



## RETIRING FAITHFUL NAVIGATOR'S MESSAGE - Summer 2025

Dear Sir Knights:



First, I would like to thank all Sir Knights of Cartier Assembly for your support during my time as your Faithful Navigator. I have decided to step back at present due to heavy overload and family health issues. I really must continue to

dedicate my time to family. I will remain with the Assembly and assist where needed, specifically with the new executive. I know the Assembly is in good hands. I will stay in the position of Commander and lead Honor Guards as best I can. I remind you that as members of the fourth degree, we are the visible members of the Knights of Columbus and the patriotic sector of the Order. Public appearance is not only important, but support of our parish priests and, at times, our suffering brother knights, is necessary and greatly appreciated.

During my tenure as your Faithful Navigator, I also served as the State Marshal

for all State events, including our highly successful 125<sup>th</sup> anniversary of the Knights of Columbus in Ontario, held this year in our very own City of Ottawa. Over the past two years, we have hosted several events, including the Blessing of the Karaguga Cross, as well as the refurbishment of its statue and rededication in Midland, Ontario. Likewise, the same for The Pray for Peace Monument in Windsor, Ontario, erected by the Order in 1967. Locally, a cenotaph was installed at Veterans' House and dedicated to all veterans.

May was a busy month, marked by the election of officers and the Annual Ladies Appreciation Dinner, which was very successful and held at Buster's Bar in Kanata. Many thanks to the organizers, Sir Knight Mike Leeder and his wife, Karen, for a fine example of the support given to us by our spouses. Proof that the Knights of Columbus are very much about family!

Take care and stay healthy and safe. May God bless you and your families.

Wayne Watts  
Faithful Navigator  
Cartier Assembly 860



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## MESSAGE FROM OUR FAITHFUL FRIAR - Fr. EMEKA - Summer 2025

Dear Brother Sir Knights.

I send warm greetings to all of you at this



wonderful season of our lives. In the Universal Church we saw the passing of the Supreme Pontiff, Pope Francis and the election of his successor, Pope Leo XIV. The first American pope in

history. We thank God for the beauty of our faith and the wonderful tradition that we once again watched play out before our very faces. The immensity and grace of the Holy catholic and Apostolic Church and the action of the Holy Spirit was very evident. As we pray for the happy repose of Pope Francis, we commend the new Holy Father, Pope Leo, into the hands of God and the maternal care of our Blessed Mother Mary, to be with him in his entire pontificate.

In our Church here in Ottawa, our local ordinary Most Rev Marcel Dampousse initiated a wonderful approach to our call to evangelism. A call to 'Go Out, Go Deep and Go together'. It is a huge wakeup call that we need to do more and not wait in silence as we watch Christianity crawl to extinction. It is a call to ask the Holy Spirit, the energizer and sanctifier, to fall anew on us to help us lead the charge to go out there and win souls for Christ.

The knights have been in the forefront of this in so many ways, especially in strengthening the families and assisting the pastors in their various parishes to keep the parish life alive and active. We also buy into this vision of our archbishop to do even more.

I ask our Blessed Mother Mary, with the prayers of Venerable Fr McGivney, to assist us as we embark on the journey of our faith now and always. Amen.

Fr. Emeke Faithful Friar



### THE POPE'S PRAYER INTENTION FOR JUNE

Pope Leo XIV releases his first monthly prayer intention for the month of June, inviting the faithful to pray "that each one of us might find consolation in a personal relationship with Jesus, and from His Heart, learn to have compassion on the world." - Vatican News Service



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**Introduction by our Faithful Friar, Fr. Emeka**

To the Columbia Magazine article **“Strength in the Face of Persecution”** by Elisha Valladares-Cormier, senior editor, and member of Sandusky (Ohio) Council 546).

It is indeed very heartwarming that we are being heard, even if it is a snippet. We have been yearning for our story to be told. The story of the heroic efforts of our brothers and sisters and their sacrifices on a daily basis, for their faith. The scope of the problem is way beyond what was captured in the write up. I can put faces to those statistics and numbers. I assure you; they are real. And there are intentional and concerted efforts by successive governments to 'kill' the stories of the well planned and executed persecutions of Christians, mostly in the Northern part of Nigeria. It has indeed spread throughout the country as the Fulani herdsmen roam unchecked down to the hinterlands in the South, killing and maiming countless number of people, burning and looting churches and destroying farmlands in their wake. I thank the Knights of Columbus for daring to tell our story.

Fr. Emeka Faithful Friar

**STRENGTH IN THE FACE OF PERSECUTION**

K of C-sponsored initiatives bring faith and charity to the suffering Church in Nigeria. (Summary text. See Columbia magazine, May 2025 edition, for the unabridged article).

With more than 230 million people, Nigeria is the sixth most populous country in the world and by far the most populous in Africa. It is home to as many as 100 million Christians, including 35 million Catholics. But ethnic and religious tensions have made the West African nation one of the world's deadliest hotbeds of religious persecution.

Christians are a distinct and persecuted minority in several regions. More than 18,000 churches destroyed in northern Nigeria since 2009; at least 16,000 Christians killed for their faith between 2019 and 2023; and 5

million more displaced from their homes. A recent study from the Nigeria Catholic Network found that more than 200 priests and seminarians have been kidnapped across the country in the past decade, and 15 died as a result.

Christians are often barred from getting jobs or attending school, contributing to poverty within the Catholic community. Essential services such as electricity and water are withheld, and some governments won't build schools in predominantly Christian communities. Millions of Christians,



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discouraged by the constant danger and threat of persecution, have abandoned their homes in the north for displacement camps in other parts of the country. And for those who stay, access to the sacraments and formation to sustain their faith is often sparse. And yet, the Catholic Church in Nigeria continues to grow, the threat of persecution not diminishing the flame of faith.

In August 2024, Supreme Knight Patrick Kelly announced that the Order would assist the afflicted Church in Nigeria through new initiatives of charity and faith formation. We asked Nigeria's bishops how we can help, Supreme Knight Kelly said. "Their answer was unequivocal. They need us to help their people stand strong in the face of persecution — by spreading the hope that comes from faith."

The centerpiece of the Order's support is the proposed Catechetical Institute of Nigeria, associated with the Franciscan University of Steubenville, Ohio. The goal for the institute, Church leaders say, is to form and educate catechists to minister in each of the country's 60 dioceses. The latter is especially important because it is almost impossible to evangelize over the airwaves: Nigerian law forbids religious-based organizations or individuals from owning radio or television stations to disseminate their faith.

Beyond the catechetical initiative, the K of C support for persecuted Christians in Nigeria includes material aid for those suffering.

Thanks to a grant from the Knights, about 70 new hospital beds were recently purchased to replace beds nearly a century old. There are also plans to help fund ultrasound machines at Nigerian hospitals in the future.

Recently, in partnership with the Canadian Wheelchair Foundation, the Order organized distributions at three locations in



*Wheeling into St. Stephen's church, Yola, Nigeria in her new KofC Wheelchair. (photo by Afolabi Sotunde/Castletown Media)*

Nigeria delivering nearly 100 wheelchairs to people in need at each site.

The catechist cohort members currently studying in Steubenville gather for Mass every day, keeping the intentions of the Knights of Columbus in their prayers. They don't know the next time they will be back home. But the sacrifice is worth it even though their catechetical training could



*From Left: Femi Adejo, Frs. Sunday Yunana, Joseph Ekwoanya, and Joseph Ferinand. (photo by Paul Haring).*

ultimately lead to their deaths. "We believe that whoever sacrifices his life could cause many to convert back to Christ. So, like St. Paul, if we die, we die in Christ."



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### RETIRING EDITOR'S REPORT



It is time! After much hesitation and reluctance, I have decided to move full throttle into a new stage of my life. Everyone will reach this point sooner or later, albeit there are exceptions, which I most admire. I retain the will but do not have the energy to fulfil the duties of a frontline leadership role. Leadership roles in the Order have allowed me to learn and grow as a participant and contributor, enhancing my spiritual life. Healthy, supportive friendships have been realized over the past thirty-plus years, for which I will remain most grateful.

I know a part of me is not so enthralled with the adverse effects of technological advancements, and I admit, this has influenced me unfavourably. Perhaps I am not alone in this thought. The blessing that remains is my enjoyment of reading—spiritual reading. Writing follows right behind, and the

opportunity to present some of those writings as a council lecturer makes all the difference. A significant part of that is working at my own pace and when and as I choose. Deadlines remain, but more loosely.

As I sign off as editor of Saint Malo, I want to thank you for your encouragement and support over the years. I greatly appreciate the support of SK Michael Proctor, as publisher, and the time and effort he has taken to elevate Saint Malo's presentation.

Undoubtedly, I will continue contributing to Saint Malo, an essential publication of the Cartier Assembly 860. I am thankful SK Nicholas Quadrini has agreed to be the editor and wish him well. Please support SK Nicholas. As I have said many times, the quality of Saint Malo is in your hands.

One final thought. There is limited space in Saint Malo, so if a particular article interests you, contact the editor or publisher for a full version. God Bless!

Fraternally,

SK Henry Kinsella, Editor - Saint Malo

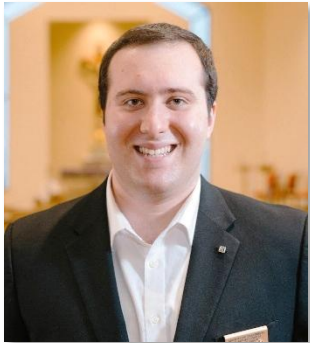


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**MESSAGE FROM THE INCOMING EDITOR**

Worthy Sir Knights of Cartier 860,

As I write to you for the first time as the incoming editor of the Saint Malo, I want to take a moment to thank you all for your trust, both in electing me as Faithful Captain and appointing me as editor of our assembly's quarterly



publication. I follow in the footsteps of giants, particularly WPFN SK Henry Kinsella, who has done an outstanding job in this role. I am also grateful to SK Mike Proctor who will continue to serve as our publisher during the upcoming fraternal year.

For those who may not know me, I am a fairly new member of this Assembly, but not to the fourth degree. I first joined the Knights of Columbus in 2018 as a member of St. Mark Council 10874 (Stouffville), where I served as

Grand Knight for three years. I later joined St. John Paul II Assembly 3325 in 2019, where I would go on to serve as Faithful Comptroller and editor of the Patriot 3325, our assembly's bi-monthly newsletter. Fair to say I have some experience, but as an 87-year-old Michelangelo said while working on St. Peter's Basilica: "I am still learning."

As we embark on the coming fraternal year together, know that my commitment to you remains as our outgoing editor promised: "Saint Malo is your publication!" As your editor, I will strive to include stories from our councils/assembly, as well as inspiring articles featured from other publications.

Once again, thank you for your trust - I am honoured to serve.

Vivat Jesus,

SK Nicholas Quadrini, DD, PGK  
Incoming Editor, Saint Malo

**PUBLISHER'S NOTE.**

The nautical images used in the headers of this edition of the St. Malo are intended to reflect the historical background of the Knights of Columbus, Cartier Assembly 860 and this Assembly Newsletter, The St. Malo. The image in the header used for page 2 and later pages, is from a 16<sup>th</sup> century engraving depicting Jacques Cartier departing the French seaport of St. Malo in his ship "The Grande Hermine," with the ships "Emérillon," "Georges," and "Saint-Brieux" in company. Do you think these images are appropriate for this Assembly newsletter? Please provide any comments or suggestions to SK Mike Proctor by email to [mproctor43@rogers.com](mailto:mproctor43@rogers.com).



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## **ELECTED & APPOINTED OFFICERS CARTIER ASSEMBLY- 2025/2026 FRATERNAL YEAR**

Faithful Navigator	SK Daniel Boyer
Facilitator to Faithful Navigator	SK Finley Kavanagh
Faithful Comptroller	SK John De Bruyn
Faithful Friar (appointed)	SK Fr. Emeka J. Onyeogubalu
Faithful Admiral	SK Wayne Watts
Faithful Captain	SK Nicholas Quadrini
Faithful Purser	SK Joe Prince
Faithful Pilot	SK Spenser Noye
Faithful Scribe	SK Henry Kinsella
Inner Sentinel	SK Mike Leeder
Outer Sentinel	SK Samir Abou Samra
One Year Trustee	SK Deacon Jacques Mayer
Two Year Trustee	SK Finley Kavanagh
Three Tear Trustee	SK John Schembri
Commander (appointed)	SK Wayne Watts
Patron (Appointed)	Open
Patron Assistant (Appointed)	Open
St. Malo Editor (Appointed)	SK Nicholas Quadrini
St. Malo Publisher (Appointed)	SK Mike Proctor
Webmaster (Appointed)	SK Patrick McIvor

Congratulations to the assembly officers, and best wishes for the upcoming fraternal year.



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## OUR PATRIOTIC DUTY

By Supreme Knight Patrick E. Kelly  
(April 2025 edition of the Columbia magazine)

The recent celebration of the 125th anniversary of the Fourth Degree on Feb. 22 gave us an opportunity to reflect upon what patriotism really means to us as Catholics and as Knights. For us, it's a question as old as the Order itself.



Patrick E. Kelly,  
Supreme Knight  
(photo by Michael Collopy)

When Father Michael J. McGivney founded the Knights of Columbus in the late 19th century, many Americans questioned whether a Catholic could be a good citizen. Yet, from the beginning, Knights knew there was no conflict between our faith and commitment to one's country. And over the years, we've proven that, time and again, by serving proudly in uniform — fighting and dying alongside Protestants, Jews and nonbelievers.

Knights have also distinguished themselves in public service, serving loyally at every level of government, promoting human dignity and the common good. And throughout society, we have transformed entire institutions for the better — from schools to charitable organizations to hospitals.

In our own day and age, many question whether anyone *should* be a patriot. Cultural elites tell us that patriotism means the same thing as

blind nationalism — and that it tends toward arrogance, aggression and advancing one country's interest at the expense of others. They insist that patriotism is an outdated ideal that should be put aside for the sake of so-called progress. And they tell us that our love of country is misplaced because our country is not worthy of our love.

The Church teaches us that patriotism is not and never has been about national supremacy. Nor is it an excuse to exclude or vilify the foreigner or the immigrant. It's not a weapon to be used against other nations or people. Rather, patriotism is a duty that flows from a sense of gratitude.

St. John Paul II saw gratitude as the starting point for faith and hope. In his apostolic letter [\*Novo Millennio Ineunte\*](#) at the close of the Jubilee Year 2000, he urged us "to remember the past with gratitude, to live the present with enthusiasm and to look forward to the future with confidence."

***Nations, just like people, are so much more than the sum of their mistakes. We have inherited something precious, which we must treasure. And we must teach future generations to do the same.***

Twenty-five years later, his words remain wise and timely counsel, and they reflect the spirit



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of true patriotism. Gratitude and hope lead to love of country and service to neighbour, and they are an antidote to the nihilism and meaninglessness that have a stranglehold on so many people today.

Patriotism is not only a virtue, but also an obligation for us all — especially Knights. And just as patriotism calls us to defend our country, we have a duty to remind our fellow citizens that our nation isn't defined by its failures, past or present. Nations, just like people, are so much more than the sum of their mistakes. We have inherited something precious, which we must treasure, even if our nation will always be a work in progress. And we must teach future generations to do the same.

Pope Benedict XVI observed that each successive generation faces anew the

challenge to build a just and virtuous society — a perennial yet ever urgent task.

"Freedom," he wrote, "must constantly be won over for the cause of good" ([\*Spe Salvi\*, 24](#)). During the welcoming ceremony for his visit to the United States several months later, in April 2008, he further reflected, "Freedom is not only a gift, but also a summons to personal responsibility. ... The preservation of freedom calls for the cultivation of virtue, self-discipline, and sacrificing for the common good and a sense of responsibility towards the less fortunate. It also demands courage to engage in civic life and to bring one's deepest beliefs and values to reasoned public debate."

Patriotism matters — and it's our duty, a duty of gratitude to God that we must instil in our children and our grandchildren.

*Vivat Jesus!*



**"Our hearts are restless, O God, until they rest in you."**

**- Saint Augustine of Hippo**

Augustine's life changed in a single moment of encounter with Jesus. He found what his heart had been longing for: a relationship with his Creator.

We were each created to have a relationship with God. When we sin, we choose our own will over his. It's like trying to cram a square-shaped block into a triangular hole: it doesn't fit. In the same way, nothing in this world will satisfy the ache we feel in our lowest moments. Fame sours. Money runs out, and sex, alcohol and drugs only give a temporary high.

You were made for more. You were made for a relationship with God. Only he can truly satisfy the longing of your heart.

Archdiocese of Ottawa-Cornwall website, section entitled - "Do I need Jesus?"



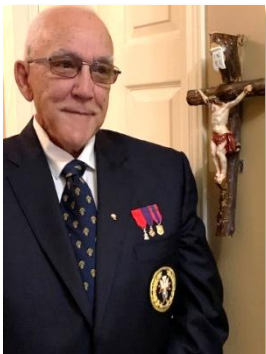
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## ARTICLES OF INTEREST

### IS TECHNOLOGY KILLING US?

(Submitted by SK Henry Kinsella)

It may be a bold statement, but I have been known to say, 'Technology is killing us.' Never have I experienced a reply of 'no' to this statement, but I have been challenged.



Modern technology has much to offer, but sometimes fails simply because it is misused or not fully understood. The more reliant one is on technology, the greater the chance of unintended consequences. Failure to think things through exacerbates a situation's inherent complexity and potential danger. If

you have ever watched a TV program like "Mayday," you know exactly what I am talking about. One example is a Captain losing control of his aircraft because he did not know how to correct a dire situation, however, he could have regained complete control by turning off the autopilot. There is no need to mention the number of casualties that resulted. In another example, the Qantas Airways Captain turned off the autopilot and saved some 500-plus souls.

But what troubles me most is how we choose to communicate. I elaborate on this topic in the following article on email protocol.

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## EMAIL PROTOCOL

(Submitted by SK Henry Kinsella)

The convenience of using emails and other social platforms has a serious downside: They tend to be less personal and less guarded, often exposing a deficiency in writing skills. By comparison, verbal communication is significantly more forgiving. Arguably, one can immediately recognize and correct a misspoken word. Usage of social platforms blocks the ability to see into a person's eyes and eliminates

the ability to read body language. Perhaps even more significant is the loss of opportunity to expand the conversation into areas not initially intended, which can often be an enlightening and uplifting experience. How frequently have you said to someone or yourself, 'I am glad we had that conversation.'

Visit [www.forbes.com](http://www.forbes.com) to read more on email etiquette.



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An email must be necessary, relevant, and timely. When it is critical to share information, an attachment can effectively serve the purpose and should be the chosen option.

Think about the use of 'all caps' and 'exclamation marks' and how the recipients might interpret them. Are they necessary? The same applies to the overuse of 'bold,' 'underline,' and 'italics.' Each has an appropriate purpose and place, so the question becomes, 'Why am I using it?' Always establish a tone that is positive, respectful, or business-like. Being negative or accusatory does not help maintain a neutral tone. The fewer the words you use to impart your message, the better. Why? According to statistics, fifty percent of all emails are misinterpreted, and only fifty-three percent are read.

The subject line should give some insight into the e-mail, but the fewer words used, the better. It can be like a double-edged sword. There may be encouragement to read the e-mail, or the subject line says something you think you already know. Hence, the e-mail is not read. Opening greetings or remarks can help capture the interest of recipients of your email. Likewise, providing your full name, cell phone number, and email is helpful. It is a mistake to think every recipient will know who the sender is, even within the same group or organization. How important is the message being read? Does it require an answer? To whom do you need to send a response? Is a

'reply,' 'reply to all,' or is 'forwarding' the message necessary? Why 'reply to all' when the originator is the one expecting a response? Generally, email traffic can be heavy, so avoid contributing to system overload.

Whatever your response, it should be prompt. Proofread what you have written to establish its legitimacy. Reading the original message a second or third time may help you catch something you missed previously. It may well prevent embarrassment. If the email you received is problematic or faulty, do not respond to it. Make a phone call, or if possible, have a face-to-face conversation with the originator. Remain kind and courteous. Keep your expectations of what an email can do for you in check. Disappointments and frustrations are likely to arise for one reason or another, but the truth is that things are not always working as we would like. A lot depends on what is or is not done.

As thorough as this narrative may be, other experiences may also contribute to feelings of discontent. We must not succumb to the convenience and false sense of security that comes with using email. Critically speaking, admitted or not, it is one reason that our mental health is at risk. The contributing factors are many and complex, infiltrate many aspects of our lives, and cannot be easily addressed. Ultimately, we need to talk more often, rather than unintentionally avoiding oral communication or in-person interactions.



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## St. Barnabas

(Feast Day - June 11<sup>th</sup>)

According to tradition, **Barnabas**, was one of the prominent Christian disciples in Jerusalem. He was identified as an [Apostle](#) in Acts 14:14. He and Paul the Apostle, undertook missionary journeys together. They were successful in converting many gentiles and reconciling doctrinal differences that developed between the various isolated "churches" in Middle East population centres of that era. They defended the Gentile converts against the "Judaizers." The Judaizers were a faction of Jewish Christians, who regarded the Levitical laws of the Old Testament as still binding on all Christians. They tried to enforce circumcision and dietary restrictions upon Gentile converts. They were strenuously opposed and criticized by the Apostle Paul. Paul and Barnabas participated in the **Council of Jerusalem** generally dated to 48 AD, roughly 15 years after the crucifixion of Jesus, and 22 years before the Gospel attributed to Mark was written. Mark was the first agreed written description of the life and mission of Jesus.

At the council, following testimony and advice offered by Peter, Barnabas and Paul gave an account of their ministry among the gentiles, then the Apostle James quoted from the words of the prophet Amos "...that all other peoples may seek the Lord"...Acts 17 and then submitted a compromise solution, which was accepted by the Council and became known as the Apostolic Decree:

"... we should not make it difficult for the Gentiles who are turning to God. [Circumcision not mandatory] Instead we should write to them, telling them to abstain from food polluted by idols, from sexual immorality, from the meat of strangled animals and from blood."



*St. Barnabas*  
*San Barnaba Altarpiece*  
[Wikidata]  
by Sandro Botticelli, c. 1490

Paul and Barnabas returned to Antioch to report success of their mission. They then journeyed to other locations to spread the good news but did so separately after a disagreement regarding travel arrangements. Little is known about Barnabas' subsequent career although he and Paul remained good friends. Tradition had him preaching to great effect in various locations. Sadly, he was martyred by stoning in Cyprus around AD61.

Submitted by SK Mike Proctor

References: The Catholic Encyclopedia, Acts of the Apostles, Wikipedia