

# The Cross and Compass

Knights of Columbus St. Joseph Council #7528



Joey Romero, Grand Knight

Tim Philomeno, FFS—Editor

## From The Grand Knight

The fish fry's are winding down; the last one is this Friday, March 22nd. Last week's fry brought in around \$1,300. Overall, the fries have been profitable.

The next General Meeting is April 2nd. Officer selections.

The next Planning Meeting is April 16th at 7 pm.

April 14th, Knights serve breakfast

April 26th, 5 pm - 7 pm, the Knights BBQ hamburgers and hotdogs for the school

May 4th, next spaghetti dinner to benefit the Seminarians

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## From Your Lecturer

### Still Amidst the Storm: A Family Man's Search for Peace in an Anxious World

Drawing from the book by Conor Gallagher titled **Still Amidst the Storm: A Family Man's Search for Peace in an Anxious World** my last two Cross & Compass articles focused on being present in the moment and how silence can be a coping mechanism for finding peace in the complex world in which we find ourselves. This month concludes this series by seeing how stillness can help us weather the storms of life.

#### Finding Stillness Amidst the Storm

Recall in Mark 4:37–41 how the apostles panicked when they were caught on their boat in

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## FS Notes

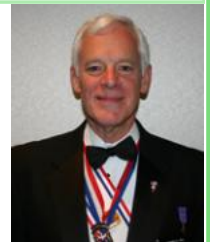
Dear Brother Knights of St. Joseph Council #7528,

The Affiliate Member Initiative was developed by Supreme in the spring of 2022 to transfer members who had not paid their annual membership dues to the AMI roster. Transferring to the AMI roster will remove a member from the active council roster, and from the associated 4th degree roster, if applicable.

Twenty active members of St. Joseph Council #7528 are being considered for assignment to the AMI by the council's Retention Committee. If a member is transferred to the AMI roster and later pays their dues, the financial secretary will reinstate the member to the active roster through Member Management.

Thank you for paying your annual membership dues.

Fraternally,  
Mike Fay, FS, PGK



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a fierce storm and Jesus slept. Watching Jesus sleep added to the stress of the storm. The apostles not only had to battle Mother Nature but they had to do so themselves; Jesus wouldn't even lend a helping hand-or so they thought. And so, we think.

How often we feel that Jesus is sleeping while life's storm grows faster. Our job, our family, our sufferings; does it ever slow down? How can life get any faster without our boat turning over, leaving us to drown in the sea of despair? But Jesus raised His almighty voice, "Peace. Be still", And all of the earth's natural powers obeyed Him. In this life, we will surely encounter trial and tribulation. But Jesus offers us peace-not just in the next life but in this one too. Yes, if we can hear His command amidst the storms of life to have peace and to be still, then we will be on our way to become a saint in heaven with Him forever.

**The Sin of Sloth.** There is perhaps no more deceptive sin than sloth. It is the devil's weapon of choice in today's world. Sloth is the devil's Trojan horse that brings the rest of the deadly sins into our frantically busy, modern American lifestyle. Modern Americans are plagued by a deceptively dangerous form of sickness: the inability to be still. The reason for this is the sin of sloth. That may be counterintuitive.

When most think of sloth, they think of a couch potato, laying around, disgusting and exhausted. While this may be one manifestation of sloth, it is not the only one. It is certainly not the devil's favorite form of sloth. Those who feel too busy to pray, too cash-strapped to tithe, too frantic to enjoy God's many blessings, especially the present moment, may be a victim of the devil's silent killer.

While the other six deadly sins (pride, covetousness, lust, anger, gluttony and envy) are sins of commission. Sloth is a sin of omission. Thomas Aquinas defined sloth as "sorrow for spiritual goods" and "sluggishness of the mind which neglects to begin good". "Sorrow" does not seem applicable to the hustle and bustle of the modern world with its millions of advertisements and selfie pictures. Neither does "sluggishness" seem apropos amidst the fastest moving culture in world history. And yet depression and exhaustion are rampant.

We must take our own moral inventory and see how much clutter is taking up the finite space of our hearts- all of which belongs to God. What would we see if we looked at ourselves? Would we see couch potato souls, laying around, disgusting and exhausted? Would we see the empty shells with no desire for the things of God?

**Abandon the Obsession with Progress.** Calvin Coolidge said, "Don't you know that four fifths of all our troubles in this life would disappear if we would just sit down and keep still?" He was correct.

There is a reason man is tempted to move. All created things in the universe, Aristotle says, are moving. He found that movement can only be caused by movement, and thus a Prime Mover, that which moves but is unmoved, necessarily exists. It is natural to want to move, for we have been moving since the moment of our conception.

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Modern man is obsessed with movement because he is obsessed with progress. Movement, any movement, is considered productive. The modern man is like a child with attention deficit disorder unable to sit still. Movement for the sake of movement is a tool of the devil. It is more commonly said that idleness is the tool of the devil. But stillness is not idleness. Herein lies a crucial distinction. Idleness lacks purpose. True stillness—a stillness wrapped in silence—is rigorous focus on one thing. And the fruits of this focus can be life-changing.

Progress is inexhaustible in the sense that you will never attain the goal. The present moment, however, is likewise inexhaustible but in the sense that it can be embraced for eternity without boredom or stiffness or jealousy of others or distraction from the past and future. You cannot embrace the present moment if you are moving for the sake of moving. That is why we must learn to sit still.

**Be Content with What You Have.** It Feels Better Anyway. Consumerism calls to us through advertisements, peer pressure, and the never-ending promise of greater pleasure tomorrow than we have today. One reason we spend so much money today is that we are uncomfortable being still in our own house. As Blaise Pascal famously said, "All of humanity's problems stem from man's inability to sit quietly in a room alone".

As soon as stir-crazy sets in and people load up in the car, you can bet your life that money will be spent. Worse yet, we are uncomfortable in our own skin. It is as if we can buy our way out of ourselves. Consumerism tells us, especially children, how much more fun they can have, how much cooler they can be, if they just got this one thing. It really has nothing to do with the product. The features are never pushed, only the benefits to your life.

One of the surest ways to resist the temptations spewed out by consumerism is stillness. Stillness doesn't cost anything. Enjoying the family's company on Saturday doesn't cost anything. Finding joy in simple things—hiking, reading, drawing, playing an instrument—costs very little. How content can we be without succumbing to the calls of consumerism?

But there is an even greater danger now. Consumerism used to call us to get up and move. Now we can be called to remain on the couch and click "download" and "stream" and "same day delivery." We can be sucked into consumerism without leaving the house. But this is still movement. It is a psychological reach into the hole to grab something. It is even more seductive than the need to drive somewhere. It feels so seamless, so effortless. It feels less chaotic. It provides an artificial sense of stillness or serenity. It is, however, just that: artificial.

**The Dangers of Curiosity.** Curiosity is a gift to human nature. It has led to many great discoveries and innovations. **Undisciplined** curiosity, however, yanks a person from the present moment and thrusts them headlong into unnecessary motion. Education requires stillness, a stillness of body, a stillness of mind.

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With our never-ceasing feed of social media, e-mail, notifications beeping and dinging on our phones, we have become curious about everything from the president's latest tweet to Hollywood's latest divorce. And yet, for all the time in front of a screen, we learn very little.

Undisciplined curiosity pushes us into the past and future. It wonders what the real story was behind the dramatic dispute between two people. It wonders what will happen when a series of events changes our situation. It wonders what other people think about us. It takes away the internal stillness required for peace of mind. It only leads to anxiety, and Christ warns us about being anxious about tomorrow.

It may sound radical, but the only legitimate interest in other people's affairs is searching for a way to help them. Period. Any other curiosity, any other movement into their zone of privacy, is trespassing.

Curiosity of the mind is not the only problem. Obviously, curiosity of the eyes is a terrible disturber of our interior stillness. Many temptations and impure images enter the soul through the eyes. They become part of you. In a way, they can never be erased. But I'm not even talking about that here, a much subtler danger that comes from curiosity of the eyes: the judgments we make about people simply by seeing them.

As sound must be wrapped in silence, so must curiosity be wrapped in stillness. If we cultivate and possess interior stillness, it will serve as the clay upon which we allow others to imprint themselves, their whole selves, rather than a mold into which we will cast them based on superficial interactions. I don't make people out of clay. God does.

**Every Moment Is a Moment to Be Still.** God is found in the present moment. I do not have to go somewhere to find Him. I do not have to be surrounded by religious articles. I do not have to escape the world. I just had to, for a minute, not be of the world.

There is a tremendous difference between emptying the mind and focusing the mind. Eastern religion and philosophy, both of which have invaded Western civilization, support the notion of "emptying oneself" A dangerous notion. Our souls are not made to be empty. Something will fill it up. If we do not have the presence of God within us, the presence of evil spirits will take His place.

We rational creatures have an intellect and will. We are engineered by God to focus on things. The trick-if I can call it that-is to focus on one thing at a time. The focus might have to switch over from one moment to the next. The stress of life is not in the things but in the switching of things, the constant flow of things, the inability to enjoy the things themselves.

I hope that this series of articles has influenced each of us to embrace stillness , so as to bring peacefulness to our lives and be able to focus more of our energy on things of God.

### Birthdays and Anniversaries for April

Member Birthday		Member Wife Birthday	
2nd	David Szabo	7th	Dona Fernando
5th	Donald Miller	12th	Laura Fuller
6th	Casey Stiles	13th	Dianna Buss
11th	Felipe Salazar	18th	Ann Neville
13th	Glen Knowlton	21th	Shirley McArdle
19th	Mark Czaplewski	24th	Veronica (Sim) Williams
20th	Dale Dietrich		
25th	Rev John-Patrick Depalma		Anniversaries
27th	Daniel Luu	14th	Ralph and Donna Osman
29th	Millard Longley	16th	Anthony and Betsy Robinson
		26th	Raymond and Mary Garcia
		28th	Vince and Bev Mansanarez

### Good of The Order

The following is a list of those Brother Knights or family members who are sick or in distress that we have been asked to pray for:

Pete Anderson, Richard Coe, Dale Dietrich, Aurther DePalma father of Fr. John Patrick, Margie wife of Gary Fredrickson, Ray & Mary Garcia, Leo Herrera, Ralph & Peggy Horner, Jerry and Kathy Koch, Bill Miller brother of Don Miller, Katherine Myers mother of David Myers, Larry and Ann Neville, Ralph Osman, Marianne Savino, Dean Smith, Anita Spicer Mother of Frank Spicer, Fr. Tom Vandenberg, Jim Yokum

Pray for all people that are victims of war and persecution throughout the world especially Israel, the middle east and Ukraine.

Pray for our Brother Knights of Columbus, Church members and families that we remain strong in our faith and pray that the Holy Spirit guides and protects us during these troubling times.

Pray for all priests and clergy that the Holy Spirit strengthen them and help them cope with all the changes as they minister to the faithful.

Pray for Our Country and leaders that the Holy Spirit descend upon us and lead us back to One Nation Under God for without Him we will not survive as a nation.

### 2023-2024 Council Leadership

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Chancellor	Tim Amato	<a href="mailto:chancellor@kofc7528.org">chancellor@kofc7528.org</a>	425-890-9388
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#### Knight of the Month March

TBA

#### Nativity House!

Come help feed the homeless Saturday April 20th. Everyone will be meeting in the church parking lot at 7:45 and leaving promptly at 8AM. From there everyone will be heading to the Tacoma Nativity House to feed the homeless pancakes and sausage! This is a great opportunity to help those in need!

Contact Ted Colby at [nhb@kofc7528.org](mailto:nhb@kofc7528.org) for any additional information.

#### Family of the Month March

TBA

#### Pennies for Heaven

Our goal for this year, as always, is a penny a day for Vocations, \$3.65/yr. Please support our priests!

Contact [FS Mike Fay](#)

## Upcoming Events!

### April

- 2nd General Meeting—South Narthex 7:30pm
- 16th Planning Meeting—South Narthex 7:00pm
- 20th Nativity House
- 26th 5 pm - 7 pm, the Knights BBQ hamburgers and hotdogs for the school

### May

- 4th Spaghetti dinner to benefit the Seminarians
- 7th General Meeting—South Narthex 7:30pm
- 18th Nativity House
- 21st Planning Meeting—South Narthex 7:00pm

Knights of Columbus

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**ADDRESS SERVICE REQUESTED**

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