

KNIGHTS OF COLUMBUS

Joseph C Carroll Council 5390

MARCH 2021 KNIGHT LIGHT

MARION COLUMBUS CLUB
 5650 KACENA AVE
 MARION, IOWA 52302-9358
 HALL PHONE NUMBER: 319-373-9834
 Council Web Site: www.kofc5390.org



REGULAR BUSINESS MEETING: 1ST TUESDAY OF EACH MONTH, 7:30 PM

Grand Knight:	Mike Beke	319-533-1851	beke@ipmx.com
Deputy Grand Knight:	Terry Leier	319-373-1699	tlleier@msn.com
Chaplain (Interim):	Deacon Ken Bauer	319-377-0978	bauerk1984@my.uwstout.edu
Financial Secretary:	Steve Pasker	319-393-4993	secretary@kofc5390.org
Warden	Howard Schiffer	319-573-1341	rcjesserae@msn.com
Newsletter Editor:	James Klein	319-377-4598	jakleinmarion@q.com
Assistant Editor:	Marge Grawe	319-377-0081	jmgrawe@msn.com
MCC President:	Dan Goiffon	319-365-0614	danj.goiffon@gmail.com
Hall Reservations:	Dick Conrad	319-377-8371	hall@kofc5390.org
	Russ Schirm	319-377-8371	hall@kofc5390.org
K of C Insurance:	Dan Conlon	641-330-2060	daniel.conlon@kofc.org
Council Web Master:	Trevor Klima	319-431-7046	knights@kofc5390.org

----- *** COMING EVENTS *** -----

All council PANCAKE BREAKFASTS and FISH FRIES are canceled until further notice.

- Mar 2 Business Meeting 7:30 PM – WILL PLAN ON VIRTUAL ZOOM MEETING
- Mar 15 MCC Meeting 7:30 PM – location pending
- Mar 16 Staff Meeting 7:00 PM – at the KC Hall, masks and social distancing required
- Mar 26 Deadline for the April newsletter
- Apr 1 Holy Thursday
- Apr 2 Good Friday
- Apr 4 Easter
- Apr 6 Business Meeting 7:30 PM – WILL PLAN ON VIRTUAL ZOOM MEETING
- Apr 15 – 17 PID Tootsie Roll Drive
- Apr 19 MCC Meeting 7:30 PM – location pending
- Apr 20 Staff Meeting 7:00 PM – the KC Hall, masks and social distancing required
- Apr 23 Deadline for the May newsletter
- Apr 30 to May 2 Iowa K of C State Convention, venue pending
- May 2 Pancake Breakfast - TBD
- May 4 Business Meeting 7:30 PM – location pending
- May 9 Mother's Day
- May 17 MCC Meeting 7:30 PM – location pending
- May 18 Staff Meeting 7:00 PM – location pending
- May 21 Deadline for the June newsletter
- May 31 Memorial Day

March 2nd Business Meeting
This will be a Zoom meeting

Deadline for the April issue of
the *Knight Light* is:
Friday, March 26th.

Our council is sponsoring
two seminarians.
You can contact them at:

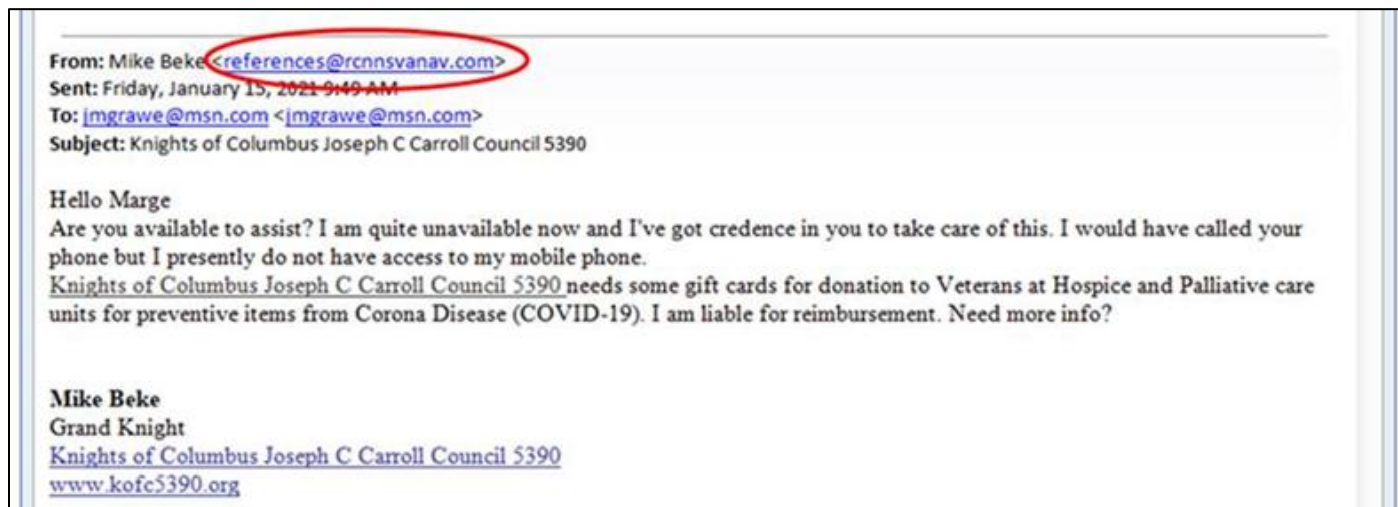
Hayden Merkel
St Pius X Seminary
1235 Mt. Loretta Ave
Dubuque, IA 52003

Peter Binder
St Pius X Seminary
1235 Mt. Loretta Ave
Dubuque, IA 52003

K OF C 5390 GRAND KNIGHT MALICIOUS EMAIL SCAM ALERT

Several Brother Knights have now received scam email requests maliciously using my name to request donations of gift cards – see example below. You will note below that the email address listed with my name as FROM – as is circled below - is NOT my actual email beke@ipmx.com.

- **DO NOT respond or open any attachments or click on any links.**
- **Delete immediately and assign the listed circled email address to your SPAM filter.**



Always keep in mind:

1. **THE GRAND KNIGHT (me in this case) IS NOT AUTHORIZED TO GIVE APPROVAL UNILATERALLY TO DONATION REQUESTS – THAT APPROVAL MUST COME FROM THE DONATION COMMITTEE.**
2. **ONLY THE FINANCIAL SECRETARY (Steve Pasker) AND TREASURER (Bob Schmitt) ARE AUTHORIZED TO ISSUE FUNDS FOR DONATIONS – NO ONE ELSE IN OUR MEMBERSHIP.**
3. **DONATIONS ARE NEVER MADE WITH GIFT CARDS – ONLY DONE VIA CHECKS MADE PAYABLE TO THE ACTUAL ORGANIZATION.**

ZOOM BUSINESS MEETING

We will continue with monthly ZOOM business meetings. An emailing will go out to the membership a couple days prior, requesting. Anyone interested in participating needs to confirm their attendance via response back to me: only those responders will then be invited to participate in the ZOOM meeting.

GRAND KNIGHT'S MESSAGE

Greetings Brother Knights, Lent is here. Lent is a time of renewal and preparation for Easter. Unfortunately our fish fries remain cancelled, but we continue to be blessed with the Marion Library not only renting the Hall but handling snow removal and paying for the utility bills. This has allowed us to continue to make regular donations, including \$1,000 to the K-of-C Culture of Life Fund towards an ultrasound machine and \$500 to Mundelein Seminary where St. Pius parishioners Kyle Tietz and Jeffrey Frieden are enrolled.

We have now rescheduled for end of 2nd week in April the postponed 2020 Persons with Intellectual Disabilities (PID) tootsie-roll drive. We ask you to make time in your schedule to man a shift at one of the locations.

Remember to pray the rosary and keep your faith strong,
Vivat Jesus

Mike Beke, Grand Knight

Knight of the Month: Dick Conrad
Family of the Month: Gary and Jeannie Schmidt

DUES ARE PAST DUE FOR A FEW

Please remember to pay your membership dues for 2021. They are the same as previous years:

\$36.00	Regular members
\$10.00	Honorary members
\$0.00	Honorary Life members

All second billing notices were sent by US Mail.

Steve Pasker, Financial Secretary

DISASTER RELIEF

The Knights of Columbus Supreme web site has a secure link to give monies to help disaster victims via the Catholic Relief Services. More of the money you donate to this fund will go directly towards helping victims with their immediate needs than through other national disaster services. Give if you can; even \$10 from each person adds up to millions of dollars overall.

The Knights of Columbus Supreme secure web site is:

www.kofc.org/en/secure/charities/disaster-relief.html

PERSONS WITH INTELLECTUAL DISABILITIES (PID) TOOTSIE ROLL DRIVE

The postponed 2020 drive has now been scheduled for April 15, 16, 17, 2021. The 2021 collection is being moved back to late September.

The collections will be set up with Covid-19 mitigation practices in place – masks and social distancing, and tootsie rolls and collection buckets placed on tables instead of being hand carried and handed out.

We are calling on all site captains to respond if you will be able/unable to do your respective sites in April and for any questions you may have. And we are asking all brother Knights to consider volunteering for a shift when called.

Contact Chuck Dayton at 319-361-3823.

2021 IOWA K-OF-C RAFFLE TICKETS AVAILABLE

The 2021 State Convention raffle tickets are now available for a donation of \$1 per ticket / \$5 for booklet of 6 tickets. Each ticket also contains a \$2 off coupon for any fresh produce purchase of \$10 or more at Fairway. Top prize: \$1,000 cash; 2nd & 3rd prize: tablet; 7 prizes \$100 each. Drawing is to be held during the State Convention on April 30 through May 2, 2021. Contact Mike Beke at 319-533-1851 or mike.beke@ipmx.com if interested in purchasing tickets.

MEMBERSHIP

Even with COVID-19 restrictions, it is still important that we offer the opportunity of membership to all practical Catholic men. Therefore, we ask in this intervening time that you continue to approach worthy prospects and ask them to consider joining the Knights. And on-line membership is free to new members for the 1st year.

We offer online initiation ceremonies and can process their applications online. For more information or to provide the names of prospects, please call me at (319)551-4077 or email me at tleier@msn.com

Terry Leier, Deputy Grand Knight

EQUIPMENT FOR LOAN

We have the following equipment to loan out: wheelchair, portable walker, cane, and crutches. Some of these items may already be loaned out, so contact our Worthy Warden, Howard Schiffer, to check for availability. When you are finished with the item, please have it checked back in at the hall.

K-OF-C COUNCIL SHIRTS

If you are interested in a K of C Council shirt, contact Larry Block at (319) 447-9641.

INSURANCE SEMINAR

**Back by popular demand!
Speaking on a different topic!**

Last fall we held our first ever Fraternal Benefits Night featuring "The retirement income expert" Tom Hegna. Over 1,000 Brother Knights attended that event. Since Tom's "Seven Ways to Retire Happy" seminar went so well, we have brought him back for another seminar. This time the topic is "Paychecks and Playchecks" which features many highlights from one of his books about retirement planning.

The Bormann Agency will be hosting Tom Hegna March 10' at 7:00PM on ZOOM. Tom Hegna, CLU, ChFC, CASL, is an award-winning author, speaker and economist. He is an industry leader and is considered by many as "The Retirement Income Expert." Tom has presented at over 5,000 seminars, helping seniors and baby boomers build lasting retirement plans.

To Register go to the web site:

us02web.zoom.us/join/register/tZytcuivpzovGdEvEt_HuHzs44AunE5inpCG

Or feel free to register by contacting our Knights of Columbus Field Agent Dan Conlon.

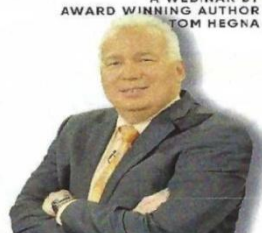
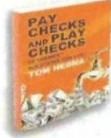


Knights of Columbus
INSURANCE
YOUR SHIELD FOR LIFE
Dan Conlon
2445 Newcastle Rd
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**PAYCHECKS
&
PLAYCHECKS**

MARCH 10TH - 7PM - PRESENTED ON ZOOM

A WEBINAR BY
AWARD WINNING AUTHOR
TOM HEGNA



ATTENDANCE LIMITED
MUST PRE-REGISTER
CLICK LINK FOR MORE
INFO & TO REGISTER

COPING WITH A LOSS OF HOPE

As the COVID pandemic persists and lingers, many of us likely know someone on a personal level that have been afflicted with the coronavirus. As of late, I've been hearing of more people suffering from depression, anxiety and despair. Certainly this has been exacerbated by the pandemic. In my prayer and reflection, I've contemplated how one can cope with this sense of a loss of hope during the challenging times of our lives..

Perhaps to help counter this loss of hope, is a restoration of hope from a spiritual aspect. Avoid giving in to discouragement or despair. The opposite of discouragement is courage and the opposite of despair is hope.

Václav Havel, a Czech statesman, wrote on the situation of the Czech people who suffered under Soviet oppression during the 1980's. He wrote that hope is above all: "a state of mind, not a state of the world. Hope is an orientation of the spirit, an orientation of the heart. It transcends the world that is immediately experienced and is anchored somewhere beyond its horizons" (Disturbing the Peace).

In challenging times this "orientation of the spirit" can guide us back to our faith...to approach Jesus Christ to trust in his mercy and peace, to pray for the strength to cope. Hope is anchored in Jesus Christ as the Word made flesh, and in his death and resurrection. Hope is the very basis for the choice to live as Christians—the choice to embrace a closer following of Christ. Our one deepest hope is to realize that God is the One Who loves us; and that He is the source of our eternal happiness.

Faith is an attitude of trust in the presence of God. We are part of God's great design. Through His grace, God prepares and equips us for the mission he calls us to.

"Faith is the substance of things hoped for" (Hebrews 11:1).

"Hope is the certainty that something makes sense, regardless of how it turns out."

Trusting in God's plan puts us on a path to draw closer to Him and leads us down the road to sanctity. (Havel)

Deacon Ken Bauer

Laura Ferrentz¹ suggests these practical coping mechanisms:

Communicate Alternately - Express your emotions through drawing, making a collage, working with clay, journaling, writing poetry, or recording thoughts.

Release Endorphins - Endorphins are "feel good" hormones released through pleasurable activities such as exercise, yoga, T'ai Chi, progressive muscle relaxation, weight-lifting, and laughter.

Self Soothe - Anxiety-reducing activities include deep breathing, taking a warm bath, singing, meditating, creating mandalas, listening to music, smelling agreeable odors, petting an animal, or stroking a soft object such as a blanket.

¹ Ferrentz, Lisa. (October 2020). Techniques for Creatively and Compassionately Addressing the Impulse to Self-Harm and Relapse. Paper Session presented at the meeting of Psi, Eau Claire, Wis., published in *From SALT Magazine; a publication of the Sisters of Charity of the Blessed Virgin Mary (Winter 2021 issue; Volume 49, Number 2)*

HAPPY ANNIVERSARY DISCOVERY LIVING

45 years ago, a group of families, advocates, and concerned citizens reached out to the local Arc Chapter and Iowa Knights of Columbus in an effort to address a grave shortage of housing and supports for people with disabilities in the Cedar Rapids area. Articles of Incorporation for Discovery Village were written in 1977 and, after several years of hard work and community outreach by dedicated volunteers, ongoing fundraising efforts, as well as some legal wrangling that would reach the Iowa Supreme Court - the organization we now know as Discovery Living opened its first home in 1981. Scott Siebert was our first executive director and helped educate the public, while navigating several early challenges. Board minutes from the April 8, 1981, meeting introduced John Morris, as Discovery Living's new executive director. John would lead the organization for the next 29 years, expanding and adapting our services at a steady and sometimes rapid pace, while shaping a culture that demanded the delivery of high-quality supports. Discovery Living Board members in 1981 were Ed Mayor, Judge Lynne Brady, Charles Davidson, Father John Gallagher, Elmer Haverly, Roy Hewitt, John Montpas, Jim Nannemman, Jim Spellman, Douglas Ryan, Kaye Fulrath, Sister Maryann Gschwind, Bing Grahek, Al Williams, and Larry Sharp. It would not be long before Mike Stallman and Scott Olson joined our board of directors, where they continue to serve to this day. One of our founding board members, Larry Sharp, served on our board for over 30 years, and he and his wife Claire remain strong supporters of our organization. We are very proud that Al Ropa, Nancy Ryan, and Charlie Cummins, three of the original members from our first home, still receive our services after 40 years! Today Discovery Living operates 32 homes and a recreation center in the greater Cedar Rapids area. We serve 150 people and employ 250 staff members. Our services continue to evolve as we modify our supports to accommodate the changing needs of the people we serve. We remain committed to expanding our services to help more people each year. I have been blessed to be part of this fine organization for the last eleven years and cannot wait to see what the future brings. Our success has been the culmination of the dedicated service of our Direct Support Professionals and administrative staff, as well as the generous support of community supporters. Our volunteer board of directors, the Knights of Columbus, and many others have been working behind the scenes for decades to help us fulfill our mission. Because of your steadfast efforts, we are well positioned to change more lives in the years to come.

Bob Hebl, Executive Director

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KEEP CHRIST IN CHRISTMAS CONTEST STATE WINNERS

The Iowa K of C has selected three winning posters for the Keep Christ in Christmas Poster State contest in 2020. The winners are: Grace Rocca, age 10, Marion Iowa, Council 5390; Nolan Joyce, Age 7, Emmetsburg Iowa, Council 936; and Nora Nelson, Age 12, Emmetsburg Iowa, council 936. These winning posters were sent on to Supreme for the judging at the International Level. Each winner received a \$100 gift card for their great artistry.

Gerald Fetzer, District Deputy, District 29



Grace Rocca, Age 10, Marion, Iowa



Nolan Joyce, Age 7, Emmetsburg Iowa



Nora Nelson, Age 12, Emmetsburg, Iowa