also the means for meeting new friends and being involved in new ventures.

12TH ANNUAL PIZZA, COOKIE AND PIE SALES TO SUPPORT SEMINARIAN AND RIGHT-TO-LIFE CHARITIES

The Columbian Squires and Columbian Squire Roses will be taking orders after each Sunday masses in Farrell Hall starting September 13 through the November 1. We also will be taking orders in OSMH on the second and third Sundays in September and October.

We wish to thank all of you who have supported us and these causes in the previous years and enjoyed your purchases. We have an even greater variety this year. These are great food items for the family and friends for breakfast, lunch or dinner football parties, holiday parties, teen and preteen parties, and club parties.

The Joe Corbi's food items we are selling are:

For PIZZA LOVERS: Cheese, Sausage, Pepperoni, Whole Wheat, White, Buffalo Chicken, Joe Jrs. Cheese, Joe Jrs. Sausage, Joe Jrs. Breakfast Bacon, Joe Jrs. Whole Wheat, Crayola Pop Art, and Joe Jrs. Dessert Delite Pizzas.

For WILD INTERNATIONAL DELIGHT LOVERS: Chee-Zee Bread, Cinna-Bread, Twin pack Chee-zee/Cinna-Bread, Pepperoni Four Cheese Calzones, Philly Cheese Calzones, and Southwest Queso Specialty.

For PRETZEL PERFECT LOVERS: Pretzel Dogs, Jalapeno Cheddar Pretzels, Pretzel Logs, and Traditional New York Pretzels.

For CRAZY COOKIE LOVERS: Tubs of Chocolate Chunk, White Chocolate Macadamia Nut, Honey Oatmeal Raisin, Creamy Peanut Butter Delight, Chocolate Peanut Butter Chip, Simply Sugar,

Chocolate Candy made with M&M's, Crayola Pop Art Cookie, Coconut Macaroon, Triple Deluxe Chocolate, and the new Gluten-Free Casein-Free Chocolate Chip.

For the SPECIALITY PIE LOVERS: Chocolate peanut Butter, Fruits of the Forest, Brownie Bottom, Apple Crumb Pie, Banana Cream, Chocolate Cream, New York Style Cheesecake, Strawberry Swirl Cheesecake, Chocolate Swirl Cheesecake, Raspberry Swirl Cheesecake, and the Cheesecake Sampler (some of all of the above).

For the After Dinner & Party SWEET SURPRISE: Chocolate Fudge Brownies Pumpkin Roll (for Thanksgiving), Blueberry Muffins, Lemon Polly Seed Muffins, Chocolate Chip Muffins, Cinnamon Rolls, Churros, and Cinnamon Twists.

MY FAVORITE DOG LOVER TREAT: Classic Peanut Dog Treats and the Oats & Cheddar Dog Treats

When ordering make all checks out to: Knights of Columbus 8600.

Russell DeRose



Prayer to Saint Michael the Archangel

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host – by the Power of God – cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Pope Leo XIII (1878-1903)

2009 CALENDAR YEAR

SEPTEMBER

- 1 Council Meeting, 8 p.m., OSMH
Rosary at 7:45 p.m.
- 4 First Friday Devotion, 7:30 p.m. to
8:30 a.m., Worship Center
- 7 Labor Day Picnic and Recruiting
Booth, OSMH and FH
- 12 Route 123 Cleanup, meet 8 a.m. at
OSMH, POC: Kevin O'Brien
- 12 Spaghetti Dinner, 4-8 p.m., OSMH
- 13 Pancake Breakfast, 6 a.m.-12:45 p.m.
(Team Barone) FH
- 15 Council Meeting and First Degree
8-10:30 p.m., OSMH

OCTOBER

- 1 First Friday Devotion, 7:30 p.m. to
8:30 a.m., Worship Center
- 4-10 KofC Membership Blitz
- 6 Council Meeting, 8 p.m., OSMH
Rosary at 7:45 p.m.
- 10 Spaghetti Dinner, 4-8 p.m., OSMH
- 11 Pancake Breakfast, 6 a.m.-12:45 p.m.
(Team Ciatti) FH
- 11 KofC Family Day at Kings Dominion
- 12 Columbus Day Parade
- 17 Italian Night, 6-8 p.m., OSMH
- 20 Social Meeting, 8 p.m., OSMH
Rosary at 7:45 p.m.,
- 24 Crowder Cook-Out, Lady Bug Farm
- tba Octoberfest at Northern Virginia
Training Center (date to be
announced)

NOVEMBER

- 3 Regular Meeting, 8 p.m., OSMH
Rosary at 7:45 p.m.
- 7 Spaghetti Dinner, 4-8 p.m., FH
- 8 Pancake Breakfast, 6 a.m.-12:45 p.m.
FH (Team Marotta) FH
- 11 Veterans Day Mass and Brunch
9:15 a.m. to 12 p.m.
- 17 Council Meeting and First Degree
8-10:30 p.m., OSMH
- 21 Christmas Tree Setup
8 a.m. to 12 p.m., OSMH
(Tentative Date)
- 21 Thanksgiving Basket Collection,
9 a.m. to 12 p.m., FH
(Tentative Date)
- 26 Thanksgiving Day
- 27 Christmas Tree Offload
8 a.m. to 12 p.m., OSMH
- 28 Christmas Tree Sales Begin (through
December 23rd)

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