



# Navigator's Log



**Potomac Assembly # 2204  
Comprised of Knights of Columbus Councils  
459 Fitzgerald  
5998 Mount Vernon, and  
11170 Fort Belvoir**

**Includes The Basilica of Saint Mary, Saint Joseph's, Saint Louis,  
Good Shepherd, and Fort Belvoir Catholic Parishes**

**February 2020**



Renewal of Obligations, see page 7.

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## Potomac Assembly Directory

### Navigator

SK PGK Robert T. Reynolds, reynoldsrt@cox.net,  
703 799- 2607

### Trustee 1 Year

SK PFN PGK Nate Murray, nmurraysr@aol.com, 703 863-5202

### Friar

SK Father Ramon Baez, r.baez@gs-cc.org, 703 780-4055

### Trustee 2 Year

SK PFN 2PGK Fred Beata, fbeata@verizon.net, 571 249-0955

### Captain

SK PGK Larry Clark, hlclark63@gmail.com, 202 494-4761

### Trustee 3 Year

SK PFN 2PGK Buck Coates, [buck.coates@comcast.net](mailto:buck.coates@comcast.net),  
703 751-8362

### Admiral

SK PFN PGK Ed Stance, stanceed@aol.com, 703 313-8136

### Comptroller

SK FDD 2PGK Kevin Palgutt, kevin.palgutt@gmail.com, 703 590-2197

### Pilot

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### Scribe

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### Purser

SK PFN PGK Tom Fahey, t\_fahey@taxpro.net, 571 233-9048

### Inner Sentinel

SK Maurice Chau, mrcchau2@yahoo.com, 703 220-6185

### Outer Sentinel

SK DD PGK William Beach, wwbeach4214@gmail.com,  
571 527-7772

### Fourth Degree Website

assembly2204.org  
SK GK Steve Teslik, steslik@e2steve.com

### Color Corps Commander

SK PFN 2PGK Fred Beata, fbeata@verizon.net, 571 249-0955

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**Navigator's Log Editor**, SK Maurice Chau, mrcchau2@yahoo.com, 703 220-6185,

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## UPCOMING EVENTS

<u>DAY OF WEEK</u>	<u>DATE</u>	<u>EVENT</u>
<u>FEBRUARY 2020</u>		
SATURDAY	1	PATRIOTIC ROSARY AT 11:00 AM AT COUNCIL 5998
MONDAY	17	GEORGE WASHINGTON'S PARADE OLD TOWN ALEXANDRIA, HONOR GUARD
MONDAY	24	BUSINESS MEETING AT 7:30PM, OFFICERS 7:00 PM
<u>MARCH 2019</u>		
SATURDAY	7	PATRIOTIC ROSARY AT 11:00 AM AT COUNCIL 5998
SATURDAY	7	SAINT PATRICK'S PARADE OLD TOWN ALEXANDRIA, HONOR GUARD
MONDAY	23	BUSINESS MEETING AT 7:30PM, OFFICERS 7:00 PM
<u>APRIL 2020</u>		
SATURDAY	4	PATRIOTIC ROSARY AT 11:00 AM AT COUNCIL 5998
MONDAY	27	BUSINESS MEETING AT 7:30PM, OFFICERS 7:00 PM

Please keep our Faithful Comptroller SK Kevin Palgutt (703) 590-2197 updated on your status; Kevin.palgutt@gmail.com. Send e-mail to inform of any changes to your phone number, email and mailing address so that the Assembly may keep you informed of our activities, to inform you of SKs and their families that need your prayers, and to let you know of any last minute changes to our planned schedule of events.

**On behalf of Potomac Assembly # 2204**

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## Friar for the Assembly - Father Ramon Baez

Dear Brother Knights:

The last two Sundays in February bring up the readings from St Matthew's Gospel from the Sermon on the Mount. Most of us often whittle down these passages to the teaching of the "Beatitudes." In reality there is an entire discourse that is often overlooked in this precious teaching on how a Christian is supposed to live. I say that because many people, including scripture scholars and other experts, claim that the Sermon on the Mount (or the Sermon on the Plain in Luke's Gospel), is merely an ideal to strive to attain, but not very realistic. But why would Jesus give us a teaching if he did not mean for us to live by it? If Christ came into the world to save us, why pepper us with pious platitudes? "I have come to bring fire upon the earth," Jesus said in St. Luke's Gospel.

As you know, Lent begins at the end of February. Most of us will be content with doing something like giving up chocolate (as if chocolate were a required food group) or perhaps some other sacrifice like not watching "American Idol" (it's probably better for you not to watch anyway). But is that something that truly captures the essence of what Lent is about? Ask yourself whether you live by this teaching of Our Lord: "I say to you, love your enemies and pray for those who persecute you?" Can I, in good faith, say that I pray for the enemies of our country? What about those who murder innocent lives, like serial killers or those in death row? What if someone caused some harm to my family? Wouldn't I wish to inflict harm on that person? These are not easy questions.

Christ poses for us some really difficult challenges in our lives. To be content with merely living Lent without challenging ourselves to go beyond that which our secular friends can do seems to miss the point of walking in the desert with Him. No one here is suggesting dressing up in sackcloth or putting ashes on the scalp as you go to your workspace. However, I don't think any of us want to settle for cheap grace, to quote a well-known Protestant theologian.

Perhaps you are struggling with a serious sin, like pornography. Perhaps you have been a little too friendly with the nice-looking coworker in your office. Maybe you struggle with excessive gambling, or excessive pride. Perhaps you believe you are perfect and have never offended anyone, including your significant other (Ask her, and be prepared for an answer you might not like). Bring those struggles with you to the lenten desert. Ask Christ to heal your addiction, and get help if you need it. I am sure all of us can find at least one thing we need to work on in our lives: like gossip, or judging. If you don't struggle with any of these, be thankful and offer serious sacrifice or do something on behalf of someone who does. The power of prayer and faith on behalf of friends is what permitted Jesus to heal the paralytic come down from the roof. Christ will see your act of sacrifice and He will act.

May you have a blessed Lent with the Lord. May he give you the grace of perseverance. Most importantly, may you strive to live to be a person of the Beatitudes, on fire with the Gospel message, bringing mercy and conversion to all those you meet.

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## Faithful Navigator's Comments—Robert T. Reynolds

Brother Sir Knights, Vivat Jesus!

Welcome to 2020! Congratulations to all of you reading this—you made it!! Now that we're here, let's see what we can make of this new year. Start by taking a moment now and make a resolution that you will join with your Patriotic Brothers more this year to demonstrate our faith and patriotism in every activity we do together in the Assembly.

Our next public opportunity to demonstrate our faith will be on January 24<sup>th</sup> at the March For Life on the National Mall. No need to tell you how important this event is as a way to tell the Country that America is not on the right path when it comes to protection of the unborn and newly born. Those that wish to participate may join groups from Good Shepherd and St Louis to bus into D.C. Busses will leave at 1030 for the March from the Assembly Hall, Good Shepherd Parish, and St Louis Parish. The Bus from the Hall is nearly filled, but there are still plenty of spaces available on the other two busses as of 7 January. Upon our return around 1600, all marchers who wish may join together for a meal at Good Shepherd Parish where the other two Parish busses will stop. You can reserve a seat on the bus at this link: <https://www.signupgenius.com/go/30e0b4fa8ad2ba64-national>

In February, we will execute our previous plan to tour the Basilica of The National Shrine of The Immaculate Conception in Washington D.C. Time permitting, we may include a visit to the Saint John Paul II National Shrine which is a short trip from the Basilica. This event will be in partnership with Mount Vernon Council 5998.

In my note last month, I opened the idea of generating a Directory of the Assembly? I hoped that would generate some feedback but there wasn't much response. If we are to be family and help to one another, it would be good to have a way to reach out beyond more than our closest few friends. I'd appreciate your opinions if you have any on the subject.

Thanks to our Color Corps members who supported the Simbang Gabi Novena Mass at St Louis Parish on 22 December. Father O'Hare, St Louis Pastor requested our support to this traditional Filipino preparation for the birth of Christ and our Color Corps responded splendidly. See the pictures!

Finally! The web site is up and running. We'll get back into the swing of maintaining it as a great source of information to the Assembly, and I expect it to become once again a focal point for coordination. An immediate benefit is that you can use the link there to pay your dues (which are now due) for this year and last year if you're catching up. So far, 23 SK's have used the website link for dues payments and there don't seem to have been any problems.

Our next regular meeting will be on Monday, 27 January at the Assembly Hall. There will be an Officers meeting at 7:00 pm, followed by the regular meeting at 7:30 pm. Snacks and refreshments will be available in the Lounge after the meeting, along with whatever sport is playing that night. I encourage you all to attend and get acquainted—or reacquainted—with your Patriotic Brothers.



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## Renewal of Obligations, January 27th



After the meeting and the Renewal of Obligations, we had spaghetti and meatballs, green beans, salad, French bread, and chocolate cake. It was a great meal shared with fellow Sir Knights. And thank you for the SKs who prepared the meal!





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## January 24, 2020 March for Life

Working with Saint Louis and Good Shepherd, we had three buses going to the March this year. The President spoke to the Marchers this year. Afterwards we had Chili for those who marched at Good Shepherd. Also, The Basilica of Saint Mary and Saint Joseph had soup supper after the march.





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## Prayer List

Please remember the following Sir Knights and their relatives in your prayers. If you know of a Brother Sir Knight or relative to be placed on the Prayer List, please notify either the FN or the NAVLOG editor. Thank you.

Pam Rubin, wife of SK PGK Larry Clark

SK Jim Clark

Antonio Bennet

SK Ray Duff

SK Freddie Flowers

SK Dutch Anderson

SK Fritz Scheuren

SK Reyes Guerra

SK Jeff Petrino

SK Fred Scheuren

SK Tom Fahey

## Prayer for the Sick

Lord Jesus, who went about doing good and healing all, we  
ask you to bless our brother Knights

and their relatives who are sick. Give them the strength in  
body, courage in spirit and patience in pain.

Let them recover their health, so that, restored to the Christian  
community, they may joyfully praise your name, for you live  
and reign for ever and ever. Amen

**Happy  
Birthday!**

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## Birthdays for February 2020

Maurice W. Chau	February 1
David R. Miller	February 1
Bruno Bottcher	February 2
Steven N. Carozza	February 5
Gregg S. Parette	February 12
Richard Ziants	February 14
Pedro L. Capestany	February 15
William C. Hoppe	February 17
Franz Probst	February 17
Joseph G. Graf	February 19
Poul M. Hertel	February 28

**On behalf of Potomac Assembly # 2204, to those who were born in the Month of February.**

***May Your Birthday be Blessed***

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## EVENTS AROUND THE COUNCIL TABLE

### 459—Fitzgerald Council:

#### February

- 5—Officers Meeting Father Rankin House 7 pm
- 7—Nocturnal Adoration 9 pm-6 am
- 8—Rosary at Abortion Clinic 9 am
- 12—Council Meeting 7:30, Rosary 7pm
- 24—Potomac Assembly –4th Degree Meeting 7:30 pm

#### March

- 4—Officers Meeting Father Rankin House 7 pm
- 6—Nocturnal Adoration 9 pm-6 am
- 7—Rosary at Abortion Clinic 9 am
- 11—Council Meeting 7:30, Rosary 7pm
- 23—Potomac Assembly –4th Degree Meeting 7:30 pm

### 5998—Mount Vernon Council - (Bingo Fridays (except Good Fri.), & first Sunday of the month except 1/1, 7/4)

#### February

- 1—Patriotic Rosary 11:00am
- 2—Super Bowl Party 6:30pm
- 5—First Degree 7:30pm, Candidates arrive 7pm
- 6—Officers 6:30, Rosary 7:30 Business Meeting 8pm
- 9—St. Louis Pancake Breakfast 8am (setup)
- 15—Wild Game Feed (spts Vocations Progs) 6:30pm
- 16—Good Shepherd Pancake Breakfast 7am (setup)
- 18—District Deputy Meeting 6:15pm
- 18—Second Degree 7:30pm, Candidate arrive 7pm
- 22—Polar Plunge in Woodbridge TBD
- 25—Good Shepherd & St. Louis Shrove Tues. Pancakes @6
- 28—Lenten Fish Fry
- 25—Visit to John Paul II Shrine TBD

#### March

- 5—Officers 6:30, Rosary 7:30 Business Meeting 8pm
- 6—Lenten Fish Fry
- 7—Virginia State Meeting 8am
- 7—Patriotic Rosary 11:00am
- 8—St. Louis Pancake Breakfast 8am (setup)
- 10—District Deputy Meeting 6:15pm
- 13—Lenten Fish Fry
- 14—Saint Patrick's Party 6:30pm
- 15—Good Shepherd Pancake Breakfast 7am (setup)
- 20—Lenten Fish Fry
- 27—Lenten Fish Fry

### 11170—Fort Belvoir Council:

#### February

- 8—Lourdes Marian Prayer Svc, 6pm, BlessedSac.Chapel
- 13—Business Meeting 7:30pm (Rosary for Life 7pm)
- 15—First Degree Practice 9am-noon
- 22—District Free Throw Competition
- 25—Shrove Tuesday Pancake Dinner
- 26—Ash Wednesday
- 27—Officers' Meeting 7:3pm & First Degree Practice 6:30pm
- 28—Stations of the Cross & Soup Supper 6pm

#### March

- 6—Stations of the Cross & Soup Supper 6pm
- 13—Stations of the Cross & Soup Supper 6pm
- 14—Business Meeting 7:30pm (Rosary for Life 7pm)
- 20—Stations of the Cross & Soup Supper 6pm
- 25—Potomac Assembly—Fourth Degree Meeting 7:30pm
- 26—Officers' Meeting
- 27—Stations of the Cross & Soup Supper 6pm

Potomac Assembly #2204  
8592 Richmond Hwy  
Alexandria, VA 22309

Address Correction Requested