



The Christopher Columbus Navigator



VIVAT JESUS

Volume 11 Issue 3

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YOUR MIND (ROM 12:2)

**Georgia State Council
Knights of Columbus Newsletter
3rd Quarter, 2011-2012**

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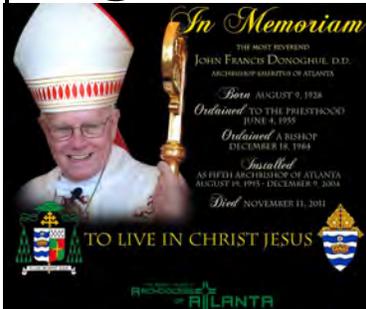
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Page One News. .



Atlanta – Archbishop-emeritus John Francis Donoghue, the fifth archbishop of the Atlanta Archdiocese, died Friday, Nov. 11, at the age of 83. Archbishop Donoghue served as archbishop of Atlanta from Aug. 19, 1993, until Dec. 9, 2004, when Pope John Paul II accepted his retirement due to age.

When he was appointed archbishop of Atlanta, Archbishop Donoghue made the center of his pastoral work among Catholics to renew understanding of and devotion to the Eucharist as the real presence of Christ, which is a central dogma of the Catholic faith. He initiated a Eucharistic Renewal, which inspired renewed teaching on the real presence of Christ in the Eucharist through many forms, including lay seminars where individuals shared their faith stories. He also initiated chapels for adoration of the Eucharist, opening the first at the Cathedral of Christ the King in Atlanta in June 1994. The chapel has had perpetual adoration there for over 17 years. Over 70 parishes of the archdiocese have prayer before the Eucharist regularly, eight with perpetual adoration chapels.

Archbishop Donoghue expressed the hope in 1994 that these perpetual adoration chapels would bring “a grace hitherto unfelt in the archdiocese.” Flowing from this renewal, a Eucharistic Congress is held in Atlanta yearly that provides multilingual and multicultural faith teaching to gatherings of 20,000 to 30,000. It is the longest continually running Eucharistic Congress in the United States and believed to be the largest in attendance.

Archbishop Donoghue believed deeply in the importance of Catholic schools and fostered efforts to build new Catholic schools, including two archdiocesan high schools and three elementary schools. He also was devoted to the pro-life cause, frequently speaking on the teaching of the church on the dignity of human life from conception until natural death and participating in prayer vigils.

He was ordained and installed as Charlotte’s second bishop on Dec. 18, 1984. Among the accomplishments in his tenure as bishop of Charlotte were the first synod of the diocese, which held three sessions from 1986 to 1987; the reorganization of the Catholic schools into a regional structure; an emphasis on evangelization directed toward inactive Catholics and the unchurched; and the opening of a Catholic newspaper, The Catholic News & Herald, in 1991. He played a leading role in the development of the North Carolina Lutheran-Catholic Covenant signed in 1991 by the Dioceses of Charlotte and Raleigh and the North Carolina Synod of the Evangelical Lutheran Church in America.

In the Atlanta Archdiocese, he succeeded Archbishop James P. Lyke, OFM, who died Dec. 27, 1992, of cancer after only two years in office. Archbishop Donoghue said the day of his Atlanta appointment, “I hope that I’m going to be here for a very long time ... that I will be here until I retire.”

Pope John Paul II spoke to him and told him to “be very kind” to the people of the archdiocese and “to try and bring peace and reconciliation.”

The body of Archbishop Donoghue lay in state at the Basilica of the Sacred Heart of Jesus in Atlanta. There was a procession of the body to the Cathedral of Christ the King in Atlanta with the funeral following.

He was a staunch supporter of the Knights of Columbus and was shown respect by the 4th Degree Honor Guard when he lay “in state,” and at his funeral mass.

Excerpted from the Atlanta Archdiocesan Web-Site

From The State Deputy

By Rick Sisko - State Deputy



The year 2011 will go down in history as a very difficult year as many of us have been downsized and have spent most of the year looking for new employment opportunities. Some may still be looking for employment. Others of us have had health issues that affected our lives and families. We may know friends who have lost their homes. Our economy and well as the economy of Europe is under monetary stress. Yes, 2011 has been difficult at best.

We as Knights of Columbus and as Catholics have faith in our pastors and in the Catholic Church. We continue to place our trust and love in Jesus and know that with his help and support, there is nothing that can not be overcome. That is one of the strengths of our faith. Our faith will see us through these difficult times and will help us going forward.

The Christmas season brought friends and families together. Let us put all of the bad from 2011 behind us and look forward to enjoying the New Year. This is a good time for us to stop and thank GOD for those blessings that we have.

I would also like to add my personal congratulations to both Jerry Mock DD #18 and Josh Gregory DD#15 who were given Star District Awards for last fraternal year. That is quite an accomplishment!

Please know that you and your families have my best wishes for a healthy and happy New Year.



A Spiritual Message

By Archbishop Emeritus Alfred C. Hughes of New Orleans



The new translation of the Roman Missal is here. The Knights of Columbus has been a significant supporter of the work of the Vox Clara Committee, which has been assisting the Holy See in this effort. Through this series of articles, Columbia continues to offer a wonderful opportunity to help Knights and their families to understand and welcome this new translation.

Most of the changes to the translation affect the prayers that the celebrant offers. But there are a number of smaller adjustments that involve all of the participating faithful. These modifications are intended to make the texts of the prayers more accurate in doctrine or more sacred in expression.

For example, the prayer that concludes the preparation of the gifts, or the offertory rite, will invite us to pray that “the Lord accept the sacrifice at your hands” — the hands of the celebrant — “for the praise and glory of his name, for our good and the good of all his holy Church.” Notice how this makes clear that each Mass has a threefold purpose: we offer the sacrifice of Christ so that the Lord may be better known and praised (worship), so that our own good may be realized (salvation) and so that holy Church as a whole will benefit (the Church being most herself at the Eucharist). In the previous translation, the word “holy” had been omitted. The restoration of that word reminds us that the Church is holy because her head, the Lord Jesus, is holy and wants us to become holy in him.

The Mass then proceeds to the Eucharistic Prayer, wherein the sacramental re-presentation of the Lord’s sacrifice takes place. The Preface of the Eucharistic Prayer offers praise and thanksgiving to God: “We lift up our hearts to the Lord!” In the new introductory dialogue, we will recognize one change for the faithful: When the celebrant invites, “Let us give thanks to the Lord our God,” the response will be: “It is right and just.” This is a more faithful rendition of the Latin and captures the truth that our worship is not optional; rather, we owe worship to God in grateful love for all that he is and does. This is why participation in Sunday Mass is a serious obligation.

At the conclusion of the Preface, we are invited to pray: “Holy, holy, holy Lord God of hosts” We move to the most sacred part of the Divine Liturgy by expressing awe and reverence, just as Isaiah did in the presence of God (Is 6:3). Note the small change in that we now call God the “Lord God of hosts,” instead of “Lord God of power and might.” We are not proclaiming here attributes of God (power and might), but are joining with the hosts of angels in heaven who adore, worship and praise the Lord. Even while here on earth, we are participating in heavenly worship!

At first, we may experience these modifications as annoying since we generally dislike changes to our routines in life. But each change has deeper significance for faithful and sacred worship. Obviously, it is going to be necessary for both the priest celebrant and the participating faithful to rely more closely on liturgical aids to learn these new expressions, but the Church invites us to listen attentively to the prayer texts. They can help us to realize the principal purpose of the liturgical renewal proposed by the Second Vatican Council that our participation be more active, conscious and fruitful. It will be active if we are truly seeking to enter into the mystery that is being celebrated in the Eucharist. It will be conscious if we are growing in understanding and internally engaged. And it will be more fruitful if we progress in virtue in daily life as a result of our participation in Mass.

Service Programs - It's Never Too Early to START!

By Anthony J Riviere- State Programs Director

Now is the time to begin planning, documenting and writing up your service programs. Some of the best church events, council activities and community festivals happen in the Fall and the Knights are always a big part of the successes. This is a great opportunity to highlight your Council Service Program activities as they are a source of pride for you, your Parish and your fellow Knights.

Each year the state honors the best programs in the areas Church, Community, Council, Family, Pro-Life, and Youth, let this be the year your council is recognized for all your hard work. Remember to:

- **Involve as many Knights as possible**
- **Advertise and Publicize your Programs**
- **Recognize all those that make you successful**
- **Take pictures - and SHARE your success with us**

State Council Service Program Awards Entry Form (#STSP) is located in the Council Report Forms Booklet (#1436) or at www.kofc.org/forms. A separate form should be used for each program.

Yearbook/ Scrapbook Contest Outline

The purpose of this project is to encourage individual councils to share the activities, accomplishments and honors you have done this year. This is a way to honor all those who have participated, benefited and sat on the sidelines wishing they had participated. A yearbook is an excellent recruiting tool as it can be shown to prospective Knights so they can see what activities your council does so they can pick the ones they like to do as individuals. This is an excellent tool for chronicling the history of your Council

Gentlemen, in an effort to encourage councils to share their accomplishments and activities with other councils, we are creating a Yearbook/ Scrapbook contest. This year, at the state convention in Augusta, we will be offering councils the opportunity to present their councils yearbook to the convention attendees. Like all programs, participation is encouraged but not mandatory. The guidelines are very simple and the format will be primarily left to the discretion and creativity of the participants. We ask that entries be limited to under 150 pages, be bound in some manner, contain general info on the council and incorporate graphics. The Yearbook should contain events and programs from the current fraternal year including any ongoing programs in which the council participates. Innovation and visual effects tend to do a better job at conveying ideas than verbiage.

The Yearbooks will be placed in the convention area and we will ask attendees to review the books and provide feedback. Each seated delegate on Saturday morning will be asked to pick the books that they feel provides the best information, expresses creativity and does the best job of informing them about your Council. We will award plaques to the top three yearbooks at the awards banquet on Saturday evening at the convention.

May the best Yearbook win!

2012 Convention Book Kicks Off . . .

It is that time of year again. Preparations have begun for the production of the 2012 Convention book. This quality publication is only possible through the support of our Councils. Heading in to the seventh year of producing this quality piece, the convention book team is excited, and believes this year will be the best book yet. Thank you to all the Councils, Assemblies, Officers, Auxiliaries, Circles and advertisers who have supported this production through purchasing ads. The convention book has been in the black for the past years and any revenues in excess of production costs are donated to the Georgia State Council charity fund.

This year, the cost for a Council black and white ad remains unchanged. A full page ad is still just \$100. This year, a limited number of color positions have been made available for those who wish to add a little flare to their ad. Color positions are available at a small premium, and Councils should order early before they sell out. (See council ad sell sheets for all the details)

Just as with years past, Councils are asked to sell commercial ads for the convention book. A full page commercial ad is only \$275. Many business owners in our local communities and our Councils would love to support the Knights, we only need to ask.

More information on the size and pricing for both Council and commercial ads are available on the State website at www.gakofc.org, and will be distributed at both the Grand Knights meetings in January. Questions about the sale or purchase of an ad can be directed to the State Ad Sales Director, Joshua Gregory at 404-569-3666 or gregoryjoshua@hotmail.com

Incentives you say? You want incentives? No problem. Each Council that sells the equivalent of 2 full page commercial ads will receive

(See "Convention Book" Continued on page 4)

2011 State Soccer Challenge

The sixth annual Georgia Knights of Columbus soccer challenge was held on Sunday November 13 , 2001 hosted by Griffin Council 12321 . This was the largest turnout so far with 52 participants. We had 32 boys and 20 girls . This was truly a great competition and many thanks go out to all who traveled so far in order to make this a success.

Participation

AGE	10	11	12	13	14	
GIRLS	5	4	6	4	1	20
BOYS	7	10	4	5	6	32
TOTAL	12	14	10	9	7	52

Winners

		District	Council	Points	AGE
Luis Garcia	Boys	10	13052	315	10
Niki Mallinak	Girls	15	11768	180	10
Fernando Negrete	Boys	10	13052	225	11
Trinity Pominville	Girls	15	11768	165	11
Josh Sherwood	Boys	7	8495	165	12
Kiely Gartner	Girls	13	13204	205	12
Jimmy Williams	Boys	18	8731	200	13
Rosie Probst	Girls	9	10355	165	13
Nahuel Moreno	Boys	9	10355	215	14
Monica Sanchez	Girls	23	13808	90	14

**District 20 (DD Walter Marchant)
David Oatman - Chairman**

Luis Garcia , one of the youngest competitors , had the highest score recorded. Luis hit a remarkable 14 - 20 point shots and finished with 315 points . This is quite a feat for anyone let alone a 10 year old . Luis is the son of Luis Garcia and they live in Lawrenceville. We had a record 52 participants . Many thanks to my brothers from Griffin's McGonigle Council 12321 who have been instrumental in putting this tournament together for six consecutive years. Thanks to all the other parents who pitched in to catch balls and keep score.



("Convention Book" Continued from page 3)

their ad free. This is a \$100 value. The Council which sells the most commercial ads will receive complimentary registration to the 2012 Convention in Augusta, GA next May.

Thank you again from the convention book team:

Mark McMullen, State Treasurer & Convention Book Director

John Williams, Advertising Coordinator

District Happenings - "Didjano That. . ."

DISTRICT 23 (DD Jerry Farnell)

. . . That the Knights of Columbus presented 100 Front Line Faith MP3 players to the Charlie Norwood VA Medical Center in Augusta, GA on Oct. 14, 2011 for veterans seeking spiritual thoughts and messages.

Front Line Faith is a Knights of Columbus initiative to provide men and women of the armed forces with hours of spiritual messages when they are away from their homes. Messages include the Celebration of the 2009 Memorial Day Mass from the Basilica of the National Shrine of the Immaculate Conception as celebrated by the Most Reverend, Timothy P. Brogilo, Military Ordinary of the Archdiocese for the Military, meditations including one by Bishop Fulton J. Sheen, an Examination of Conscience, The Warrior's Rosary, and other spiritual reflections.

The MP3 players were presented to: Chaplain Ron Craddock, Chief of Chaplain Services at Charlie Norwood VA Medical Center; Father Will Everett, Catholic USMC VA Chaplain; and Mr. Toby Rose, Associate Director at Charlie Norwood VA Medical Center.

The Front Line Faith MP3 players were provided by Mr. Daniel J. Baker, Supreme Director Knights of Columbus and presented by Mr. Jerry Farnell, District Deputy #23 and **Assembly 3085** GA; Mr. Don De Clue, District Deputy #24 and **Assembly 174**. Additional Knights of Columbus attending the presentation were Mr. Richard Mann, Council 8495 and **Assembly 174**; Mr. Tom Phair, **Council 14773**; and Mr. Tim McCarthy, **Council 14773** and **Assembly 174**.



Pictured (L-R) - Tim McCarthy, Council 14773, Assembly 174, GA Knights of Columbus, Father Will Everett, USMC VA Chaplain, Chaplain Ron Craddock, Chief of Chaplain Services Charlie Norwood VA Medical Center, Toby Rose, Associate Director Charlie Norwood VA Medical Center, Jerry Farnell, District Deputy #23, Assembly 3085, GA Knights of Columbus, Don DeClue, District Deputy #24 Assembly 174, GA Knights of Columbus, Tom Phair, Council 14773, GA Knights of Columbus, (Not shown in picture: Dick Mann, Council

DISTRICT 13 (DD Richard Langheim)

. . . That **Council 13204 of St Brigid in Johns Creek** recently broke their own record for fundraising for Campaign for Special Olympians with Intellectual Disabilities. The efforts of 36 Council members after Saturday and Sunday Masses yielded \$2,125. The members handed out hundreds of Tootsie Rolls to parishioners and thanked all who contributed.

This is an effort of the Council undertaken twice a year. The next collection will be in Spring 2012. The funds help send Intellectually Handicapped Kids to Special Olympics Camp Inspire. Camp Inspire is held each Summer in Fort Yargo in Winder, Georgia. The Camp brings boys and girls and young men and women from all over the state of Georgia for one week of training sessions to prepare for the State Special Olympics and the International Special Olympics.

Referred to in the past as the Tootsie Roll Drive, this effort is probably the Knights' best known fund-raiser. At St Brigid, this effort was spearheaded by Knight Rich McKenzie under the close supervision of Grand Knight Dick Kobylski.



. . . That while planning earlier this year for the St Patrick's Dinner Dance at **St Brigid Parish**, one of the **Council 13204's** Knights, Bill Curran, had an idea for a charitable fundraiser. He was able to secure four sets of 4 day passes for the PGA Tournament, one of the four PGA golf "majors." It was played here in Georgia this year at the Atlanta Athletic Club, which was to be held very near the Parish here in Johns Creek in August. Two sets of the 4 Day Passes valued over \$ 1,400 were earmarked as door prizes for the dinner dance and the other two were to be raffled off with all proceeds going to the Columbian Charities Wheelchair Program.

\$5,000 was raised by the raffle for a donation to Columbian Charities. Fifty wheelchairs were obtained with this contribution. The wheelchairs went primarily to the Decatur VA Medical Center.

Recently, one of the SK Brothers, Ray Davis, expressed his pride when he saw at least 8 of these chairs at the local VA while there for some medical treatment.

DISTRICT 15(DD Joshua Gregory)

. . . That charity shows in the strangest places - So often we hear about the wrongs that mankind commits. It is far too infrequent that we hear of the good that one does for another. Well since it is Thanksgiving, we have just such a story for you.

Christopher Werner, GK of **Council 9792 in Kennesaw**, tells of one of their Brother Knights, David Bobe, who participates in the Knights' current fund raising effort called "Pennies for Heaven." The giving consists of every Knight emptying his pockets at night, dropping any loose change into a canister. Then, during the Knights' monthly meeting, all canisters are turned in, a tally made, and the funds sent to help support the Monks at the Monastery of the Holy Spirit in Conyers. In their first collection in October the return was almost \$300.

Well David recently took his car to **Precision Auto on Rt.41 and Butler Lake Rd. in Kennesaw** for some maintenance work. His canister was in the front console. While David waited for his car, the tech working on his car noticed the canister. When the car was returned to David, the service manager advised him the car “weighed a bit more” than when it was brought in. It seems that the tech who worked on the car had passed the canister to everyone working at Precision and to a few customers waiting for their cars. The result was an overflowing canister.

It is not their intent to advertise the repair work done by this auto shop, but they do wish to thank the charitable souls who work there. (But if you drop by this **Precision** location when you need some work on your car make certain that you thank them and tell them that “David sent you.”)

DISTRICT 18 (DD Jerry Mock)

... That the Knights of **Sweetwater Council #10821** prepared and served a BBQ luncheon for the men in formation for the Permanent Diaconate and their wives to celebrate the end of 2011 academic year. Approximately 70 meals were served. The men in formation and their wives truly appreciated the support from the Knights. Many of the men in formation are brother Knights and recognized the efforts of their brothers.



... That an award presentation was made for a **Star Council to Sweetwater Council #10821**. The photo at the bottom right includes (L-R) DD, Jerry Mock - GK, Joseph Rizzo - PGK, Frank Meo - State Treasurer, Mark McMullen - State Program Director, Anthony Riviere - FDD, Frank Moran.



... That **Monsignor Michael J. Regan Council #8731** sold Monastery Products at the Christmas Bazaar held at Our Lady of Perpetual Help Catholic Church November 19 & 20. This is the second year #8731 has undertaken this project in support of the Monastery of the Holy Spirit. Pictured at the left are Chuck Klug (L) Financial Secretary and project chair and new Knight Matthew Kampff (R).



Kampff (R).

... That Michael T. Barrett of **Msgr Michael J. Regan Council #8731** in Carrollton earned the prestigious “Shining Armor Award” within 5 months of becoming a Knight. Michael completed all of the requirements for the award by exemplifying what a knight can achieve in a very short time. Presenting the Shining Armor Award Certificate and Pin is District#18 District Deputy, Jerry Mock.

DISTRICT 11 (DD John Baker)

... That the Knights of **Smyrna council #12386** helped Dream Makers Youth Foundation (DMYF) raise over \$2900 by volunteering at the MasterCard concessions tents at the PGA Tour Championship at Eastlake. Thanks to all of the brothers that donated a few hours of their time to work a shift or more at the tent. State Programs director, Anthony Riviere, PGK made it a family affair by getting his wife, Annette, daughter, Jordan and brother, Michael from Tampa to assist.

DMYF is a non-profit [501(c)(3)] organization founded in 2004, that provides community-based educational, recreational, and therapeutic services for children with special needs. Its mission is to enable these special children to be as independent as their conditions allow, within their natural environments. DMYF is always looking for assistance from individuals that want to share their time talents and treasures.

DISTRICT 14 (DD Frank Cacciatore)

... That the “Coats for Kids” program was provided at **St. Paul Council 11676** and the **Alpine Assembly 3023, Cleveland**. The coats will be distributed by DFACS. The lady in the picture is the Director of DFACS for White County. The GK is Paul Sherman and the Faithful Navigator of the Assembly is John Scalera.

... And also, the Knights from **St. Paul Council 11676** and the Knights from **Alpine Assembly 3023** along with DFACS from White County, distributed approximately 800 boxes of food along with a 13 lb. turkey to the needy. This was spearheaded by one of our Knights, Chuck Johnstone.



DISTRICT 17 (DD Joseph McKenzie)



... That many councils enjoy having a special place within their communities, but for **Council 4410 in Rome**, this community respect is based upon action and commitment. Council 4410 regularly goes out if its way to support not only many of the state-sponsored charities held dear by the Knights of Columbus, but also many of the city-wide charities that routinely reach out to help to help citizen in need. This respect pays dividends. The most obvious advantage of the community’s respect for this council is reflected every year at Labor Day when the city turns out in force to support the Council’s Annual BBQ Roundup held to raise money for charity.

More than \$20,000 dollars is raised every year at this event. And this community largesse is given back in the form of sizeable donations to the city. Recently, Council 4410 recently contributed over \$7000 to such local charities as Senior citizen Centers, Soup Kitchens, and other specialized Community Care Centers. This is in addition to providing funds for the state-sponsored charities as well.

One has only to read the Rome newspaper to see evidence of this Council's active support and integration with the Rome Community. From marching in the Christmas parade with the Squires to laying wreaths at the monument of the unknown veteran Soldier in Rome on Veterans Day, Rome's council 4410 continues to espouse the values of charity and fraternity among a populace of all races, creeds, and beliefs, and it is this commitment to community service that places the Knights of Columbus-and the Roman Catholic Church-in a good light among the citizens of Georgia.

... That January 22nd is a day that marks the famous Roe versus Wade decision that formerly legalized abortion in this country. Since that date, an untold number of innocent souls have had the gift of life taken from them. Many councils have dedicated their time and talent in dedicating monuments of sorrow and remembrance for these innocent souls.

Rome's Council 4410 has recently finished a Memorial Garden in honor of the Unborn. It centers around a dark monumental obelisk inscribed from words taken from Jeremiah "...I knew you from the moment you entered the womb". It is set in a handsome red stone cobblestone base engraved with the names of those who were instrumental in placing the monument. A decorative stone bench emblazoned with the name of the council stands as a silent sentinel nearby. The whole area emanates a solemn air of respect and it cannot but help make one contemplate the triumph of the human spirit.



Rome's Monument for the Unborn joins **Calhoun's (9339)** monument as well as Dalton's (7662) monument for the Unborn, making District 17 notable for having three such monuments among its member councils.

Rome's monument can be viewed at St Mary's Church. All are welcomed to see this fantastic show of time, talent, and dedication.

The State Soccer Challenge Championship

By Tim Desmet - State Soccer Challenge Chairman



The Challenge Championship will be at Philips Arena on Saturday the 3rd of March. Registration from noon to 1:00PM with the competition immediately following.

Please conduct your Council competitions in January and the District competitions in February. Forward the District winners Participation forms to me.

Due to the shortened Hawks schedule and the level of the opponent (Oklahoma City) at 7:00 PM on March the 3rd, complimentary tickets for the children will NOT be available. Discount tickets for all can be purchased. The ticket purchase form is on the State Website.

PLEASE make copies of this ticket form and hand them out to ALL of your competitors, not just the winners, and interested Council members. This is how the Hawks pay the light bill for the 4 hours that we will be utilizing their courts. Please promote this KofC night with the Atlanta Hawks to our brother Knights.

This competition is for boys and girls 10 thru 14 years of age. Please remember that the child's age category is what they were on 1/1/12.

If you have any inquiries, please do not hesitate to contact me.

The Black Tie Gala to raise funds for Camp Inspire is tentatively scheduled for Saturday April the 21st. Please save the date and more information will be forthcoming. Each Special Olympic Athlete's sponsorship costs the KofC \$300 for the week. We hope to send 120 athletes. Tickets for the Gala are \$125 each. If your Council does not want to send guests to the Gala, please consider sponsoring a child.

The Knights of Columbus
Georgia State Council
c/o Holy Family Church
3401 Lower Roswell Rd
Marietta, GA 30068

RETURN SERVICE REQUESTED

**Georgia State Council
Knights of Columbus Newsletter
3rd Quarter, 2011-2012**



**LET US REFRESH OURSELVES
FOR THE WORK OF THE LORD
FOR THIS COMING NEW YEAR**



**St Thomas More
A Man For All Seasons**

Weight Loss by Surgical Means

By Dr Joseph Lazzarini, MD - State Health Services Director

Weight loss by surgery has been used for many years. What are we talking about?. It is the surgical procedures used to make the stomach smaller with the goal to feel satisfied with less food, so you eat less and lose weight. Two of the most common procedures are: **Stomach banding & Roux-en-Y**.

For **stomach or gastric banding**, a silicone band is placed around the upper part of you stomach and your doctor can adjust the band after the surgery to control weight loss. **Roux-en-Y** is a small pouch created in the stomach that "skips" some of the small intestine. After this surgery the body absorbs less calories from food, which results in weight loss. Who are candidates for weight loss surgery? Those with body mass index (BMI) of 35, who have at least one weight related medical problem, and have not been able to lose weight in other ways.

If you need more information in this area contact the **National Institute of Health, Obesity Action Coalition**, the **American College of Surgeons**, or the **American Society of Metabolic and Bariatric Surgery**. **I CAN BE OF HELP ALSO IF YOU REALLY WANT TO LOSE WEIGHT BY THE MEANS DESCRIBED ABOVE.**



Pro-Life is What We Do

By David Canale - Pro-Life Chairman

This calendar year was an outstanding example of what Knights can do when we work hard and pray hard. We placed three ultrasound machines this past year, and we hope to continue this pace again this year. Continue to pray for these efforts, and continue raising money for this cause. We have no money but what you raise, and we have no success without your prayers. Be generous in your hearts for this cause.

Also, we will need Knights to attend the annual March for Life in Atlanta again this year. Although the Roe v. Wade anniversary falls on Sunday this year (January 22nd), the Mass, March, and other events will be held on Monday, January 23rd. We need Knights to show up and stand up for Life! - 9:30 am Rosary for Life at Shrine of Immaculate Conception - 10:00 am Mass for the Unborn – Shrine - 11:15 am Lunch - 12:00 Together For Life Rally – State Capitol - 1:00 pm March for Life – Downtown

Once again, we will be handing out K of C signs to the marchers. I will need help to do that. Please consider coming down to the Shrine and helping out with that task. Let us pray that our efforts in 2012 will add to the Culture of Life in our nation and around the world.

