



THE KNIGHTLY NEWS

Roanoke Council #562 Newsletter

March, 2025

Upcoming Events

3/1 (Saturday) Virginia State quarterly meeting, St. Mary's Richmond.

3/1 (Saturday) Work day at the pool and council home (tentative).

3/3 (Monday) March Council Business Meeting. Dinner served at 6:30. Meeting at 7:30.

3/5 (Wednesday) Ash Wednesday - Lent begins.

3/5 (Wednesday) 40 Days for Life begins.

3/7 (Friday) Fish Fry, OLN

3/14 (Friday) Fish Fry, OLN

3/21 (Friday) Fish Fry, OLN

3/22 (Saturday) 4th Degree Exemplification, St. Elias

3/24 (Monday) March 4th Degree meeting. Dinner served at 6:30. Meeting at 7:15.

3/28 (Friday) Fish Fry, OLN

4/4 (Friday) Fish Fry, OLN

4/7 (Monday) April Council Business Meeting. Dinner served at 6:30. Meeting at 7:30.

Please also refer to our Facebook page: <https://www.facebook.com/RoanokeKnights/> for additional announcements

Grand Knight's Report



Brother Knights,

The season of Lent begins on Ash Wednesday, 3/5/2025, and our council will again partner with the AOH to run a Friday fish fry at Our Lady of Nazareth from 4PM to 7PM. Due to the financial success and positive response from last year, we are scheduling a fish fry on every Friday this Lent from 3/7 – 4/11. To track all of this, we set up a sign-up genius, please visit and sign up at this link:

<https://www.signupgenius.com/go/904054FACA62DAB9-55395711-lenten>.

This is an ambitious schedule and will require a great deal of work, however it is also a great opportunity for fraternity and fellowship. We hope all brother knights and their families will join us at these events.

Vivat Jesus,

James Valenzuela, Grand Knight



February Business Meeting Highlights

- The Chaplain announced the feast of St. Maron with dinner at St. Elias on Saturday, 2/8.
- The Grand Knight reflected on Pro-Life Day in Richmond. Attendees had the opportunity to interact with legislators. Witness will manifest itself; “have faith, fear not”.
- The council received a grant from VKCCI.
- The council welcomed James Eckstein, a transfer member.
- Programs:
 - Planning meetings for upcoming fish fry’s are held every Thursday at 6:00. Much help is needed. Members are also asked to donate alcohol for “basket of cheer”.
 - The Super Bowl party and chili cook-off is planned for Sunday, February 9.
 - A work day at the council home is planned for Saturday, 2/22.
 - 4th Degree exemplification will be held at St. Elias on Saturday, 3/22.
- The council is asked to provide fish fry dinners for two Family Promise families on Friday, 3/21 at OLN.
- The District Deputy announced the 4th Degree anniversary Mass on Saturday 3/22 in Lynchburg.
- Federal funding was cut for CCC. The council approved a \$500 donation to CCC, and additional funds were collected from the membership. A resolution is being drafted to increase the donation from the council to \$1000 (see proposed resolution, P3).
- The Lecturer reflected on the season of Lent, recalling Jesus’ 40 days in the desert. Lent is a time of reflection for us. We are called to prayer, fasting, almsgiving, and to live better thru the entire year.

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March Birthdays

Birthday wishes to the following Brother Knights with birthdays in March:

Thomas O'Meara	March 2
Robert Van Kerckhove	March 2
J Stuart Bentley	March 3
William Asbell	March 5
Joseph Elligson	March 10
Timothy Heffron	March 10
Robert Jengo	March 14
Daniel Mc Bride	March 18
Dumitru Branisteanu	March 20
David Chopski	March 20
Phillip Montano	March 20
Keith Gatzke	March 21
Marc Patton	March 22
Steven Harnack	March 24
Roger Malouf	March 25
Easter Moses	March 25
Antonio Donato	March 28
Michael Schiavoni	March 29
Christopher Nelson	March 31

Knights of Columbus Scholarships



COUNCIL (Scholarships provided by Roanoke Council 562) Our own Roanoke Council 562 has the Albert H. Canfield Scholarship. An applicant, to be considered, must be a member of Council 562, the wife of a member, or the legally recognized child or grandchild of a member provided that the member is in good standing, or if deceased, was in good standing at the time of death. Applications will be considered based on past academic performance, financial need, and a demonstrated dedication to service in the community and/or church. **All applications must be received by April 1st** and must be accompanied by a copy of the applicant's most recent transcript (transcript does not have to be an official copy). Applications received after the cut-off date or applications received incomplete will not be considered. Applications can be found on the Council's website at : <http://www.kofc562.org/canfield/>

STATE (Scholarships through the Virginia State Council) The Virginia Council of the Knights of Columbus has a scholarship called the Father Bader Scholarship. The program offers need-based scholarships for Knights and also their wives and widows of Knights. This award has been extended to include grandchildren of Knights. It also offers scholarship aid to graduating high school seniors who are children of Virginia Knights in good standing. Information can be found at <https://vakofc.org/programs/fr-bader-scholarship/> and applications are accepted from Jan 1 – March 31.

Fish Fry's

Once again this year, our council will be holding a series of fish fry's at OLN with the AOH. The fish fry's are scheduled for all the Fridays in Lent, starting March 7. These fundraisers provide most of the funds that we donate to charitable organizations and causes throughout the year.



Donations for "Basket of Cheer" and paper grocery bags are being accepted. Help is needed, and signup sheets are in the club-room.

Planning meetings are held every Thursday at 6:00.

Super Bowl LIX

A watch party was held for the Super Bowl on Sunday, February 9. The Philadelphia Eagles defeated the Kansas City Chiefs. The chili cook-off was won by Roger and Sharon Vest, for the third time in five years. We had 15 members and family attend and had 6 different chilies to choose from.



Saints of the Month

Perpetua and Felicity

Christian faith in North Africa grew at the end of the second century AD. In an attempt to slow the growth of Christianity, Roman Emperor Septimius Severus issued a decree forbidding subjects of the Roman Empire to convert. If they did, they were given the opportunity to renounce their faith or to be put to death. In 203, Perpetua and Felicity and other catechumens preparing for baptism were arrested in Carthage (modern-day Tunisia). Much of what we know about Perpetua and Felicity is from *The Passion of Saints Perpetua and Felicity*, a diary of Vibia Perpetua which was completed after her death. This is one of the oldest and most notable early Christian texts.

Perpetua was a twenty-two-year-old married noblewoman at the time of her arrest. She was also a mother, having recently given birth to a son whom she was still nursing. Her father was a pagan, but her mother and a brother were baptized Christians. Perpetua had been touched by Christ and decided to become a Christian, but she was arrested before her baptism.

Felicity, a slave, was also a young woman and pregnant at the time of her arrest. She gave birth in the prison to a daughter whom one of their fellow Christians at once adopted.

On the day of their judgment, Perpetua's father and the judge encouraged her to renounce Christ and save her life. Perpetua refused. When asked directly if she were a Christian, she responded, "Yes, I am." The judge passed sentence and all were condemned to death by wild beasts.

On the day of their martyrdom, Perpetua and Felicity walked to the arena with heads high and joyful spirits. A wild cow gravely wounded

them but did not kill them, so an executioner was dispatched.

Perpetua and Felicity were canonized pre-congregation. They are celebrated for their faith and courage in the face of death. Their feast is March 7, the date of their martyrdom.



Prayer Requests

Please keep Brother Knights and their family members in your prayers:

- BK Fred Alouf - deceased
- BK Fred Dunn - deceased
- Pope Francis
- Jane Wills, mother of BK Steve Wills.
- Charles Howard, brother of BK Bill Howard.
- BK Don Brown's father.
- Fr. Danny Cogut
- Michael Ochalek
- BK Greg Benda and wife Linda Benda.
- Michelle Clarke, wife of FA Jack Clarke.
- Mother of DD Karl Kleinhenz.
- BK Juan Garcia's Aunt Milli.
- BK Paul Miller and his wife Amy.
- BK Leon Vinci.
- Mary Ann Valenzuela, mother of GK James Valenzuela.
- Mother-in-law of BK Roger Vest.
- Shiela Cuadrado, wife of BK George Cuadrado.
- Victims of California wildfires.

Proposed Resolution

Roanoke Council #562 Resolution to Donate \$1000 to Commonwealth Catholic Charities Proposed February 3, 2025

Whereas Commonwealth Catholic Charities (CCC) funding for its refugee resettlement program has been interrupted; and

Whereas CCC has requested financial assistance from organizations and individuals to close the funding gap; and

Whereas Roanoke Council #562 wants to assist CCC in its efforts to support refugees in the Roanoke area; therefore

Be It Resolved that Roanoke Council #562 donate \$1,000 to CCC to support its refugee settlement program.

Editor's Note: This resolution will be considered at the March business meeting.

4th Degree March 22

Exemplification of the 4th Degree will be held on Saturday, March 22 at St. Elias. All 3rd Degree Knights are eligible candidates for the 4th Degree. Those Brother Knights wishing to become 4th Degree members should contact Karl Kleinhenz (Karl.Kleinhenz64@gmail.com) for details and to register. Luncheon will be served. Attire is dark suit, white shirt and tie, black shoes and socks (ORD for Sir Knights).



The Meaning of Lent

Each year, Ash Wednesday marks the beginning of Lent. In 2025, Ash Wednesday will be on March 5th. Ash Wednesday focuses the Christian's heart on repentance and prayer, usually through personal and communal confession.

Each year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration.

The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. The 40-day period of Lent is also symbolic of other significant biblical events, including:

- Moses spending 40 days on Mount Sinai receiving the Ten Commandments (Exodus 34:28).
- Elijah's 40-day journey to Mount Horeb (1 Kings 19:8).
- The 40 days of rain during the Great Flood (Genesis 7:12).
- The Israelites' 40 years of wandering in the desert (Numbers 14:33).

Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection.



40 Days for Life March 5 - April 13

The Spring 40 Days for Life campaign is scheduled for Wednesday, March 5 - Sunday, April 13. 40 Days focuses on prayer, fasting and peaceful vigil to end abortion. We need you! Prayerfully consider standing with us in front of Planned Parenthood at a time convenient for 15, 30 minutes or an hour. Vigils run 7am to 7pm all days except Sundays. If you cannot stand in vigil at P.P., please consider joining in prayer and fasting to battle this spiritual evil in changing hearts to end abortion. Planned Parenthood: 2207 Peters Creek Rd., Roanoke. Help us witness the real presence of life in the womb to mothers coming to P.P. and those who drive by. You may just save a life! Contact Joan Murano mmurano@cox.net or 540-776-3795 for information or sign up at ww.40daysforlife.com/ Roanoke.

Perhaps for a Lenten devotion we might consider saying a Rosary for Life at Planned Parenthood on Peters Creek Road. One might consider this a sacrifice of atonement or a mortification or simply as a defense of Holy Innocents. When the Beloved One re-views our Book of Life with us how pleasing would it be to Him, our Savior King, to see us standing there praying for the end of abortion.



CASTLE OF THE SOUL by Liam Lawton and Tony Alonso

A Contemplative Prayer Experience during the Lenten season to help us find a quiet place in the midst of our busy lives, where God can make a home in us. Through beautiful music, spiritual writings and silence, Castle of the Soul will offer rest, consolation and hope.

Presented by the music ministry at Our Lady of Nazareth in Roanoke.

2505 Electric Road, 24018 (540) 774-0066

Contact: music@oln-parish.com

Saturday, March 29 at 7 pm and

Sunday, March 30 at 2:30 pm.

Free admission





Ancient Order of
HIBERNIANS
IRISH • CATHOLIC • AMERICAN

Lenten Fish Fry

The Ancient Order of Hibernians and the Knights of Columbus are sponsoring Lenten Fish Fries on all Fridays in Lent,

March 7– April 11

at Our Lady of Nazareth Catholic Church on Electric Road, Roanoke.

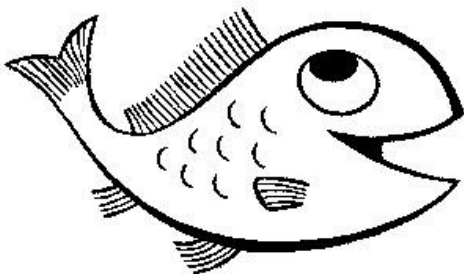
Dinner served 4:00—7:00.

Cost is \$15 for adults

\$10 children 10 and under.

Menu includes fried fish, French fries, cole slaw, and drinks.

No reservations required.



Roanoke Council 562 Officers 2024-25

Grand Knight	James Valenzuela	301-806-3920
Deputy Grand Knight	Dave Chopski	540-915-2819
Chancellor	Chris Johnson	540-589-3567
Warden	Stephen Ratliff	540-774-4796
Financial Secretary	Brian Ripple	540-797-5823
Chaplain	Fr. George Zina	407-758-8855
Treasurer	Val Bernys	540-798-3128
Recorder	Jan Hodnett	540-819-5456
Advocate	Nate Griffith	804-837-8874
Lecturer	Juan Garcia	757-719-8753
Outside Guard	Jean Saade	540-355-0585
Inside Guard	Tom Huck	540-597-2121
Trustee, 3 Year	Clyde Moak	540-418-5148
Trustee, 2 Year	Bill Howard	540-989-9399
Trustee, 1 Year	Rich Whitney	443-465-7742

Corporation Board 2024-25

President	Roger Vest	540-520-8520
Vice President:	James Valenzuela	301-806-3920
Treasurer:	Jan Hodnett	540-819-5456
Board Member:	Val Bernys	540-989-9282
Board Member:	Clyde Moak	540-418-5148
Board Member	Bill Howard	540-989-9399
Board Member:	Dan McBride	540-389-5903
Board Member:	Paul Miller	540-339-8657

In case of illness, need, or death, please notify one of the following:

Grand Knight

James Valenzuela 301-806-3920

Financial Secretary

Brian Ripple 540-797-5823

Fraternal Benefits

Jack Clarke 540-204-4984

Jack.Clarke@KOFK.ORG

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Disclaimer

Opinions expressed in this publication are those of the authors and do not necessarily reflect those of Roanoke Council 562 or the Knights of Columbus.