

MARIAN HOMES DEDICATES NEW SUN ROOM

On Sunday afternoon, November 15, 2009, the residents of the Marian House group home welcomed visitors for a special celebration of a new all-season sun room. The new addition to their home was recently completed under the direction of the Marian Home Board of Directors, using funds raised by the board through fundraising activities and donations. Family members of the residents, representatives of Chimes, the organization that manages the home, and members and spouses of the board of directors observed as Father Stefan blessed the new room, after which all enjoyed refreshments. Erc Barone, current president of Marian Homes, noted that the new addition would not have been possible without the enthusiastic support of Council 8600 and, in particular, the leadership and hard work of past and current board members. Following his remarks, Erc unveiled a plaque designating the new room as the LaFrance Room, in recognition of the efforts of PGK Dick LaFrance, whose vision, leadership and perseverance were the moving forces behind the creation of Marian Homes Inc. and the purchase of the current group home.

In separate but related Marian Homes news, the

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/>

board has learned that Fairfax County has awarded a grant of \$100,000 to Marian Homes after evaluation of a proposal submitted by the board in early October. The grant will be used as a down payment for the acquisition and renovation of a second group home.

Tom McFarlane

Grand Knight's Message



Brothers,

It has been a busy autumn, and the winter promises to be even more exciting! Christmas tree sales have started, which is our largest fundraiser that employs all our brethren Knights and is a clear start to the Yuletide Season. Speaking of the Yuletide, I hope that you have saved the date for the traditional Grand Knights Christmas Open House to be held on December 20, from 3 to 7 p.m. at 6086 Burnside Landing Drive in Burke. Colleen and I hope that you will stop by to help us usher in the Christmas week in lively conversation with your fellow Knights and their families, some festive refreshments and carols around the piano. Directions will be posted on our award worthy Web site.

(Continued on Page 2.)

FROM OUR INSURANCE AGENT

Dear Brother Knights and Families,

Health care seems to be a very hot topic. Debates, town hall meetings, newspaper, TV, and radio coverage all have a different approach or opinion. I have been very fortunate with the health care coverage my family has had over the past 30 years. The first 23 years I had no premium payment and a very small co-pay and deductible. The last seven years the co-pay and deductible have increased but not to budget breaking numbers. My first wife's cancer treatments and doctors, surgeons, medicine, and hospital time were all covered without burdening the family. This is unusual and not what we read in the newspapers. There are many families that are destroyed from medical bills and the loss of income when a mother or father is stricken with an illness. Another hot topic is end-of-life counseling. This presents some very negative angles. When a doctor said to me, "Your loved one has 24-48 hours to live, we would like a do not resuscitate order," I was fortunate to have a Catholic priest standing by my side. Very few have had to face this issue; prayer and reflection help. I gave my answer later that night, and the hospital made sure there were witnesses.

Aging parents also present challenges to us. My mother is still in an assisted living facility, paying \$7,000 a month. They have assured us that she can stay when the money runs out. What a deal! My new parents-in-law have unique health issues and live about 2 ½ hours away from us. Driving is becoming a problem for them and that also means coordinating transportation to doctors, store, church, etc. What do we do with their house and furnishings? Will we be able to find assisted living for under \$7,000 a month in Northern Virginia?

Planning for the future is something we all should be doing, not just retirement or end of life issues. The unknown is hard to explain and guess about. Having adequate life insurance coverage, long-term care coverage and savings all should be considered. The Knights of Columbus offers top of the industry products and services. During this Christmas season, please remember why Father McGivney chartered the Knights of Columbus: "To render financial aid to its members and the beneficiaries of its members."

Please call me with any questions at 703-444-6118 on my cell phone, 571-276-3927 or e-mail paul.hannan@kofc.org

Paul T. Hannan

Grand Knight's Message

(Continued from page 1.)

This is the time to enjoy the gift of friends and family and to celebrate the greatest gift ever given, the birth of our Lord and Savior Jesus Christ. So as you address those Christmas cards, burn the Yule log and toast friends with eggnog, please take a moment to contemplate the gift that God gave us over two millennia ago.

Speaking about Christmas cards, don't forget our "Keep Christ in Christmas" campaign and stop by our table after Mass to purchase your competitively priced cards and car decals. To quote a popular home entertainment hostess: "It's a good thing!"

Most of all, I want to wish you and your family a blessed and merry Christmas, and a healthy and prosperous New Year!

*Vivat Jesus,
Dan Turgeon*



The Chaplain's Corner

The Triple Colloquy



A colloquy is a conversation. Saint Ignatius introduces *The Triple Colloquy* to those on retreat during the first week of his Spiritual Exercises as part of the meditations on sin. The period of Advent is a time for preparation for the coming of the Lord on Christmas Day. It is a time to purify ourselves so that we can present ourselves to our Savior. *The Triple Colloquy* is conversation with Mary, Jesus and God the Father asking them to help us to become aware of areas in our lives that keep us from getting closer to God. A way to prepare ourselves for the Lord's arrival on Christmas day is to say *The Triple Colloquy* once a day followed by the Sacrament of Reconciliation shortly before Christmas. This is *The Triple Colloquy*:

1. First, I go to Our Lady that she may ask on my behalf for three favors from the Lord:

- A deep realization of what sin in my life is and a feeling of abhorrence at my own sinful acts.
- Some understanding and a feeling for the disorder in my life that is due to sin and sinful tendencies, that I may begin to know how to amend my life and bring order into it.

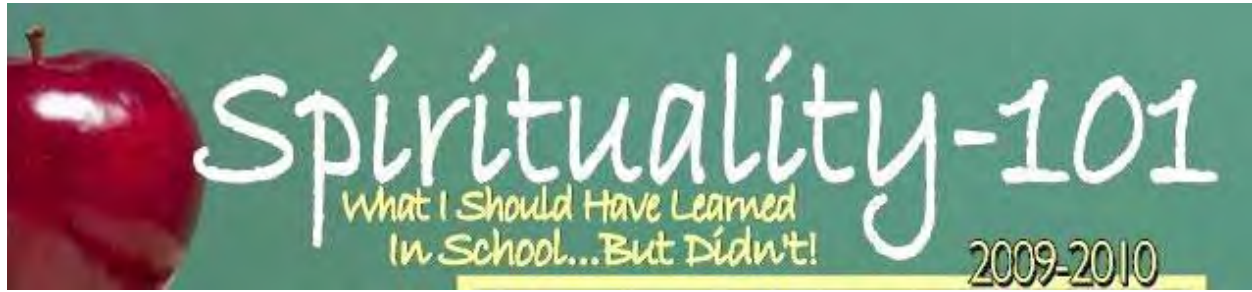
- An insight into the world that stands opposed to Christ, that I may put off from myself all that is worldly and vain.
- Then I say a Hail Mary or a Memorare or some other prayer to Mary.

2. Next, in the company of Mary, I ask the some petitions of her Son, that Jesus may obtain these graces from the Father for me. Then say the Soul of Christ or some other such prayer to Jesus.

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ,
wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within Thy wounds, hide me;
Permit me not to be separated
from Thee.



God bless you all,
Father James S. Barkett



Spirituality-101 What I Should Have Learned in School...But Didn't!

Brother Knights:

The monthly evening retreats at St. Tims are back, and you (and all your friends) are invited! They are being held **every second Wednesday of the month** from October 14 until June 2010. Come join us! The next talk will be **January 13**. Mark your calendars now so you can plan to come! The dates for the rest of this series are: , Jan 13, Feb 10, Mar 10, Apr 14, May 12 & Jun 9.

This new series is called **Spirituality-101** focuses on what many of us need but missed during our formative years in Catholic Education.

So mark your calendars and we look forward to seeing you in January and every second Wednesday of the month until June at St. Tims, 13807 Poplar Tree Rd, Chantilly, VA 20151. About 20 minutes from St Mary of Sorrows. Out Braddock Rd, right on Stringfellow Rd, up 3.2 miles & left on Poplar Tree Rd, St Tims is 1 mile on the left.

The events start at 7 p.m. with Mass, a meal, two talks and opportunity for Confession. They conclude by 9:30 p.m.



For **Men**

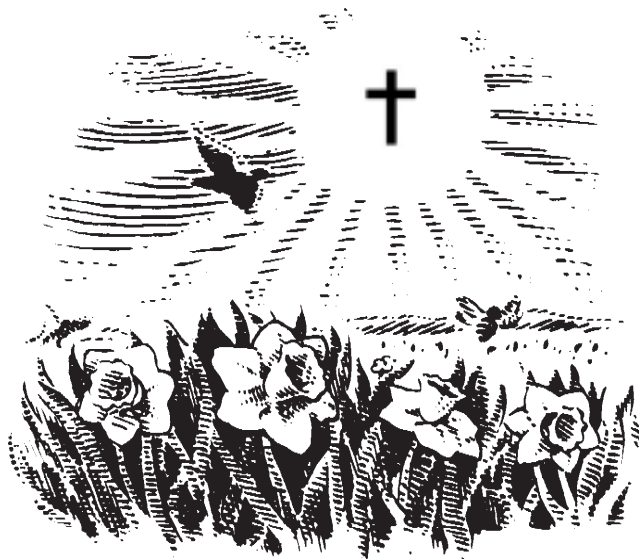
For more information, contact:
Charlie McCullough
(703) 631-4976 or (703) 851-0799

Dates for Men

Oct 14, Nov 11, Dec 9,
Jan 13, Feb 10, Mar 10,
Apr 14, May 12, Jun 9,

The monthly retreats are under the direction of the Legionaries of Christ, a Roman Catholic congregation of priests founded in 1941. Active in 20 countries on five continents, The Legionaries serve the Church by preparing and motivating lay Catholics to take an active part in the Church's mission: to love Christ and to live their Catholic faith to the fullest.

Vivat Jesus,
Gerry Rutkowski



More From Our Insurance Agent

Dear Brother Knights and Families,

A “Catholic, Family, Fraternal, Service Organization” describes the Knights of Columbus. These past months have been busy with degree ceremonies. All four were offered by various councils, districts and state council. Meeting new Knights and following Knights through the degrees has been a welcome fun part of my job. Bishop Sullivan celebrated Mass at the Fourth Degree Exemplification and said, “The Knights of Columbus unites Richmond and Arlington dioceses.” This is a strong statement that shows the Catholic element of our order is recognized and welcomed by our bishops and priests.

A neighbor from my childhood died at age 90. I have known her and the family for over 50 years. The strong friendship my parents had with them was mentioned during the eulogy as well as prayers of the faithful. We may not appreciate the support and love of neighbors all the time, but it certainly strikes close to home when a grandchild speaks of a grandparent’s friends as they did when talking about all the traveling and vacations together.

Being able to participate in other parish activities has given me a window into their communities of faith. The councils have all been working to support the parishes and brother Knights. Reading the newsletters and seeing the Thanksgiving and Christmas plans for food delivery, clothing collections and senior citizen luncheons has renewed the spirit of charity for another month.

Please enjoy this special season and remember in your prayers all the families who have lost loved ones this year. I welcome any questions you may have about the Knights of Columbus Insurance, Annuities and Long-Term Care products.

Fraternally,
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Paul T. Hannan, PGK, PFN
FIELD AGENT

AGENCY DEPARTMENT
Knights of Columbus

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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.



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)

2009-10 CALENDAR YEAR

DECEMBER

- 12 Children's Christmas Party
12 to 4 p.m., FH (Tentative Date)
- 12 Route 123 Cleanup, 8-10 a.m.
OSMH
- 12 Spaghetti Dinner , 4-8 p.m ., FH
- 13 Pancake Breakfast
6 a.m. to 12:45 p.m., FH (Team Barone)
- 15 Council Meeting , 8-10:30 p.m.
OSMH
- 19 Christmas Food Basket Collection
9 a.m. to 12 p.m., FH
(Mark Haaland)
- 20 Christmas Party GK Home, 3-7p.m.
- 25 Christmas Day
- 31 New Years Party Set-up, 10 p.m.
OSMH

JANUARY

- 1 New Years Day Mass and Party
12 a.m. to ? (OSMC and OSMH)
- 5 Council Meeting, 8-10:30 p.m.
OSMH
- 9 Spaghetti Dinner, 4-8 p.m., FH
- 10 Pancake Breakfast, 6 a.m. to 1 p.m.
FH (Team Ciatti)
- 16 St. Veronica's Knights of Columbus
Casino Night
- 19 Council Meeting and First Degree
8-10:30 p.m., OSMH
- 22 March for Life, Washington, D.C.

TBD Parish FACETS Hypothermia Shelter Support

FEBRUARY

- 2 Council Meeting, 8-10:30 p.m.
OSMH
- 5 First Friday Adoration, 7.m. to 8 a.m.
Worship Center
- 13 Spaghetti Dinner, 4-8 p.m., FH
- 14 Pancake Breakfast, 6 a.m. to 1 p.m.
FH (Team Marotta)
- 16 Council Meeting and Chili Cookoff
(Open Meeting) 8-10:30 p.m.
OSMH
- 17 Ash Wednesday
- 19 Soup Supper
- 26 Soup Supper
- 27 Polish Night, 6 p.m. to ? OSMH

**Form #100
Belongs in
All of These Places**

- Briefcase
- In Your Pocket
- Near Your Phone
- Glove Compartment
- Everywhere You Go!



**SIGN UP A
NEW MEMBER
TODAY!**



KNIGHTS OF COLUMBUS

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