

The Cross and Compass

Knights of Columbus St. Joseph Council #7528



Joey Romero, Grand Knight

Tim Philomeno, FFS—Editor

From The Grand Knight

February 27th, 2024

Next General Meeting will be March 5th

The Next Planning Meeting will be on March 19th

Fish Fry's every Saturday up to March 29th. More help is needed setting up and bringing friends and family!

Our next parish rosary is on April 2nd.

Tickets are still available for the Baseball Game. May 23rd, \$65.00. See Ralph.

Life Vigil 40 Days. Saturdays from 10:00 am until 12:00 pm. Live our faith and love for life. In front of the Planned Parenthood clinic (the clinic is closed at this time.)

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From Your Lecturer

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

Last month my article discussed how living in the present moment as opposed to dwelling on the past, or worrying about the future can help us cope with and mitigate our anxiety. This advice is drawn from the book by Conor Gallagher titled **Still Amidst the Storm: A Family Man's Search for Peace in an Anxious World**. This month's article presents the second lesson from this book which offers how silence can be another coping mechanism for finding peace.



Finding Silence Amidst the Storm

"And a great storm of wind arose, and the waves beat into the boat, so that the boat

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FS Notes

Dear Brother Knights of St. Joseph Council #7528,
2024 Membership dues

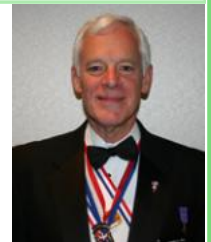
Thank you to the members that have recently paid their 2024 membership dues.

Second notice letters were mailed Jan 16, 2024, to many members that had yet to submit their dues payment.

As a reminder here are two available options to submit your payment:

Mail your check as noted on the payment coupon attached to the invoice letter. This is the preferred payment method.

However, if you prefer paying with electronic methods, please pay



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using your credit card into the council's Square account. Use this link <https://square.link/u/jEOruiKW> to pay for the member dues (\$40.00) and for PFH (\$3.65).

Upon receipt of a payment, a 2024 membership traveling card will be mailed to the member.

Affiliate Member Initiative (AMI)

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. Transfer to the AMI roster will remove a member from the active council roster, and from the associated 4th degree roster, if applicable.

Members of St. Joseph Council #7528, who do not pay their 2024 membership dues by Feb 28, will be considered for assignment to the AMI during March by the Retention Committee. If a member, assigned to the AMI roster, later pays their dues, the financial secretary can 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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Our next Pancake Breakfast is on April 14th.

We can still use parking lot security help for our 9 am and 11 am masses. See Grand Knight Joey Romero.

We will elect members to our state Knights convention at our April meeting.

More members are paying their dues! Please continue with call reminders.

Michael "RainMaker" Rutland recruited our 25th new member.

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was already filling. But he was in the stern, asleep on the cushion; and they woke him and said to him, 'Teacher, do you not care if we perish?' And he awoke and rebuked the wind, and said to the sea, 'Peace! Be still!' And the wind ceased, and there was a great calm. He said to them, 'Why are you afraid? Have you no faith?' And they were filled with awe, and said to one another, 'Who then is this, that even wind and sea obey him?'" Mark 4:37–41.

Each of the apostles likely heard not only the external noise around him but also his inner voice screaming countless thoughts. "I knew that storm was coming this way!" "Why didn't the others listen to me?" "I can barely see!" "I'm exhausted!" "I don't want to die!" "Jesus is ignoring us!" The hearts of the apostles moved faster than the fastest gust of wind.

As do our own hearts. How often we allow our trials and fears to affect our peace! To survive any crisis, we must learn to embrace the silence that lives between the many noises in our lives. Not only must we look for moments of external silence—away from the insane amount of deafening noise all around—but we must also find that internal silence, even when our boats are about to capsize. God desires to speak to us in the silence of our heart, just as He spoke to the storm: "Peace. Be still." Only if we can reach that place of silence residing deeply in our soul—only if we can search for God in that silent world within—will we ever hear amidst the storm that still small voice: "Peace. Be still."

Silence Is Not the Absence of Noise. Silence is a fraternal twin to the present moment. They are birthed directly from eternity, though they are not identical. What is silence? Is it just the air all about when you can hear a pin drop? Is it just the absence of noise? Silence, rather, is a foundational reality that lies beneath all we experience in the present moment.

Truth and beauty expressed through sound are like ornaments hanging on silence. The beauty of the sound is in direct correlation to its interconnection with the silence from which it sprung. If the sound abandons silence, if it violently shatters silence, the sound itself will lose cohesion. It will morph into deafening noise, like a high pitch breaking glass. Noise—as opposed to sound—has no connection with the present moment. Noise is the auditory phenomenon of past and future intruders breaking into the present moment.

Silence Is Where We Can Experience the Dialog of Love Between the Father and the Son. Silence is where we can experience the dialog of love between the Father and the Son. The perfect unity between them allows complete and unencumbered truth and love to flow back and forth, communicating all that they are to each other. Silence is the channel for the exchange. A spoken word would break this silence. It would introduce a small division in the perfect flow between them. It would be like a hiccup in the climax of a beautiful song. But there is the Word. The Word was God. The Word is God. He did not become the Word in the Incarnation but was eternally begotten of the Father. This Word is the perfect word because it never breaks the silence. This Word never divides the speaker from the speech. This Word is not a piece of God broken out to live on its own. It is, rather, eternally begotten in silence and the present moment. All of the Father's truth and goodness and beauty emanate through this Word. And the Word became flesh and dwelt among us. The Word came into the world with as much silence as this earth can foster. His mother was the "woman wrapped in silence." It is in silence with God that our desire for Him grows.

The Difference Between Speech and Chatter. Here is the relation of chatter to silence: chatter comes out of silence as puss from a boil. There is an infection in the soul that grows and must ooze out. Eventually the infection comes out of the human mouth. "And he called the people to him and said to them, 'Hear and understand: not what goes into the mouth de-

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files a man, but what comes out of the mouth, this defiles a man” (Mt 15:10–11).

I contrast this with true communication. When two people speak from the depths of their souls with meaning and focus, both silence and the present moment are wrapped around them. Silence and the present moment shroud them from time. We have all experienced time standing still. True conversation embraces both silence and the present moment. It is like the present moment is a boulder plunged into the sea of silence. Noise of the past and future are splashed away as the boulder sinks deeper and deeper into the present moment. But when we merely chatter (that is, speech devoid of true purpose), the present moment slips away. This chatter is like a razor thin stone that skims across the past and future. There is no weight, no substance to this engagement. Nothing goes deep. It skips and skips, never making a real impact.

True speech is rare and powerful and beautiful. Chatter, on the other hand, is empty noise. It is empty of meaning. And it is horribly revealing of the empty self.

Where God Will Retire. Assisi, Italy is a quiet place. It is built into the side of a mountain. The stone roads are lined with stone homes. The surrounding landscape is perfectly green. A long-distance view shows no trace of the modern world. Assisi today is not much different than the Assisi of 1181, the year St. Francis was born. The whole town is like a cathedral built by God. The countryside leading up the hill is like the nave. The stars overhead at night are like mosaics lining the ceiling. The medieval stone homes built by master craftsmen are like stained glass windows cut by master artists.

And then the tomb of St. Francis in the crypt of the basilica! This is like the sanctuary of God’s cathedral—the cathedral that is Assisi. His body lays in a small gray box atop the tabernacle with the True Presence of Jesus Christ. Around the tomb and tabernacle rest Francis’s first followers.

There is something silent about the town. This silence is not due to people whispering or some community of silent monks. It is due to the Spirit of God. If God retired, He would do so in Assisi.

Modern man is terrified of a face staring at him across the table. Every quiet look feels like a death stare. “Say anything you want to me,” the modern man’s heart says, “just don’t say nothing when you are with me.” Such a man would not make it in Assisi. God looks for little Assisi’s around the world, cathedrals of His own making, silent places to take abode. Will my soul be such a place? Will I create an Assisi for Him?

Silence of the Imagination. Imagination is our tool to live in the future, escaping the present moment. Silencing this aspect of imagination brings us back to the present, to reality. The future is fiction. It may never happen. The present takes no imagination. It takes perception.

Of course, imagination is required to create works of art, music, literature. It is crucial to a wholesome life and wholesome society. It is crucial to leisure. Thank God for the imagination of Michelangelo and Vivaldi and Tolkien. If imagination is fueled by desire for truth and goodness, it can be even more real than the confines of this vale of tears in which we live. But more often than not, imagination runs amuck as it searches for greener pastures on the other side of reality. It abandons the reality of today and seeks to homestead in the fiction of tomorrow. It abandons the people around us and replaces them with the people we wish them to be. And most of the time, we wish them to be something else because we are not willing to be something else ourselves. They must change because we will not.

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Silence of the Memory. Memory is how we keep the past with us. It is necessary to have gratitude, to learn, to repent. Memory is a remarkable tool, like imagination. It must be silenced at times. As we spoke of earlier, memory yields a nasty resentment. It brings back old feelings, creating a cesspool of anger and bitterness. It can cripple the subconscious. It can rationalize the disdain for people and cultures and activities that are not in themselves deserving of disdain. It can poison the mind.

By silencing the memory, we can consider people, places, and things in themselves without resentment, bitterness, prejudice, envy, or nostalgia. Allow the past to be the past and the present to be the present.

Silence of the Heart. Throughout all of intellectual history, philosophers have struggled over the value of emotions. If a man has looked around, he can see the dire need to silence the passions on occasion. It may seem obvious to silence negative or harmful feelings. But the monastic tradition has found deeper meanings that are not so obvious.

The devil uses our purest desires and healthy attachments to build up blockage against the love of God. God requires unencumbered flow through our heart. That is why cloistered nuns detach even from their loving family. That is why the desert fathers looked out over barrenness instead of the beautiful walls of a cathedral.

Silence of Self-Love. Two young nuns were walking through a cloistered convent when one dropped a pitched shattering the glass. She left to get a broom while the other nun waited so that others would not step on the glass. The Mother Superior walked by and gave the waiting nun three Hail Mary's as penance for being clumsy and dropping the pitcher. The nun explained that she was only guarding the broken glass for the nun who dropped the pitched. The Mother Superior gave her a penance of ten Hail Mary's for being unwilling to take on such a small penance for her sister.

How often are we fixated on defending ourselves? How often do we need to think of others as inferior to us? We must silence our own self-love. When self-love has been silenced, one can embrace the present moment.

Silencing self-love allows for the presence of God to reside within. And then this presence within unites with the presence of God in others.

Silence of the Intellect. Shakespeare said knowledge maketh a bloody entry, meaning truth is difficult to learn and we must pay a cost to obtain it. Put another way, knowledge can make a bloody entry as self-inflicted wounds.

Nothing turns God away more than thinking we can reach Him with our intellect. We must silence our intellect, recognizing that faith is the true path to understanding God.

If we stay with God long enough in prayer and holy works, we begin to learn His nature, His attributes, His language, His goals for us. This is real theology. God is not living in an ivory tower. He is at the fishing docks preaching the kingdom of God. He is with children. He is healing lepers, the lame and the blind.

Birthdays and Anniversaries for March

Member Birthday		Member Birthday contd...	
1st	Kenneth Tran	31th	Michael Stueve
3rd	Steven Gentry		
3rd	Gerald Wilson		Member Wife Birthday
6th	Kevin Fleming	1st	Margie Fredrickson
7th	Matthew Tavares	19th	Cindy Amato
8th	Gary Hunter	20th	Heidi Colby
8th	Ron White	22th	Bev Mansanarez
13th	Theodore Colby	27th	Marilyn Courtney
15th	Robert Howell	28th	Helen Rabara
17th	Ramon Mallari		
18th	Michael Morales		Anniversaries
18th	Jeffrey Lee	17th	Mark and Katie Czaplewski
19th	James Pogue	18th	John and Katy Mills
20th	Frank Spicer	19th	Thomas and Barbara Skoda
21th	Rev. Thomas Vandenberg	25th	Randall and Jovita Jarrell
24th	Scott Baukol	30th	Henry and Rosita Anusiem
28th	Alejandro Paves	31th	Tony and Carol Robinson
31th	William Herbert		

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, 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 Dave 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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Knight of the Month February

TBA

Nativity House!

Come help feed the homeless Saturday March 16th. 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 February

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!

March

- 1st Third Fish Fry—Parish Hall @5:00pm
- 5th General Meeting—South Narthex 7:30pm
- 8th Fourth Fish Fry—Parish Hall @5:00pm
- 15th Fifth Fish Fry—Parish Hall @5:00pm
- 16th Nativity House
- 19th Planning Meeting—South Narthex 7:00pm
- 22nd Sixth Fish Fry—Parish Hall @5:00pm
- 31st Easter Sunday

April

- 2nd General Meeting—South Narthex 7:30pm
- 16th Planning Meeting—South Narthex 7:00pm
- 20th Nativity House

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