

# *The Beacon*

A Publication of the St. Albert Knights of Columbus Council #4742  
www.stalbertcouncil4742.ca



**FOUNDED FEB., 16, 1959**

Mailing Address 7 St. Vital Ave.  
St. Albert, AB T8N 1K1

## **Your Executive!**

### **Chaplain**

Fr. Andrzej Stendzina, OMI

### **Grand Knight**

Terrence (Terry) Sperling  
459-5479

### **Deputy Grand Knight**

Gerry Buccini  
459-7384

### **Chancellor**

Joseph (Joe) Radosh  
459-7384

### **Financial Secretary**

Tony Csilics  
458-0065

### **Treasurer**

Maurice (Moe) Douville  
459-9487

### **Recorder**

Glenn Fritz  
460-2216

### **Advocate**

Norm Chartrand  
289-6044

### **Warden**

Brian Wolbert  
460-8294

### **Lecturer**

Mauri Maynard  
436-7339

### **Outside Guard**

Ely Estillore  
459-7987

### **Inside Guard**

Robert Pampu  
460-6740

### **Trustee 1**

Ron Van Halst  
458-6200

### **Trustee 2**

Rick Silvestri  
460-5955

### **Trustee 3**

Bernie McCracken  
459-2457

## **The Virtue of Fortitude**

### **Opening Prayer**

Lord teach us to pray:  
Our Father...

### **The Reading**

*(to be read by the Leader)*

At noon darkness came over the whole land until three in the afternoon. And at three o'clock, Jesus cried out in a loud voice, "Eloi, Eloi, lema sabachthani?" which is translated, "My God, my God, why have you forsaken me?" Some of the bystanders who heard it said, "Look, he is calling Elijah." One of them ran, soaked a sponge with wine, put it on a reed, and gave it to him to drink, saying, "Wait, let us see if Elijah comes to take him down." Jesus gave a loud cry and breathed his last. The veil of the sanctuary was torn in two from top to bottom. When the centurion who stood facing him saw how he breathed his last he said, "Truly this man was the Son of God!"

(Mark 15, 33-39)

### **The Reflection**

*(to be read by the leader)*

The reading of Christ's crucifixion and death shows us the ultimate fortitude, even to die for one's convictions. Fortitude is one of the most manly virtues. We all want to be strong and powerful. We see this as examples of Christ and all the martyrs in the Church who had the fortitude rather to give their lives than to succeed to something dishonourable.

Our fortitude begins already with little things: to get up in the morning and say your prayers, go to Mass if you have the opportunity, tell your children what you feel is right or wrong, face any evil-doer with strong opposition and oppose

political views and laws which contravene with the teachings of the Church.

Be there at the March for Life, pray for the support of life and help women and families in distress. It takes guts to be different, to swim against the current. Go to political meetings in your community. Support the Catholic Schools. Be a man of fortitude which means a man with strength not of muscles but of character.

Fortitude is not only a virtue of an individual but a virtue for a community. A Roman story tells us about a bundle of sticks tightly bound; it cannot be broken. Only when you take every individual stick and break it, then the bundle is doomed.

Be brave and strong in unity with each other.

### **Meditation Period**

*(The leader now invites the members to spend a few moments in silent reflection, as the above text is not meant to be a ready-made answer but a starter for personal reflection on the theme.)*

### **Fraternal Sharing**

*(The leader now invites the members to share with their Brother Knights any relevant thoughts that came to them during the meditation period.)*

### **Closing Prayer**

*(Recited by all)*

Let us pray;

O God who willed that your Only Begotten Son should undergo the Cross to save the human race, grant, we pray that we, who have known this mystery on earth, may merit the grace of his redemption in heaven. Through Christ, our Lord. Amen.

*Please bring a copy of this Beacon to the next regular meeting so that you can more fully participate in the readings, meditation and prayers. If you are unable to attend please reflect on the readings in your own way.*

## MESSAGE FROM THE GRAND KNIGHT

Knights of Columbus Council 4742 is blessed to have so many generous Brothers. This month I had the opportunity to sit down with Br. Bob Pampu and chat about his volunteer work with the Knights, specifically the Canadian Blood Donor Services. Recently Canadian Blood Services made the decision to centralize their services in St. Albert going from five clinics across the city to just one at the Youth Community Centre in Grandin Park Plaza.

Br. Bob was born in Marcelin, Saskatchewan. He went to school at El Dina (in the country).

**GK:** What year did you join the Knights of Columbus and what Council?

**BB:** I joined the Knights of Columbus in 1976 right here at Council 4742.

**GK:** When did you get involved with the Knights of Columbus blood donor clinics?

**BB:** I took over as the Head of the Volunteer Team in 2003 from Br. Joe Radosh.

**GK:** What was your Team's record for most units of blood collected?

**RB:** At one clinic we collected 160 Units. That clinic we put through 189 people.

**GK:** What has been your greatest achievement with the Knights?

**BB:** I definitely think volunteering is my greatest achievement. Besides the Blood Donor Clinics I helped organize our Council Hockey Team with Br. Ron LaFrance. I played Centre, some Right Wing, I even referee'd.

**GK: What is your favourite memory as a Knight?**

**BB:** Joining the 4th Degree at 2217 Archbishop Emile Legal is my favourite memory as a Knight. I cannot describe the feeling when I am dressed in full regalia.

**It is very powerful.**



**GK:** If a 1st. Degree Knight came to you and asked; "What can I do to help my local Council" what would you say?

**BB:** I would tell the Brother to volunteer wherever he can. The Knights have so many opportunities in our parish; bingo, pancake breakfast, all the events we sponsor for the Parish and our own events. I would tell the Brother to get involved in whatever way he can.

**GK:** When you are not volunteering with the Knights, what do you like to do?

**BB:** In the winter I curl, bowl, and play guitar with Br. Danny Boisvert. In the summer I like to golf and camp with my kids. I really like to golf at courses with camping nearby.

**GK:** Thank-you Br. Bob for all you do with the Knights and St. Albert Parish.

If you want to volunteer at a future Knights of Columbus event just let me know and I'll make it happen.

*Vivat Jesus!*

*Terry Sperling, Grand Knight*





## Pizza Pizza Splash Splash Palm Sunday March 24th., Fountain Park Pool- St. Albert.

Knights of Columbus Council 4742 are once again treating St. Albert Parish families to a **free family swim** from 4 - 6 pm and then to free pizza and drinks from 6 - 7 pm.



Fountain Park Pool is reserved for St. Albert Parish and this would be a great way to begin Spring Break and Holy Week with other parish families.

**There will be a silver collection at the door.** Proceeds will be used to support clean water initiatives - a project sponsored by Development and Peace. We hope to see you all there!

**Please make welcome 1st.  
Degree Brothers**

**Peter Mis**

**Mathew Mis**

**Frank Paonessa**



### **Pope Francis: his first words**

Brothers and sisters, good evening. You all know that the duty of the Conclave was to give a bishop to Rome. It seems that my brother Cardinals have come almost to the ends of the earth to get him... but here we are. I thank you for the welcome that has come from the diocesan community of Rome. First of all I would say a prayer for our Bishop Emeritus Benedict XVI. Let us all pray together for him that the Lord bless him and Our Lady protect him. Our Father...

Hail Mary...

Glory be to the Father...

And now let us begin this journey, the Bishop and people, this journey of the church of Rome which presides in charity over all the Churches, a journey of brotherhood in love, of mutual trust. Let us always pray for one another that there might be a great sense of brotherhood. My hope is that this journey of the church that we begin today together with the help of my Cardinal Vicar, be fruitful for the evangelization of this beautiful city. And now I would like to give the blessing, but first I want to ask you a favour. Before the bishop blesses the people I ask you would pray to the Lord to bless me - the prayer of the people for their Bishop. Let us say this prayer in silence.

*The Protodeacon announced that all those who received the blessing, either in person or by radio, television or by the new means of communication receive the plenary indulgence in the form established by the Church. He prayed that Almighty God protect and guard the Pope so that he may lead the Church for many years to come, and that he would grant peace to the Church throughout the world. Immediately afterwards Pope Francis gave his first blessing Urbi et Orbi - To the City and the World.*

I will now give my blessing to you and to the whole world, to all men and women of good will. Brothers and sisters, I am leaving you. Thank you for your welcome. Pray for me and I will be with you again soon.

We will see one another soon.

Tomorrow I want to go to pray the Madonna, that she may protect Rome.

Goodnight and sleep well!



## Mission Statement:

That Council #4742 on behalf of our Catholic Community will selflessly promote Activities and Programs that exemplify the Knights of Columbus principles of Charity, Unity, Fraternity and Patriotism.

## Vision Statement:

Council #4742 will continue as an integral part of St. Albert Parish to grow in faith as Catholic Gentlemen, promoting an organization that encourages the participation of men of all ages.

**Good  
of the  
Order!**



**Conducted by  
Mauri Maynard**

***Please pray for***

**Al Stephenson,**

**Armand Carrigan,**

**Charles McGregor**

**Ernie Sokolan,**

**Al Brealut,**

**Marcel Venne,**

**Clarence Sadler,**

**Dave Biollo,**

**Christian George**

**Bruce Sutherland**



**Remember the  
Bingos are at  
Grandin Mall  
(Non Smoking)**

**Contact  
Jim Van Horn  
at 569-4022  
to Volunteer.**

**Wed., May 1 - Evening 4:45 start**  
**Fri., June 21 - Evening 4:45 start**  
**Sat., Aug 24 - Afternoon 10:45 am start**  
**Mon., Sept 16 - Evening 4:45 start**  
**Sat., Nov 9 - afternoon 10:45 am start**  
**Thurs., Dec 26 - evening 4:45 start**  
**Sun., Jan., 19 - afternoon 10:45 am start**

**REMINDER!  
The April  
PANCAKE  
BREAKFAST  
will be held on  
Sunday April 7th.  
following the  
9:00 a.m. and  
11:00 a.m. Mass  
Single Family \$15.00  
Adults \$5.00  
Children under 16 \$3.00**



**Obtain your  
Grocery Gift  
Cards before or  
after Mass.**

