

The Navigator

March 2023



Christopher Columbus

Father John E. O'Brien Council #3361

3259 Old Goldie Rd.
Oak Harbor, WA 98277

Venerable Fr. Michael McGivney



Grand Knight

Ralph Byars (PGK, PFN, PDD)

wbyarsjr@comcast.net

Business MTG - 1st Tuesday - 6pm | Membership MTG - 2nd Tuesday - 7pm



Faithful Navigator

Francis Bagarella (PGK, PFN)

fbagarella1959@gmail.com

Assembly MTG - 3rd Tuesday - 7pm

2022-2023 Council Officers

Grand Knight: Ralph Byars (PGK, PFN, PDD)

Deputy Grand Knight: Andy Valrosa

Chaplain: Fr. Chris Hoiland

Financial Secretary: Dave Morgan

Treasurer: Tom Karney

Chancellor: Ben Young

Lecturer: Rich Mueller (PGK)

Advocate: Pete Rivera (PGK, PFN)

Recorder: Doug Warren (PGK, PFN)

Warden: Jim Spoltman

Inside Guard: Mauri Tonini (PGK)

Outside Guard: Bill Butler

1 Year Trustee (2020): Paul Brewer (PGK)

2 Year Trustee (2021): Rusty Waters (PGK, PFN)

3 Year Trustee (2022): Jeremy Wilkins (PGK)

MARCH

1	Wednesday	5pm	Knights Club BINGO!
3	Friday	5:30pm	Mackerel Snapper Knight
7	Tuesday	6pm	Council Officers Meeting (MTG)
		7pm	Knights Club MTG
8	Wednesday	5pm	Knights Club BINGO!
10	Friday	5:30pm	Mackerel Snapper Knight
12	Sunday	n/a	Daylight Saving Time Begins!
13	Monday	6:30pm	Fatima Prayer Knight
14	Tuesday	7pm	3 rd Degree Membership MTG
15	Wednesday	5pm	Knights Club BINGO!
17	Friday	6pm	St. Augustine/KofC St. Patty's Day Dinner
20	Monday	n/a	First Day of Spring!
21	Tuesday	7pm	4 th Degree MTG
22	Wednesday	5pm	Knights Club BINGO!
24	Friday	5:30pm	Mackerel Snapper Knight
27	Monday	6pm	Game Knight
29	Wednesday	5pm	Knights Club BINGO!
31	Friday	5:30pm	Mackerel Snapper Knight



Good of the Order



January Knight of the Month

Congratulations to Trevion Sylla for being selected as the Knight of the Month.

Trevion, Tre, , our council's youngest member, since coming onboard has been seen working, volunteering at several events with assisting our chef in the kitchen and most notably during the annual Council Christmas Dinner Party. Additionally, he served as the council's bartender (a true to form bartender) during the Valentine's Day Social, serves as a short order cook for the Knights Club Bingo and most recently, has been involved with the Knight Club renovation project. The council needs more Trevions, youth for our council or any council to function. Tre is a treasure to have around, his gleeful attitude and can do spirit encompasses of what the mission core of the Knights of Columbus is all about.

Thank you Tre!

January Family of the Month

Congratulations to Doug & Erlinda Warren for being selected as the Family of the Month.

They are mainstays in the Fr. John E. O'Brien Council. Doug is a PGK and PFN and currently serves as the council's Recorder. Additionally, he serves as the Knights Club Treasurer and both manage and participate in Knight's Club Bingo.

Doug has recently received the KofC Honorary Life Membership (At age 65, and 25 years of continuous service).

Most recently, Doug is the project manager for the Knights Club lounge restoration project. He and Erlinda have spent extensive hours during the renovation project by preparing and painting ceiling and walls, rerouting and replacing old wiring, replacing old light fixtures with recessed LED lighting, and prepping the floor for new flooring. Their efforts have already delivered a lounge that is more aesthetically pleasing and exudes a more relaxed atmosphere for Knights social events and will pay dividends for future club rental events. Their hard work was observed during the Council's Valentine's Day Social and Super Bowl 57 Party. Doug and Erlinda received numerous accolades for their efforts in this restoration project. And finally, Doug generated an opportunity for Knights to donate to attain new furnishings for the lounge with prodigious success.

Doug and Erlinda are a vivacious team. Both are a credit to the values set forth in the KofC and set standards for others to emulate.

Thank you Doug and Erlinda!



Grand Knight News



Exemplification of Charity, Unity, and Fraternity

Currently, there are 22 members (3 - 2nd Degree & 19 - 1st Degree members) who have yet to advance to become a 3rd Degree member. To assist you, go to this site:

https://goto.webcasts.com/starthere.jsp?ei=1359367&tp_key=9eb24b3a45.

An Exemplification of charity, unity, and fraternity video (<https://www.youtube.com/watch?v=-FjLa1tKNuo>), is a new exemplification process for obtaining the 1st, 2nd, and 3rd Degrees in approximately 30-minutes. This video was created for men who desire to become a Knight and can be watched with family and friends. It explains why the Knights of Columbus was created, the history of the "Knights", and what each Degree exemplifies. If you would like to advance to 3rd Degree, please contact the Grand Knight.

Membership Dues 2023

There are nearly 20 members who are in arrears of paying their annual membership dues. The council depends on these dues to conduct its charitable activities. Members should have received their First Notice on or around Dec 15th. A Second Notice, if necessary, was mailed out on or around January 15th. If dues are not received within 30 days, the Financial Secretary will provide names and contact info of individuals for personal follow-up by the Retention Committee.

Washington State Convention

The 2023 KofC Washington State Convention (WSC) is scheduled to be held at the Olympic Hotel at Capitol Hill in Olympia, Washington during the weekend of May 19-21. During the convention, the august body elects new state officers for the next fraternal year and vote on various resolutions presented at the convention. The convention convenes on Friday afternoon and adjourns after some administrative items on Sunday around lunchtime. The council is required to elect two delegates and two alternates for the convention. The two designated delegates are able to vote at the convention. The council budgets for this convention each year, which covers hotel and travel expenses for the two delegates. Alternates must be a 3rd Degree member. An alternate is substituted when a delegate cannot attend the convention. Alternates can attend the convention, but at their own expense if both delegates are attending. If interested, contact the Grand Knight or the Financial Secretary.

Council Officer Elections

Council officers elections are held between May 1st and June 15th for the next fraternal year. At the beginning of the 2022-2023 fraternal year, it was the intent of the council that council officers would serve two consecutive terms. Other councils and the WS council officers do this. They are elected for one term and then run for the next consecutive term (two years - two terms). If interested in becoming a council officer, contact the GK.

Charter Constitution and Laws of the Knight of Columbus - Officers

SEC. 126. The officers of each subordinate council shall be: Grand Knight, Chaplain, Deputy Grand Knight, Chancellor, Recorder, Financial Secretary, Treasurer, Lecturer, Advocate, Warden, Inside Guard, Outside Guard and Board of Trustees; except that councils may provide by by-law for the election of two outside guards to alternate in their duties as such.



3rd Degree News



Trustee Guidelines for Council Elections

In reference to the Grand Knight's comment on Council Elections, here are the prospective phases, if you will, of the election of council officer process for the next fraternal year (2023 - 2024):

Phase 1	March 7 th	Business Meeting	Grand Knight appoints a three-member Nominating Committee to prepare a slate of candidates
Phase 2	April 4 th	Business Meeting,	Nominating Committee reports the status of the slate of candidates
Phase 3	May 2 nd	Business Meeting	Nominating Committee submits the slate of candidates to the GK
Phase 4	May 9 th	Membership Meeting	Grand Knight submits the slate of candidates to council membership
Phase 5	June 13 th	Membership Meeting	Council Elections are held
Phase 6	July 1 st		Elected Council Officers begin the new fraternal year (2023 - 2024)

Friday Fish Fry

The council will be hosting Friday Fish Fries on March 3rd, 10th, 24th, and the 31st at St. Augustine's hall following Stations of the Cross., which starts at 5pm. You can either dine-in or take it to go. Menu consists of two pieces of fried fish, French fries, Coleslaw and a dessert. Cost will be \$15.00 per meal. 40 meals to be available.

Fatima Prayer Knight

Will be held at the Knights Club of Oak Harbor on Monday, March 13th, at 6:30pm. Please join us in prayer. The Divine Mercy Chaplet starts at 6:30pm followed by the Rosary at 7:00pm. A potluck dessert social follows. For more info, contact Walt Daspit, at alt.daspit@enterprisecs.net.

St. Patrick's Day Dinner

The council will be participating in St. Augustine Parish Council's St. Patrick's Day Dinner with the Catholic Daughters on Friday, March 17th starting after the 5pm Stations of the Cross. The Knights will be cooking Corn Beef, Cabbage, Potatoes, and Carrots.

Game Knight

The next Game Knight will be held next year on Monday, March 27th. Doors open at 5:00pm. Game Knight is a fun filled night of camaraderie. Come and enjoy the company of others and with competitive spirit, battle wits with your opponents. Game Knight hosts Cribbage, Yahtzee, Scrabble, etc. or whatever your gaming interests, it may be enjoyed other on Game Knight. Game Knight sports a main staple (hotdogs, hamburgers, sloppy joes, etc.), but bring your favorite hor devours or dessert to share. This event is open to all Knights, families, and friends.

KofC Coats for Kids Program

The Catholic Daughters thanked the KofC for its \$500.00 donation to the Catholic Daughters last Fall to help them with their coats for kids this past Fall.

Marye Kandzor, Catholic Daughter Chairman

Thank you for your generous check. We have been able to help so many kids. We sent coats to three elementary schools, Ryan's House, and Garage of Blessings. This year everyone was so giving in sending us good used coats and warm clothing of all sizes. This Fall we will start the drive early in November and run thru January and will continue with our giving to needy. Thank you so much!



3rd Degree News

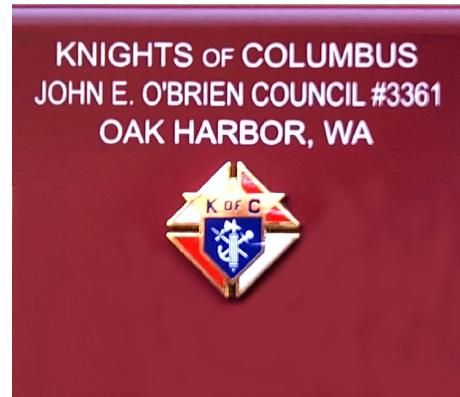


Council Name Badges and Fraternal Vests

Badges (Burgundy w/ White Lettering w/ council info) and Vests (Navy Blue w/ embroidered names and emblems) can be ordered by contacting the Financial Secretary.

Badges and Vests are free to new Knights coming into the Fr. John E. O'Brien Council 3361. The vests are not grandfathered.

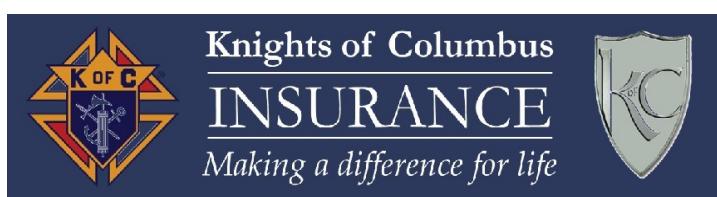
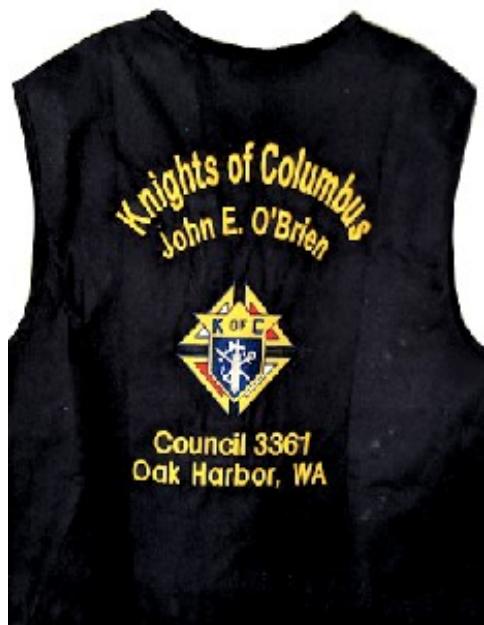
Financial Secretary
Dave Morgan
360-202-8376 / kofc3361fs@gmail.com



Scan this QR code to join
"KofC Council 3361"



Scan this QR code to
"SUBMIT KNIGHTS ACTION NEWS"



**Knights of Columbus
INSURANCE**
YOUR SHIELD FOR LIFE

Michael J. Schwab
Field Agent
360-391-9170
michael.schwab@kofc.org

Life Insurance Long-Term Care Insurance
Disability Insurance Retirement Annuities

Protecting Catholic families since 1882

Members and Family in Need of Prayer

We join our brother Knights in remembering and praying for the members, family and friends.

We offer our prayers for these intentions.

Name	Illness/ Surgery/ Recovery	Brother Knight/ Family/ Friend of
Andy Valrosa	Health / Healing	Brother Knight
Arlene Swatosh	Health / Healing	Widow of Brother Knight
D'Arcy Morgan	Health / Healing	Brother Knight
Dale Auburg	Health / Healing	Brother Knight
Diane Young	Health / Healing	Wife of Brother Knight
Ed Witt	Health / Healing	Brother Knight
Fr Larry Bailey	Health / Healing	Priest
Jeanne Valdez	Health / Healing	Wife of Brother Knight
Jim Brady	Health / Healing	Brother Knight
Laura McGuire	Health / Healing	Mother-In-Law of Brother Knight
Mauri Tonini	Health / Healing	Brother Knight
Onee Rezabek	Health / Healing	Wife of Brother Knight
Paul Brewer	Health / Healing	Brother Knight
Ric Bluhm	Health / Healing	Brother Knight
Richard Rezabek	Health / Healing	Brother Knight
Ruth Abrea	Cancer Treatment	Wife of Brother Knight
Tom Hiestand	Health / Healing	Brother Knight
Udo Poos	Health / Healing	Brother Knight

Members in Memoriam

We join the survivors in remembering the following members who recently have passed.

We offer our prayers for them and their families. May their souls rest in peace.

15-Jan-23	Rodolfo Gelacio	Brother Knight
16-Dec-22	Anecito Alcoy	Brother Knight
7-Dec-22	Larry Phillips	Brother Knight
29-Nov-22	Raymond Brouchard	Brother Knight
8-Aug-22	Phillip J Charrette	Brother Knight
4-Jun-22	Thomas Lloyd	Brother Knight
11-Mar-22	Juan E Ecijan	Brother Knight
8-Mar-22	Albert D Bakker	Brother Knight

Family Members in Memoriam

We join the survivors in remembering the following family members who have recently died.

We offer our prayers for them and their families. May their souls rest in peace.

16-Dec-22	Ana Laguana	Widow of Brother Knight
3-Dec-22	Maria Doctor	Widow of Brother Knight
22-Nov-22	Dahlia Blackburn	Wife of Brother Knight
4-Sep-22	Betty Letrondo	Widow of Brother Knight



4th Degree News



4th Degree Social

Last month's 4th Degree social was held at Oak Harbor's BBQ Joint. Outstanding food, camaraderie, and good times were had by all! A nice turnout, too... look at those happy faces! Thank you to all who took the time to come together and share one another's company. Thank you to our Faithful Navigator, Francis Bagarella, for selecting this venue.





Knights Club of Oak Harbor



KC Lounge

The KC Lounge opened for a short while to accommodate two events: Valentine's Day Social and Super Bowl 57! All who attended these events were amazed of the transition from a dark, fusty and unappealing to a more bright, updated, and alluring lounge.

Doug Warren, project manager, and his motley crew have done an amazing feat of improving the lounge area. The lounge has new painted walls and ceiling, recessed LED lighting, the bar mirror sports an outstanding new frame, and the lounge has two large TV monitors and sound system. The lounge is more inviting for socializing and will enhance any future club event. Once finished, a pool table and two dart boards will be added. A top-to-bottom renovation! Now the floor...



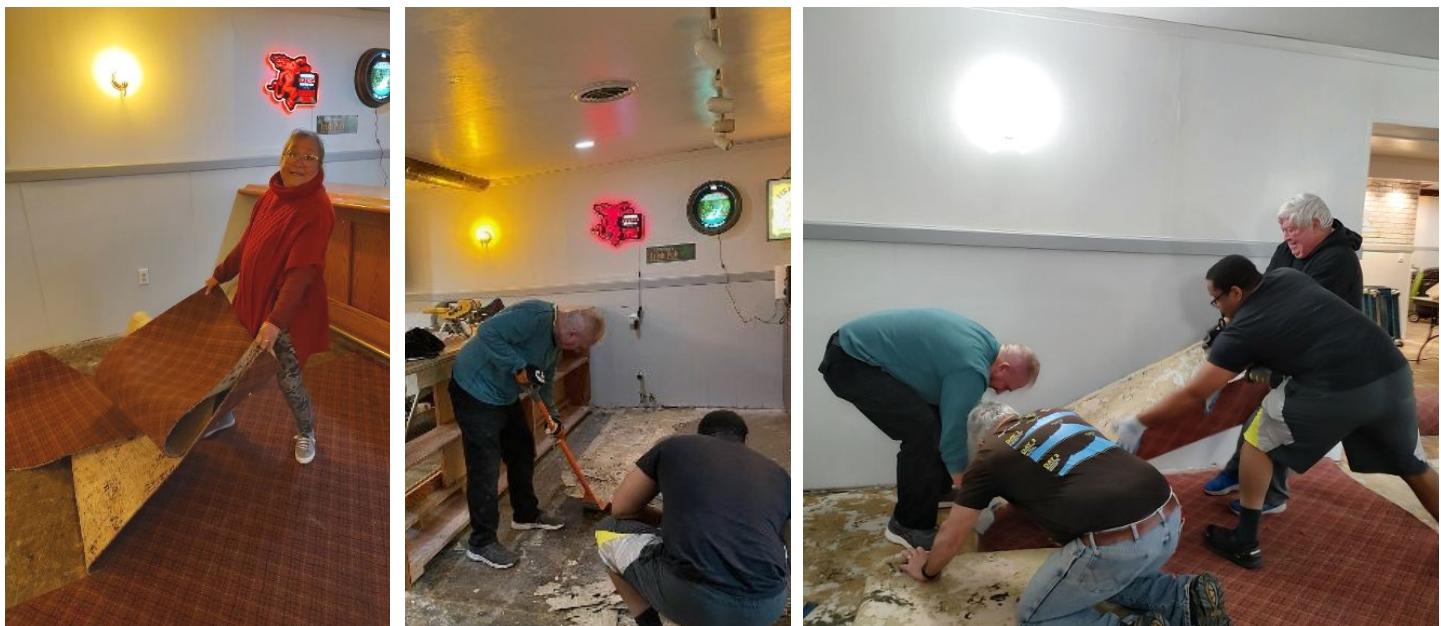


Knights Club of Oak Harbor



KC Lounge Closed Again for Renovations

The lounge flooring has been ripped up and is being prepared for the new flooring soon to arrive. Doug Warren and his motley crew were hard at it in removing the years old carpet. It wasn't easy and proved to produce some sore muscles.



... and finally, 50 years of dust



swept up to complete the task.





Hey you, Knight,
yeah you!



We haven't seen you in
such a long, long, long,
long, long, long time!

Join us every 3rd Tuesday of
each month. You'll be glad
you did.





Lenten News



Have you ever wondered...

When did the Catholic Church start not eating meat on Fridays?

In 866 A.D., Pope Nicholas I made Friday abstinence from meat a universal rule of the church. By the 12th century, abstinence and fasting on Friday, for penance as well as in memorial of Christ's Passion, were common practices. Most Catholics were bound by the rules, even children as young as 12.

Which pope declared no meat on Fridays?

For Christians, the practice of meat free Fridays dates back at least 1100 years. In the 9th Century, Pope Nicholas I declared that believers should abstain from eating "flesh, blood, or marrow" on Fridays in memory of Christ's death and crucifixion.

Why is it said that there are only 40 days of Lent? When from the start of Lent, Ash Wednesday, to the end of Lent, Holy Saturday, covers 46 days.

It might be more accurate to say that there is the "forty day fast within Lent." Historically, Lent has varied from a week to three weeks to the present configuration of 46 days. The forty day fast, however, has been more stable. The Sundays of Lent are certainly part of the Time of Lent, but they are not prescribed days of fast and abstinence.

So does that mean that when we give something up for Lent, such as candy, we can have it on Sundays?

Apart from the prescribed days of fast and abstinence on Ash Wednesday and Good Friday, and the days of abstinence every Friday of Lent, Catholics have traditionally chosen additional penitential practices for the whole Time of Lent. These practices are disciplinary in nature and often more effective if they are continuous, i.e., kept on Sundays as well. That being said, such practices are not regulated by the Church, but by individual conscience.

I understand that all the Fridays of Lent are days of abstinence from meat, but I'm not sure what is classified as meat. Does meat include chicken and dairy products?

Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs --- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.

For centuries, Catholics were bound to abstain from meat on Fridays, the day that Christ was crucified and the fifth day of creation when God made the animals. Then, in 1966, the Second Vatican Council relaxed the law to the point where Catholics were virtually freed from the obligation.



Lenten News



Canon Law

CHAPTER II - Days of Penance

Can. 1249 - The divine law binds all the Christian faithful to do penance each in his or her own way. In order for all to be united among themselves by some common observance of penance, however, penitential days are prescribed on which the Christian faithful devote themselves in a special way to prayer, perform works of piety and charity, and deny themselves by fulfilling their own obligations more faithfully and especially by observing fast and abstinence, according to the norm of the following canons.

Can. 1250 - The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent.

Can. 1251 - Abstinence from meat, or from some other food as determined by the Episcopal Conference, is to be observed on all Fridays, unless a solemnity should fall on a Friday. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday.

Can. 1252 - The law of abstinence binds those who have completed their 14th year. The law of fasting binds those who have attained their majority, until the beginning of their 60th year. Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance.

Can. 1253 - The conference of bishops can determine more precisely the observance of fast and abstinence as well as substitute other forms of penance, especially works of charity and exercises of piety, in whole or in part, for abstinence and fast.



Lenten News



I am watching!

Fasting

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

In Catholicism, specific regulations are passed by individual episcopates. In the United States in 1966, the United States Conference of Catholic Bishops passed Norms II and IV that bound all persons from age fourteen to abstain from meat on Fridays of Lent and through the year. Previously, the requirement to abstain from meat on all Fridays of the year applied for those age seven or older. Canons 1252 and 1253 of the 1983 Code of Canon Law express this same rule, and added that Bishops may permit substitution of other penitential practices for Fridays outside of Lent, but that some form of penance shall be observed on all Fridays of the year in commemoration of the day of the week of the Lord's Crucifixion. Abstinence on all Fridays outside of Lent is still the preferred practice among many Catholics, who choose to maintain this tradition rather than substituting an alternative penance. Most episcopal conferences have not allowed the substitution of an alternative penance for Fridays of Lent. No episcopal conference has lifted the obligation for either fasting or abstinence for Ash Wednesday and Good Friday.

Fast and abstinence is regulated by Canons 1250–1253 of the 1983 Code of Canon Law. They specify that all Fridays throughout the year and the time of Lent are penitential times throughout the entire Church. All adults (those who have attained the 'age of majority', which is 18 years in canon law) are bound by ecclesiastical law to fast on Ash Wednesday and Good Friday until the beginning of their sixtieth year. All persons who have completed their fourteenth year are bound by the law of abstinence on all Fridays unless the Friday is a solemnity, and again on Ash Wednesday; but in practice, this requirement has been greatly reduced by the Episcopal Conferences because under Canon 1253, it is these Conferences that have the authority to set down the local norms for fasting and abstinence in their territories. The precept to both fast and abstain on Ash Wednesday and Good Friday is usually not dispensed from.)

Catholics may eat only one full meal on a fast day. Additionally, they are permitted to eat up to two small meals or snacks, known as collations. Church requirements on fasting only relate to solid food, not to drink, so Church law does not restrict the amount of water or other beverages – even alcoholic drinks – which may be consumed. Church law on fasting has changed over the centuries since fasting is a discipline which may be altered by legitimate Church authorities.

Maybe Funny?

The man who invented autocorrect walks into a barn...and orders a bear.

My bird broke his leg today so I made him a splint out of matchsticks.
You should have seen his little face light up when he tried to walk.

My girlfriend upset me earlier when she said I had a face like the back of a boat.
I gave her a very stern look.

My friend got trapped in the snow globe factory last night.
He's okay, just a little shaken.

uh huh

A man and his son are walking by a recycling center when the son notices how forlorn all the workers seem to be. "Dad, why do they all look so down?" "Son, you would be too if you had to smash pop cans all day. It's soda pressing."

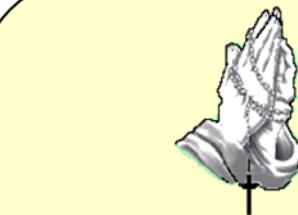
I sat next to a baby for a 10hr flight. I didn't think it was possible for someone to scream for 10hrs straight.
Even the baby was impressed that I did it.

Why shouldn't you iron a four-leaf clover? You don't want to press your luck!



St. Patrick is the patron saint of what country? - Ireland

What does St. Patrick's Day celebrate: his birthday or his death? - His death, died on March 17, 861.



Pray for the innocent, the unborn who cannot help themselves

Pray for family or friends in distress or sick

Pray for our military members and their families

Pray for our Country and its Leaders



Pray for our homebound and for those that cannot take care of themselves

Pray for those effected by Natural Disasters

Pray for all people around the world being discriminated against due to their origins and beliefs



Pray for those that we hold in our hearts

Parish News

St. Augustine Pancake Breakfast

This Sunday, March 5th, St. Augustine will hold its monthly Pancake Breakfast after the 8am Mass.

Menu: Pancakes & Sausage. Cost: Donations.

Pro-Life Lenten Involvement in Oak Harbor

This is an opportunity to promote Life for the Unborn in the public square. Every Friday during Lent (March 3rd, 10th, 17th, 24th, 31st, & April 7th) for one hour (3:45 - 4:45pm) at the corner of SR20 & Pioneer Way. Join the St. Augustine Pro-Life team to present our local citizens with a critical Pro-Life message. For more info, contact Mike & Barb Thelan at either 360-661-0311 or 360-320-3959 or email thelenmike.assoc@gmail.com .

St. Augustine St. Patrick's Day Dinner

On Friday, March 17th, the St. Augustine Parish along with the Catholic Daughters are coming together with the Knights of Columbus are to provide St. Augustine parishioners a St. Patty's Day Fest. Menu will consist of traditional items of Corn Beef, Cabbage, Potatoes, Carrots and Soda Bread. Seat down now... the cost is by donation... yes, by donation! This is a parish giveback event. Adult spirits can be had by... wait for it... yes, you guess it by donation. Don't worry Moms and Dads, there will be water, soda, coffee and tea available for your kiddies. Dinner will begin after the 5pm Youth Stations of the Cross. There will be a maximum seating of 150 and cost will be by donation as well as adult spirits.

You say we cannot eat meat on a Lenten Friday, well saints be with us, Archbishop Etienne has given us dispensation for that day! So put on your Green and join us!





PAUL DENNIS ETIENNE
BY THE GRACE OF GOD AND
THE AUTHORITY OF THE APOSTOLIC SEE
ARCHBISHOP OF SEATTLE

DISPENSATION FOR SAINT PATRICK'S DAY

The 40 days of Lent are a preparation for the great celebration of the Triduum and the 50 days of Easter. During this penitential season we aim to join ourselves ever more closely to Christ who suffered and died for us to conquer sin and death. As part of our Lenten practice, Catholics are asked to abstain from meat on Fridays during Lent.

Whereas, the law of abstinence from meat binds those who have completed their fourteenth year (canon 1252); and

Whereas, this year, the March 17th Memorial of Saint Patrick falls on a Friday in Lent; and

Whereas, Saint Patrick's Day is traditionally commemorated with special celebrations.

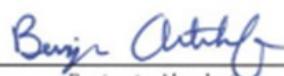
Now, Therefore, I decree that on Friday, March 17, 2023, all Catholics of the Archdiocese of Seattle, no matter where they may be, and all other Catholics present here in the archdiocese on that day, are hereby dispensed from the obligation to abstain from meat.

I encourage all who make use of this dispensation to engage in another penitential or charitable act that day.

Given at the Chancery
of the Archdiocese of Seattle
this 8th day of February,
in the year of our Lord, 2023.




Most Rev. Paul D. Etienne, DD, STL
Archbishop of Seattle


Benjamin Altenhofer
Chancellor