



SAINT-MALO



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FAITHFUL NAVIGATOR'S MESSAGE - Jan 2024

Sir Knights, greetings!

In a few short days, January will be behind us. Deeply immersed in our faith and the virtue of



hope, I believe one can look forward to 2024 with optimism and, I trust, maintain a capacity to accept and forge ahead whatever may befall us. The words fortitude and perseverance come to mind. Much prayer is needed, but

reflecting on the lives of saints and martyrs can be most helpful.

It is often said, 'What the world needs now is love!' I would add the world needs more humility, patience, and charity. The more humility, patience, and charity exercised, the easier it is to love and to do so in greater abundance. Fruit of so doing? Real change and longevity!

The last six months of the fraternal year will be just as busy as the first. Perhaps more so. Challenges lay ahead and they will be met head-

on. Success, though, will depend on the level of support from the membership. Communications will be forthcoming regarding the needs of the assembly. Please take the time to consider and reflect on what your interests are and how you might best become engaged in a specific area.

At times a question may play on your mind. Why is a message for an honor guard sent to all sir knights of the assembly? A valid question, indeed! But there are reasons why this is so.

It must be remembered the 4th degree is the visible arm of the Order. Every sir knight has the opportunity to participate in an honor guard, new uniform or not. That is why most times an order of dress is included in a message. There is strength in numbers. Not only is the visibility of the Order enhanced, but it is also a show of commitment and solidarity with our priests and the communities we serve.

By attending honor guards, imagine the friendships between brother knights that evolved over the years. It is not uncommon for a sir knight to want to express condolences to a brother knight outside their council or assembly. The history of a council or assembly is a story itself. Furthermore, I suggest, that every time you receive a message, think of prayer. Say a little prayer for the deceased, or



if it is an event supporting pro-life, our faith, or the Church, you are presented with an opportunity to pray at that moment.

For the second time, I joined the Ontario State program of praying the Joyful Mysteries of the Most Holy Rosary on a Saturday at 8 am. There were twenty-eight attendees, including a brother knight who was in Sweden. Including the prayers said, it was just shy of half an hour when concluded. There were few names I recognized, but that did not impede what I was able to experience in praying with Brother

Knights. Ontario State sends out a message promoting this monthly event and I recommend participation - at least once.

Worthy Sir Knights, best wishes for a healthy and safe 2024! Thank you for your commitment to the 4th degree.

Fraternally,

SK Henry Kinsella, Faithful Navigator
Cartier Assembly 860
mudd1kin@gmail.com 613 854-0575

FAITHFUL FRIAR - ASSISTANT'S MESSAGE - Jan 2024

Des moments de silence

(English text follows)

J'aime le début du jour. J'aime ces moments de silence ponctués par le chant des oiseaux et par la respiration de mon épouse au repos à mes côtés. Je profite de ces moments privilégiés pour parler à Dieu. Je repasse avec lui mes plans pour la journée.



Je lui confie les personnes que je dois rencontrer. Je lui parle de mes préoccupations, de mes incertitudes, de mes craintes. Je lui demande son aide pour faire mes activités, mon travail. Le silence me permet de me concentrer sur ma prière en minimisant les distractions. C'est dans le silence que l'intimité se crée avec Dieu.

Je suis alors prêt à affronter le jour qui s'offre à moi J'ai 24 heures, pas plus, pas moins, pour noircir avec mes choix d'activités la page

blanche que ce jour me présente. Ce jour ne se présentera plus jamais. Il est unique. D'autres jours peuvent lui ressembler, mais aucun ne peut le remplacer. Demain, cette page de mon livre de vie fera partie de mon passé. Elle sera fixée dans un temps et un espace. Je ne pourrai rien y changer.

Si j'ai fait des erreurs, il faudra les corriger au présent.

Le silence de ce jour naissant me prépare à entamer mes activités. Je suis alors invité à vivre dans mon quotidien nos valeurs de Chevaliers de Colomb: charité, unité, fraternité et patriotisme. Toute une mission à accomplir, une mission que je ne ferai pas seul. Une mission que nous ferons « ensemble » toi et moi à la suite de Jésus.

Tout seul, on va plus vite. Ensemble, on va plus loin.

Moments of silence

(Texte français ci-dessous)

St. Malo

I love the early morning hours. I love those moments of silence punctuated by the songs of birds and the rhythmic breathing of my wife resting by my side. I take full advantage of this precious time to talk to God. I share with him my plans for the day. I present to him the people I plan to meet. I share with him my worries, my uncertainties, my fears. I ask for his help in my activities and my work. These moments of silence minimize my distractions and allow me to concentrate on my prayer. It is in these moments of silence that intimacy is created with God.

I am then ready to challenge this new day offered to me. I have 24 hours, no more, no less, to enter my choices of activities on the white page that today offers me with. This day will never come again. It is unique. Other days may be similar but can never replace today. Tomorrow, this page of my life will be part of

my past. It will be fixed in time and space. I will not be able to change any of it. If I make errors, I will have to correct them in the present time.

The silence of this new day prepares me to start my activities. I am then invited to put into action in my daily life the values of our order the Knights of Columbus: charity, unity, fraternity, patriotism. What a mission to accomplish! A mission that I will not have to face alone. A mission we will do together - you and me, with Jesus by our side.

Alone we go faster. Together we go farther.

SK Deacon Jacques Mayer,
Faithful Friar - Assistant
Cartier Assembly 860

Examples of Collaboration between Assemblies

A successful solution for limited availability of Honour Guard participants.



St Charbel Maronite Parish - August 9th

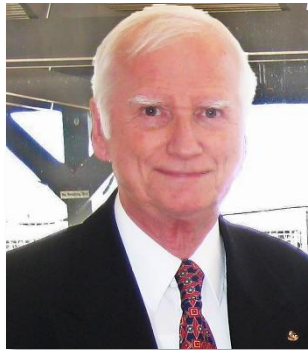


Divine Infant Parish Jan 29

 **St. Malo** 

GUILD AND HONORIS UPDATE

In October 2023, I received a letter from Fr. Gabriel O'Donnell O.P., who is the Vice



Postulator of our founders' cause. Thankfully, Fr. McGivney's cause is moving ahead, and the substantiation of a reported miracle is progressing favorably.

Fr. Gabriel was pleased that 180,000 active members belong to The Guild, but a persistent question remains. Of the two million members of the Order, why so few?

To join the Guild costs nothing and you receive a regular report updating the latest news of Our Founder.

Ontario State is one of the top jurisdictions in the Order and by the numbers (check the



Ontario State website), there are 55,535 brother knights, 560 councils, and 3,422 4th degree sir knights. Members of the Guild? A measly 3,552 members. Why? Unexplainable!

Supporting the Guild cuts both ways. Yes, numbers do matter, and for a variety of reasons. Join the Guild by filling out the form in the Columbian or at www.kofc.org.

Now a few words on The Honoris. A Candle program is in place and full details of what is involved can be found at:

http://www.michaeljmcgivneyhonoris.ca/candle_program.php

The candle is replaceable and is contained in a clear glass container that displays an image of Fr. McGivney and appropriate prayers.



It is hoped the majority, if not all councils and assemblies purchase a candle from The Honoris. For \$20.00 each, you are supporting the Honoris financially as well as

providing an important reminder of Fr. McGivney to your council or assembly every meeting. Doing so only reinforces that of the opening and closing prayer at all meetings. A volunteer team puts the candles together, a task that is much appreciated!

Happy New Year to you and your family. May you realize many blessings as 2024 progresses.

Fraternally,

SK Michael O'Neill.

Ontario State Chair for the Blessed Fr. Michael McGivney Guild and the Honoris (Scavi, St. Patrick Basilica)



ARTICLES OF INTEREST

FINANCIAL STRATEGIES FOR SENIORS



Statistics show Canada's aging population is steadfast in their desire to age in the comfort of their homes, driven by independence, community ties, and emotional attachment. However, inflation continues to impact seniors on fixed incomes, so finding effective strategies to maintain financial stability becomes crucial. This article explores various approaches to help seniors cope with rising living costs, including potential solutions like a "reverse mortgage."

Some seniors, reliant on fixed incomes, experience diminishing purchasing power. Inflation, increasing costs of healthcare, housing, unexpected expenses, and everyday essentials contribute to financial stress, threatening long-term security.

Strategies for Financial Resilience

Budgeting and Expense Management: Seniors can proactively manage finances by creating a budget, prioritizing essential expenses, and identifying areas where costs can be reduced.

Investment Diversification: Diversifying investment portfolios can help seniors

preserve and grow their wealth, potentially outpacing inflation over the long term.

Government Assistance Programs: Exploring available government assistance programs and subsidies for seniors can provide additional financial support.

Part-Time Employment: Some seniors may consider part-time employment opportunities to supplement their income, providing a steady stream of funds to offset inflationary impacts.

Reverse Mortgage: This is a potential solution for seniors seeking to tap into home equity without selling. It offers a way to access funds for supplemental income and to address financial challenges brought on by inflation. It's important for seniors to carefully research and consider the implications of reverse mortgages, by seeking professional advice to determine if it aligns with their unique circumstances.

SK Anil D'Souza,
Mortgage Agent

(Editor's Note: Article reviewed by Mark Madore, General Agent)



St. Malo



A MATTER OF LIFE AND DEATH

A Bioethics Symposium sponsored by St. Mary's Council was held at St. Mary's Parish on the 25th of November 2023.

Attendance was for those who find our secular



Canadian culture confusing and want to become a Catholic voice for our contemporary society. The speakers included Brother Nick Lusito, Educator and Speaker, B.Ed., M.Ed.,

Theology Diploma; Kelly Tousignant, Professor of Nursing, Ottawa University, retired, and Paul Coates, Educator and Moral Theologian, B.Ed. M.Div. About 55 attendees participated.

Much could be said about the COVID-19 "worldwide pandemic", "vaccines", "masking", "lockdowns", and the "response of governments and public health authorities." The symposium dealt with issues from a spiritual perspective, including references to the Catechism of the Catholic Church.

Brother Nick Lusito spoke of finding the truth as our pathway to God. Inspired by a book by Fr. Joseph Hattie, **An Informed Conscience: Walking With God**, he argues that it is a mistake to simply follow one's conscience or individual thoughts.

Catechism # 1753 reads: A good intention (for example, that of helping one's neighbor) does not make behavior that is intrinsically disordered, such as lying and calumny, good or just. The end does not justify the means.

Catechism # 1802 reads: The Word of God is a light for our path. We must assimilate it in faith and prayer and put it into practice. This is how moral conscience is formed.

Kelly Tousignant indicated that stem cells found in many vaccines can be extracted from the uterus's amniotic fluid and umbilical cord with consent. They can be gathered by surgery, childbirth, or biopsy. The Church agrees with stem cell research with adult consent but not from a child in the womb. Why? As we know, life has its sanctity as a person from conception to natural death. Catechisms # 1776 to # 1802 (Moral Conscience) and # 2323 (The Fifth Commandment - You Shall Not Kill) deal specifically with this issue. A recommended article by Fr. Leon Pereira, M.D., was presented:

<https://motheroftheunborn.com/vaccine-article/>. It is an article that includes an historical perspective, along with much information. The speaker spoke further of the involvement of governments in the harvesting and commercialization of stem cells.

Paul Coates has been active in the pro-life movement for years. Creatively so, with a friend in the 1980's, he composed a pro-life



song. He sent it to every radio station in Canada! Result? Persecution when performing at Queen's University, by spitting on his vehicle, with it being rocked by irate students. But it got so much attention the song became number one on the radio!

Inspired by the Theology of the Body - [Blessed Pope John Paul II](#), several other areas were

addressed: the loss of natural law and morality, the reduction of human dignity, the decay of ethical standards in research, the focus on individual rights versus the common good, and the loss of the metaphysical dimension.

God Bless!

SK Denis Forget, Cartier Assembly 860

THE ARTWORK OF CAROLINE MONNET

Ottawa's Lifestyle Magazine, Fall 2023

Caroline Monnet is from the Outaouais, but her renown is international.



The Flow Between Hard Places. Caroline Monnet

A multimedia artist of Anishinaabe and French heritage, she attended the University of Ottawa and has wowed the arts world in the years since. Now 38, she has artwork in numerous North American

collections as well as the permanent UNESCO collection in Paris, while her films have been programmed at such prestigious festivals as Cannes, Sundance, and TIFF.

Over the year, though, Caroline has been working on a tactile tour de force that tells a powerful tale. In collaboration with high-end furniture creator HUMBLE NATURE, she recently unveiled Amik, an artful chair and table set entirely handcrafted in Quebec.

The impetus? An Anishinaabe story about a giant beaver who was frustrated with a

trickster named Nanabush. "The Beaver wanted to teach Nanabush a lesson and slapped his tail on the ground, which, according to the legend, created the Topography of the Canadian Shield." Amik is the Anishinaabe word for beaver and, according to the Humble Nature, the curves of Caroline's stunning pieces "represent the hills of the Outaouais region. The wood, locally sourced ash, represents the ground where it comes from and nature itself."

The resulting functional artworks are timeless and visually stunning. In the artist's words, "It has always been an ambition of mine to showcase my art through a piece of furniture. To tell a story in a different light, to give meaning and purpose to something tangible."

A portion of the profits from Amik go to Mikana, [mikana.ca](#) (Decolonizing Minds; Redefining Our Path Together), an indigenous non-profit organization. [Carolinemonnet.ca](#) (personal website); and [humblenature.com](#) (examples of chair design).



St. Malo



The Conversion of St. Paul.

(Feast Day January 25th)

Saint Paul (Saul of Tarsus; c. 5 - 65 AD) spread the teachings of Jesus in the 1st first-century. He founded Christian communities in Asia Minor and Europe.

The main source of information on Paul's life and works is the Acts of the Apostles representing approximately half of its content. Paul was not one of the Twelve Apostles and did not know Jesus during his lifetime. Prior to his conversion, he lived as a Pharisee participating in the persecution of early disciples of Jesus near Jerusalem "entering house after house; dragging off both men and women to prison" (Acts 8.3). Sometime after condoning and approving the execution of Stephen (Acts 7.60), Paul was traveling on the road to Damascus so that he might find any Christians there and "return them bound to Jerusalem". At midday, a light brighter than the sun shone around both him and those with him, causing all to fall to the ground. Appearing to him in a vision, the risen Christ asked Paul "why do you persecute me" and said "get up and enter the city and you will be told what you are to do. (Acts 9.6). He was struck blind, but his sight was restored three days later by a holy man, Ananias of Damascus. Paul was baptized and began to proclaim that Jesus of Nazareth was the Jewish messiah and the Son of God. He made three missionary journeys to spread the Christian message in Asia Minor, Achaia, Macedonia, and Cyprus, as well as Judea and Syria.

Fourteen of the 27 books in the New Testament have traditionally been attributed to Paul. Seven of the Pauline epistles are undisputed by scholars as being authentic, with some scholars believing six were written by followers using material from Paul's letters that no longer survive.

Today, Paul's epistles continue to be vital roots of the theology, worship and pastoral life in the Western Latin and Protestant traditions as well as the Eastern Catholic and Orthodox traditions. Paul's influence on Christian thought and practice has been characterized as being "profound."

(References: [Wikipedia](#) and the [Holy Bible Catholic Edition \(New Revised Standard Version\)](#))

Submitted by: SK Mike Proctor



Conversion of St. Paul, Bartolome Esteban Murillo, 1675-1682. WikiArt.org. Public Domain.



Ananias Restoring the Sight of St. Paul, Pietro da Cortona c.1631. WikiArt.org. Public Domain