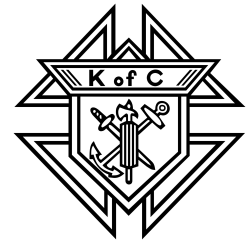


Pine Cone Council Knights of Columbus NEWSLETTER



January & February 2024

Editor's Note

Like many of you, the pre-Christmas windstorm and power outages in December impacted us & our ability to meet printing deadlines. Sorry for delays!

Activities

January

- 2nd** Monthly Membership Meeting; Rosary in church 5:00 PM; Officers Meeting at 5:30 PM; Dinner 6:00 PM and Meeting to start immediately after meal *
- 6th** Pancake Breakfast for Sacramental Preparation program 7:30 - 10:30 AM *
- 9th** 4th Degree Monthly Meeting, 6:30 PM *
- 16th** Potluck/Game Night 6:00 PM St. Mary's Church
- 20th** Free Throw Competition
- 20th** Spaghetti Supper at St. John's after the 4PM Mass
- 19th** Monthly Parish Food Collection
- 25th** Salvation Army Soup Kitchen

February

- 3rd** Exemplification of Charity, Unity & Fraternity following the 4:00 PM Mass at St Joseph's Church
- 6th** Monthly Membership Meeting; Rosary in church 5:00 PM; Officers Meeting at 5:30 PM; Dinner 6:00 PM and Meeting to start immediately after meal *
- 10th** Pancake Breakfast for Sacramental Preparation program 7:30 - 10:30 AM *
- 13th** 4th Degree Monthly Meeting, 6:30 PM *
- 14th** **Ash Wednesday**
- 17th** 4th Degree Bean Supper at St. John's after the 4PM Mass
- 18th** Monthly Parish Food Collection
- 20th** Potluck/Game Night 6:00 PM St Mary's Church
- 22th** Salvation Army Soup Kitchen, 10 AM

*= At St. Joseph's Hall

Electronic Newsletter View this and past issues on your computer or smart phone at <https://www.bangorkofc.org/newsletter>

Grand Knight's Column

By Walter Shannon

Brothers, as I write this note to you I hope you are having a rewarding Advent.

We have had a couple busy and rewarding months. In November, Council 114 held its Paul Cormier Memorial Red Cross Blood Drive. The blood drives started at the request of our deceased Brother Sir Knight Paul Cormier who was looking to give back to society for having received transfusions of 79 units of blood during his battle with Acute Lymphocytic Leukemia. Since Paul's passing in 2012 the Council has organized fourteen blood drives collecting 500 units of blood. Paul's wife, Germaine, daughters, and family were recognized and honored by the American Red Cross at Council 114's Monthly Business Meeting on December 5, 2023 for the wonderful accomplishment of the blood drives. The council applauds the work of Brother Sir Knights Ed Beaulieu, Keith Forbes and Rey Dubois for organizing the blood drives over the last ten years; and thanks to all who have participated in the Gift of Life.

We have done volunteer work at Shepard's Godparents Home preparing the facility for the winter. The council continues to assist St. Paul the Apostle Parish in the collection and distribution of the monthly food collection. We have again cooked pancakes for the Sacramental Preparation Program. We also sponsored two free estate planning seminars for parishioners. The Council has provided cases of Coats for Kids and they are being distributed through Catholic Charities.

(Continued on Page 2)

Grand Knight's Column

(Continued from Page 1)

In December, we held our Exemplification of Charity, Unity and Fraternity and welcome Brothers Donald Ouellette and Scott Beckim to our ranks. At our 2022/2023 Awards Banquet, held in October, Rey Dubois was awarded Knight of the Year for 2022/2023 and Keith and Barb Forbes were awarded Family of the Year for 2022/2023. If you see them, please congratulate them for all they do for Council 114.

On December 16th we had our Annual Christmas Party after the 4PM Mass. It was wonderful to host this event and see so many brothers and their families. The music was very nice, and the food was plentiful and delicious. Thanks to everyone who prepared a dish or two. It sure was nice seeing everyone there to celebrate the Joy of Christmas.

My wife Shirley and I wish you and your families a very Merry Christmas and a Happy and Blessed New Year!

4th Degree Assembly 339

By Keith Forbes, Faithful Navigator

Brother Sir Knights, Thank you for your prayers and service over this past year!

We have done some very Patriotic activities, as well as Community outreach. Collectively, we financially supported the Veterans Home Birthday Month Program, the Veterans Home Veterans Day Celebration Dinner, and a "Thank You" to all the staff and family members who support the patient's day in and day out. We continued our tradition of placing American Flags on our Veterans graves at the Mount Hope Cemetery, as well as raising and saying the Pledge of Allegiance to our Flag and fallen heroes.

Month after month, our Honor Guard members served us well, as they helped welcome and thank all our clergy from far-away lands as well as our own diocese as we escorted them at our churches. Also, our Honor Guard has gallantly served during wakes, funerals and special events. Their support of the faith community and service to the Knights of Columbus is a beacon for all to see. The presence of the Honor

Guard at various events helps our church members to know that the Knights of Columbus are alive and well within their parish.

On February 17th, the 4th Degree is putting on a Parish Bean Supper at St. John's Church after the 4 o'clock Mass. Please plan on attending, and if possible, sign up to help with ticket sales, set-up, serving, or clean-up. If you could possibly bake and donate a pie, please. Let me know by email at keithforbes4@gmail.com or call 207-735-4131

As we enter 2024, may we help foster fellowship by encouraging one another to attend monthly meetings so that we collectively support and nurture service to our Flag, Country and Church.

God's Blessing to each of you, may the spirit of Charity, Unity, Fraternity and Patriotism be your focus for this coming year.

Eucharist Adoration

Are you looking for an opportunity to grow closer to Our Lord, Jesus Christ? Then consider Adoration. The parish has opportunities available in the Adoration Chapel at St. Mary's church. Please reach out to Brother Spike Brimmer for more details.

Not Receiving Email Communications?

Signing up for Pine Cone Council / Knights of Columbus email communications is easy! Brother Knights, if you are not receiving the email communications, please sign up at this web site: <http://eepurl.com/dnKRg5>. This will not affect your ability to receive newsletters...the newsletter will continue to be mailed every two months.



Did you know?

Brother Ed Beaulieu spearheaded (like he has with so many of our activities) the first Paul Cormier Memorial Blood Drive in 2013? Thanks, Ed!

Shepherd's Godparent Home Volunteering

By David Carmack

The Pine Cone Council Knights answered the call to support life and support those that are actively providing a path to protect life in November by volunteering at the Shepherd's Godparent Home on two separate Thursdays.

A total of 9 Knights worked approximately 36 hours at two of the homes for pregnant mothers. All sorts of outside yard work was accomplished in preparation for winter, including:

- house power washing,
- planter bed clean-up/weeding,
- yard debris removal,
- trimming shrubs/hedges,
- picking up leaves,
- spreading road fill/gravel to level parking area,
- children's play area clean up, and more!

The project demonstrated camaraderie and promoted our mission of putting our "faith in action".

We look forward to continuing our partnership with the Shepherd's Godparent Home with our Spring 2024 volunteer Knights Pine Cone Council work activity. Look for a recruitment announcement in the Spring.

Knight of the Year

Congratulations, Rey Dubois! Thanks for everything!



Liturgical Calendar

- Jan. 1 Holy Mary, Mother of God
Jan. 2 Sts. Basil & Gregory, Drs. of the Church
Jan. 4 St. Elizabeth Ann Seton, Religious
Jan. 5 St. John Neumann, Bishop
Jan. 7 Epiphany of the Lord
Jan. 8 Baptism of the Lord
Jan. 17 St. Anthony, Abbot
Jan. 22 **Day of Prayer for the Legal Protection of Unborn Children**
Jan. 24 St. Francis de Sales, Dr. of the Church
Jan. 25 Conversion of St. Paul the Apostle
Jan. 26 Sts. Timothy & Titus, Bishops
Jan. 31 St. John Bosco, Priest
Feb. 2 Presentation of the Lord (Candlemas)
Feb. 5 St. Agatha, Virgin & Martyr
Feb. 6 St. Paul Miki & Companions, Martyrs
Feb. 10 St. Scholastica, Virgin
Feb. 14 **Ash Wednesday**
Feb. 18 First Sunday of Lent
Feb. 22 Chair of St. Peter the Apostle
Feb. 25 Second Sunday of Lent
+ = Holy Day of Obligation

Who Were the Magi?

The story of the mysterious Magi has captivated Christians for centuries. But who were they? There is debate among scholars about the identity of the Magi, but some likelihoods can be deduced.

Babylonian astrology used the movement of the stars and planets to guess when real-world events would happen; so, it is likely that the Magi were priests or astrologers from Persia.

While the Bible records the Magi bringing 3 gifts for Jesus, early stories have the number of Wise Men ranging from 2 to 12. But, the Western Christian tradition today accepts that there were 3: Caspar, Melchior, and Balthasar.

Given that there were a series of Roman-Persian wars starting in 54 BC, the Wise Men could have possibly arrived in Jerusalem with a large caravan that included soldiers as bodyguards.

Last, since Herod ordered the death of the Holy Innocents 2yo and younger, the Magi probably didn't arrive on the night of Jesus' birth but may have been delayed by a couple of years.

Life Committee Report

By Rey Dubois, Chairperson

Dear Brother Knights, one of the Knights of Columbus foundational principles is respect for human life. Whether we pray in front of abortion facilities, provide condolences to families grieving from the loss of a loved one, bring the Eucharist to elderly people in nursing homes, write to our legislators to request their vote against abortion legislation, or donate blood, we are supporting life! Please consider the many obvious and subtle ways to follow God's teaching regarding the respect for life.

On 11/18/23, we sponsored our most recent blood drive, and we reached multiple milestones. Jackie, our Red Cross contact person (Director for Blood Donors for Northern New England) asked for pictures and info that she could use to honor our successes. When you go into the redcrossblood.org website, keep an eye out for the nationwide feature on the Paul Cormier Memorial Blood drive. Jackie did not know when her PR Dept would put it out, but it will happen! Note that this has been listed in our parish bulletin, and submitted to the Bangor Daily News! Keep your eyes open!

This is the Red Cross submission:

Brother Knights of Columbus member, Mr Paul Cormier, was told in 2010 that he had Acute Lymphocytic Leukemia. During his subsequent two year battle with the debilitating cancer, he received 79 units of blood. Paul eventually went to meet his Lord on December 2, 2012, but, before he passed, he said that he was so grateful for the blood he had received and for the additional time it gave him to be with his wife, Germaine, and his loving family. Paul asked his Brother Knights to, please, hold a blood drive to "replace" the blood he had received, to be able to help other people in need.

By unanimous decision, the Knights committed to hold a blood drive, and the first one was held at St Mary's Catholic Church, in Bangor, ME, on April 13, 2013, where 67 units were collected! Since that time, the Knights of Columbus have continued to sponsor blood drives, and, 10 years later, have reached the 14th Paul Cormier Memorial Blood Drive (on November 18, 2023) and have witnessed Red Cross collection of almost 500 units of blood! The Knights of Columbus continue to honor Paul and his family and all those who benefit from life-saving blood donations through the American Red Cross. The Knights are honored to receive the opportunity to help save lives! Please do what it takes to save lives! God bless you!



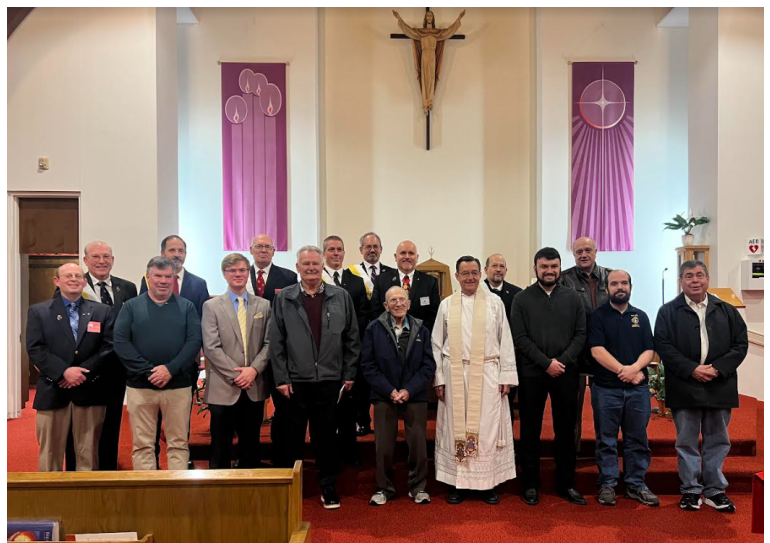
Brother Sir Knight Paul Cormier



Germaine Cormier receiving commemoration from Rey Dubois and Walter Shannon



(left to right) Rey Dubois, Ed Beaulieu, Germaine Cormier, and Walter Shannon with representatives of the American Red Cross honor the achievements of the Paul Cormier Memorial Blood Drive



Photos from the December Exemplification with our Chaplain, Fr. Frank Murray. Please welcome our new members when you see them!

Good Friday Promotion

By EJ Hikel, Family Committee Chairperson

Overview

Despite Good Friday's central role in the heart of Christianity, attendance at services remains low. In an effort to change this, Supreme has asked councils to encourage participation in Good Friday services through a promotional campaign. Setting an example for their community, Knights will attend Good Friday services with their families and work with their pastors to encourage increased parishioner involvement at these liturgies. In conjunction with these efforts, councils will also work to educate their parishes about the plight of Christians in the Holy Land.

A Higher Purpose

Our goal is to bring families into a more robust practice and better understanding of our Catholic faith and the Triduum. In an effort to increase parish attendance and involvement, Pine Cone Council will conduct a promotional campaign to educate their parishes on the vital importance of Good Friday.

We are working with Msgr. Dubois to see how we can help. This may include:

- Fish chowder Fridays in Lent
- Posters encouraging attending Good Fridays
- Brother Knights commitments to attend all Good Friday service

Calling All Knights

March 29th is Good Friday. Which mass are you going to? Who can you invite to go with you?

Can you volunteer to serve or clean up with any of the Fish Chowder Fridays?

Family and Knight of the Month

Please congratulate Terry and Cozy Hannan for being awarded Family of the month for October and Frank and Jeanette Jordan for being awarded Family of the month for November.

Please congratulate Bill Bennett for being awarded Knight of the month for October and Kris Clark for Knight of the month for November.

Farewell to Meat - Fasting and Abstaining from Meat

(For more information, see

<https://www.usccb.org/prayer-and-worship/liturgical-year-and-calendar/lent/catholic-information-on-lenten-fast-and-abstinence>,

<https://www.americamagazine.org/faith/2022/03/03/catholic-lent-fasting-242496>, and

<https://www.ewtn.com/catholicism/library/why-abstain-from-meat-4803>)

Ash Wednesday 2024 is February 14, and it marks the start of Lent - a season of prayer, penance, and fasting for Catholics all over the world.

In the United States, for Latin Rite Catholics, Ash Wednesday and Good Friday are days of fasting when adults ages 18-59 are to only eat 1 full meal and 2 smaller meals that don't equal a full meal.

For Catholics ages 14 and older, Fridays in Lent are days to avoid eating the meat of warm blooded animals, such as beef, pork, and chicken.

Catholics used to abstain from meat a lot, though! Before the 2nd Vatican Council, Catholics would abstain from meat not just on Fridays, but during all of Lent. Plus, Fridays outside of Lent, and the 4 Ember Days time periods were also times to skip the beef.

Today, the Canon Law code for abstaining from meat every Friday is still in force, but Bishop's Conferences are permitted to define days of fast for their localities, and the United States Bishops permit other forms of penance on Fridays outside of Lent, such as charity or exercises of piety. The UK Bishops; however, have returned to the tradition of meat-free Fridays for their localities.

Fridays traditionally are a day to remember Christ's passion. St. Ignatius encouraged his followers to not just give up a sweet or a treat that probably wasn't good for them anyways, but to truly fast as a way to build the virtue of temperance. He also gave the caveat that you should stop fasting if you think it is harmful to your body.

Lent is a time of prayer, building virtue, and remembering Our Lord's sacrifice for us.

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*Pine Cone Council's Newsletter is published bi-monthly
September to June. James Hunt, Asst.-Editor. Jacob L.
Mages-Haskins, Editor. Email: jacob.haskins@gmail.com*

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