



Council 4726

Assembly 1500

Winter Haven, Florida

Dec 2020 Vol 52:6

## Meeting Nights

Council 3<sup>rd</sup> Tues 7:00 pm

Assembly 2<sup>nd</sup> Mon 7:00 pm

Bldg Assoc 1<sup>st</sup> Thurs 7:00 pm

Columbiettes 2<sup>nd</sup> Thurs 6:00pm



Nov. 28<sup>th</sup> Decorating the Hall is scheduled for 10 am.

Dec. 1<sup>st</sup>. The Blessing of the Tree 6pm at the Hall

Dec. 5<sup>th</sup> The Memorial Mass at 8:15 am in the Chapel

Dec. 25<sup>th</sup> Christmas Day

Dec. 31<sup>st</sup> New Years Bingo  
Doors open 4:00 pm

Jan 6<sup>th</sup> Helping Hands  
Church of the Nazarene  
4:30 pm



# Sword & Shield



## From the Grand Knight

Rod Mullen



How do we start out December?

Well the 1st of this month, Supreme is offering a special package which will help us with the "Faith in Action" program. The "Coats for Kids" Campaign. Supreme will match dollar for dollar our donation. So \$10 dollars begets \$20 or 2 coats. \$100 gets 10 coats. So my thought is for you, that want to give, contact me and give me your donation and when the 1st comes, I will join the Coats for Kids campaign under our Council and give them the total we have accumulated. Sound fair?

We also have had another busy month, with trying to recruit new members to help increase our ranks. The Beautification of our founder Fr. Micheal McGivney who is now referred to as Blessed Fr. McGivney. There were many masses said in his behalf. So many touching stories of his life. We pray for more miracles to help with his canonization to Sainthood. One of the Masses I attended with Sk John Richards FN, SK Jim Sierra, and SK Tony Corrente was at the Basilica of Mary, Queen of the Universe in Orlando. Knights in uniform marching down the aisle to the delight of all present. It was a proud moment and one I wish many of you could have shared. At the end of the Mass, State Deputy Scott O'Conner presented Father Bob Webster his jewel of office as Diocesan Chaplain of the Diocese of Orlando. Father Webster

wished for his first order of duty to be when the Cruise Ships started sailing again.

Other news of the Council includes the fine work being done by members. Such as Jim Riley spearheading the Rosary, and also maintaining contact with the Lamar Advertising company to provide the two billboards we sponsor for the 'Keep Christ in Christmas' Campaign. Jim took over these duties as the result of our loss of SK Bob Barczynski. A beloved Brother.

Jim Borkowski delivered 66 Bibles to Judith Hammen for the Confirmation Class of 2020. The second year we have participated in this program.

Micheal Tanner enlisted and coordinated with David Lugo the help of the Boy Scouts and Cub Scouts to help the Knights place the Flags at the sites of the deceased members of the Armed Forces, at the Glen Abbey Cemetery.

This month we still have challenges. Keeping ahead of the Covid-19 disease. Maintaining a safe environment in our Church, in relationship with others and in our Knights Hall. All the while still trying to recruit new members for the Knights. God Bless you all and pray for our Brothers who are unable to get out among us. Such as Paul Wells (969-5694) who has been in the Life Care Nursing Home for 9 months now. Larry Cardarelli (651-3643) who is currently in the Winter Haven Hospital. Our Prayers go out to them and for all who suffer during this time.



## Past Grand Knights

Harlan L. Newton*	1958-59
Michael Trabulsy*	1959-60
Omer R. McDuff*	1960-61
Paul D. Wells	1961-62
Raymond R. McKenna*	1962-63
Joseph W. Higgins*	1963-64
Steve N. Voytowich*	1964-65
Vance G. Layton*	1965-66
Charles E. Langbein, Jr.	1966-67
Norman J. Lenahan*	1967-68
Eddie Smythe*	1968-69
James J. Waters*	1969-70
Ralph Diaz*	1970-71
William McLin*	1971-72
Matthew McEnaney*	1972-73
Joseph Whitehurst, Sr.	1973-75
Charles E. Langbein, Jr.	1975-77
James Nallan*	1977-78
Gerald Roach	1978-80
Ralph Hanick	1980-81
Joseph Dobbs, Sr.*	1981-82
Edwin Maddex*	1982-83
Albert Openshaw, Sr.*	1983-84
Frank Lerza*	1984-85
Dante Batilla	1985-86
Ralph Diaz*	1986-87
Neal W. Oliver*	1987-88
Glen Wynne	1988-89
Conrad Plante*	1989-90
Raymond McKenzie*	1990-91
John Gabrick	1991-92
Tom Norton	1992-94
Mark Smurr*	1994-95
Mitchell Blackwelder	1995-96
Peter Noor*	1996-97
Len Winget	1997-99
Cranston Montcalm	1999-01
Terry Henley	2001-02
Doug Clinger	2002-03
Aaron Corkum	2003-04
Ron Feschak	2004-05
Thomas D. Nantz	2005-07
James H. Read	2007-09
Everett Evans	2009-10
Charles Proctor	2010-11
Russ Moulton	2011-12
Mike Lopez	2012-13
Bob Gillispie	2013-14
Mike Carter	2014-15
Tom Berdis, Jr.	2015-16
Brian Hartpence	2016-18
*Deceased	

**“Almighty God, giver of life and health: Send your blessing on all who are sick, and upon those who minister to them, that all weakness may be vanquished by the triumph of the risen Christ; who lives and reigns for ever and ever. Amen.”**

Paul Wells, Kayla Berdis, Bob & Jane Thibodeau, Bob Nelson, Joe Hydoski, Kevin Truex, Kathy Thompson, John McNabb, Lynne Richards, Rod Mullen, Larry Cardarelli, Jim Sirera, Doug Murray, Tony Garcia, Mike Lopez, Trish Ochoa, Jim Zentgraft, Paul Wells, Everett Evans, Mike Wadsworth, Ed Hunter, Jesi Bruchey (deceased)

Our continued prayers for all military personnel, Christians who are persecuted, children around the world, spiritual leaders, public officials and for those who need prayer.





Sir Knights,

Merry Christmas! The assembly had a busy month in November. At our monthly meeting on November 9<sup>th</sup> we discussed that we need more Sir Knights in regalia for Honor Guard, and Color Corps. So now thru June 30<sup>th</sup> 2021 the Assembly will help any SK who wishes to purchase the uniform and become active in the Color Corp./ Honor Guard. The uniform cost \$450.00 thru Knights Gear. The Assembly will help with \$250.00 towards the purchase of the uniform. For details please contact the Comptroller Brian Hartpence or me for details.

On November 7<sup>th</sup> we did our annual flag placement at the Glenn Abbey for Veterans Day. We had a great turnout from the Boy Scouts and Cub Scouts along with our Knights and a couple Columbiettes. I want to thank everyone who came out and helped place over 1000 flags for our veterans. It's always amazing to see all those flags waving when we are done, it's quite a site. We will pick the flags up on November 21<sup>st</sup>.

On Saturday November 15<sup>th</sup> there was a Honor Guard call out for a mass at Basilica Mary, Queen of the Universe in Orlando. The mass was in recognition of the Beatification of our beloved founder, Fr. Michael J. McGivney. A portrait of Fr. McGivney was processed into the church and displayed in the sanctuary. Also at the end of the mass State Deputy Scott O'Conner invested Fr. Bob Webster, rector of the Basilica, with his jewel of office as Diocesan Chaplain for the Diocese of Orlando.

There were 27 Sir Knights from 7 assemblies in attendance. We had four Sir Knights from our assembly in attendance, SK John Richards FN, SK Rod Mullen GK, SK Jim Sierra, and SK Tony Corrente.

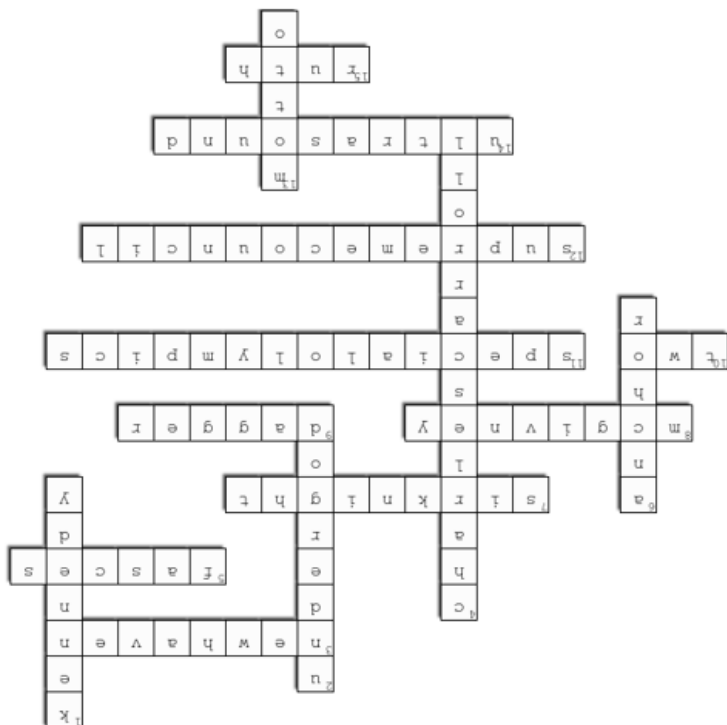
God Bless  
John Richards  
Faithful Navigator







November  
Family and  
Knight of the  
Month  
Presentation  
at St. Joseph



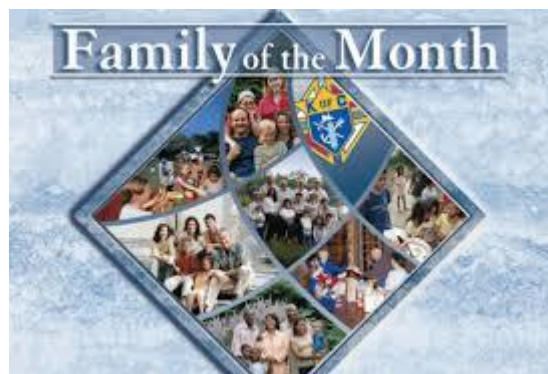
Crossword Solution – puzzle on page 8



Jim Borkowski delivered our Teen Bibles last night. We were blessed with 66 to share with our youth! Thank you Knights of Columbus!!!!

# FAMILY OF THE MONTH

## SANABRIA FAMILY



For those of you who attend the 3pm Spanish Mass every week you will be familiar with our family of the month, Ruben Sanabria and Santa Barea.

Ruben was born in Brooklyn NY at age 11 moved back to Puerto Rico with his family. This is where he met his wife Santa Barea in 1978. They married in 1979 and have 4 children, Ruben Carlos, Silka, Erika and Carlos Rueben. They moved to Winter Haven in 2007 and have been active at both St. Joseph and St. Matthew's parishes.

**Ruben** currently is the Head Usher at the 3pm Spanish Mass, and EMHC and Minister to the Sick, and Prison Ministry. He has been a member of the K of C since 2013 and is the Financial Secretary for council 7091 and Faithful Navigator for Assembly 2608. He received his Master's in Bilingual and bicultural education.

**Santa** is also an EMHC, Minister to the Sick, and also has helped under privileged children for years, as that is what she received her BA in at college.

Both Ruben and Santa take meals to the inmates that are being released from prison.

When ever asked, they always reply yes with a great energy in the name of the Lord. Definitely a model couple for all of us!



## KNIGHT of the MONTH

### DAVID LUGO

Ask for a Warden for the Council Meeting who do you get? David Lugo  
Here are a few who do you get questions?

- Help putting out flags at Glen Abbey for the veterans?
- Help putting up crosses at St. Joseph's Church for the unborn?
- How about the thankless job of moving everything out of the hall?
- And putting the hall back together?
- When the Boy Scouts meet, who is there guiding them.
- How about who cooked for the Flag Retirement picnic.

David as you can see is a doer. He is on the Charity Committee and attends meetings faithfully. David is now in charge of the grounds clean up. Every time there is a job that needs to be done to help the Knights of Columbus, David is there. Not only himself, he sometimes had his lovely family with him. David heeds every call to help. A true Knight and we are proud to have him as a friend and brother.

Congratulations, David, on being Knight of the Month for December

# 10 Ways To Prevent Burnout

Sometimes our roles in service to others can be a 24/7 occupation and can be emotionally and physically taxing. The pace of life, the demands of helping out with activities, weekly commitments, and spiritual warfare can drain your resources. Burnout is rarely discussed because we often feel that we must have it all together and put on a happy face.



## 6. Don't become a perfectionist.

Perfectionism replaces “faithfulness” with “external fruitfulness” as the ultimate measure of someone in ministry. Excellence in all we do is something to strive for, but be careful not to slip into an unhealthy drive for perfection. It's easy to focus on the external things that we can control – the wording of our messages, the placement of greeters, and the perfect background for the worship set – instead of focusing on letting the Holy Spirit work internally. Perfectionism is a never-ending pursuit that will ultimately make you and those around you miserable. It may sound funny, but try to knowingly make one minor mistake a day just to remind yourself that while excellence is a worthy goal, perfection is not.

## 7. Don't do it alone.

When we feel overwhelmed, it's often our natural inclination to isolate ourselves. However, this often causes us to make decisions that can negatively influence us, people we care about, and organizations we serve. The solution to this is to identify a few close friends outside of your organization whom you trust and seek out a confidential mentoring relationship. Enthusiasm is contagious.

## 8. Gain clarity on who you are.

As Psalm 139:13 says, each of us are fearfully and wonderfully made. Who has God uniquely made you to be? What are you good at? What are you not good at? What energizes you? What sucks the life out of you? Which moments of life have made you feel the most alive? Which moments have made you feel depressed or defeated? If money weren't an issue, what would you spend your life doing? Profiles like Leading From Your Strengths, Myers Briggs, Strengthsfinders, and DISC are also helpful tools to help you gain clarity about your gifts, strengths, blind spots, and areas to work on improving.

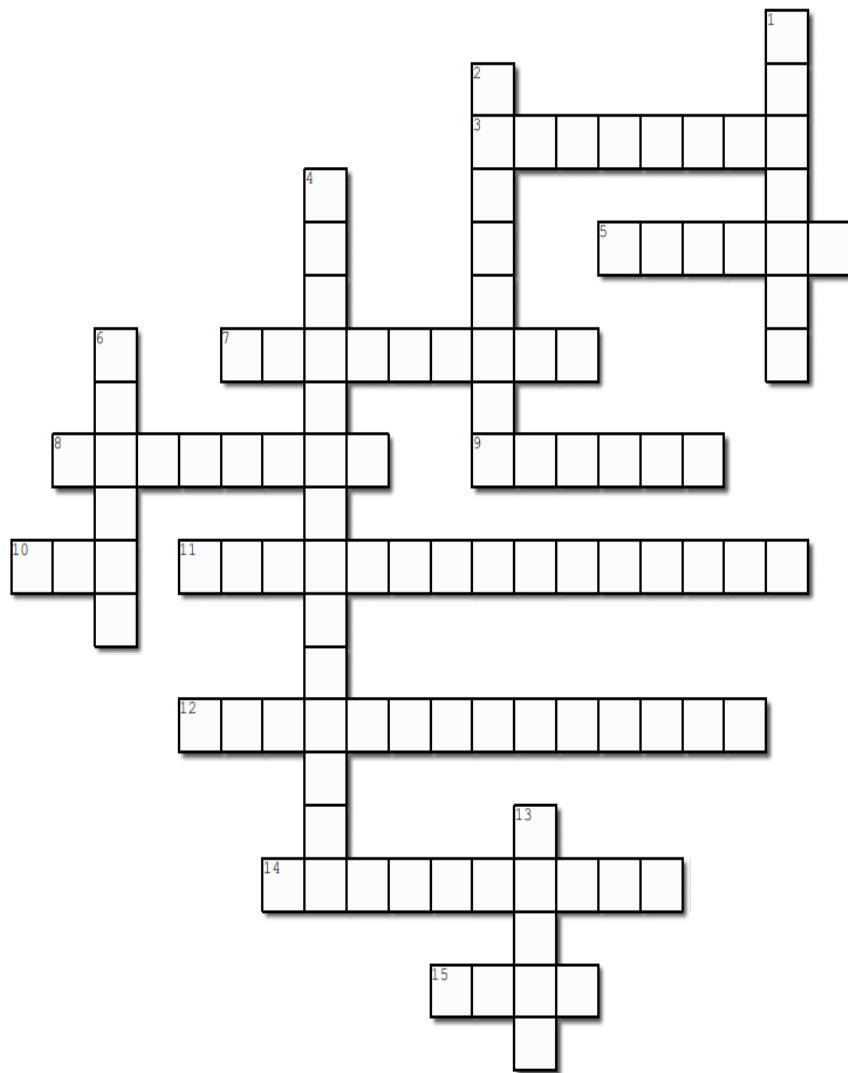
## 9. Determine what matters most to you.

As Matthew 6:24 says, “No one can serve two masters.” Jesus wasn't just talking about God and money. Much of our burnout happens when we place value on the wrong things. Many people in ministry will stretch themselves too thin by trying to do too much and be all things to all people. Overcoming this requires some “heart surgery.” Gather a few trusted friends around you. Ask them to give you honest feedback about what drives your decisions. Write down your priorities, both personal and in your ministry, and focus the bulk of your efforts on the top priorities. Know how to delegate and how to say no to what is not important.

## 10. Realign your beliefs.

Constantly remind yourself that God is in control, and spend time with the Lord daily, refreshing yourself in His Word and asking Him to lead and guide you as you serve His people. If you're experiencing burnout, pray for God's rest, renewal, and direction. We are all flawed instruments serving His Kingdom, but he made us, knows our weaknesses, and even at our lowest points, is with us. Take heart in knowing that you are not alone.





### Across

3. Location of KOC museum
5. Object in KOC emblem
7. Title given to a Knight in the Patriotic degree
8. Founder of the Knights of Columbus
9. Object in KOC emblem
10. KOC founded in 188\_
11. What organization have the KOC donated more than \$600 million and 4 million volunteer hours?
12. Governing body of the order.
14. Pro-life initiative
15. Sports player that was a Knight.

### Down

1. President that was a Knight.
2. The Knights were instrumental in lobbying for these two words added to the Pledge.
4. Only Roman Catholic to sign Declaration of Independence.
6. Object in KOC emblem
13. In service to One, in service to All.

### Bulletin Supporters

Larry & Bernadette Feit  
Bob & Jane Thibodeau

### Memorial Committee

Chuck Langbein  
Charles Proctor

### Franciscan Missions Stamp Program

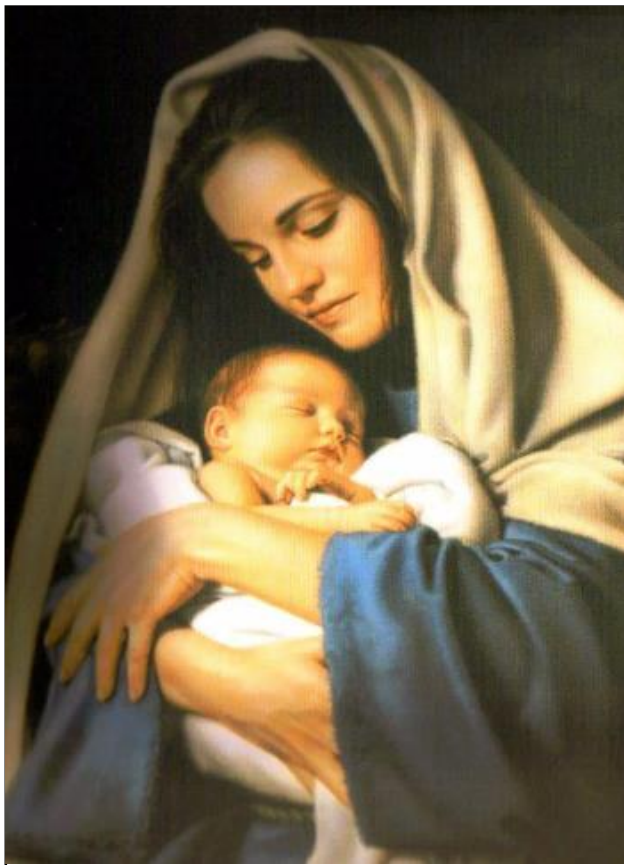
The Franciscan Friars have asked us to help with their stamp program by sending them cancelled stamps. They use these stamps in their mission work to help the hungry and needy people. When you get a letter with a stamp on it, please cut it off, put in an envelope and bring to the Council. There is a box just inside the Council's lounge door where it can be deposited. This is especially important toward the end of the year when people get stamps on Christmas cards. I have asked my community to save them for us. maybe you could do the same. When we get a box full Jim Riley will send to the Franciscan Friars in Wisconsin.

### Medical Equipment

Dear Brother Knights, If you have a walker, cane, crutches, wheel chair or other items you no longer need, and you would like to donate them to the Council, please contact Mike Wadsworth at 863-224-6490 Email [mikey.1952@gmail.com](mailto:mikey.1952@gmail.com) Mike will pick the items up and make them available to brother Knights that can use them.

Pictures in the newsletter are contributed by Carlos Ayunta as well as many members of the Knights! We appreciate everyone's contributions! We also welcome submissions for events. Send to Tom Berdis [tberdis@gmail.com](mailto:tberdis@gmail.com) or 863-224-2906





*Pray the Rosary Daily*

MONTHLY PUBLICATION

## KNIGHTS OF COLUMBUS

DR. L.J. O'ROURKE COUNCIL No. 4726

3308 Ave. W. N.W. PO Box 2088

Winter Haven, FL 33882

Phone (863) 967-0815 [www.kofc4726.org](http://www.kofc4726.org)

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### One Nation Under God



**For Brothers Knights by Brother Knights**

## Officers, Directors, and Program Chairmen 2020-2021

### Officers for Council 4726

Chaplain	Fr. Rony Parakkal	294-3144
Grand Knight	Rod Mullen	324-6850
D Grand Knight	Rick Ochoa	326-0111
Chancellor	Jim Sierra	604-7647
Warden	Ray Taylor	604-7068
Financial Sec.	Jim Borkowski	602-6651
Treasurer	Carlos Ayunta	407-508-00
Recorder	Ken Nesbit	221-6477
District Deputy	Tom Berdis	224-2906
Advocate	Larry Cardarelli	965-7192
Inside Guard	Tim Jackman	307-9209
Outside Guard	Ricky Lopez	293-2962
Trustee (1)	John Richards	221-5499
Trustee (2)	Brian Hartpence	967-8062
Trustee (3)	Mike Wadsworth	224-6490

### Officers for Assembly 1500

Friar	Fr. Jimson Varghese	294-3144
Navigator	John Richards	967-1600
Captain	Rod Mullen	324-6850
Admiral	Tom Habina	324-0581
Pilot	Tim Jackman	307-9209
Comptroller	Brian Hartpence	967-8062
Purser	Carlos Ayunta	407-508-0071
Faithful Scribe	Ken Nesbitt	221-6477
Inner Sentinel	Raymond Taylor	604-7068
Outer Sentinel	Tony Corrente	206-0775
1 <sup>st</sup> Year Trustee	Larry Cardarelli	965-7192
2 <sup>nd</sup> Year Trustee	Tom Berdis	224-2906
3 <sup>rd</sup> Year Trustee	Chris Erich	207-2638
Color Guard Cmdr	Tom Shaver	271-0229

### Officers Auxiliary 4726 Columbiettes

President	Sonia Ayunta	
Vice-President	Margie Zamana	293-6763
Past President	Joanne Barczynski	292-9796
Secretary	Klendy Molteni	
Financial Sec	Sylvia Moulton	
Treasurer	Sue Running	
Sentinel	Lina Martin	

### Committeemen

Bingo Chairman	Brian Hartpence	967-8062
Bingo Co-Chairman	Jim Sierra	604-7647
Bowling Chairman	Tom Berdis	293-5528
Cemetery of Innocence	Ray Taylor	604-7068
Ceremonial Chairman	Jim Riley	289-8030
Charity Chairman	Brian Hartpence	967-8062
Degree Team Chairman	Tom Shaver	271-0229
Corp Comm Bfast	Tony Corrente	206-0775
Family Director	Mike Tanner	651-9555
Field Agent	Tom Shaver	271-0229
Food Chairman	Tony Corrente	206-0775
Free Throw, Soccer	Charles Proctor	984-6446
Golf Chairman	John Jennings	281-408-6443
Historian	Ed Zamana	293-6763
Keep Christ in Christmas	Jim Riley	289-8030
Medical Equipment	Mike Wadsworth	224-6490
Membership Director	Jim Sierra	604-7647
Memorial Chairman	Tom Berdis	224-2906
Newsletter Editor	Tom Berdis	224-2906
PC Chairman	Carlos Ayunta	407-508-0071
Retention Chairman	Rod Mullen	324-6850
Scholarship Chairman	Jim Borkowski	602-6651
Special Olympics	Mike Lopez	258-2128
Spelling Bee	Charles Proctor	984-6446
Stamps Chairman	Jim Riley	289-8030
Tootsie Roll	Ray Taylor	604-7068
Youth Director	Mike Tanner	651-9555

### Newsletter Contributions

Articles due by the 20th Contact

Tom Berdis, 863-224-2906

tberdis@gmail.com

