

# Siena Post Dispatch



A Monthly Publication of Siena Council No. 8596  
Knights of Columbus, P.O. Box 271, Dundee, IL 60118

March, 2006

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## Grand Knight's Message

### A few thoughts for Lent

The following are a few thoughts, not my own incidentally, that I have gleaned for this season of penitence, sacrifice and reflection:

"In Lent, we begin the process that brings us face to face with ourselves. In Lent there are no masks, no pretenses, no escaping the hollowness that comes with having to face ourselves. Lent is about emptiness filled with a new understanding of the meaning of life."

"Some people mistakenly think that the "40 days of Lent" include the Sundays. Were we to count from Ash Wednesday, including each Sunday, we would find that the 40th day would fall on Palm Sunday! But this is not so. The Sundays are undeniably part of the Lenten season, but they are not part of the penitential 40 days of Lent. Sunday is a Holy Day of Obligation; the Day of Rest; the Lord's Day. Catholics have never been obliged to fast on such days. When we count from Ash Wednesday and EXCLUDE all Sundays, we find that the 40th day is Holy Saturday, the day before Our Lord's resurrection, as it should be."

"Some have asked if it is simply a sacrifice that we are offering by giving up something for forty days? What do we gain through penance during Lent? The answer is: Everything"

"Lent is a period of fasting. Fasting in Scripture is not for the purpose of ascetic self-discipline. Fasting is associated with periods of penance, and there is an affliction of soul in fasting

(Lev 16), a reminder of our sinfulness. Yet, we don't fast because food is bad or the body is bad. We fast as a way of preparing for the feast to come, of making the way clear for a festival renewal. Fasting is also a means of reminding ourselves that we do not live by bread alone, but by the word and Spirit of God. Lenten fasting shows us that our life is in the Risen Son, and not in the bread and meat that we eat."

"Lent should be more than a time of fasting. It should be a joyous season of fasting. Lent is a time to fast:

Fast from judging others; feast on the Christ dwelling in them.

Fast from emphasis on differences; feast on the unity of all life.

Fast from apparent darkness; feast on the reality of light.

Fast from thoughts of illness; feast on the healing power of God.

Fast from words that pollute; feast on phrases that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on Divine order.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

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Fast from personal anxiety; feast on eternal truth.

Fast from discouragement; feast on hope.

Fast from lethargy; feast on enthusiasm.

Fast from suspicion; feast on truth.

Fast from thoughts that weaken; feast on promises that inspire.

Fast from shadows of sorrow; feast on the sunlight of serenity

Fast from idle gossip; feast on purposeful silence.”

Vivat Jesu  
Jim

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## Degree Team

Do you still remember back when you joined the Knights of Columbus and your First Degree induction ceremony? Have you ever wished you could take part in a Degree Ceremony as a participant? Now is your chance. There have been some changes to the ceremony, and our Degree Team will soon start learning and practicing the new Degree.

As you may remember, there are as many as 9 participants in the ceremony: the Grand Knight, Financial Secretary, Deputy Grand Knight, Chancellor, Warden, one or two Warden's helpers, an Inside Guard, and a Music Master.

At present, our Degree Team does not have a Chancellor and would welcome any member who would like to step into this role. We would also welcome any member who would like to serve as a back-up to any of the Degree roles.

If you are interested in joining our Degree Team and serving the council in this way, please call Jim Winstead at 847-426-0078.

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## St. Vincent de Paul Financial Support

A motion was made and seconded at the January Business Meeting to provide our newly founded parish St. Vincent de Paul Society with \$1,000 to be used to support the society's charitable services in our community.



St. Vincent de Paul

The motion was tabled for Publication, and will be brought back to the table for a vote by the membership in attendance at our March Business meeting.

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## Quarterly Blood Drive

Our next quarterly Blood Drive will be on Sunday, March 19<sup>th</sup>. If you have previously volunteered to assist, please mark your calendars. We need volunteers to assist with setting up the room at 7:00 AM that morning and then assisting the donors with cookies and juice. A second shift that can start around 10:00 or 10:30 and can stay until around 1:00 to help with clean-up is also needed. No need to call, just show up.

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## How Cold Are You ??

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## Coming Events

Tonight, or the next time the temperature is in single digits, ask yourself, "If I had no place to go tonight, where would I find someplace warm and safe to sleep where I wouldn't literally freeze to death?" Statistics show the average American is only *THREE* paychecks away from being homeless!!!! Think about that.

March First Degree	March 13 7:30
March Business Meeting	March 13 8:30
Rosary Weekend	March 18 & 19
Blood Drive	March 19

You can help our local homeless shelter PADS on the 3rd Monday evening of the month.....we have agreed to provide two people for each of these nights.....there are still opportunities open. Contact Hank Schmalen to volunteer [hschmal@sbcglobal.net](mailto:hschmal@sbcglobal.net) or (847) 612-6158

## “The Good of the Order”

March	The Francois Family
April	<b>OPEN</b>
May	<b>OPEN</b>

Please remember in your prayers the following Brothers and family members who are ill or in distress:

Jim Roy	Chris Gardynski
Dan Stroick	

If you know of a Brother Knight or Brother's family member who is in need of our prayers and is not listed above, please email the names to [jas.winstead@worldnet.att.net](mailto:jas.winstead@worldnet.att.net) for inclusion in our next newsletter.

## March Birthdays

Ronald F. Benzschawel	James R. Kruger Jr
Daniel M Curzon	James R. Kruger Sr
Mark S Drogos	John M. Lagattuta
Walter J Eschenbach	Paul D. Nordan
Stephen M Francois	Patrick J Sharpe
R N Haugen	Dan M. Stroick
Steve Jaskowiak	Michael J Tennis
Michael W. Kennedy	Richard T Ward
David E Kilchenman	Bo M. West

Happy Birthday to all!

*If you have an announcement or article you would like to have appear in the Siena Post Dispatch, please mail or email it to [jas.winstead@worldnet.att.net](mailto:jas.winstead@worldnet.att.net)*