



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 2021



Knighting of New Sir Knights and Renewal of Obligations, see page 7.

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Potomac Assembly Directory

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UPCOMING EVENTS

(We are in Phase III as directed by the Virginia Governor)

MONTH/

DAY OF WEEK

DATE EVENT

FEBRUARY 2021

| | | |
|----------|----|--|
| SATURDAY | 6 | PATRIOTIC ROSARY AT 11:00 AM AT GOOD SHEPHERD AND ZOOM |
| MONDAY | 15 | CANCELLED PRESIDENT'S DAY PARADE ALEXANDRIA CITY |
| TUESDAY | 16 | OFFICERS MEETING AT 7:00 PM |
| MONDAY | 22 | BUSINESS MEETING AT 7:00 PM |

MARCH 2021

| | | |
|----------|----|--|
| SATURDAY | 6 | PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND ZOOM |
| SATURDAY | 13 | CANCELLED ST. PATRICK'S DAY PARADE ALEXANDRIA CITY |
| TUESDAY | 16 | OFFICERS MEETING AT 7:00 PM |
| MONDAY | 22 | BUSINESS MEETING AT 7:00 PM |

APRIL 2021

| | | |
|----------|----|---|
| SATURDAY | 3 | PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND ZOOM |
| TUESDAY | 13 | OFFICERS MEETING AT 7:00 PM |
| MONDAY | 26 | BUSINESS MEETING AT 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 Jeb Donelan

Dear Brother Knights:

Believe it or not another Lent is already upon us, this February 17th will be Ash Wednesday and we will begin our Lenten journey toward Easter. Despite the pandemic and the restrictions this may bring upon us limiting things like no fish fries, no Lenten soup dinners and no community retreats but there is still so much we can get out of this lent! A look at the basics of lent I think can help us with our preparation and living out of this Lent.

Every Ash Wednesday the Gospel is always the same, Matthew 6: 1-6, 16-18, Jesus recommends the spiritual practices of prayer, fasting and almsgiving to his disciples. These three penitential practices are really the essence or core of Lent, while everything else is kind periphery. If you will, Lent is much more about an internal event that converts us closer to God and much less about a pesky penitence that I am going to grin and bear it for forty days. Often times, Lent even becomes like a second New Year's resolution where if I recognize that I cuss too much or am too impatient with my wife then 40 days I am done with cussing or quarrelling with my wife. Unfortunately, these only last usually two weeks and by the end of lent we have given up completely.

I would like to recommend this year a more basic approach to Lenten penances. Penance are not primarily about self-improvement they are about spiritual growth. In other words, I may still come to the end of lent and struggle with anger or lust or whatever sin I was trying to cast off but if I have grown closer to the Lord then it has been a good Lent. And eventually too I will probably start to overcome my anger, or my lust or whatever it is that I am struggling with (it is hard to pray regularly and continue to cuss like a sailor).

For this reason, I highly recommend sticking to the basics, prayer, fasting and almsgiving. For instance, a daily increase in prayer, a weekly fast or giving up a preferred food item for 40 days, or even regular tithing or some form of sacrificial almsgiving are all humbling and soul transforming experiences. If you are not in the habit of daily prayer you are going to want to give up two or three weeks in but if you push through for 40 days you will be happy you did and hopefully continue on after Easter. If you have never fasted in a regular basis it can be challenging but a beautiful way to connect to the cross of Christ. And likewise almsgiving or donating in a more serious way either to the poor or the Church is a good way to increase my trust in God and love for my neighbor. I hope the Lord Jesus enriches your lent with a true conversion of heart.

Fraternally,

Fr. Jeb Donelan

Vivat Jesu.

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Faithful Navigator's Comments—Larry Clark

Worthy Sir Knights another month is upon us and this year it is a special one as Lent begins on Wednesday the 17th and carries through the month of March and ends on 3 April, Holy Saturday.

What an opportunity we are presented with – 40 days to look at ourselves, spiritually, mentally and physically and see if there are elements within our life that need some burnishing, start a family rosary, go to a weekday mass, pray more frequently to Mary or your patron saint. Carve time out of your day to do the readings. There are so many things you can accomplish spiritually to bring Lent alive for you.

ST. Paul encourages us to fill our minds with everything that is true, good and pure. He realized it would not be easy, but he knew there would always be grace. All saints agree that holiness is possible, your holiness is possible, so do not give up on yourself.

Speaking of saints on December 8, Pope Francis declared a year for St. Joseph. For all our Joseph's in the community, congratulations. Who was St. Joseph – a husband, a father, a carpenter and a provider? We also know that he is a listener. He listened to the angel who told him to take Mary into his house, he listened to the angel when he was told to go to Egypt, he listened when the angel told him to take the family to back to Israel and then another angel told him to bring the family to Nazareth. Perhaps from this quiet saint we could learn something from this saint – listen to others.

The virus is still with us, do you know where you stand with regard to getting a shot? Find out when you and your family are eligible to get a shot. Be informed. You can check in with the Alexandria Health department, www.alexandriava.gov/Coronavirus. There is a form at the end of the page you can fill out if you need to sign up for a shot. Be safe.

YBIC, Larry Clark
FN Potomac
Assembly 2204
202-494-4761



Sir

Knights present at the Knighting and Renewal of Obligations (except the photographer SK Steve Teslik)
SK Steve Teslik provided all the photographs for the next page as well. Thank you Steve!.

we followed the social distancing guidelines. It was led by SK Duff.

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Knighting of Sir Knights, and Renewal of Obligations

This gathering was on January 25 and it was good to see everyone. It started with the Knighting of the new Sir Knights who went through the Exemplification on October 31, 2020, and there were sixteen present (shown in the second picture below).

Then we had the Renewal of Obligations. Thank you SK Bob Reynolds and SK Jim McCracken for the food. Wonderful!



Left to right, SK FDD 2PGK Kevin Palgutt, Master Cy Alba, FN PGK Larry Clark, Father Donelan, SK PGK Joe Graf, and SK PFN PGK Ray Duff.



Left picture-SK Nate Murray presents an award to Master Cy Alba.

Right picture is SK Fred Beata's award for his efforts on the Wreaths Across America (a 2020 White House Christmas Ornament).



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Wreaths Out (Across America)

Fred Beata (coordinator) along with FN Larry Clark, Mike Murphy, Jack Cooper and Frank Gossett (with spouse Pam and daughter Nicole). This was the group on January 12, 2021 who removed the wreaths from Arlington National Cemetery.



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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.

SK Jim Clark

Antonio Bennet

SK PGK PFN Ray Duff

SK Freddie Flowers

SK Dutch Anderson

SK PGK Reyes Guerra

SK Jeff Petrino

SK Fred Scheuren

Father David Dufresne

Father Rich Carr

SK Carl Efiert

SK John Saikowski

SK Paul Kayanan

Kieu Dunbar wife of SK Richard Dunbar

SK PGK PFN Robert T. Reynolds

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 January 2021

| | |
|--------------------|-------------|
| Maurice W. Chau | February 1 |
| David R. Miller | February 1 |
| Bruno Bottcher | February 2 |
| Steven N. Carozza | February 5 |
| Gregg S. Paretti | 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

(We are in Phase III consistent with the Virginia Governor order.)

459—Fitzgerald Council:

February

3—Officers Meeting Father Rankin House 7 pm
5—Nocturnal Adoration 9 pm-6 am
6—Rosary at Abortion Facility 9 am
10—Council Meeting 7:30, Rosary 7pm

March

3—Officers Meeting Father Rankin House 7 pm
5—Nocturnal Adoration 9 pm-6 am
6—Rosary at Abortion Facility 9 am
10—Council Meeting 7:30, Rosary 7pm

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

February

3—Charity, Unity, and Fraternity 7:30pm (Cancelled)
4—Ofr 6:30pm, Rosary 7:30pm, & Business Mtg 8pm
6, 13, 20, 27—Spiritual Reflection 7:30am on Zoom
6, 13, 20, 27—Abortion Rosary & prayer 9am-12pm
6—Vocations Fund Raiser on Zoom 7pm
17—Ash Wednesday
19, 26—Fish Fry—Limited Eat-In or To Go

March

3—Charity, Unity, and Fraternity 7:30pm at hall
4—Ofr 6:30pm, Rosary 7:30pm, & Business Mtg 8pm
5, 12, 19, 26—Fish Fry—Limited Eat-In or To Go
6, 13, 20, 27—Spiritual Reflection 7:30am on Zoom
6, 13, 20, 27—Abortion Rosary & prayer 9am-12pm
13—Spring Special St. Patrick's Party 6pm

11170—Fort Belvoir Council:

February

11—Rosary for Life
11—Membership Meeting
13—Our Lady of Lourdes Marian Rosary
24—YMOY/YWOY Entries Due
25-28—YM/YWOY Entry Judging
25—Officers' Business Meeting

March

11—Rosary for Life
11—Membership Meeting
25—Officers' Business Meeting

Potomac Assembly #2204

8592 Richmond Hwy

Alexandria, VA 22309-8516

Address Correction Requested