

The Cross and Compass

Knights of Columbus St. Joseph Council #7528



Joey Romero, Grand Knight

Tim Philomeno, FFS—Editor

From The Grand Knight

- It has been a strong year for our council. The budget is strong with \$21K in the Knights account, membership grew exponentially and involvement in activities increased. We need more paying members to get involved in our activities, however.
- More to do!
- May 23rd:: Baseball game rescheduled. It will be a doubleheader. Gates open at 4:30 pm, and the first game begins at 5:30 pm.
- June 2nd: Knights basketball in the gym begins.
- June 4th: General meeting. Rosary at 7 pm and meeting to begin at 7:30 pm.
- June 8th: CYO basketball and volleyball event, spaghetti dinner after 5 pm mass. Parents are expected to set up. Show up to help with other setup tasks at 3:30 pm, please.
- June 9th: Coffee and donuts for the 9 am and 11 am mass. We will be celebrating Father JP's birthday that morning. Also, the Ice Cream Social will be held after the 5 pm mass. Ice cream will be

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From Your Lecturer

Matthew McConaughey Commencement Speech (Part 2 of 2)



In this issue of the Cross & Compass, I am providing the second half of the commencement speech by the actor, Matthew McConaughey, at the University of Houston in 2016. The first half was in last month's Cross and Compass.

Number seven. Dissect your successes and the reciprocity of gratitude. We so often focus on failure, don't we? We study failure. We're obsessed with failure; we dissect failure in our failures. We dissect them so much we end up intoxicated with them to the point of disillusion. When do we write in our diary? Usually when we're depressed.

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FS Notes

Dear Brother Knights of St. Joseph Council #7528,

The council will be wrapping up its activities and charitable contributions during June as the fraternal year ends June 30.

Congratulations to GK Joey Romero for his leadership this past year.

Each year, the WSC State Secretary issues an invoice to each council to support the Pennies for Heaven Fund, which is payable in June. This year's goal for the PFH Fund is \$697.15. With the support of the members of the council we have a great opportunity to reach that goal. Thank you for your support of the Pennies for Heaven program.

Effective April 1, 2024, the council has a new mailing address:



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St. Joseph Council #7528, PO Box 3753, Federal Way, WA 98063.

As of May 13, 2024, the council has 185 active members, including 43 honorary life members and 11 honorary members. Thank you to the members that paid their annual dues for 2024.

I want to thank the members of Council #7528 for allowing me to continue to serve as your financial secretary.

Fraternally,

Mike Fay, FS, PGK

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put in Dixie cups ahead of time and stored for the event. Knights will be needed for clean up.

- June 21, 22 & 23: The District Deputies Summer Meeting will be in Gonzaga.
- June 21: Father Mike Williams's going-away party.
- June 15th: Bishop Schuster's Anniversary of Ordination. Mass and dinner. Dinner will be family style with bowls of salad and pasta placed on each table (29 tables). The entry price is donation only. Wine will be served. Mission Treckers will serve and tip jars will be placed. 225 people are expected! There is a need for dishwashers beginning at 6:30 pm when the bowls begin coming back to the kitchen. Set-up and clean-up help is also needed. Vince will pre-wash dishes and boil noodles. Grand Knight Joey will make the sauce.
- June 29th: End of year banquet at Grand Knight Joey and wife Elenor's home. The address is 30137 16th Avenue SW. 98023 Father J.P. is expected to attend.
- August 20th: Unofficial installation of officers at 5 pm at Grand Knight Joey and wife Elenor's home. St. Phil's Council to join us. Spouses are invited!

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What do we gossip about? Other people's flaws and limitations. We can dissect ourselves into self-loathing if we're not careful. I find that most of the times our obsession with what is wrong, just ends up breeding more wrong, more failure. And the easiest way to dissect success is through gratitude. Giving thanks for that which we do have, for what is working, appreciating the simple things we sometimes take for granted. We give thanks for these things and that gratitude, reciprocates, creating more to be thankful for. It's really simple and it works.

Now, I'm not saying be in denial of your failures. No. We can learn from them too, but only if we look at them constructively, as a means to reveal what we are good at, what we can get better at, what we do succeed at. Personally, I've read a whole lot of my bad reviews. I've had quite a few written by the more talented critics. They are the ones who give constructive bad reviews. They reveal to me what did translate in my work, what came across, what was seen or what wasn't. Now, I don't obsess on the unfavorable aspect of their review, but I do see what I can learn from it. Because their displeasure actually uncovers and makes more apparent what I do, do well, what I am successful at, and then I dissect that.

Life's a verb. We try our best; we don't always do our best. Our architecture is a verb as well. Yes, it is. And since we are the architects of our own lives, let's study the habits, the practices, the routines that we have that lead to and feed our success, our joy, our honest pain, our laughter, our own tears. Let's dissect that, and give thanks for those things. And when we do that, guess what happens? We get better at them. And we have more to dissect.

Number eight. Make voluntary obligations. Mom and dad, since we were young, they teach us things as children. Teachers, mentors, the government and laws, they all give us guidelines for which to navigate this life. Rules to abide by in the name of accountability. I'm not talking about those obligations. I'm talking about the ones that we make with ourselves, with our God, with our own consciousness. I'm talking about the you versus your obligations. We have to have them. Again, these are not societal laws and expectations that we acknowledge and endow for anyone other than ourselves. These are faith-based obligations that we make on our own. These are not the lowered insurance rates for a good driving record.

You will not be fined or put in jail if you do not gratify these obligations I speak of. No one else governs these, but you. They are your secrets with yourself, your own private counsel, personal protocols. And while nobody throws you a party when you abide by them, no one's going to arrest you when you break them either. Except yourself. Or some cops who got a disturbing the peace call at 2:30 in the morning because you were playing bongos in your birthday suit. That was me. An honest man's pillow is his peace of mind. And when you lay down on that pillow at night, no matter who's in your bed, we all sleep alone. These are your personal Jiminy Cricket, and there are not enough cops in the entire world to police them. It's on you. It's on you.

Number nine. From can to want. All right, check this out. In 1995, I got my first big paycheck as an actor. I think it was 150 grand. The film I was on was Boys on the Side

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and we were shooting in Tucson, Arizona. I had this sweet little adobe guest house on the edge of the Saguaro National Park. The house came with a maid, my first maid. It was awesome. So I got a friend over one Friday night, we're having a good time and I'm telling her about how happy I am with my setup. The house, the maid, especially the maid. I'm telling her look, this lady, she cleans the place up after I go to work. She washes my clothes, the dishes, puts fresh water by my bed, leaves me cooked meal sometimes. She even presses my jeans.

My friend she smiles at me happy that I'm excited over this. She says, "Well, that's great, Matthew. If you like your jeans pressed." I kind of looked up at her, my jaw caught hanging open. I stuttered a moment. Had that dumb ass look that you get when you just been told the truth and you didn't think about it. It hit me. I hate that line going down the front of my jeans. I hate that line. And it was then for the first time that I noticed it. I never thought about not liking that starched line down the front of my jeans because I've never had a maid iron my jeans before.

And since she did now for the first time of my life, I just liked it because I could get it. I never thought about if I really wanted it. Well, I didn't want it there. That line. And that night I learned something, just because you can, nah. Come on. It's not a good enough reason to do some. Even when it means having more, be discerning. Choose it because you want it. Do it because you want to. I've never had my jeans pressed again. I hate that line.

Number 10. A roof is a man-made thing. This may cut a little close to the bone since the geography, but I think we all were there and we will all remember where we were. But in January 3rd, 1993, it was the NFL playoffs, and your Houston Oilers were playing the Buffalo Bills. The Oilers were up 28-3 at half time, 35-3 early in the third. Frank Reich and the Bills come back to win 41-38 in overtime for one of the greatest comebacks in NFL history. Yeah, the Bills won, but they didn't really beat the Oilers. The Oilers lost that game, they beat themselves. You all remember that? Why? Why they beat themselves? Or how?

Was it because at halftime, they put a ceiling, roof, a limit on their belief in themselves, aka, prevent defense? Or maybe they started thinking about the next opponent in the playoffs at halftime. I mean, they were up, then they came out, played on their heels. Lost the mental edge the entire second half and voila, they lost. In a mere two quarters, defensive coordinator, Jim Eddy went from being called the defensive coordinator of the year and the man first in line to be a head coach next year, to a man without a job in the NFL.

You ever choked? Nobody has ever choked? I have. You know what I'm talking about, fumbling at the goal line, stuck a foot in your mouth once you got to the microphone, had a brain freeze on the exam that you were totally prepared for. Forgot the punch line to a joke in front of 4,000 graduating students at the University of Houston commencement. Or maybe you've had that feeling of, oh my god, life just cannot get any better than this moment. And ask yourself, do I deserve this? Now, what happens when we get that feeling? We tense up, we have this sort of outer body experience where we are literally see-

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ing ourselves in the third person. And we realize that the moment just got bigger than us. Ever felt that way. I have.

It's because we have created a fictitious ceiling, a roof, to our expectations of ourselves. A limit where we think it's all too good to be true. But it's not. And it's not our right to say or believe it is. We shouldn't create these restrictions on ourselves. A blue ribbon, a statue, a score, a great idea, the love of our life, a euphoric bliss. Who are we to think that we don't deserve or haven't earned these gifts when we get them? It's not all right. But if we stay in process within ourselves in the joy of the doing, we will never choke at the finish line. Why? Because we aren't thinking of the finish line. Because we're not looking at the clock. We're not watching ourselves on the jumbotron performing the very act that we're in the middle of. No, we're in process. The approach is the destination and we're never finished.

Bo Jackson, what he do? He used to run over the goal line, through the end zone and up the tunnel. The greatest snipers and marksmen in the world, they don't aim at the target. They aim on the other side of the target. We do our best when our destinations are beyond the measurement, when our reach continually exceeds our grasp, and when we have immortal finish lines. And when we do this, the race is never over, the journey has no port. The adventure never ends, because we are always on the way. So do this. Do this and let them, let somebody else come up and tap you on the shoulder and say "Hey, you scored." Let them run up and tap you on the shoulder and say, "You won." Let them come to you, "You go home now." Let them say, "I love you too." Let them say thank you. Take the lid off the man-made roofs that we put above ourselves and always play like an underdog. Here we go.

Number 11. Turn the page. The late great University of Texas football coach Darrell Royal. If you all remember him, he won the National Championship in '69, he won a couple of National Championships. Remember Darrell Royal? He was a friend of mine and a good friend of many people. Now, a lot of people looked up to this man. One of the people that looked up to him was a musician named Larry. Now, at this time in his life, Larry was in the prime of this country music career. He had number one hits and his life was rolling. And he had picked up a bad habit of snorting the white stuff somewhere along the line. And at one particular party after a bathroom break, Larry went confidently up to his mentor Darrell, and he started telling him a story.

Coach Royal listened, as he always had. And when Larry finished his story and was about to walk away, Coach Royal put his gentle hand on his shoulder and he very discreetly said, "Hey, Larry, you got something on your nose there, bud." Larry immediately hurried to the bathroom mirror where he saw some of the white powder that he hadn't cleaned up his nose. He was ashamed. He was embarrassed as much because he felt so disrespectful to coach Royal and as much because he'd obviously gotten too comfortable with the drug to even hide it as well as he should. Well, the next day, Larry went to coach's house. He rang the doorbell, coach answered and he said, "Coach, I need to talk to you." Darrell said, "Sure, come on in."

Larry confessed. He purged his sins to coach. He told him how embarrassed he was and how he had lost his way in the midst of all this fame and fortune. And towards the end of

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an hour, Larry who was in tears, he asked coach, he said, "Coach, what do you think I should do?" Coach, being a man of few words just looked at him and calmly said, "Larry, I have never had any trouble turning the page in the book of my life." Larry got sober that day, and he's been sober for the last 40 years. You ever get in a rut? You know I'm talking about? Getting the funk. Stuck on the merry-go-round of a bad habit? I have. Look, we're going to make mistakes. You got to own them. Then you got to make amends. And then you got to move on. Guilt and regret kills many a man before their time. So turn the page, get off the ride. You are the author of the book of your life. Turn that page.

Number 12. Give your obstacles credit. You know those No Fear T-shirts that were out. I don't know. Maybe you used to wear them 10 years ago, No Fear. You may remember those or is it just me? I saw them everywhere. All right. I don't get them and I never did. I mean, I try to scare myself at least once a day. I mean, I get butterflies every morning before I go to work. I was nervous before I got here to speak tonight. I think fear is a good thing. Now, why? Because it increases our need to overcome that fear. Say your obstacle is fear of rejection. You want to ask her out or you want to ask him out, but you fear that he or she may say no. You want to ask your boss for that promotion, but you're scared he's going to think you're overstepping your bounds.

Well, instead of denying those fears, declare them. Say the fear out loud, admit it, give them the credit they deserve. Don't get all macho, and act like they're no big deal. And don't get paralyzed by denying that they exist and therefore abandoning your need to overcome them. I mean, I'd even subscribe to believe that we're all destined to have to do the thing that we fear the most anyway, at some point. So give your obstacles credit and you will, one, find the courage to overcome them. Or you will two, see more clearly that they're not really worth prevailing over. So be brave, have courage. And when you do, you get stronger, you get more aware, you get more respectful of yourself, and that which you fear.

Number 13. So how do we know when we cross the truth? "13" Someone's asking, why did I pick 13? That's an unlucky number. I don't know when 13 got the bad rap and became the mongrel of numerology. It's never done me wrong 13. In fact, 13 has been a pretty lucky number for me and I want to tell you how. I've always taken these 21-day trips by myself to far off places where I usually don't know the language and nobody knows my name. They're adventures, one, but they're also a purge. They're a cleanse for me, they're like a 21-day fast from attention, from all the things I have in my well-appointed life. They're a check-out so I can check-in with me. See how I'm doing. Be forced to be my own and my only company, to have a look in my mirror. And we all know what can happen when we do that. Sometimes we do not like what we see.

Well in 1996, right after I got famous from the film I did called *The Time to Kill*, I headed out on one of these 21-day walkabouts, and this time to the jungles in the mountains of Peru. The sudden fame that I just gotten was somewhat unbalancing. My face was everywhere. Everyone wanted a piece of me. People I've never met were swearing that they love me. Everywhere I went, there I was on a billboard, a magazine cover. It was just weird, overall. I was asking myself, what's the reality in this and what's the bullshit? Did I deserve all this? These were all questions I was asking myself. Who was I was another.

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Now there's always an initiation period with these trips. An amount of time that it takes for the place to initiate the traveler. The time it takes to disconnect from the world that we just left and become completely present in the one we are traveling in.

For me, that initiation period usually last about 13 days, 13 hellish days until I'm out of my own way. And after that, the whole trip is really fun and smooth sailing. Well, it was the night of the 12th day in my 21-day trip. I'm settling into camp. I'd already hiked 80 miles to this point, and I had a three-day trek ahead of me to Machu Picchu. And I was full on sick of myself. Wrestling with the loss of anonymity, I was guilt ridden for sins of my past, I had a lot of regret. I was lonely, disgusted with my company, mine. And I was doing a pretty good job of mentally beating the shit out of myself. Grappling with these demons on this night, I couldn't sleep. All of these badges and banners and expectations and anxieties that I was carrying with me, I needed to free myself from them. Who was I? I asked myself. I mean, not only on this trip, but in this life.

So I stripped down to nothing. I took every moniker that gave me pride and confidence, all the window dressings, the packaging around the product, I discard them all. I got rid of my lucky and faithful American cat. I stripped off all my talismans from adventures past. I even discarded my late father's gold ring with an M on it that he gave to me. It was a meltdown of he and my mom's class rings and gold from my mom's teeth. I even got rid of that. I was naked, literally and figuratively. And I got sick. Soaked in sweat. Now, a few hours later, I woke on this 13th morning to a rising sun, surprisingly, fresh and energized. I dressed, made some tea and I went for a walk not to destination Machu Picchu but rather to nowhere in particular.

My gut was still a bit piqued from last night's purge but I curiously felt pretty good. I felt alive. Felt clean. I felt free and light. Along a muddy path on this walk, I turned a corner. And there in the middle of the road was this mirage in the most magnificent pinks and blues and red colors that I'd ever seen. It was electric, glowing and vibrant, just hovering just off the surface of the jungle floor as if it was plugged into some neon power plant. I stopped. I stared. There's no way around it. The jungle floor in front of me was actually thousands of butterflies there in my path. It was spectacular. So I stayed awhile. And somewhere in my captivation, I heard this little voice inside my head say these words, "All I want is what I can see. And all I can see is what's in front of me."

Now, at that moment for the first time in this trip, I had stopped anticipating what was around the corner. For the first time I stopped thinking about what was coming up next. What was up ahead. Time slowed down. I was no longer in a rush to get anywhere. And my anxieties were greatly eased. Few hours later, I returned to camp. Packing for my continued journey. Even the local Sherpas I was traveling with, they noticed calling out to me. [foreign language], which means, you are light, in Spanish. See, I forgave myself that morning. I let go of the guilt. The weight that was on my shoulders was lifted; my penance was paid. And I got back in good graces with my God and I shook hands with myself. My best friend, the one that we're all stuck with anyway, ourselves. And from that morning on, the adventure was awesome.

I was present, I was out of my own way. I was anticipating next. I was embracing only

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what was in front of my eyes and giving everything that justice that it deserved. See, I crossed the truth that morning. How did I find it? I don't know. I think it found me. Why? Because I put myself in a place to be found. I put myself in a place to receive the truth. So how do we know when we crossed the truth? Well, I think the truth is all around us all the time. I mean, I think the answer, it's always right there, right there. I think it's all around us. We just don't always see it. We don't always grasp it, hear it, access it. Usually because we're not in the right place to do so. So what do we do?

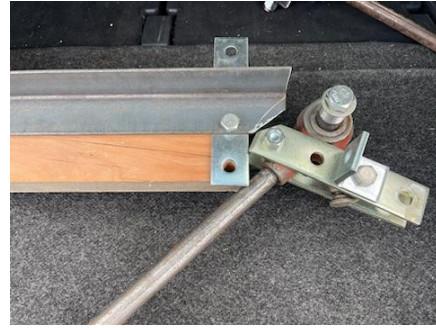
First, I believe we've got to put ourselves in the place to receive the truth. We live in an extremely noisy world with all kinds of frequencies coming at us. We got commitments, we got deadlines, fix this, do that, plans, expectations, and they all make it hard to get clarity and peace of mind. So we have to consciously put ourselves in places to receive that clarity. Now, that may be prayer, that may be meditation, that may be a walk about, that may be being in the right company, a road trip, whatever it is for you, schedule that time. Schedule it. So, if we do that, if we hear it, if we put ourselves in a place to hear it and we do, and it's become clear, a truth, natural and infinite, then the second part comes, which is to personalize it.

Ask yourself how it works for you. How it applies to you personally. Why you need it in your life, specifically. And if you do that, then comes the third part, have the patience to internalize it. And get it from our intellectual head, thinking about it and into our bones and our soul and our instinct. Now we cannot rush this part, it does take time. So if we get that far, we've received it, we personalize it and we've internalized it. If we make it that far, then comes to biggie man, this comes the fun one. Got to have the courage to act on it. To actually take it into our daily lives and practice it. To make it an active part of who we are and live it. If we can do that, then we have what I believe is heaven right here on earth. And that's the place where what we want is also just what we need. I mean, that's the ticket, isn't it? Think about it. I know that's what I want to live.

So, while we're here, and they're going to run across the jumbotron, let's make it a place where we break a sweat. Where we believe, where we enjoy the process of succeeding in the places in ways that we are fashioned to. Where we don't have to look over our shoulder because we're too busy doing what we're good at. Voluntarily keeping our own counsel because we want to. Traveling towards immortal finish lines, we write our own book. Overcoming our fears, we make friends with ourselves. And that is the place that I'm talking about. Thank you, good luck, and just keep living.



Sawdust Ministry built two rebar bending machines. Bev and Vince Mansanarez will take them to Mexico where the Mission Trekkers will use them to make 8x12 rebar rectangles to build concrete houses.



use



Sawdust Ministry built a paper roll dispenser to assist parish ladies use thirty pound rolls of paper. These rolls were previously stored in a large pile on a desk.

The Ministry also installed a crash bar on the gate near the garbage area. Apparently, a parish lady was accidentally locked in there last summer for several hours.

The Sawdust Ministry is currently building a small altar for a room in the rectory.



Birthdays and Anniversaries for June

Member Birthday		Member Wife Birthday cont...	
2nd	Fan Nimeisar	27th	Linda Herbert
3rd	Thomas Appleton	29th	Shannon Foeller
7th	Joe Mansanarez	29th	Teresa Pena
11th	Leo Satriawan		
13th	Michael Fay		Anniversaries
17th	Anthony Robinson	3rd	Patrick and Amy McGuire
18th	Ralph Calantoc	7th	Alejandro and Anita Paves
21th	Florence Madarang	9th	Pablo and Christine Molina
24th	Cary Wright	12th	Rey and Teresa Pena
25th	Joseph Depalma	13th	Mitch and Mary Czuk
25th	Michael Donovan	23th	Ralph and Peggy Horner
		24th	William and Francis Thomas
		26th	Frank and Christine Zink
	Member Wife Birthday	28th	James and Colleen Clevenger
15th	Isabel Tessier	29th	Gerald and Trese Graddon
19th	Peggy Horner		

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 , Arthur 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 Dave Myers, Larry and Ann Neville, Ralph Osman, Paul & 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 and pray for a peaceful resolution to the hostilities.
- 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

TITLE	NAME	EMAIL ALIAS	Phone #
Chaplain	Rev Thomas Vandenberg	chaplain@kofc7528.org	253-839-2320
Grand Knight	Joey Romero	gk@kofc7528.org	253-835-7603
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Outside Guard	Glenn J. Boctot	og@kofc7528.org	206-307-6761
Trustee for 1 Years	Paul Savino	Trustee1@kofc7528.org	253-517-5898
Trustee for 2 Years	Garnett Beadle	trustee2@kofc7528.org	253-266-7950
Trustee for 3 Year	James Stiles	trustee3@kofc7528.org	253-951-3575
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Knight of the Month May

TBA

Nativity House!

Come help feed the homeless Saturday June 15th. 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 for any additional information.

Family of the Month May

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!

June

July

2nd	Knights basketball in the gym begins		Have a great summer
7th	General Meeting—South Narthex 7:30pm	20th	Nativity House
8th	CYO basketball and volleyball event, spaghetti		
9th	Coffee and donuts for the 9 am and 11 am mass		
15th	Nativity House		
15th	Bishop Schuster's Anniversary of Ordination		
21th	Planning Meeting—South Narthex 7:00pm		
21st-23rd	Summer Leadership Meeting will be in Gonzaga		
29th	End of year banquet at Grand Knight Joey and		

Knights of Columbus

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ADDRESS SERVICE REQUESTED

Member One