

 <p><i>Triad Emblem of the 4<sup>th</sup> Degree features the Dove, the Cross, the Globe.</i></p>	<h2 style="text-align: center;">Bishop Delany Assembly</h2> <p style="text-align: center;">#397</p> <p style="text-align: center;">1521 Gorham Street, Lowell, MA 01852-5236</p> <p style="text-align: center;">4<sup>th</sup> Degree, Knights of Columbus</p>	
	<p><b>Web site:</b> <a href="https://bishopdelany.com/">https://bishopdelany.com/</a></p> <p><b>Next monthly meeting February 26, 2025 at Wilmington council</b></p>	<p style="text-align: center;"><b>Feb. 2025</b></p> <p style="text-align: center;">newsletter</p>

## Ways to honor St. Joseph this March

By Dr. Annabelle Moseley, T.O. Carm, *Aleteia magazine*

*What the month of March means to Catholics and how to honor it in your home.*

Did you know that in the Catholic Church, each of the 12-months of the year has a devotional theme?

For Catholics, March is the month devoted to St. Joseph, patron saint of workers, families, homes, and a happy death. It is interesting to think of it this way: February is devoted to the Holy Family, followed by March devoted to St. Joseph, who is head of that family.

### 1. **For your special intentions, pray the following to St. Joseph:**

*.Oh, St. Joseph,  
whose protection is so great, so prompt,  
so strong,  
before the throne of God,  
I place in you all my interests and desires.  
Oh, St. Joseph,  
do assist me by your powerful intercession,  
and obtain for me from your Divine Son  
all spiritual blessings, through Jesus*

*Christ, our Lord.  
So that, having engaged here below your heavenly power,  
I may offer my thanksgiving and homage to the most Loving of Fathers.  
Oh, St. Joseph,  
I never weary contemplating you and Jesus asleep in your arms;  
I dare not approach while He reposes near your heart.  
Press Him in my name and kiss His fine Head for me and  
Ask Him to return the Kiss when I draw my dying breath.  
St. Joseph, Patron of departed souls - pray for me. Amen*

***Continued on next page***



## Notice of Dues

*From James Barrows, Faithful Comptroller*

**I personally mailed out the first notice of dues back on December 15th. Emails went out on November 1 and several more since then- 11-22, 12-21, 1-12 and 2-4. Final Notice mailed 2/15/2025. If you didn't get these, then maybe your address is incorrect or email is incorrect. Several of the members paid Council Dues thinking that they paid. Please if you haven't paid, send me a check and let me know it's in the mail. If you think you paid, call me 603-860-0075.**

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### Ways to honor St. Joseph this March

#### 2. Honor your father(s)

In Italy and Spain, Father's Day is celebrated annually on St. Joseph's Day. Indeed, what better day to do something nice for the St. Josephs in our lives? Whatever older man in your life has guided you, deepened your faith, or helped you — whether it's a biological father, adoptive father, foster father, grandfather, father-in-law, spiritual father, beloved uncle, or good priest ... St. Joseph's Day is a perfect day to honor them! But any time in March affords a great opportunity to celebrate these men. Send a card describing your gratitude, call them up, make them dinner, offer a Mass in their honor!

#### 3. Resolve to work smarter this month

This month, work in a way befitting the patron saint of work. Offer up your labor out of love and gratitude for St. Joseph. Remember that keeping holy the Sabbath

and abstaining from labor on Sunday honors St. Joseph, too!

#### 4. Place an icon, statue, or image of St. Joseph on your table

Put a treasured picture of your own family beside it, as a way of seeking blessing and intercession for your family from St. Joseph, Pillar of Families.

#### 5. Make Wednesdays special

In the Catholic tradition, Wednesday is the day of the week devoted to St. Joseph. Wednesday can be thought of as a linchpin in the week; on either side of it is a grouping of days, clustered together like an outstretched arm on either end. What a perfect day to honor St. Joseph, whose arms were outstretched in life to comfort and protect Jesus and Mary. Make your Wednesdays in March extra special by going to Mass or asking for St. Joseph to pray for your intentions. What better month to begin the Nine First Wednesday's tradition in honor of St. Joseph?

#### 6. Make a St. Joseph's Day altar

This is an Italian tradition, but anyone can practice it! (Just as everyone is encouraged to celebrate on St. Patrick's Day even if they're not Irish!) We are a universal church and we should adopt any and all Catholic traditions that we find appealing. The St. Joseph's altar is a fun and meaningful tradition that kids will enjoy helping with. You can make it as elaborate or simple as you want. One idea is to give the altar three levels — one for each person of the Trinity or for each member of the Holy Family. You can place a statue or picture of St. Joseph on the top tier, often with candles. Then you lavish the altar itself with traditional foods that you can serve at a St. Joseph's Day gathering, so it becomes a blessed buffet in praise of and gratitude for St. Joseph. It is

said the tradition stems from a famine in Sicily when peasants invoked the help of St. Joseph and were delivered from hunger. Meals made with fava beans are traditionally served on St. Joseph's Day, as it is thought it was a crop of fava beans that saved the people from starvation. Meat is traditionally not served to remain mindful of Lent.

Traditional St. Joseph's Day foods include breads shaped in cross and staff form, figs, olives and dates, artichokes, fruits, and salads. Sweets of all kinds are a big part of the altar, especially donuts, cream puffs, biscotti and Italian cookies. For the main meal you can serve traditional feast day dinners such as fish and "St. Joseph's Sawdust": toasted bread crumbs over pasta, representing sawdust from St. Joseph's workshop. Here's a recipe. A church near you may even be having a St. Joseph's Day celebration! If you celebrate at home, children can act out the part of the Holy Family by knocking at three doors in the home. At the first two doors, they are told "there is no room for you here," and at the third door they are welcomed into the feast

### **7. Adorn your home with flowers**

On your St. Joseph's Day altar, or anywhere in your home, place a St. Joseph's Lily (a kind of amaryllis), or something that looks similar such as Easter lilies or a peace plant.

### **8. Find ways to give**

Since St. Joseph is the patron saint of families, find ways to give to families in need through local (or national) Catholic organizations, such as your food pantries, in St. Joseph's honor and following his loving example.

### **9. Pray for the suffering, sick and dying**

Since St. Joseph is the "Comfort to the Afflicted, Hope of the Sick and the Patron of the Dying," add those people to your daily prayers this month.

### **10. At the end of the day, give your worries to the sleeping St. Joseph**

It is said that St. Joseph, the "Terror of Demons," even frightens demons in his sleep; such is his power and strength. Ask St. Joseph, who communicates with God even in his dreams, to pray for your intentions and take your worries so you can get some rest! You can even do as Pope Francis advises, and place a note with your special intentions under a statue of the sleeping St. Joseph.

May St. Joseph, Pillar of Families, bless you and your family!

<https://aleteia.org/2020/03/01/12-ways-to-honor-st-joseph-this-march>



#### **Bishop Delany Assembly, #397**

**Lowell Council 72**

**Concord Council 287**

**Father Harold M. Wren Council 3963, Billerica**

**Arthur U. Joyal Council 4225, Dracut**

**Father Francis Coppens Council 4336, Tewksbury**

**Father Edmund W. Croke Council 4982, Wilmington**

**Bishop Ruocco Council 9275, Chelmsford-Littleton-Westford**

**St. Robert Bellarmine Council 10877, Andover**

## From Faithful Admiral Adam Whitehouse, PFN: Sick and Vigil

Please remember Priests, Sir Knights, and family members in your prayers:

“It is a holy and wholesome thought to pray for the dead, that they may be loosed from their sins...” *Catechism of the Catholic Church 958; Lumen Gentium 50*

“Watch, O Lord, with those who wake, or watch, or weep tonight,  
and give your angels charge over those who sleep.

Tend your sick ones, O Lord Christ. Rest your weary ones. Bless your dying ones.

Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones.

And for all your love's sake. Amen.”

*Prayer of St Augustine*

Email [awhitehouse216@gmail.com](mailto:awhitehouse216@gmail.com) to add a Sir Knight or a family member to our prayer list.

## Color Corps Report

None for the month of February

## Assembly Officers, 2024-2025

Faithful Navigator	Troy LeBlanc, PGK	617-775-9860
Faithful Friar	Fr. Fernando Ayala	
Faithful Captain	Edward Goodwin	978-376-8796
Faithful Purser	John R. Covert	978-263-5433
Faithful Pilot	Steve Baxter	978-337-0282
Faithful Comptroller	James Barrows PGK, FS	603-860-0075
Faithful Admiral	Adam Whitehouse, FN, PGK	978-256-4727
Faithful Scribe (acting)	Paul Sidari, PGK, PFN	978-729-1667
Faithful Inner Sentinel	Frederick Loeffler	978-663-6612
Faithful Outer Sentinel	Jonathan P. McLaughlin	978-289-8703
3rd Year Trustee	Thomas Stupakewicz, PGK, PFN	919-491-6993
2nd Year Trustee	Thomas Casey, PGK, PFN, DW	978-667-3055
1st Year Trustee	John Salyards, PGK, PFN, FS	978-251-2821
Faithful Commander	John Salyards, PGK, PFN, FS	978-251-2821
Master of the 4th Degree	Stanley Ciukaj, PGK, PFN, FDD	413-967-4223



*First-hand reports by two 4<sup>th</sup> degree knights*

## Local sir knights March for Life in Washington DC, January 24



*Sir knight Declan Reidy and girlfriend Catherine hold up their March for Life signs.*



*Declan: "massive crowd"*



*Adam: "everyone there filled with joy"*



*The crowd for March for Life passes the Capital Building*



*Sir knight Adam Whitehouse holds up his March for Life sign.*

*First-hand report from Adam Whitehouse, PFN*

### Going to Washington DC

We left at 10:00 PM Thursday night (Jan. 23, 2025) from Saint Jude's in Waltham with 30 people in our group. We slept on the bus and arrived in Washington D.C. at 6:45 AM Friday Jan. 24, 2025.

*Continued on next page*

***Continued from previous page – First-hand report from Adam Whitehouse***

I'm not exactly sure how many people attended the March for Life. There were a lot of people and everyone was filled with joy on being there.

Everyone in attendance was outside in the cold from 10:30 AM until 4:00 PM and nobody complained about being cold. We left after the March was over to come back home.

At 5:00 PM, we left Washington DC and we arrived at Saint Jude's Church in Waltham at 2:00 AM Saturday morning Jan. 25, 2025

According to Declan Reidy, two wonderful Masses were celebrated by Fr. Jeremy St. Martin, parochial vicar at St. Jude's in Waltham and the leader of our 30-member group. The first Mass was at St. Jude's at 8 PM on Thursday night (1/23), and the second was the morning of the March (1/24) at St. Patrick's in D.C.

***First-hand report from Declan Reidy***

**Posters and Speakers**

I'm not sure how many people were there, but the crowd was huge! Where we were in the March, you couldn't see the beginning or end of it. It was absolutely massive.

There were many different posters, including many Knights of Columbus ones that read "LOVE LIFE, CHOOSE LIFE." There were many councils there and the Knights were one of the biggest sponsors of the event.

In terms of speakers, there were many great ones. Standouts include Speaker of the House Mike Johnson (R-LA), Senate Majority Leader John Thune (R-SD), and Florida Governor Ron DeSantis. There was also a pre-recorded video speech from President Donald Trump, and an in-person speech from Vice President J.D. Vance, who is a Catholic.

For further information, click on these links: <https://marchforlife.org/national-march-for-life/> OR

<https://www.catholicnewsagency.com/news/261801/photos-as-thousands-join-march-for-life-pro-life-advocates-share-their-why>

**Buck Up Pool**

Our monthly meeting pool is called "Buck Up" in which you sign in and pay One Dollar. You must be present to win, and you must have signed in. Of course, you must "Buck Up" also. Five names will be drawn at each meeting as possible winners. The winners will be published in the newsletter, and if the pool gets to \$100, the draw will continue until a winner is named.

*Buck Up Pool not held at January meeting*

*February 2025 newsletter emailed to Assembly 397 mailing list on February 23, 2025*

<p><i>Meeting starts at 7 PM. Food is ready at 6:30 PM</i></p> <p>Feb. 26</p> <p><b>Wilmington council</b></p>	<p><b>Directions</b></p> <p>Wilmington council meets in the K of C hall behind St. Thomas of Villanova church. St. Thomas Church is located at 126 Middlesex Avenue, Wilmington, MA 01887.</p> <p>Once you get to the Church, go through the parking lot to the left of the Church and go to the rear of the parking lot. There you will see a road that leads to the Wilmington KofC Hall. Enter the front doors of hall.</p>
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## Schedule of Monthly Assembly 397 meetings

Monthly meetings (fourth Wednesday of each month) scheduled for:

Month	Date	Location
September 2024	Done	Dracut council
October 2024	Done	Lowell council
November 2024	Done	Chelmsford council
December 2024	Done	Tewksbury council hall Assembly Christmas dinner
January 2025	Done	St. Andrews church in North Billerica
February 2025	February 26	Wilmington council
March 2025	March 26	<i>Needs location</i>
April 2025	April 23	<i>Needs location</i>
May 2025	May 28	<i>Needs location</i> Election of officers
June 2025	June 25	<i>Needs location</i> Changing of the Guard
July 2025	No meeting this month	
August 2025	no meeting this month	

### Newsletter deadlines/ Change in email address/ **Check Spam folder weekly**

Articles that are intended to be included in the March issue of this newsletter must be e-mailed to Bill Pacino at [assembly397\\_knights@yahoo.com](mailto:assembly397_knights@yahoo.com) by March 15. The newsletter will be published before the March 26 meeting of the month.

**NOTE:** Check your Spam folder every week to make sure your email provider is not electronically judging the messages and monthly newsletter from your local assembly as Spam mail. You will be surprised how many legitimate email messages end up in the Spam folder.