



KNIGHTS OF COLUMBUS

IN SERVICE TO ONE. IN SERVICE TO ALL.

KC January 2025 Newsletter

Council Events in January

- The KC Men's Choir sang at the 9:00 Mass on January 5 – Epiphany of the Lord. Brother Gerald Murnane led the choir and was joined by several members of St. Charles KC Council. The KC Men's Choir is scheduled to sing at the 9:00 Mass on the first Sunday of each month. The Men's Choir sing again on Sunday February 2 – Presentation of the Lord.
- The Pancake Breakfast on Sunday, January 12, was very successful. There was a lot of help from the twenty-six volunteers working both shifts. We hosted approximately 100 people after the 9:00 AM Mass and 100 people after the 11:00 AM Mass. The next Pancake Breakfast is on Sunday February 9.
- Several KC members helped the St. Charles CWL with the funeral lunch for 100 people on Thursday January 30 at St. Charles Church. The KC members completed the cleanup after the lunch was prepared and served by the CWL.
- A big thank you goes to Gerald Murnane, John Grabow, George Pouliot, and Fr. Chinna for taking the old shelves out of the walk-in cooler in the kitchen at St. Charles Church as well as cleaning the cooler floor, putting together the new shelves and getting them into the cooler. Much better for food safety.



- St. Charles KC Council donated \$250 to support the 41st Annual Father Troy Basketball Tournament to be held at St. Joseph Catholic High School on February 6, 7 and 8, 2025. Opening ceremonies are on Thursday Feb 6 at noon, a dance for players on Friday night and

a divine liturgy and breakfast on Saturday morning. Fourteen teams from across Alberta are attending the tournament.

- Financial Secretary John Grabow completed and submitted the Annual Survey of Fraternal Activity for 2024. The report provides statistics for the four Faith in Action activities as well as meetings, visits to the sick, bereaved, blood donations and Masses held for members. In 2024, the KC spent \$24,364 on various Faith, Family, Community and Life activities as well as provided 3,690 hours of service. The activities included Food For Families, Keep Christ in Christmas, Coats for Kids, Free Throw Championship, Alberta March for Life and Pregnancy Support.

Getting Unstuck

Jim Fitzpatrick

October 15, 2024

With our first Alberta winter snowfall behind us, some of us have already had the unfortunate experience of being stuck in the snow and unable to move without assistance. We tend to forget there are skills we learn every winter and then promptly unlearn as soon as good weather returns.

LESSON ONE: You cannot get your vehicle out by yourself unless you can get traction. So, the first step in getting unstuck is reestablishing traction. Can your driving wheels move the vehicle? If not, can you alter the stance of your vehicle so that the wheels can move the vehicle? This may sound impossible if your vehicle is sitting high on a snowbank and the wheels are just spinning. But in that instance, can you jump on the bumper to compact the snow under your vehicle? The other possibility is that the engine heat may melt enough snow to let the vehicle settle (This may take a while). Or, if the traction is marginal, you may be able to enhance it with materials inserted under the driving wheels. Many of us carry cat litter in the trunk, not because we have a cat, but because spreading it on the road surface around the driving wheels improves traction. Another trick that we tend to forget is that our floor mats placed under the tires improve traction substantially.

LESSON TWO: Once you have traction, how far can you move before the wheels lose traction? The point where your wheels spin is where you lose the ability to move the vehicle further, so you want to do what can to delay wheelspin. This means a gentle pressure on the accelerator pedal, with quick release when the wheels begin spinning. Which way should you go? Obviously, the best route is to back out of whatever mess you are in. Since you cannot just power out of this situation, you must use strategy to break loose. This requires using the vehicle's own momentum to assist.

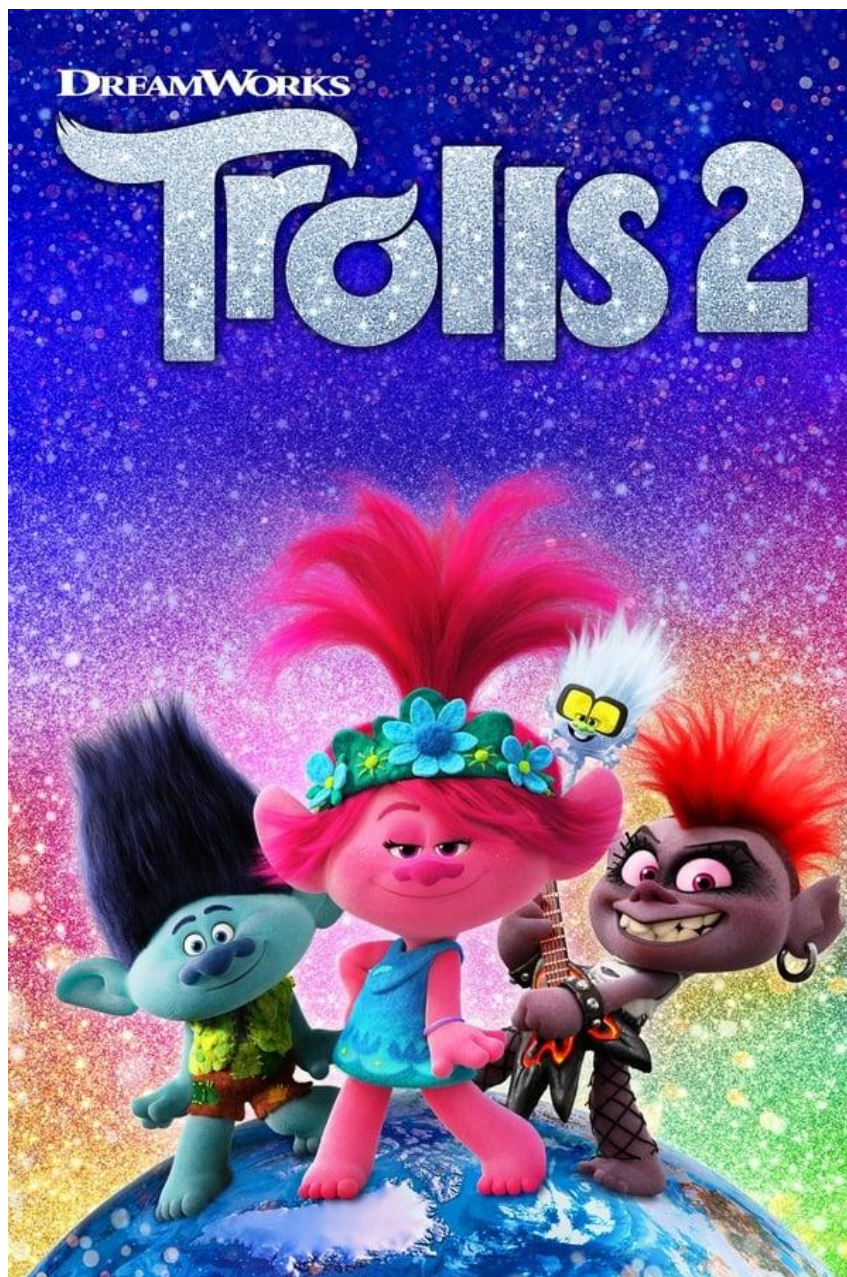
LESSON THREE: The trick once you have traction is to begin a rocking motion with your vehicle, back and forth. This is difficult to accomplish with the accelerator pedal alone. The best tactic is to gently accelerate backwards until the wheels lose traction, then shift into neutral and allow the vehicle to roll forward. Once the vehicle has moved forward as far as it will go on its own, shift into reverse and again gently accelerate backwards. Continue this rocking motion, slowly adding momentum until the vehicle finally breaks free of its snowy cocoon.

LESSON FOUR: If you have good Samaritan neighbors who offer to push, ALWAYS ask them to push from the front, and remind them that the vehicle will be rolling forward on its own once the backward motion stops. This means they have to be quite agile. It is not polite to injure a good Samaritan!

The combination of traction and momentum will almost always solve the problem and generally make a tow truck unnecessary. I speak from personal experience. I have used this technique to solve the snowbound problems of numerous other drivers, and occasionally for myself.

END

- The KC Family Movie Night was held again on Saturday January 18 featuring the movie, Trolls 2. There were about thirty people in attendance including about twenty young people. Popcorn, chip snacks and drinks were provided free to all.



- The next movie night is on Saturday February 15, 2025, starting at 6:30 PM featuring the movie Paddington 2.



Council Events for February 2025

February 2	Sun	09:00	Men's Choir
February 5	Wed	19:30	Edmonton Chapter Meeting
February 9	Sun	08:00	Pancake Breakfast
February 10	Mon	19:00	Combined Executive/General Meeting
February 14	Fri		St. Valentine's Day
February 15	Sat		Semiannual Audit Report due
February 15	Sat	18:30	KC Family Movie Night (Paddington 2)
February 17	Mon		Family Day
February 17	Mon	11:00	Family Day Celebration



2025 Family Day Celebration

Monday February 17, 2025

11:00 AM to 3:00 PM

St. Charles Activity Centre

Free Admission!

***Bouncy Castle with Slide, Mega Wire, Pirate Treasure,
3 Course Mini Golf, Basketball, Crafts Table
Hot Dogs, Ice Cream, Hot Chocolate and Popcorn***

Donations will be accepted



Faith in Action

The KC Faith in Action model recognizes the changing needs of men in the twenty-first century. It seeks to balance all their key priorities for Faith, Family, Community and Life. The simplicity of Faith in Action is that it limits the number of required programs to earn the Columbian Award and, most importantly, allows councils to concentrate on implementing quality faith-filled family programs. Our goal is for men to lead their family in service — not leave their family for service.

More information is on the Knights of Columbus website at [Knights of Columbus | Catholic Fraternal Organization \(kofc.org\)](http://Knights of Columbus | Catholic Fraternal Organization (kofc.org)).

FAITH	COMMUNITY
RSVP Into the Breach Spiritual Reflection Holy Hour Pilgrim Icon Program Building the Domestic Church Kiosk Rosary Program Sacramental Gifts	Coats for Kids Global Wheelchair Mission Habitat for Humanity Disaster Preparedness Free Throw Championship Catholic Citizenship Essay Contest Soccer/Hockey Challenge Helping Hands
FAMILY	LIFE
Food for Families Family of the Month/Year Family Fully Alive Family Prayer Night Keep Christ in Christmas Family Week Consecration to the Holy Family Good Friday Family Promotion	March for Life Special Olympics Ultrasound Initiative Pregnancy Center Support Christian Refugee Relief Silver Rose Mass for People with Special Needs Novena for Life

Facts about the Knights of Columbus

- Founded in 1882 by Father Michael J. McGivney at Saint Mary’s Church in New Haven, Connecticut.
- The Knights of Columbus is the largest Catholic fraternal organization in the world.
- The four principles of the Order are: Charity, Unity, Fraternity and Patriotism.
- The KC is chartered to serve and provide financial aid and assistance to members and their families.
- The Order has grown to more than 16,242 councils.
- KC total membership exceeds 2 million Catholic families.
- Last year, KC members contributed over \$187 million to countless charitable efforts.
- Last year, KC members devoted over 77 million volunteer hours to their communities.
- The St. Charles Council is now 40 years old as it was chartered on March 24, 1983.
- The St. Charles Council has 187 members currently.

Prayer for the Canonization of Blessed Michael McGivney Founder of the Knights of Columbus

God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Blessed Michael McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue, may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church. Let the inspiration of your servant

prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify Blessed Michael McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (here make your request). Through Christ our Lord. Amen.

Knights of Columbus Online Membership

Knights are Catholic men, 18 years of age and older, who are committed to making their community a better place, while supporting their Church. Being a Knight is more than camaraderie; it is being involved with your community; it is supporting St. Charles Catholic Church, while enhancing your own faith; it is about protecting and enhancing your family life. Knights follow the principles of charity, unity, fraternity and patriotism, initiating and operating numerous programs and services directed towards the benefit of parishioners and the community at large.

For you to join the KC and obtain a membership number, please do so via this KC website: [Join Us | Knights of Columbus \(kojc.org\)](http://kojc.org).

For you to become a council KC member, please do so via the KC website. Here is the link: [You're Invited \(kojc.org\)](http://kojc.org). Our KC council number is 8325. When you complete the noted online exemplification, we will get an online certificate via email. Please forward the email and certificate to jmommer@shaw.ca .