

SERVIRE CULTURAE VITAE TO SERVE A CULTURE OF LIFE

BY GORDON GOETZ

Pope Francis has characterized abortion as a product of a widespread mentality of profit, the “throwaway culture,” which has today enslaved the hearts and minds of so many.” That mentality,” the Holy Father goes on to say, “calls for the elimination of human beings, above all if they are physically or socially weaker. Our responses to that mentality are a decisive and unhesitating ‘yes’ to life.”

I think the reason is that, for many of us Catholics, taking an active part in our faith can be intimidating and difficult. Furthermore, to actively promote a culture of life and pro-life cause compels us to be credible witnesses. We need to be willing to carry the crosses and burdens of our faith that often make it difficult to be Catholic. We must embrace the sometimes difficult tenets of the Church (from *The New Evangelization and You*).

The Holy Spirit guides not only the Holy Catholic Church, but also the Church’s “right arm,” the Knights of Columbus, in the order’s steadfast defense and promotion of a Culture of Life in receiving *Holy Ambition*, which can lead a person to take leadership in projects to promote peace, ensure justice, clothe the naked and welcome the stranger. It calls us to get involved in the deeds of love, service and justice that are needed in the day-to-day world in which we live (from *Startled by God*).

Brother knights and their families of Council 8600 have displayed an immense amount of courage and character through the past fraternal year with their dedication and passion as well as their love and deep spiritual calling and embrace of pro-life causes. Your hearts are truly on fire.

While some of the ministries and charities supported by the council are not solely the purview of the Culture of Life Committee, it can be genuinely

said that they all support policies that promote a culture of life. They espouse, in their own special ways, the dignity and respect of human life: for the unborn, aborted, young, old, aged, physically and mentally challenged, disenfranchised, marginalized, incarcerated and sick.

The primary and most effective way Council 8600 supports these ministries and charities has been through monetary donations. Monetary donations, however, are so much more than simply writing a check or dropping some coins or bills in a basket, bowl or bottle. The monies used to donate need to be acquired first in some fashion. Our council does this through fundraising events; Christmas tree sales, bingo games, dinners, picnics, breakfasts and so much more. Our council is also made up more than just brother knights. There are the wives, children, neighbors, friends and fellow parishioners who volunteer and sacrifice their time, effort, special skills and often times secret family recipes (whether it be pasta, pancakes or cookies, and for all of you who are watching your weight there is even a *Phantom Dinner*) to make every event successful.

With the support and prayers of Council 8600, the following events, charities and ministries have been supported:

KOVAR/Knights Assisting Citizens with Intellectual Disabilities.

The month of May 2014 is not just the fifth month of the year that brings us flowers but it is the month in which Council 8600 mobilizes in force wearing their Knights of Columbus apparel to include the all too familiar yellow KOVAR vests and collection jars to raise money for this

(Continued on page 8)



A GREAT YEAR OF ACCOMPLISHMENTS

*B*rother Knights:

As I conclude my term as your grand knight, I want to express my most sincere appreciation to the council officers, the committee program directors, and charity activity leads for their unselfish efforts, who gave lots of volunteer hours, for their dedication in supporting the various programs. Their leadership made a difference in succeeding this fraternal year. I also want to commend the past grand knights for their leadership, continued service and their counsel to me personally. Also, I want to thank the Squires for their service to our council. Thanks to our District Deputy Tom Snee and Field Agents Wayne Winters and Phil Freda, who have been faithful in supporting our council. Our chaplain Father Barkett, Father Hayes, Father Nicholas and the entire St. Mary of Sorrows staff have all been of great assistance and I appreciate their support. Finally, I want to thank members' wives who were present at various activities, dinners and charity events. Thanks to all for supporting our council all the way.

In my July 2013 letter I introduced the theme for this fraternal year as "Getting Involved" to provide the much needed services to our Church and our Community. I am happy to say that YES, you all have and continue to deliver by volunteering and participating as much as you can. Our momentum, energy and "GANAS" to volunteer is still ongoing, and I know it will continue for the many years to come. I am thankful for your outstanding contributions, support and services to our community, our church, our pastor and our council.

In August 2013 we began our support to our pastor and church by volunteering long hours and attending every First Friday Adoration. I am very proud of our brother knights who had that great opportunity to be in direct one – to – one access to our Lord Jesus Christ. Along with the Boys Scouts, Squires and Squire Roses we all came forward to support the Dioceses Seminarians Picnic, by providing support with the setup, the food, and take down after the event that was attended by Bishop Loverde and more than 150 seminarians and their families. The highlight for this month was the candlelight Rosary, hosted and coordinated by Brother David Campo, our Family Program Committee director. This event was attended by approximately 50 people, which included brother knights, their families, the Sisters of LaSalette and St. Mary of Sorrows parishioners.

During September 2013 we continued our timely and outstanding support from Brother Dave Evans, Community Program director and his team who assisted in the roadside cleanup of Rt. 123 between Fairfax Station and Chapel Road. Thanks also to Brother David Campo, Family Program Committee director for hosting our first Cajun dinner, cooked by our own chef, PGK Dave Sharp. We also started our first spaghetti dinner and pancake breakfasts. With assistance from our council's sponsored Boys Scouts Troop 697, the Squires, and Brother Robert Magee, Youth Program Committee director, we provided an outstanding support at our St. Mary of Sorrows Annual Picnic. Thanks to Brother Charlie Gulac for providing his own chicken sauce recipes. The highlight for this month

was our council's first Bingo Fun Day event, hosted by a number of our council brother knights and with attendance of more than 150 parishioners (Bingo players). The income received from this Bingo went to Marian Homes Inc. Proceeds from later Bingo events went towards various charities supported by our church.

During October we continued "getting involved" by providing outstanding support and dinners to our community and church. Thanks to Brother Don Mailki, our Church Committee director, for starting the sale of Christmas cards, and for his efforts in selling the cards. By the end of December all but one box of cards was left; a milestone for our council - thanks to Brother Don and those who volunteered. Our youths were well represented by attending and competing in the district-level Soccer Challenge. One of our own parish youths was the winner in his age bracket. The highlight for this month was the great recruitment blitz sponsored by Chancellor James McHugh. A number of brother knights supported the recruitment blitz, which provided the council with three completed Form 100s, two reapplications and one readmission. The three new members received their First Degree on October 29. We met the Virginia State goal of one member per council per month. We are working in meeting our Supreme goal: Just half way to go.

During November our major efforts and support was provided towards preparation for Thanksgiving and Christmas events. Thanks to our Youth Committee Director, Brother Robert Magee, our council-sponsored youth groups (Boy Scouts and Squires) were involved in passing out donation bags in local neighborhoods, collecting canned food donations for a local food bank, and helping with downloading the Christmas Trees. In addition, our council provided a dinner for the parish's Sunday Night High School Youth Program. Thanks to brother knights who supported this event, especially Brother Magee and PGKs Cella, Sharp and Restivo for preparation and serving a wonderful spaghetti dinner to over 60 youths and adult leaders. The highlight for this month was the donation of the Thanksgiving holiday meal baskets for needy families in our parish. Thanks to Brother Dave Evans, our Community Program director, and to Brothers Mark Haaland and Pete Garry for sponsoring this event. This year 46 baskets were donated by our brother knights: Another milestone reached, the best year ever. Thanks to brother knights and their families for your donations and for helping deliver baskets.

Although I was celebrating my work retirement during all the month of December, our council was well represented by current Grand Knight Gerry Rutkowski. Thanks to him for an outstanding job as acting grand knight at the second December council meeting, for sponsoring the "GK's Epiphany Party, and for sponsoring the reception after the New Years Midnight Mass. The Youth Committee excelled again by having the council-sponsored Boys Scouts troop decorate the outside of both Marian Homes and having the Squires host the Parish Youth Christmas Party, providing food, games and crafts for 90 participants. On December 22 the Squires delivered two Christmas baskets as part of the KofC Parole Christmas Basket Drive. Thanks to Brother Magee, Youth Program Committee director, and Brother Gordon Goetz, our Culture of Life Program Committee

director, our council donated, as part of the KofC Coats for Kids program, 12 new coats to our parish children's program. Once again, thanks to Brother Dave Evans, our Community Program director, and to Brothers Mark Haaland and Pete Garry for sponsoring and coordinating the donations from our council for 36 Christmas Holiday meal baskets to Fairfax County Parole and Probation for needy families. The highlight for this month was the sale of Christmas trees. I want to thank all brother knights who volunteered and worked hard in coordinating, setting up tree racks and the electricity, unloading trees, selling trees, counting monies, and tearing down and clean up. Brothers, it was a successful year with selling almost all the trees and receiving donations of approximately \$28,000.

Starting the new calendar year, we continued our great support and services during the month of January. Our spaghetti dinners and pancake breakfasts continue to be successful. Thanks to the continued leadership of our Youth Committee director, two parish youths participated in the KofC Youth Basketball Challenge. The highlight for this month was the support and volunteer work from our brother knights at the "Life is Very Good!" Youth Rally and Mass at George Mason University. Despite below zero temperatures, ice and snow, 10 brother knights and their families, parishioners and 4 Sir Knights were in attendance and participated as ushers and honor guards. Bishop Loverde acknowledged our support and efforts to the crowd in attendance. We also had several brother knights attend the 2014 March for Life.

During February we continued to provide our great spaghetti dinners and pancake breakfasts. These events were supported by brother knights, parishioners and our sponsored Squire Circle and Squire Roses. Thanks to our Youth director, we were able to provide four essays from 8th to 12th graders for the KofC Youth Essay Contest, and five nominations for the Youth Male/Female of the Year Competition. Thanks to the coordination, help and cooking by PGKs and their spouses, we had another successful attendance to the Polish Night Dinner, with proceeds going to Marian Homes Inc. The highlight of this month was the marriage renewal event at our main church. We had 82 registered couples, of which 46 took photos. All received a Marriage Renewal Certificate signed by Father Barkett and me.

During March activities and charity events continued. Our efforts and volunteer time from our brother knights have been outstanding. Again we continued with having successful spaghetti dinners and pancake breakfasts. The highlight for this month was the record breaking attendance to our spaghetti dinner: 153 brother knights, parishioners and guests. Our Squires also had a great monthly pancake breakfast. We prepared for the KofC-sponsored bowling tournament and had a great winning team, however the event was cancelled at the state level. Thanks to Brother Ed Miller for coordinating the bowling team practices and tournament. Thanks to our Community director, Brother Dave Evans, for coordinating the roadside cleanup of our section of Route 123. We also had our Recruitment BLITZ on the weekend of March 29.

During April we continued our spaghetti dinners and pancake breakfasts and sponsored a First Degree exemplification on the 15th. As always, we had a successful April Improve-a-Home project on the 26th by supporting and completing eight homes. Thanks to the brother knights and their families who participated and volunteered. The highlight for this month was our council's major accomplishment during the Lenten and Easter seasons: our support for the Remembering Christ the King project and donating food for the Christ

House Shelter. Brother knights donated over 600 cans of food. Thanks to Brothers Joe Scavetti and John Germain for delivering the food.

In May we sponsored the final council dinner of the year with the annual Tex-Mex Dinner. Thanks to our chef PGK Dave Sharp for an excellent home-cooked dinner. Proceeds from the meal went to establish camperships for St. Mary's youths at work camps, parish youth retreats and other summer conferences. During this month the Family and Culture of Life Committees sponsored a well-attended Candlelight Rosary and the KofC Silver Rose. The highlight for this month was the council's support to KOVAR that assists people with intellectual disabilities. Thanks to Chancellor Jim McHugh, our site captains and all brother knights who participated in KOVAR over two weekends. We continued with spaghetti dinners and pancake breakfasts, and we had our last Family Fun Bingo Day event of the fraternal year on May 18, with proceeds going to support the Parish's Capital Campaign.

During June, the last month of this fraternal year, our brother knights were still energized and ready to continue their journey in supporting our theme for Fraternal Year 2013-2014 of "Getting Involved." Our council manned a beverage stand at Celebrate Fairfax, with proceeds going towards council-sponsored charities. In addition, our council-sponsored Boy Scouts and Squires continue their support to charities and attend summer camps, and our Venture Crew went to Florida for Sea Base High Adventure Camp. The highlight for this month was the annual Youth Award Ceremony on June 3 for winners of the council-sponsored scholarships and the presenting of the State Council Award for the Young Man of the Year, Young Woman of the Year Finalist, and the First Place Essay contest.

I am proud to say that all of our brother knights have gone and continue the extra mile in "Getting Involved" and volunteer without hesitation. Thanks also to our brother knights for giving donations to the Family Fun Bingo Day events, to the Military Archdiocese, and especially to those that suffered due to the typhon in the Philippines. I am honored and proud to say that our council was awarded the State Council Service Program Culture of Life Award, the State Council Young Man of the Year Award, and the State Council First Place Essay Award. On behalf of all council members, congratulations to all the winners. Thanks to all members for being a knight, and I am honored to have been your grand knight for Fraternal Year 2013-2014.

PGK Fidel J. Rodriguez



One Life, One Rose

OUR LADY OF GUADALUPE SILVER ROSE VISITS ST. MARY OF SORROWS

MAY 5-6, 2014

BY GORDON GOETZ AND DAVE CAMPO

In April and May, six Silver Roses started their way across North America, from Canada and through the United States. Four of the roses travelled through Texas before going on to Mexico. One Silver Rose began in Ontario and completed its run in Washington, D.C., and another began in New Brunswick and finished in Connecticut. The four Silver Roses that go to Mexico will conclude their journey on December 12, 2014, the Feast Day of Our Lady of Guadalupe, Patroness of the Americas, at the Basilica of Our Lady of Guadalupe in Monterrey, Mexico. The other two Silver Roses will have similar ceremonies to conclude their journeys, also on December 12.

It is the 54th year of the program that began in 1960 as a project of the Columbian Squires of North America to honor the Blessed Virgin under her title of Our Lady of Guadalupe, Patroness of the Americas. The program has continued since then as a project of Squires Circles, councils and Fourth Degree assemblies in several jurisdictions.

In 2001 Supreme Knight Carl A. Anderson expanded the program by beginning the "Running of the Rose" from the 119th Annual Meeting of the Supreme Council in Toronto. "The 'Running of the Rose' is a perfect program for the Knights of Columbus," said Supreme Knight Anderson. "Through it we honor not only Our Lady of Guadalupe and express the unity of the Order, but we also reaffirm the Order's dedication to the sanctity of human life. It is to the Blessed Mother that we turn in prayer as

we work to end the Culture of Death that grips our society. As we think in terms of 'One Life, One Rose,' it is most appropriate that we turn to Our Lady of Guadalupe who made known her will through Juan Diego and the miracle of the roses."

This year, Council 8600 had the Silver Rose on May 5-6. The council presented the Silver Rose during the Candlelight Rosary on Monday, May 5, 2014, at the St. Mary of Sorrows Worship Center. In addition it was presented at the Silver Rose Mass on the morning of Tuesday, May 6, 2014 at the parish. The Silver Rose is a symbol of the unity among peoples in the Americas; it was carried over the course of months from Canada and through the United States. It is also a symbol of the Order's commitment to the pro-life cause, and Our Lady of Guadalupe is claimed as the patroness of the pro-life movement.

During the events, a short presentation was given about the Silver Rose, Our Lady of Guadalupe and the ministries that promote a culture of life by upholding the beauty of human life, the sacredness of the unborn, the pursuit of social justice, and God's unfailing mercy. The council offered Rosary intentions for those charities and ministries that the council supports and is involved with that uphold a culture of life. This includes Project Rachel, Gabriel Project, Paul Stefan Foundation, A Best Choice Mobile Ultrasound and Pregnancy Resource Center, Marian Homes, Kairos, Dominican Retreat House and TEACH.

MEMBERSHIP FOR FRATERNAL YEAR 2013-2014

BY JIM MCHUGH

This was another good year for the growth of Council 8600. The fraternal year started out with a large First Degree Exemplification in September and we continued to expand our council with 15 new First Degree members, 2 reinstatements and 2 transfers. We welcome our new members and hope to get to know them better at upcoming meetings and council events. This was also an excellent year for brother knights to move through the other exemplifications: 10 Second Degree Exemplifications and 14 Third Degree Exemplifications. During these exemplifications our new brother knights learned about unity and fraternity.

To these men, a hearty congratulations and thanks for learning more about the Knights and your faith. Finally, to these new Third Degree knights, perhaps now is the time for you to become more active in the council by taking a leadership role.

Again, I want to thank you for a great year and I look forward to getting to know our new members and attracting more new members to our council in the years to come. We had a late First Degree and Second Degree on June 14, adding five more new members to our ranks.

NEW COUNCIL OFFICERS ELECTED TO LEAD OUR COUNCIL 8600 FOR FRATERNAL YEAR 2014-2015

Brother Gerard S. Rutkowski was elected grand knight to head the St. Mary of Sorrows Knights for the 2014-2015 Fraternal Year. Gerry and the new council officers were installed at a ceremony on July 13 in Farrell Hall at St. Mary of Sorrows Parish. The following brother knights were elected for the new Fraternal Year:



ELECTED BOARD MEMBERS NEW FRATERNAL YEAR 2014-2015



OFFICE

NAME

GRAND KNIGHT

Gerard S. Rutkowski

DEPUTY GRAND KNIGHT

James P. McHugh

CHANCELLOR

Brian C. Prindle

RECORDER

Thomas E. Silva

TREASURER

James J. Cella

ADVOCATE

William C. Baker

WARDEN

Richard R. Cardenas

INSIDE GUARD

Michael V. Coughlin

OUTSIDE GUARD 1

George S. Wassif

OUTSIDE GUARD 2

Karl J. Dahlhauser

3 YEAR TRUSTEE

Fidel J. Rodriguez

2 YEAR TRUSTEE

R. David Lopez

1 YEAR TRUSTEE

Alphonse J. Obuchowski

GRAND KNIGHT DELEGATE

Gerard S. Rutkowski

ALT. GRAND KNIGHT DELEGATE

James P. McHugh

PAST GRAND KNIGHT DELEGATE

Fidel J. Rodriguez

ALT. PAST GRAND KNIGHT DELEGATE

R. David Lopez

CHAPLAIN

Father James S. Barkett

LECTURER

Thomas McFarlane

FINANCIAL SECRETARY

David C. Sharp

Grand Knight's Message

Brother Knights,
Thank you for the trust you have in me and for the honor of electing me as your grand knight for Fraternal Year 2014-2015. We have a wonderful council providing support from our local parish to locations around the world. We do this all through service.

The theme I chose for our council this year is from Psalm 100: "Serve the Lord with gladness." And as grand knight my first responsibility is to serve you through serving our church, our families and our community.

I believe the four principles of the Knights of Columbus can be summed up in the one word: Service.

First Principle – *Charity*, service to others,

through:

- Marian Homes
- Support for Clergy and Seminarians & the Missions
- Buying Wheelchair and cribs
- Project Gabriel, Paul Stefan Foundation
- April Improve-a-Home
- Prayer

Second Principal — *Unity*, providing service

together, by being:

- Stronger as a serving group, able to do more, pooling together our various talents;
- United with our families passing out Tootsie Rolls and collecting for KOVAR, serving the Scouts, Youth ministry, Squires & Squire Roses; and
- The Capital Campaign, united with the parish to build the new church.

Third Principle — *Fraternity*, providing service to brother knights.

- In Christ we are truly brothers of His family adopted by the Father.

- Enjoy each other, be it at meetings, social time, selling beverages at Celebrate Fairfax, and cooking for the bishop and seminarians at the Serra Club picnic.
- Christmas tree sales, in spite of cold, late into the evening – yet no better place to be in November and December.

Fourth Principle – *Patriotism*: service to country.

- Mainly this falls to the 4th Degree of the Order
- Showing Catholic patriotic pride (e.g., 4th of July Parade in Fairfax City)
- Support to various wounded warrior programs

We are always to serve with joy and gladness. As Christ said, "When you do this for the least, you do it for me." All are members of the body of Christ.

If you have not been to a meeting recently, consider doing so. There is a light meal served at 7 p.m., with the Rosary prayed at about 7:35 p.m. The meeting starts at 8 p.m. and the plan is to finish business by 9 p.m. so we can continue with fraternal fellowship afterwards. Not only can you learn more of what our council is doing, we can also benefit from your personal involvement and friendship.

Not everyone can make the first and third Tuesday meetings. But there are still plenty of opportunities to serve or you can just enjoy a spaghetti dinner, a pancake breakfast, and family BINGO, or you can help out with a youth program or one of the other programs we support. Many of which are listed above in the paragraphs about the four principles of our order.

Our website is www.kofc8600.org. Frequently check it out. We will be adding a section dedicated to the program areas of Church,

Council, Community, Culture of Life, Family and Youth.

This year we will attempt to keep the website council calendar up to date, as it is now. At the top left is a link for members only. (If you forgot the user name and password, email me at grandknight@kofc8600.org or webmaster@kofc8600.org. After we confirm your membership, the needed credentials will be sent to you.) Meeting minutes, the budget and a few other items are there.

At the Officer Installation in July, Father Barkett blessed an image of the Immaculate Conception. That image is a copy of this year's Knights of Columbus Marian Prayer Program image. The picture Father blessed now hangs in Old St. Mary's Hall.

Mary, Queen of the Knights, we ask for your intercession for an abundance of God's grace and blessings upon our knights and their families.

I hope to see you at an upcoming meeting or program activity.

Fraternally & Vivat Jesus!
Gerard Rutkowski (Gerry)



KNIGHTS OF COLUMBUS
Catholic Citizenship
Essay Contest

Topic: The Importance of Religious Freedom

Open to all
Catholic students
currently in
grades 8 through 12

There are three categories for the contest:
(1) Essay
(2) "Keep Christ in Christmas" poster
(3) Substance Abuse Awareness

Individuals may submit entries in each category.

Winners will be selected at the council, district, state, national and international levels.

Winning entries may be used in Knights of Columbus publications including Columbia Magazine!

Entries must be received by Oct. 28, 2014

FOR MORE INFORMATION CONTACT
Mike Mellor at email council@kofc8600.org

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



stalwart charity. KOVAR provides financial support through one of the council's largest fundraising events in order for this charity to provide financial assistance through grants and home loans to tax exempt organizations providing training and assistance to citizens with intellectual disabilities. This year the council secured permission to solicit donations at five different locations over two separate weekends, deploying 150 knights covering 50 shifts to raise money for God's Special People.

Marian Homes. Recognizing the great need for additional community-based housing options for persons with intellectual disabilities, Council 8600 in 1994 established this nonprofit organization that provides homes for individuals with intellectual disabilities. Its sole mission is the owning and maintaining of houses used as group homes for the intellectually disabled. Currently Marian Homes owns two homes: *Marian House*, located in the Brecon Ridge development in Fairfax, is currently the home of five intellectually disabled adult women. *Regina House*, located in the Greenbriar development of Fairfax, is currently the home of five intellectually disabled adult men. A calorie conscious *Phantom Dinner* was held to raise funds in addition to \$12,000 raised by Council 8600 donated in quarterly installments. This \$12,000 is being applied to Marian Home's current fundraising efforts to purchase a third home.



A Best Choice Mobile Ultrasound and Pregnancy Resource Center. The mission of *A Best Choice* is to cultivate the dignity and respect for the beginning of human life, with

counseling and an offer of support. Staff members find out where the need is greatest and the places where other pregnancy centers are not reaching; and that is where they want to be. While some pregnancy centers can be hard to find, *A Best Choice* can bring its mobile unit anywhere: to a downtown park, outside an abortion facility and at universities, high schools, homeless shelters, metro stations or a mall. "Over 80 percent who see the ultrasound image of their child will choose life." On November 15, 2013, Council 8600's grand knight and Church Committee and

Committee of Life directors attended *A Best Choice* first annual benefit banquet. Our council was not only proudly represented among other councils and distinguished guests, but individual donations were made to this incredibly humble and unique ministry. In keeping with the Knight's Ultrasound Initiative, our council donated the proceeds in the amount of \$3,800 of one of our *Bingo Fun Days* to this only direct service mobile ultrasound outreach and education pregnancy resource center in Virginia.

The Paul Stefan Foundation is a pro-life home that supports women who are involved in a crisis pregnancy and/or dealing with an unplanned pregnancy. On October 19, 2013, 10 brother knights and their spouses attended the Seventh Annual Gala Casino Night and Horse Racing Fundraiser where the grand knight presented a check for \$2,000. "Saving babies, one mom at a time."

Gabriel Project is a pro-life movement that helps pregnant women with long- or short-term needs by offering assistance at the parish level. It involves a network of churches, crisis pregnancy centers and other agencies working together to assist the mother with physical, material, spiritual and emotional support. The church community responds in a loving, unconditional and nonjudgmental manner to the mother, witnessing to the infinite and healing love of God. On September 29, 2013, \$500 was presented by the grand knight to the St. Mary of Sorrows Gabriel project coordinator. Fifteen knights and their families attended the event held after three Masses to bring gifts and make individual donations and congratulate six expectant mothers who had chosen life for their babies, including one mother carrying twins.

Project Rachel is a post-abortion healing ministry open to anyone who seeks healing after abortion. Its goal is to reach out with the mercy and the love of Christ and help women be at peace with themselves and God. Emphasizing the power of prayer, Council 8600 actively promotes *Project Rachel* through the routine offering of Holy Rosary prayer intentions (Spiritual Bouquets) at the council's pre-meeting recitation of the Holy Rosary and encouragement of purple *Project Rachel* car magnets at the council meeting sign-in table. "Hurting after abortion, come home."

Project Manger is a pro-life program managed by Holy Spirit Council 11922 of the Knights of Columbus that distributes cribs with the goal of making sure that no child is ever aborted for the lack of a bed. Council 8600 donated \$1,000 to *Project Manger*, which will be delivering 150 cribs, mattresses and linens this spring.

Dominican Retreat House in McLean provided a \$1,000 donation for 12 St. Mary of Sorrows parishioners to attend the Retreat for People Facing Serious Illness. This retreat is a unique opportunity for persons who face serious illness to come away for a weekend of spiritual renewal and refreshment. It is an excellent example of the council's commitment to uphold and support life in all its stages.

College Knights provided a \$150 donation to the George Mason University Knights of Columbus Council 10806's spring fundraiser in support of both the Gabriel Project as well as for our brother college knights.



Choose Life License Plates/Turn the Parking Lot Yellow Initiative. In keeping with the proud efforts and accomplishments of Virginia Knights in receiving state approval of the Virginia Choose Life license plate, Council 8600 adopted the cause and actively promotes fellow brother Knights to obtain a yellow Virginia Choose Life license plate through Council meetings and its website. A souvenir license plate with the personalized message "8600KC" was purchased and donated. It is now prominently displayed at council meetings on the Grand Knight's podium as a constant reminder to show support for life and pregnancy centers.

Arlington Diocese Life is Very Good Youth Rally and Mass. A team of 20 volunteer brother knights, wives and friends served as greeters, ushers and problem solvers for over 3,000 Catholic youths from throughout the U.S. Our council was personally recognized and thanked by Bishop Loverde himself!



National March for Life. A financial donation of \$1,000 was made to rent one bus to transport St. Mary of Sorrows parishioners and several brother knights to the march. The council also ordered and provided 50 Knights of Columbus "*Defend Life*" signs to the St. Mary of Sorrows Youth Ministry where three knights proudly marched alongside the young men and women of St. Mary of Sorrows.

Candlelight Rosary Culture of Life Rosary Intentions included and celebrated all the charities and ministries supported by Council 8600. The Rosary was the second one of the fraternal year but the first to include a *Culture of Life* theme as well as to honor the *Silver Rose*. It was attended by 30 St. Mary of Sorrows parishioners, parish pro-life volunteers and 12 knights including a five-knight Fourth Degree Honor Guard escorting the *Silver Rose*.

Awareness and Advocacy through Council 8600 Meetings and our Website. The continual promotion of advocacy and action at council meetings and the council's website cannot be understated. In order to keep culture of life issues on the minds and hearts of all knights it is vital to always have a topic and or subject to speak about through committee reports at council meetings. Council 8600 has embraced and incorporated this plan of action along with the creation of a *Culture of Life* brochure with important dates, information and "*A Knights Prayer*," the posting of *Culture of Life* links for the U.S. Council of Catholic Bishops, Virginia Catholic Council – Advocacy & 2014 Virginia Legislative Schedule to promote Faithful Citizenship, Dominican Retreat House, KAIROS Prison Ministry, Virginia Choose Life license plates, and Marian Homes Amazon Smile information.



Knights of Columbus
INSURANCE
YOUR SHIELD FOR LIFE

KAIROS PRISON MINISTRY

BY DAN TURGEON

The Lord calls all of us to give to our fellow humans, even to those who society would rather forget: prisoners. Council 8600 has helped sponsor the KAIROS Prison Ministry, S3 Team at Greensville Regional Correctional Center (GRCC), for the past 5 years. GRCC is the largest penitentiary east of the Mississippi. KAIROS believes that true rehabilitation starts with the “heart.” With this in mind the ministry to incarcerated men and women begins with the KAIROS s weekend, where volunteers model and communicate God’s unconditional love, grace and mercy. It is here that God begins changing hearts. A key outcome of the KAIROS weekend is for participants to find hope and a new vision for their lives through a relationship with the Lord.

This year Council 8600 came to the rescue when Virginia Department of Corrections (DOC) changed requirements on how supplies were to be brought into the prison for the weekend. The GRCC team had been using cardboard boxes scrounged from local copy centers; however, suddenly DOC changed the requirement to be clear plastic bins. The cost for the containers to bring in the supplies was \$400, which the team did not have readily

available. Council 8600, upon hearing of the need, voted to fund the purchase, thus helping to save the weekend. This is the third time that the council helped defray unexpected costs required to keep the ministry viable at GRCC. To date, the council has funded approximately \$2,000 for the ministry.

In addition, Council 8600 has been the fertile ground that continues to bring volunteers to help bring God’s unconditional love and word to those incarcerated. The council’s members also have helped provide home-baked cookies, a major enticement to the prisoners, who may come for the cookies but leave with something much sweeter: a relationship with Christ.

Besides the obvious Christian incentive, the program has statistical proof of benefit to society. The recidivism (re-incarceration) rate for those that are ministered to by the KAIROS program drops by 80 percent; incidents defined as prisoner to prisoner or prisoner against guards drops by 60 percent; and prison guard attrition drops by nearly 50 percent. Therefore, the support that the council provides has an impact to not only on the lives of the prisoners, but for society as a whole.



KNIGHTS
OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

The Chaplain's Corner

The Consciousness Examen

O LORD, thou hast searched me and known me! Thou knowest when I sit down and when I rise up; thou discernest my thoughts from afar. Thou searchest out my path and my lying down, and art acquainted with all my ways. (Psalm 139: 1-3)

Sometimes it is useful at the end of the day to look back and review our actions during the day. This will help us to see those things we did well and areas where growth is needed. This review or consciousness exam need not last long; perhaps V to X minutes will be enough.

The following is a five-step process for the consciousness examen that was suggested by Carol Weiler in *Lord Teach Me to Pray*.

Beginning Prayer. A good way to begin is to ask the Holy Spirit to be with us during our time of reflection. We ask him to enlighten our minds and fill us with his presence and the warmth of his love. As an example:

“Holy Spirit, be present with me in this time on prayer and reflection. Fill my mind with your presence and love. Help me to set aside anything that is not of you and to focus on you and your presence within me. I welcome you and the light of your understanding.”

Time of Thanksgiving. We thank God for all the many blessings and gifts He has given us and express our gratitude for God's faithfulness.

Survey of Actions. We now spend some time reviewing our actions during the day by asking God to help us to recall those events and actions that he wants us to look at. This helps us to see clearly how we did during the day in terms of our relationship with God and with our neighbor.

It might be a series of experiences or a single experience that God sets before us. This should not be forced, but we should accept what God puts before us. It might be an attitude or emotion that rises within us. It might be a happy moment or some success that we experienced during the day. Whatever comes to mind, we ask God what it is that he is showing us with respect to our relationship with Him and other people.

Sorrow for Our Failures and Joy for Our Successes. The Holy Spirit has brought to our mind actions, experiences and attitudes that have occurred during the day. We have seen ourselves through the eyes of the Holy Spirit, the graces we have received and our failures. We thank God for being with us in times of growth and express sorrow for our failures. We open our hearts to the joy that comes from the knowledge that God is continuing His work of making us into images of Christ.

Our Future with the Lord. We close by asking God to strengthen within us a desire to love Him more fully and to be generous with and love our neighbor as ourselves.

God bless you all,

Father James S. Barkett



APRIL IMPROVE-A-HOME PROJECTS

BY DAVE EVANS

Council 8600's annual "April Improve-a-Home" (AIH) is the council's premier Community Program project. Typically we complete six to eight individual home maintenance projects, most for older or disadvantaged parishioners and community members. Projects commonly involve basic carpentry, electrical and/or plumbing work, home safety or repair work, landscape/yard upkeep, and painting activities.

Each project is led by a project captain who works in conjunction with the overall AIH coordinator. Project captains and the coordinator contact those in need and define the scope and requirements for each project. This includes identifying material, labor and skill needs. We then solicit and assign volunteers to help with each project, meet on the project morning for instructions and a blessing, and send the crews off to each site. To allow the crews to focus on their work, other volunteers prepare and deliver lunches to each work site. Altogether, AIH typically includes some 40-50 council members, with some family members as well, especially teens. Projects usually take 4-6 hours to complete, and with the up-front planning work, the council typically tallies some 300-400 hours of volunteer effort.

Projects that started in April 2013 and carried over to December were very challenging (but manageable) jobs that allowed us to put our skills to work in the community, for home owners who truly needed and greatly appreciated our help. We completed plumbing, electrical, carpentry, painting

and drainage improvements; removed small trees and branches; weeded, raked and mulched flower and garden beds, power washed siding, and more. Our projects assisted the Sisters of Our Lady of La Salette, parish members with health issues, the KofC Marian Home at Pebble Lane, and one of our fellow brother knights. The latter project was completed on or before December 2013.

Special thanks go to project site team captains Bill Baker, Mike Burbach, Karl Dahlhauser, Jack Dulan, David Lopez and Fidel Rodriguez. In all, more than 50 brother knights and family members volunteered on April 21, and while space limits prevent thanking all individually, it is especially appropriate to thank our electricians, Pete Nevlud and Mike Perri, drywall repairman Mike Soroca, plumber Gerry Rutkowski and Sam Dominick for leading lunch preparation and delivery. Also, several brothers were joined by family members, who included Karl Dahlhauser's daughter Sylvia, Sam Dominick's wife Sandy, Dennis Indorf's wife and daughter, Tom McFarlane's grandson Jack, Jim McHugh's son Brendan, Pete Nevlud's son, Rick Fridley's wife Pam and Matt Simon's son.

As the saying goes, a picture is worth a thousand words, so I'll let the pictures below complete the story. April Improve-a-Home is a long-standing fixture of our council's Community Services Program and this year's efforts carried on the great tradition established over the years. Thanks to everyone who shared their time and talents to make it such a success.



FAMILY FUN BINGO

BY DAVE CAMPO AND DON MAILKI

In early June 2012 a Bingo Subcommittee composed of council members laid out the management plan to provide for an action plan to meet all the requirements for establishing the Bingo events. Thanks to several members having previous experience in Bingo activities, the action plan and execution of the Bingo events have been successful. Council 8600 members have spent many hours planning, performing outreach and executing the Bingo events. It's a fun/fun activity for both our members and attendants.

The intent is to have Bingo events on a quarterly basis to promote a family environment activity with our council and parishioners at St. Mary of Sorrows. It was agreed that all net-proceeds from each Bingo will go to a designated charity as defined by the council and in agreement with our pastor. This donation will assist them to reach their mission and helping those most in need. It was also agreed that game prizes will be no more than \$25 and \$50. For each Bingo event we request gift cards and or gift certificates from our parishioners, council members and local merchants. We thank our local businesses for their donations and sponsorships. For the first Bingo our council provided gift cards to offset any shortage of game prizes in case we did not receive sufficient gift cards.

On October 6, 2012, our council sponsored its first Family Fun Bingo at St. Mary of Sorrows Farrell Hall to benefit the Archdiocese for Military Services, in support of their mission to seminarians who will ultimately become a priest. Other charity groups included the Car Ministry, with a mission to donate cars to those in need, and using the Bingo proceeds for providing a safe car and making minor repairs; the St. Mary of Sorrows pre-school program providing scholarships to help families to pay for tuition; and the Sisters of Our Lady of La Salette for taking care of people in most need. For Fraternal Year 2012-2013 Council 8600 raised a total net income of \$7,300, all given to charities mentioned above.

This fraternal year our council is energized and has agreed to continue having the Family Fun Bingo events in support of local charities. Our first Family Fun Bingo was held on September 22, 2013, to

benefit Marian Homes Inc., a nonprofit organization that provides funds for maintenance of the homes for people with intellectual disabilities; our second Bingo was held on January 5, 2014, to benefit the Best Choice Mobile Ultrasound and Pregnancy Resource Center to help them purchase a smaller van to be less conspicuous during weekend clinic visits. This ministry is the only mobile ultrasound and pregnancy resource center in the Washington, D.C., metropolitan area, utilizing a recreational vehicle/mobile home. They service approximately 15 colleges and universities in the Northern Virginia and D.C. areas by offering free pregnancy tests and limited ultrasound within a 50-mile radius. Our council and assembly are proud to support this cause and we were able to provide net proceeds of \$2,300 from the January Family Fun Bingo. As a result, and with other financial and labor support from other KofC members and local sponsors, the Best Choice Mobile Ultrasound and Pregnancy Resource Center is back in operation.

The last two Bingos for the remainder of Fraternal Year 2013-2014 took place on March 9 to benefit the Sisters of Our Lady of La Salette, who take care of people in most need, and on June 15 to support our pastor in building a new church for St. Mary of Sorrows.



Family Fun Bingo • Parishioners and KofC Council members at work!

KNIGHTS OF COLUMBUS 2014 SCHOLARSHIP AWARDS

BY DAVE CAMPO AND DON MAILKI

On June 3rd, 2014, the our council awarded nine \$750 General Scholarships plus one \$1,500 Kelly Elizabeth Baker Memorial Scholarship. A total of 21 scholarship applications were received. The awards were given to seven women and three men, of which five are graduating high school students, three from Robinson High School, one from Fairfax High School, one from Woodlawn High School in Arlington, and four University students from Princeton, Franciscan University, University of Iowa and University of Virginia.

For the KofC General Scholarships, Recorder William Baker introduced each student winner by giving qualifying background information and Grand Knight Fidel Rodriguez presented each student with a \$750 check to be used for tuition.

The Kelly Elizabeth Baker Memorial Scholarship, a partnership between the KofC and the Kelly Elizabeth Baker Memorial Foundation via the Community Foundation of Northern Virginia, was introduced and presented by Kelly's father, William Baker, and her Mother, Andrea, in the amount of \$1,500 directly credited to the university of the winner's choice.

Each application was reviewed by a four-person selection committee comprised of PGK and chairman Fred Walker, William Baker, Robert Magee and Joe Marotta for the qualifying factors to include civic and religious activities involvement, participation/role in extracurricular activities, academic achievement, emotional, spiritual and artistic development, grade impact circumstances, career path and society contribution, and a recommendation.

KELLY ELIZABETH BAKER MEMORIAL SCHOLARSHIP WINNER



SARAH GAULKE
GRADUATING ROBINSON HS SENIOR
WILL ATTEND THE UNIVERSITY OF MONTANA
WILDLIFE BIOLOGY MAJOR

KNIGHTS OF COLUMBUS GENERAL SCHOLARSHIP WINNERS



MATTHEW DULAN

GRADUATING
ROBINSON HS SENIOR
WILL ATTEND
PENNSYLVANIA STATE
UNIVERSITY



ANDREA GOMEZ-MERINO

GRADUATING
ROBINSON HS SENIOR
WILL ATTEND THE
UNIVERSITY OF VIRGINIA



SHANNON KEATING

SOPHOMORE
FRANCISCAN UNIVERSITY
STEUBENVILLE, OHIO



KATHERINE LY

JUNIOR
UNIVERSITY OF VIRGINIA
5-YEAR MASTER OF
TEACHING PROGRAM



DANIEL MCGLYNN

GRADUATING HB
WOODLAWN HS SENIOR
WILL ATTEND THE COLLEGE
OF WILLIAM & MARY



BRENNA OATES
(father accepting)

SOPHOMORE
UNIVERSITY OF IOWA
MUSIC THERAPY MAJOR



CLARA SCHMIDT

GRADUATING
FAIRFAX HS SENIOR
WILL ATTEND
VIRGINIA TECH



TIMOTHY TRAN
(friend accepting)

JUNIOR
PRINCETON UNIVERSITY
MAJORING IN ENGINEERING



MARY TURGEON

GRADUATING
ROBINSON HS SENIOR
WILL ATTEND THE COLLEGE
OF WILLIAM & MARY

2013 – 2014 VIRGINIA STATE YOUNG MAN OF THE YEAR AWARD WINNER

We are proud to announce that this year's Young Man of the Year, Mosely (Trey) Soule, III, is from our St. Mary of Sorrows Council 8600.

Trey has an outstanding resume and is actively involved in school activities, parish events and community service, which placed him as the best of the best. He is an "A" Honor Roll student and enrolled in the International Baccalaureate (IB) program with a science emphasis. He has achieved over a 4.1 grade point average in "higher" level IB courses to include history, physics I, Theory of Knowledge, English, trigonometry and pre-calculus, Spanish and Advanced Band. He is currently working on a year-long 15-page thesis on Aeronautical Advancements on Military Aviation. On his own accord he took a mandatory four week Economic and Personal Finance Class during the summer, received an "A" in order to be able to take an additional IB Chemistry course with Physics II as a senior. He received the Financial Literacy Certification for successfully passing the National Certification test and mastering personal budgeting, insurance, retirement and financial management and planning. He scored "4" for the Advanced Placement American History exam – the second highest in the class, which is accepted by most colleges as a college credit. He is a member of his school's National Honor Society chapter and the Music Honor Society. He was one of 30 students in Virginia selected by the Virginia Aerospace Science and Technology Scholars. He currently is taking an online college course in Astronomical Engineering and Aerospace Sciences, requiring an extra six hours of study and homework per week and maintaining an "A" grade in this college course work. Successful completion may result in attending the weeklong NASA Space Camp this summer.

At school, he is a percussionist in both the marching band and the concert band. He is a member of his crew (rowing) team and his eight-man boat captured first place in the Virginia State Championships.

His special awards include the Bronze Presidential Volunteer Service medal for service with 100+ volunteer hours; he is on track this year for the Gold Presidential Volunteer Service medal; he received the academic letter and pin for achieving a 4.0 grade point average; and he was one of only 12 selected out of 400 students in his high school band and invited by the directors of the American Music Abroad to travel to Europe for three weeks to perform in villages across five countries to increase cultural awareness of the arts.

His Civic and Religious contributions are numerous as well. He is active in the Squires Circle and he was elected sentry officer for the current fraternal year. He sings in his church choir on Sundays and Special Feast days, and assisted Santa during the parish Children's Christmas Party by helping kids with crafts and other activities. He volunteers his time and tutors Middle School 8th graders and High School freshman in Algebra. He too helped the elderly in his neighborhood by shoveling snow from their driveways and sidewalks during the many winter snow storms. And lastly, he shopped for food and helped assemble Thanksgiving and Christmas baskets for the less fortunate.

He has helped his parents and family on many occasions. For example: He helped his dad with the monthly Squires pancake breakfast fundraisers; he helped his parents shop for items for the Thanksgiving and Christmas baskets; he helped his dad by attending First Friday Eucharistic Adorations to provide a presence during the late night hours to ensure a safe and secure environment for parishioners; and finally, he attends weekly and Holy Day Mass with his parents.

**CONGRATULATIONS Trey
from the KofC Brothers of Council 8600!**



TROOP 697

BY ROBERT MAGEE

Troop 697 was founded 20 years ago through the efforts of Saint Mary of Sorrow's priests and parishioners and the outstanding support of its chartering organization, Council 8600.

Chartering organizations provide Boy Scout troops the meeting facilities and the adult leadership and help coordinate the troop activities. Council 8600 is exemplary in its support and goes "above and beyond." More than half of the adult members of the troop are active knights of the council, which also provides a substantial annual donation. This very generous combination of resources enables the continued operation of Boy Scout Troop 697 to provide activities for young people to build character, train them in the responsibilities of participating citizenship and develop personal fitness.

The activities can be divided into two main categories: activities that develop academic skills, self-confidence, ethics, leadership skills, and citizenship skills (i.e. both outdoor and indoor activities) and service to others.

The fruit of the support provided by the Knights of Columbus greatly helps the troop accomplish the following:

- Promote scout attendance at monthly weekend campouts by defraying campground fees
- Encourage both scout and adult participation in the annual week-long summer camps
- High Adventure to Philmont
- Tap into a valuable pool of potential merit badge instructors within the council
- Procure rank, merit badge, and other insignia that provide outward signs of the scouts' accomplishments
- Realize financial help for scouts pursuing their Eagle Scout Projects

TROOP 697– BOY SCOUTS AND KOF C LEADERS AT WORK

The above are just examples of what the troop is able to do for itself with backing from our council. The troop also responds to this superlative assistance in a manner befitting both the Scout oath and Scout law: giving back to the council, church, and community through a regimen of service projects:

- Annual Route 123 trash pick-up (May)
- Annual St. Mary's White Elephant Sale cleanup (June)
- Annual St. Mary's Labor Day Picnic Grill setup, Dunk Booth, and Trash pickup (September)
- Annual Council 8600 Christmas Tree Unloading (November)
- Annual Scouting for Food Drive to help replenish St. Mary's Food Pantry (November)
- Decorating and Undecorating one of the council's Marian Homes before and after Christmas (December and January)
- Help with the monthly council Pancake Breakfasts (bimonthly)
- Eagle Scout Projects that service the council, church, and community (throughout the year)



TROOP 697 – BOY SCOUTS AND KOF C LEADERS COMMUNITY/ CHURCH SUPPORT



Today Troop 697 is growing. We hope to double our recruitment this year. It is with firm belief that Boy Scout Troop 697 would not be able to accomplish many of these activities that both develop character and serve others without the continued support of Knights of Columbus Council 8600.

In addition to the Scouts, the Squires Circle 3992 continues to support the Seminarian Picnic where more than 150 seminarians, priests, Bishop Loverde and families attend. The picnic took place at St. Mary of Sorrows Historic Church in August 2013. Squires met with all the seminarians and learned about them and their personal involvement with the Church.

The Squires Circle, along with the Squire Roses, helped organize, support and host this year's Youth Christmas Party which took place at St. Mary of Sorrows Farrell Hall. Close to 100 were in attendance with the Squires preparing and serving lunch, while the Squire Roses organized games and crafts for the youths and parents. The highlight of the event for the youths was the visit by Santa Claus. This was a fun event to for our youths to celebrate the Christmas season.



Knights of Columbus

SQUIRES

Youth Organization.

Grand Knight, Gerard S. Rutkowski, 703-425-2816; Chaplain, Fr. James S. Barkett, 703-978-4141; Financial Secretary, David C. Sharp, 703-323-9007; Insurance Agent, Phillip J. Freda, 703-638-8904. The Mariner is published online bimonthly by St. Mary of Sorrows Council 8600 of the Knights of Columbus on our website: www.kofc8600.org. Deadline for articles is the 10th day of the month preceding publication. Opinions expressed are those of the individual author and do not necessarily reflect those of Saint Mary of Sorrows Council, the grand knight, the officers, the editor or the Knights of Columbus.
Editor: Frank Romano 703-250-8988; E-Mail: fromano1@cox.net