



# Knight Light

Rt. Rev. Msgr. William A. Delaney Council 5983

110 Merritts Road

Farmingdale, New York 11735

Web: <http://www.koc5983.com>

Hall Rentals: 516-391-5983

District 14



## January-February 2022 Edition

God Loves You! Happy New Year!

Start the year by participating in the Council's Novena For Life- January 6-14, 2022.

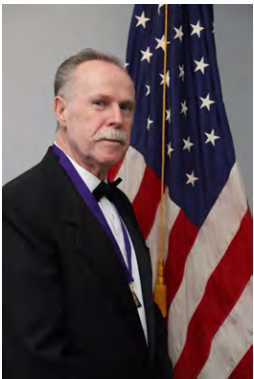
Look for emails from Deacon Chris for each day of the Novena.

Below-Delaney Council Annual Memorial Mass (11/18/21) was well attended!

Thank you Father Francis and Deacon's Chris and John! additional pictures page 2



From the Desk  
of the  
Grand Knight  
Tom Sommerville



Brother Knights & Sister Columbiettes,

Where has the year gone? Thanksgiving is over, Christmas is here and now we are in a New Year. I pray that God has been Good to you and your families this past year; and health & happiness in the coming year.

Our council is making a great comeback after a very difficult period under pandemic restrictions. Our Friday Nights at Delaney are proving to be a tremendous success. I owe a big thank you to our Chancellor, Gary Rodetis and his co-chairs (Eric Linder & Chick Angioli) for leading this program each month. We will be resuming these fraternal nights in January (1/14) & February (2/25). I am looking forward to seeing our members and guests at these functions. Thank you to Deacon John for providing the entertainment in the sharing of his musical and

comedic talents....PGK's Tom Moran and John Horn (and ticket chair Sean O'Connor) ran a very successful Octoberfest. The party was a complete sell out and a good time was had by all....Thank you to PGK Wilson for chairing our Annual Memorial Mass. Father Francis, assisted by our Brother Knight Deacons Chris and John, celebrated a beautiful Mass in honor of our diseased members. Thanks to all for comng down and praying for our Brothers and Sisters who have passed....Deacon Chris, TJ Sommerville and PGK Stan Wisz ran our annual Christmas party, which was another sellout party. A Big thankyou to Kelly Sommerville for making 9 raffle baskets. They were the talk of the party. Thank you to PGK Stan Wisz and Sean O'Connor for helping with this party....The Council is indebted to Columbiette's Madame President MaryAnn Cabri and the Columbiettes for decorating the council and for all the hard work they did with the Light Up For Christ Children's party. They truly are invaluable to the council....Looking head to January, our bus trip to St. Pat's, Family Bowling, Frifany Night Fraternity, February St. Valentine's Party; we have a great schedule of events and i hope to see you at one or all of them.

Please remember to say one Hail Mary for the Unborn.

Vivat Jesus,

GK Tom Sommerville

### COUNCIL OFFICERS (2021-2022):

- Chaplain-Rev. Francis Sarpong
- Associate Chaplain-Deacon Chris
- Grand Knight- Tom Sommerville Sr
- Deputy Grand Knight- Matt Antonucci
- Chancellor- Gary Rodetis
- Recorder- Matteo Ferro
- Warden- Mike Antonucci
- Financial Secretary- PGK Phil Bruno
- Treasurer- Vinnie Lobiondo
- Lecturer- PGK Dcn John Horn
- Advocate- PGK Keith Wilson
- Inside Guard-Jeff Manchisi
- Inside Guard-Sean O'Connor
- Outside Guard-Rich Tynan
- Outside Guard-Paul Nadolny
- One Year Trustee- PGK Al Lahood
- Two Year Trustee- PGK Dennis Winkler
- Three Year Trustee- PGK Anthony Scuderi

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**CALENDAR OF EVENTS**

Fri 12/31		New Years Eve
Tue 01/04	7:30 PM	Exec meeting
Thu 01/06	7:00 PM	Council Meeting - 1st Thursday of the Month
Mon 01/10	7:30 PM	Columbiettes Meeting
Fri 01/14	7:00 PM	NIGHT AT DELANEY
Sat 01/15	1-3 PM	Family Bowling
Tue 01/18	7:30 PM	B.O.D. Meeting
Sat 01/22	7:00 PM	300 Club Party
Tue 02/01	7:30 PM	Exec meeting
Thu 02/03	7:00 PM	Council / Corp. Meeting - 1st Thursday of the Month
Thu 02/03	8:00 PM	Corp. Meeting
Fri 02/11	7:00 PM	Valentine Party
Mon 02/14		Valentine' Day
Mon 02/14	7:30 PM	Columbiettes Meeting
Thu 02/17	7:00 PM	Council Meeting - 3rd Thursday of the Month
Sat 02/19	12:00 AM	Sell Pot of Gold @ StJames
Sun 02/20	12:00 AM	Sell Pot of Gold @ StJames
Mon 02/21		Presidents Day
Fri 02/25	7:00 PM	NIGHT AT DELANEY
Sat 02/26	12:00 AM	Sell Pot of Gold @ StJames
Sun 02/27	12:00 AM	Sell Pot of Gold @ StJames

*Pictured below left, Father Francis at the annual Memorial Mass; pictured below right, Kathleen Woods provided beautiful music; pictured below right, MOC PGK Wilson; pictured below photo- GK Sommerville and First Lady Gloria, bring the offering to the Alter*



**If your dues have not been sent yet, DUES ARE NOW LATE !**  
**Brothers,**  
**Please remit Council Dues of \$40.00 for 2022.**  
**In order to speed up your receipt of your membership card,**  
**(and to help the Council save on mailing costs) please include a stamped, self-addressed envelope with your payment.**  
**Please send your dues upon receipt of this notice. Please make your check payable to:**

**Msgr William Delaney**  
**Please mail your check to me:**  
**Philip Bruno**  
**456 N Syracuse Ave.**  
**Massapequa NY 11758**

**Thank You to all Brothers who have paid.**



**RT. REV. MSGR. WILLIAM A. DELANEY COUNCIL #5983**

**KNIGHTS OF COLUMBUS PROUDLY PARTICIPATES IN THE ANNUAL N.Y. STATE COUNCIL RESPECT LIFE MASS IN HONOR OF THE PRE BORN CELEBRATED BY TIMOTHY CARDINAL DOLAN HONORARY N.Y STATE COUNCIL CHAPLAIN BUS TRIP TO N.Y.C. AT ST. PATRICK'S CATHEDRAL ON SUNDAY JANUARY 16, 2022**

**PROGRAM ITINERARY:**  
**8:00 A.M CONTINENTAL BREAKFAST AT COUNCIL**  
**8:30 A.M BUS DEPARTS FOR ST. PATRICK'S CATHEDRAL**  
**10:00 A.M MASS AT ST. PATRICK'S CATHEDRAL**  
**11:30 A.M BUS DEPARTS FOR RETURN TO COUNCIL UPON RETURN BRUNCH BACK AT COUNCIL COMPLIMENTS OF CHAPEY FUNERAL HOME.**

**PRICE:**  
**\$25.00 PER PERSON FOR THE COST OF THE BUS RESERVATIONS:**  
**KEITH WILSON, PGK @ 633-1435**  
**CHICK ANGIOLI, PGK@ 349-6244**

**GOD BLESS THE PRE-BORN AND ALL THOSE THAT HAVE NOT BEEN ALLOWED TO BE BORN!!**

Chancellor's Corner

Greetings Brothers,

May this message find you and your families healthy and enjoying the spirit of the Christmas season.

Since becoming your Chancellor, I have had the pleasure of attending our District Deputy monthly meetings, along with Vinnie Mineo, our District Deputy. Vinnie is the handsome gent in the red sports coat that attends our council meetings. Vinnie works tirelessly and is truly devoted to his position.

And did I mention he is a fabulous human being? Vinnie is always quick to let everyone know how great and how much he appreciates Delaney Council. I wholeheartedly agree with his sentiments. The reason our Council is so revered is due to all of you – our membership. You are the heartbeat and backbone of our council and your enthusiasm is evident based on how many of you attend our council meetings and fraternal functions.

If you haven't attended a meeting or function recently, I strongly encourage you to come down to the council. The meetings are informative and the functions are a lot of fun. Additionally, we are always looking for volunteers to assist with our events and volunteering is a great way to get involved.

Wishing you a happy, healthy New Year! May God Bless you and your families and May God Bless America.

SK Gary Rodetis, Chancellor 2021-2022

**DELANEY COUNCIL FAMILY BOWLING**

Saturday January 15th 2022

Levittown Lanes

Time: 1pm-3pm

Cost: \$20 per bowler; cost includes bowling, shoes, soft drinks and pizza

Contact Anthony Scuderi to be added to the list.

Either call or text 516-695-5447 or email

Anthony@vbcpgk.com

Family & Friends are welcomed!

**50/50 Raffle Recent Meeting**

**Winners:**

**Rob McLaughlin,**

**Tony Sparaco**

**Wake Services**

In the event of the passing of a Brother Knight, it is important that the family of the deceased member notify the Council immediately so that a Council wake service can be adequately planned.

Please notify any of the following:

Grand Knight Tom Sommerville 516-708-5851

Wake Announcer Bob Coyne 516 735-3786

Financial Secretary Phil Bruno 516 586-3020

4th Degree Members -contact the GK

**Membership Report**

Thanks to all the brothers who helped at the October Recruitment drive at St. James Parish in October.

We are grateful for all the kind words about the Delaney Knights from Father John, Father Francis, Father Dennis, Deacon Chris, and Deacon John after the Masses, your support is paramount to Blessed Michael McGivney's mission and the Knights of Columbus.

Msgr. Delaney Council welcomes our new members that made their Exemplification of Charity, Unity, & Fraternity on November 30th at Delaney council chambers:

Welcome

Brother's Eugene McKenna, Roland Costen, William Capparelli, and Peter Raffaele



A Blessed Christmas and Happy New Year to our Delaney Family and don't forget to ask a friend to Join Us

SK Thomas M. Moran PGK FDD

Membership Chairman



PGK Testimonial Report

SAVE THE DATE!

The testimonial dinner for PGK Al Lahood

is scheduled for

March 13th, 2022

SK Thomas M. Moran PGK FDD PGK

SK Keith Wilson PGK

Testimonial Co-Chairman

**ATTENDANCE AWARD**

Since the last Knight Light, the following members names were called as they won the progressive

Attendance Award. Recent winners:

Recent Winners:

John P Dwyer-not present

\$85-EK Matthews-not present

Next Meeting \$90.00!

Need to be present to win!! Good Luck!

St. James Parish Men's Prayer Group Meets at 7:30 a.m. on the first and third Saturday of each month in the Parish Center.

All men are welcomed!

Come grab a bagel & coffee and share your thoughts!

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**Delaney Council Wins C & B Charity Award! pictured below  
PGK Winkler with  
DD Vinnie Mineo and GK Sommerville**



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**COAT DRIVE REPORT**  
Over 150 coats were delivered in the first drop off to St. Martin Marianiat School in Uniondale, NY. Thank you Paul and Steve for your good works!  
**OUR COAT DRIVE CONTINUES THROUGH THE WINTER.**

Please bring clean coats and sweaters- in good condition- to the council during meetings and functions.

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**FOOD DRIVE REPORT:**

Please bring non-perishable food items to council meetings & functions. All proceeds are delivered to St. James Pantry by SK Bill Iannone

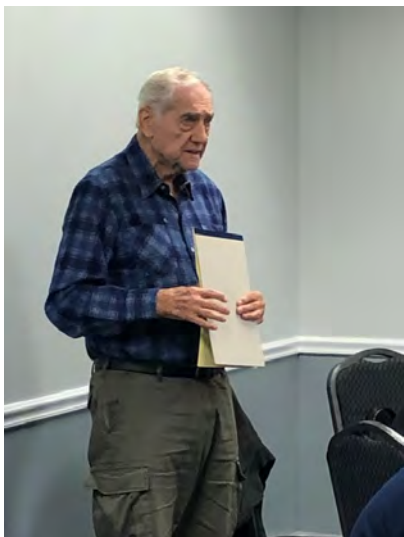
pictured below,  
Corporation President  
PGK Tucci conducting the  
Corporation Meeting  
11/4/2021; Pictured below  
left, co-founding PGK Kehm  
appeals to the membership to  
volunteer for the good of  
the order



**October 2021  
KNIGHT OF THE MONTH  
Bill Grunner**



**November 2021  
KNIGHT OF THE MONTH  
PGK Deacon John Horn**



**KNIGHTS OF COLUMBUS  
SUPERBOWL 2022 PARTY**

When: February 13th, 2022  
Where: Knights of Columbus  
Time: starts at 6:00 PM  
Open bar

- \$20 per adult ticket (includes a \$5 football box when prepaid)
- \$5 for kids under the age of 21 (box not included)

**Cash only please**

Additional football boxes are available up until the game day, please contact Frank Guglielmo at (516) 710-1709 or Andy Panetta at (516) 698-2949. Bring your own food to share with your table. Coffee and cake will be provided.

**Please RSVP By: February 3rd**



**CHARITY REPORT:**  
Thanks to the generous spirit of our membership, recent donations include:

- 106th Air Rescue Squad
- DRVC Priest Retirement Fund Long
- Island Gianna Center for Womens Health and fertility
- The Society of St. Vincent De Paul
- St. James Outreach Birthright
- Our Lady of the Island Shrine
- Maria Regina Church in memory of Brother John Russo
- Sisters of Saint Dominic's
- St Pius X Priest retirement home
- St. James Food Pantry
- Operation Teen

**If you would like to make a donation or suggest a charitable organization, please contact GK Tom Sommerville**



**DELANEY COUNCIL PARTICIPATE IN THE ANNUAL C&BCharity BOWL!**

Once again the Delaney Council amazed the Knights with our bowling skills! Pictured below 11/20/21- left to right- John Washak, Anthony Scuderi, Tom Moran, Gary Rodetis, Matt Antonucci, Al Porto, Ryan Porto



Pictured below, Father Francis after blessing our Christmas Manger. Thank you Father for being present at the Council and for all that you do!



Thank you to our Christmas Party Committee- Deacon Chris, PGK Stan Wisz, Sean O'Conor, TJ Sommerville and everyone else who made for a wonderful party!



Pictured below, children with Santa at our annual Light Up For Christ Children's Christmas Party



Pictured below, members of the Christmas decorating committee! Thank you!





# Columbiettes Bingo Party 2021 was both fun and successful!



Photos below- Delaney Christmas party 2021



Delaney Council Consecrates itself to The Holy Family...

O Lord Jesus,

you lived in the home of Mary and Joseph in Nazareth.

There you grew in age, wisdom and grace

as you prepared to fulfill your mission

as our Redeemer.

We entrust our family to you.

O Blessed Mary,

you are the Mother of our Savior.

At Nazareth you cared for Jesus

and nurtured him in the peace and joy of your home.

We entrust our family to you.

O Saint Joseph,

you provided a secure and loving home for Jesus and Mary,

and gave us a model of fatherhood

while showing us the dignity of work.

We entrust our family to you.

Holy Family,

we consecrate ourselves and our family to you.

May we be completely united

in a love that is lasting, faithful

and open to the gift of new life.

Help us to grow in virtue,

to forgive one another from our hearts,

and to live in peace all our days.

Keep us strong in faith, persevering in prayer,

diligent in our work, and generous toward those in need.

May our home, O Holy Family,

truly become a domestic church

where we reflect your example in our daily life. Amen.

Jesus, Mary and Joseph, pray for us!

Building the Domestic Church [KofC.org/DomesticChurch](http://KofC.org/DomesticChurch)

Prayer composed by Archbishop William E. Lori of Baltimore, Supreme

Chaplain.

10371 9/20



KoC Light Up For Christ

THANK YOU!

Brothers & Sisters,

Thank you to all that contributed to making the Light Up for Christ Children's Party a special and prayerful event. I want to especially thank Chairman Rob Mathai, Presents and Desserts coordinators Maria Porto and PP Jeanette Winkler, St. Nicholas PGK Al Valente, Story Reader PGK Anthony Scuderi, Fr. Francis, Deacon Chris Daniello, PGK Chick and Grace Angioli, PGK Frank and Josephine Sorrentino, PGK Phil Bruno, PGK Stan Wisz, PGK Dennis Winkler, Al Porto, Vinny and Angie Lobiondo, Gary Reditis, Mike, Matt and Mark Antonucci, President Mary Anne Cabri, Julie Colini, Joan Russo and the Columbiette Decorating Committee for transforming our hall into a beautiful Christmas wonderland.

May your New Year be filled with the joy and wonder of a child,  
PGK Al Lahood



## NYS Council/ Nassau County Conference Report

**The Nassau County Conference held a meeting, with delegates from 26 councils represented, on November 30th, 2021 nominating State Secretary Anthony Ippolito and Long Island Conference Chairman Michael Muirhead for their second year in these offices. The New York State Council held the annual Mid-Year meeting on December 3rd - 5th at the Villa Roma resort in Callicoon, NY reviewing how the NYS Knights of Columbus is doing as we continue to battle with the health crisis. On behalf of our State Deputy, Deacon Charles Esposito, and our Nassau County Conference Chairman, Anthony Marengo, a Merry Christmas and Happy New Year to our Brothers and Sisters.**

**SK Thomas M. Moran PGK FDD  
Nassau County Conference Vice-Chairman**



**Knights of Columbus Sportsman's Club  
January-February 2022**

**Members & friends:**

**All meetings will be held every last Monday of the month at 7:30 PM. Come on down. You don't have to be a hunter or fishermen to join our club & enjoy its many other activities.**

**Want to learn how to handle yourself with a firearm and safely, then attend our meetings.**

**We teach all our members, even before purchasing a firearm.**

**I wish all, the best of health, God Bless America.**

**Anthony Amato Jr. Pres. 516.805.5801 or  
516-805-5790**



*Delaney Council Valentines Day Party*

*Date: February 11, 2022*

*Time: 7:00pm*

*Cost: \$35.00 per person*



*Includes Open Bar, Appetizers, Dinner, Dancing, Entertainment.*

*Party Chairman: John Washak*

*Reservations-contact Ticket Chairs:*

*PGK Al Lahood (516-355-1253) or*

*Anthony Scuderi (516-695-5447)*



Dear Sister Columbiettes,  
Dear Members,

Dear Sister Columbiettes,

Happy Healthy New Year to you and your families. Hope your Christmas Season was merry and bright!

2021 did prove to be another challenging year but through your dedication and support, we were able to do some fundraising and contributions. Our Gift Card Bingo was a fun and successful evening along with our 50/50 Thanksgiving Raffle. Through our efforts, we were able to donate to Life Center of Long Island and St. James Outreach Program. As always, we will do more charitable contributions in the Spring.

The Auxiliary ended the year with an excellent Christmas Dinner Party. So good to see so many members. We sang 12 days of Christmas (well we tried to that is! LOL) - even Santa stopped by since we were such good little ladies!!!

Looking ahead to the new year, we will be having Officer Nominations. As of today, five positions available (yes five!) - President, Vice President, Recording Secretary, Treasurer and Sentinel. Please give some thought to stepping up and joining the Executive Board. I will be appointing the Nominating Committee -- Officer descriptions and responsibilities will be available at our upcoming meetings.

Each month for the past few months, new members have joined our Auxiliary. As a reminder, please contact Alice Savino (516-815-1015) to have an application sent to your candidate. Thank you.

As a friendly reminder "dues are due". If you haven't paid your Annual dues, please do so at our next meeting on Monday, January 10th or mail your \$20 check payable to: Msgr. Delaney Columbiettes to our Financial Secretary Alice Savino at 3833 Hahn Ave. Bethpage 11714.

Travel Cards will be distributed at the meeting as well as mailed to those who cannot attend.

In closing, let's continue to pray for our first responders and our military; and please remember, you can always contact me with any questions or concerns at 516-366-9133 or email cabrimac@yahoo.com.

Thank you. Stay well, Stay safe.

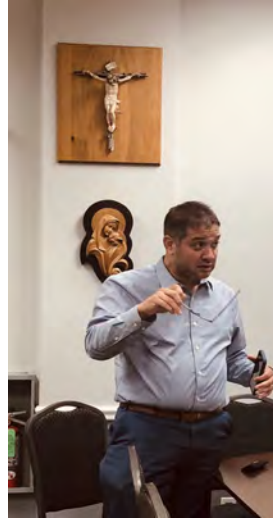
Blessings always,

MaryAnn



# Knights of Columbus INSURANCE

YOUR SHIELD FOR LIFE



Please contact our Worthy Insurance Agent for your insurance needs and questions.

John Gaviria Phone:  
718-310-7777

Email: john.gaviria@kofc.org  
pictured left, John speaking to the membership



Lotto Report for 2022 January-February Knight Light  
All of LOTTO proceeds go to supporting Council Charities. Our First Principal of the Order.  
We need more players like YOU!  
Plenty of numbers are open.  
Eight Chances to Win Each Day.

Our BIG Prize Winners for  
November- 50 Point Winner  
11/23 #418 Chick Angioli  
11/30 #178 Matt Antonucci

There were 13 Combination Winners  
December - 50 Point Winner  
12/5 #580 Mark Antonucci  
12/10 #430 Dcn. Chris Daniello

So far there are 8 Combination Winners in October.

If you would like to JOIN or have any questions  
Please, Call or Email Matt Antonucci:

516-249-6883 maarch@optonline.net

. If you would like to JOIN or have any questions  
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### Angel Fund: Student Scholarships

The Maria Regina Angel Fund is a tuition assistance program for students in need. Relying on the generosity of our School and Parish Community, the Angel Fund has been able to support the education of a number of Maria Regina students over the last few years.

More recently, in memory of parishioner Mr. John Russo, Mrs. Joan Russo and friends donated nearly \$1500 dollars to support the Angel Fund, which was provided to a family in need of tuition assistance for the 2021-2022 school year. Thank you to Mrs. Russo and our fellow parishioners whose incredible generosity was able to make a Maria Regina education a reality for one of our families. We are indebted to you.

If you wish to support the Angel Fund, please reach out to Principal, Mr. Scannapieco, at: mscannapieco5603@mariareginaschool.org





Congratulations to our newly installed Brother Knights. Delaney Council was honored to host a degree ceremony which included a member of the clergy. Congratulations Father Andreus (St. Kilian Parish) on becoming a Knight.



Delaney Council was also honored by the presence of Msgr. Costa (photo right) and our own Chaplain, Father Francis



Pictured below, left to right, Msgr. Costa, Father Francis, Membership Director PGK Moran, NYS Secretary Tony Ippolito, Conference Warden Jim Corrigan and COB of Nassau DD's Rich Valente

Pictured above, newly installed Brother Knights with DD Vin Mineo. Pictured below, attendance for the ceremony.



**Knights of Columbus  
Msgr. Delaney Council #5983  
300 Club Dinner Party!!!**



**300 Club Dinner Party is as follows:**

**Date: Saturday January 22, 2022**

**Place: Msgr. Delaney Hall in the St. James Church Basement**

**Time: 7pm to 11pm**

**The Dinner Party will adhere to the format of the past. The night will consist of Dinner, Music, Raffles and the Final drawing of the numbers for the period July 1, to December 31, 2021.**

**Please note that in these ever changing Covid times we are guided by the laws in effect by New York State and the guidelines set forth by St. James Parish. This means masks may be required and Covid restrictions may occur.**

**We are hoping to have a safe and enjoyable Dinner to celebrate all who are members of the Msgr. Delaney Council 300 Club.**

**We ask that all members have patience and understanding with the Dinner Party rules and format as some changes may occur that differ with the past.**

**We are asking all members who are interest in the Dinner Party contact Jeff Manchisi at 631-681-4728 by leaving a voice mail or email jmancpa2008@yahoo.com**

**PLEASE RESPOND BY December 31, 2021**

**Please leave your Name. the Number of attendees and your 300 Club Number(s) if known.**

**Jeffrey Manchisi**



**Knights of Columbus -**

**Msgr Delaney Council # 5983 300 Club Report-Collections for the 300 Club for the period July 1, to December 31, 2021 has begun.**

**300 Club members**

**please mail your check payable to**

**5983 Corp. in the amount of \$30. per number to: Knights of Columbus**

**Msgr. Delaney Council #5983**

**110 Merritts Road,**

**Farmingdale, NY 11735**

**If you have any questions contact**

**Jeff Manchisi at**

**jmancpa2008@yahoo.com**

**You are one of the Winners!**

**300 Club Winners**

**300 Club Drawing Date:12/2/2021**

**Name**

**Gayle Manchisi 25**

**Kathy Treacy 25**

**Lorraine Brown 25**

**Bob Coyne 25**

**Margie Sparaco 25**

**Stan Wisz 25**

**Noreen Murray 50**

**Salvatore Pustorino 50**

**Linda Ruggerio 100**





- Thomas J Smith 1/31/2021
- Dan Crumlish 2/8/2021
- John J Budnick 3/18/2021
- Robert M Pfaltz 4/21/2021
- John Russo 4/28/2021
- Charles J Schiatta 4/30/2021
- John Kolakowski 5/5/2021
- Robert H. Marquardt 5/10/2021
- Richard F Mclaughlin 5/11/2021
- Joseph A Bermudez 6/4/2021
- Edward R. Scutellaro 6/29/2021
- PGK Mathew J Ruggiero 7/4/2021
- Robert B Cruickshank 7/17/2021
- John J Daley 7/20/21
- Eugene W O'Brien 09/04/2021
- Walter C Gehlich  
06/01/2021 \*\*Recently notified
- Paul R Guerra  
09/10/2021 \*\*Recently notified
- Joseph Fontana  
11/14/2021



**BLESSED FR. MCGIVNEY  
PRAY FOR US**

pictured below Brother Knights praying together

Message from Deacon Chris

I would like to invite each of us to do something we normally don't do – to feel deeply the Father's kindness toward us in our weaknesses and our repeated tendency towards sin. Then, with Jesus, we can allow ourselves to be curious about these inclinations that we experience.

As an accomplished sinner myself and as one who offers pastoral care to sinners, I find that we fallen humans tend to feel a great deal of shame and contempt around our weaknesses, our vulnerability to sin, and the details of our acting out. We tend to despise any part of ourselves that feels inclined to think or speak or act in one of these ways. Whether an inclination to numb out in slothfulness, to overeat, to compare ourselves with others and feel sadness, or to enter the realm of sexual fantasizing, we just wish that it would all go away. Shame incites us to see the broken pieces of our heart as worthless garbage to be incinerated, rather than as bearing the image of God and beckoning us back to the heart of the Father.

A deeper understanding of the capital sins – what they really are and why they are called "capital" in the first place – leads us to seek traces of God's goodness even in those places of our heart that feel totally beyond his reach.

If we speak with greater accuracy, these seven impulses are not "sins" in the full and proper sense. They are tendencies or vulnerabilities in us. They are called "sins" because they come from sin and incline us toward sin. In Catholic theology, we speak of "concupiscence" as a wound in us, a strong inclination toward sinfulness that is part of the human experience as a result of the Fall of Adam and Eve. This wound of concupiscence is, of course, exacerbated by our own choices in life. The more we sin, the more we want to sin. The seven capital sins can then be understood as seven different ways that fallen human beings experience a strong inclination toward sin. We do not find it difficult to allow ourselves to indulge in any one of these seven inclinations. Jesus speaks about the wide gate and easy road that leads to destruction – in contrast to the narrow gate and difficult road that leads to life.

Indeed, we probably best know these tendencies as the "seven deadly sins" – because they easily become toxic, harmful, and deeply destructive. Unchecked, they rupture our relationships with God, others, and self, and ultimately lead toward death in every sense – physically, emotionally, and spiritually. Each of us is created in the image and likeness of a God who is love – an eternal communion of persons in glorious relationship. We innately understand just how destructive our acting out becomes – and the devil is all too eager to bury us in shame. His endgame is to tear away as many of us as he can and get us to agree to never ending isolation, misery, and torment. But why are these seven tendencies called "capital sins"? The word "capital" comes from the Latin caput – which means "head," but can also mean "source." John Cassian and Gregory the Great reflect on how each of these impulses becomes a source of sinfulness in us – not sins in and of themselves, but, if unchecked, strong impulses that lead us down the road of perdition.

The thing is, the devil cannot create. He is not God. He can only use the good and beautiful things God has created in an attempt to lie and steal and destroy. Ignatius of Loyola refers to the devil as "the enemy of human nature." He absolutely despises us. He hates the glory of God that shines in each of us. That is where he attacks the hardest – which in a backwards way teaches us an important lesson: if we look deeply into our hearts at the places where we experience the most intense attack in the form of the seven capital sins, there we will find God's glory the most present. Why else would the devil attack us so intensely there?

In other words, at the core of each of these seven capital sins in us, we find amazingly good desires and needs that God has placed in the human heart. Yes, these seven tendencies can easily become sources of sinfulness that have great potential to lead us astray. But they can also be deeply helpful clues to lead us back to God!

That is where tender kindness, childlike wonder, and holy curiosity come in. Rather than shaming myself, I can start noticing what is happening in my heart. My anger is there whether I like it or not! Yes, I can allow it to leak out in aggression toward others or myself. But it can also be an invitation into the fullness of God's truth and justice, and an awakening of my prophetic identity in Christ. In my envy I can notice the things my heart deeply aches for – often things the Lord deeply desires for me – but only if I am willing to allow myself to feel the heartache of longing and waiting. In my lust I can notice all kinds of desires and needs – to be desired and chosen, to be safe and secure, to be embraced, to be known and understood, or to be loved as I am, (notice that none of these is really about sex!). In my sloth I may discover much less "laziness" and much more shame and fear – an urge to hide and isolate and turn away when what I actually need is real relationships, in which I can be cared for precisely where I feel the weakest and most vulnerable.

Whatever capital sins we find to be our "personal favorites" are also very likely the places we will find the deepest and holiest longings of our hearts – places in which our loving Father desires us to experience our true dignity, meaning, and purpose as his beloved children. Each of us can become "disciples" – yes, in the sense of discipline, but even more so by allowing Jesus to help us become students of our own heart, which is created in the image and likeness of God and declared by him to be "very good." If we open ourselves to that experience of authentic discipleship, the places of our deepest sorrow and struggle will become the very places that lead us back to the heart of the Father.

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Editors Note:

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**Don't Worry Be Happy...  
Remember: 99.9% of the things that we  
worry about never actually happen; the  
things that do happen, with God's  
Grace helping us, we will get through,  
and it will be what it will be.  
Jesus repeatedly told us not to worry.**



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