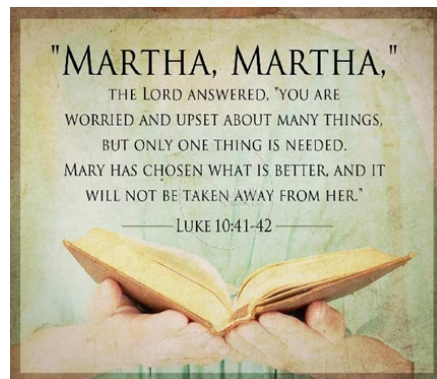


Knights Reflections for October 2025

By Deputy Grand Knight – SK Michael Ernst

Prayer First, Service Second

In Luke's Gospel, we meet Martha and Mary - two women who loved Jesus. Martha is busy. Mary listens. When frustration mounts, Jesus says: "Mary has chosen the better part." Knights serve parishes, communities, and families. But without prayer, service can lead to the same frustration as Martha. Our Lady shows the perfect balance: she prays, she listens, then she acts. This October, consider what "the better part" looks like in your life. Let your service flow from grace, not just good intentions.



By Lecturer – SK Gary Konopka

Blessed Virgin Mary, Our Lady of Sorrows

The Church dedicates the month of September to Our Lady of Sorrows. The sorrows of Mary teach us how to suffer with faith, courage, and strength. Mary stood at the foot of the Cross. She didn't run away. She didn't deny her Son. She stood firm in the darkest battle of all history. That's why she is our model of true spiritual strength. Each of Mary's seven sorrows mirrors struggles we all face: loss, confusion, fear, suffering, betrayal, death. She shows us that sorrow is not the end, as it can be united with Christ to become a weapon against despair and sin.

When we pray with her sorrows, we learn how to stand firm when life tests us. We learn how to keep our eyes on Christ even when the battle rages around us. Our Lady of Sorrows, pray for us.

