



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**

March 2021



Silver Rose at Good Shepherd Catholic praying the Rosary, see page 7.

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Potomac Assembly Directory

Navigator

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

Friar

SK Father Jeb Donelan, j.donelan@gs-cc.org, 703 780-4055

Captain

SK PGK Richard Dunbar, richdunbar1947@gmail.com,
571 216-6012

Admiral

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

Comptroller

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

Pilot

SK PGK Joe Castillo, jc305@evansville.edu, 219 880-6889

Scribe

SK PGK Joe Graf, jggraf@outlook.com, 703 473-0372

Purser

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

Inner Sentinel

SK GK Maurice Chau, mauricekofc40@gmail.com, 703 220-6185

Outer Sentinel

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

Color Corps Commander

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

Trustee 1 Year

SK PGK PFN Ray Duff, rrduff25@gmail.com, 901 229-3445
(filling in for SK 2PGK PFN Fred Beata)

Trustee 2 Year

SK 2PGK PFN Buck Coates, buck.coates@comcast.net, 703 751-8362

Trustee 3 Year

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

Fourth Degree Website

assembly2204.org

SK PGK Steve Teslik, steslik@e2steve.com

Navigator's Log Editor, SK GK Maurice Chau, mauricekofc40@gmail.com, 703 220-6185,

Navigator's Log Staff: SK Carl Eifert, SK 2PGK PFN Buck Coates.

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UPCOMING EVENTS

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

MONTH/

DAY OF WEEK

DATE EVENT

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 |
| TUESDAY | 30 | HOLY HOUR WITH OUR FRIAR 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 |
| SATURDAY | 17 | FOURTH DEGREE EXEMPLIFICATION VIRTUAL AT 5998 11AM |
| MONDAY | 26 | BUSINESS MEETING AT 7:00 PM |

MAY 2021

| | | |
|----------|----|--|
| SATURDAY | 1 | PATRIOTIC ROSARY AT 11:00 AM AT GOOD SHEPHERD AND ZOOM |
| TUESDAY | 18 | OFFICERS MEETING AT 7:00 PM |
| MONDAY | 24 | 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:

It is already Lent again! It is not uncommon this time of year to hear your parish priest speak about confession and perhaps in the back of our mind some of us may ask ourselves, why go to confession anyway? Or why again? Or maybe confession is not something we really care to think about or maybe even practice. I think all these reactions are reasonable and natural, most people don't really like admitting their mistakes and even more so to someone whom they hardly know. And the heart of the matter probably goes back to something St. Augustine of Hippo once said, "We love the truth when it illumines us, but we hate it when it accuses us." Going to confession is very much about confronting a truth that is inconvenient and often does accuse us of some wrongdoing.

So, what can we say that is positive about confession? Well to start with we are all in the same boat and despite our worse fear there is typically very little wailing and grinding of teeth in the confessional. Honestly, from a priest perspective very few confessions are very memorable or as scandalous as we might fear. We all (even priests and nuns) typical struggle with the same things lust, anger, envy, lying, resentment and so forth. Chances are if you are embarrassed to confess something you have done, the guy before you and the guy after having probably done something similar. Our real motivation to confess then should be the joy and the beauty of this sacrament, as a priest I can say that probably 9 out of 10 people who sincerely confess their sins leave happier and more lighthearted than when they came to confession. As a confessor I can also say that for me too there is a special joy when someone has come to confess after a long while or confesses something that weighs greatly upon them.

Finally, some people might object that for them confession has never really been a joyful experience or even worse a priest once got angry with them in the confessional. If anyone has ever had a bad experience in the confessional that is a shame and I sincerely apologize on behalf of my brother priests that should never have happened, though every now and then difficult conversations do need to take place. As for never experiencing the beauty of confession, I would like to invite and encourage everyone in that situation to take some time to prepare well. Start by praying for the gift of repentance and making a sincere examination of conscience. Then maybe familiarize yourself more with sacrament and perhaps even ask a priest or a trusted friend to help you prepare better. Take time to get the most out of this sacrament and I hope you will find yourself better off than before. God Bless and happy Lent!

In Christ,

Fr. Jeb Donelan
Vivat Jesu.

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Faithful Navigator's Comments—Larry Clark

Worthy Sir Knights by now we should all be settled into our Lenten routines and doing the best we can to meet our obligations. Hopefully, your life has also slowed down as you continue to follow the path you laid out for this penitential season.

We need to pray for our communities, for our country and for Catholic politicians who tend to say little when it comes to abortion. Because they are reticent to say anything except it is a women's right, does not mean they have to vote to fund it. We need not cede the moral high ground to them, nor be defensive on the abortion issue, we need to be seen, and heard and remind people of what abortion gives us, killing close to one million unborn babies yearly. **And we vote.** Our voices need to be heard constantly in the public square not just the last weekend of each January.

The wearing of the green will be on display this month but not in a parade – just as there was none on Presidents' Day. Be strong, wear your green and remember, we will be back when we have the viruses beaten down. We are a resilient people who have great courage and while we have been knocked backwards one million this past year, we will move forward to put the United States back on its feet and prepared to lead the way forward.

Finally, remember those who are still with us but rarely seen, family, Knights, friends, Catholic Daughters and our priests and front-line workers who are out there daily. Reach out if you have not seen or heard from them, let them know you are there, let them hear your voice. We all need comfort from time to time.

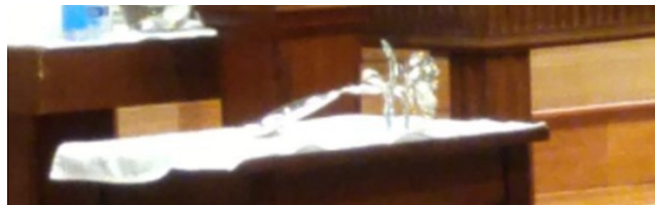
YBIC, Larry Clark
FN Potomac
Assembly 2204
202-494-4761

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Silver Rose

We were blessed to be one of the first Councils to receive the Silver Rose at Mount Vernon, Fort Belvoir, and Saint Mary / Saint Joseph's. starting February 27 until March 5 for these three Councils. The pictures below are only from the Mount Vernon Council and were at Saint Louis and Good Shepherd. Although our plan was to say the Rosary, this did not work with the two Spanish masses since they usually pray the Rosary before mass. We did say the Rosary at each of the English masses at each church. Steve Piscitelli was wearing regalia (without the beret, and sword) and Maurice Chau was with him taking pictures, and including members to say decades of the Rosary.



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February Patriotic Rosary at Good Shepherd

The Patriotic Rosary was live streamed and also available for the first time on Zoom. This was designed to allow more to participate in the Rosary..



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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 March 2021

| | |
|---------------------------|----------|
| John Edward Michals | March 1 |
| Frederick J. Beata | March 6 |
| Edward J. Dillenschneider | March 7 |
| David J. Reintjes | March 9 |
| Thomas P. Coyne | March 10 |
| Victor R. Perez | March 10 |
| Brian D. Stevenson | March 10 |
| Charles F. Coates | March 11 |
| Jeffrey P. O'Donnell | March 18 |
| Jose Lito D. Constantino | March 20 |
| Thomas J. Pojeta | March 21 |
| Byron L. Powers | March 22 |
| Robert T. DeMay | March 25 |
| Robert L. Huff | March 25 |
| Daniel T. Klug | March 25 |
| Juan A. Cuadrado | March 26 |
| Shane P. Tanner | March 26 |
| Richard J. Lebel | March 27 |
| Michael K. Evans | March 30 |
| Robert C. Ward | March 30 |

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

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:

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

April

2—Nocturnal Adoration 9 pm-6 am
3—Rosary at Abortion Facility 9 am
7—Officers Meeting Father Rankin House 7 pm
14—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).

March

4—Ofr 6:30pm, Rosary 7:30pm, & Business Mtg 8pm
6—State Meeting Virtual 8:30am to 2pm
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 (Cancelled)
24—District Fraternal Benefits Program & Dinner 7pm
27—Roe vs Wade Movie, dinner, and discussion 3pm

April

2—Good Friday—NO BINGO
3, 10, 17, 24—Spiritual Reflection 7:30am on Zoom
3, 10, 17, 24—Abortion Rosary & prayer 9am-12pm
4—Easter Sunday—SUNDAY BINGO on April 11
8—Ofr 6:30pm, Rosary 7:30pm, & Business Mtg 8pm
10—Police and Firefighter Appreciation Meal Delivered 2pm

11170—Fort Belvoir Council:

March

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

April

8—Rosary for Life
8—Membership Meeting
22—Officers' Business Meeting

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Knights of Columbus

Virtual Fourth Degree Exemplification Saturday, April 17, 2021



CANDIDATE INSTRUCTIONS FOR VIRTUAL 4TH DEGREE EXEMPLIFICATION

Date: Saturday, April 17, 2021, register on line starting at 11:15AM, ceremony starts at 12:00PM

Eligibility:

Candidates must be a Third-Degree Knight in good standing. All applications (Form 4) for non-U.S. citizens, will be reviewed by the Master once they are approved by the Assembly.

Fees:

The candidate fee is \$50.00 for all candidates. This fee is set by Supreme. This fee includes the social baldric, Fourth Degree Pin, certificate, program book and Supreme processing fees. Candidate will provide to their respective assembly the fee and the Assembly will provide one check for all the candidates to the District Administrative Assistant, to be received by 7 April 2021.

Honoree:

The Honoree for this Exemplification will be FSD/PSD SK Tommy Harger, for the distinguished support in representing Virginia on the Supreme Board of Directors, Tommy just recently retired from the board of directors.

Fourth Degree Instructions Candidate:

Complete and sign the form four and provide an email address that will be used by the candidate for the virtual exemplification

Provide to the Assembly the fee of \$50.00

There is a 250 observer locations on line limit for the exemplification, priority will be given to candidates first then if room, on line observers will be allowed to watch.

Candidates are asked to download the "Go to Meeting" app to his I-pad, laptop or PC. Phones are too small and may not be adequate for this purpose.

Candidates if there are any questions you have prior to the Exemplification, please ask your Assembly Navigator.

Some Assemblies will be hold group sessions using social distancing for the Exemplification if that is the case you will have the option of taking the exemplification alone in your home or at the group session. Each group location counts as a single location thereby allowing a greater number of participants.

Prepare for the exemplification by participating in the exemplification in a quiet room where you can have privacy and are able to engage in the exemplification (with no outside distractions). The exemplification will last at least 90-120 minutes, so be prepared to be in this private location for that length without a break

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Knights of Columbus

Virtual Fourth Degree Exemplification Saturday, April 17, 2021



When you log into the "Go to Meeting" site, there is an opt for the audio only, do not turn on the video portion of the site, you will also need to be on mute. You will be able to see the exemplification but your personal camera will need to be off to save band width with 250 participants.

The District will send the link to the meeting in advance to each Navigator and candidate, once the District Master has the completed form four and check. Faithful Navigators will make sure your candidates received the link. Your asked as a candidate to start logging in starting at 11:15am and no later than 11:45am so we can get an accurate roster for the exemplification.

A report will be generated at the end of the call with the names and duration of each person on the call. So, as a candidate you need to be on the call until the very end.

The District Master will mail the baldric, pin, certificate, and exemplification program book directly to the Faithful Navigator. At the first in person meeting the Faithful Navigator will present the Baldric, pin, certificate and program book to the new Sir Knight along with the Knighting ceremony.

When being knighted at this meeting the new Sir Knight of the 4th Degree will wear a dark black, grey, or blue suit with a plain white shirt and basic/conservative style tie (no bowties). Both jacket and pants must be dark in color. Brown, green, or other color suits are not authorized. Candidates should not wear any pins on their jacket lapels. The social baldric and PG-113 pin will be provided to candidates during the ceremony. Priests should be dressed in clerical attire. Deacons may wear clerical attire as allowed by diocesan guidelines. Active-Duty Military may wear their Class A or dress uniform. Policemen and Firemen may wear their dress uniform. 4th Degree Sir Knights attending the meeting should wear the Official Regalia Dress or they may also wear dark black, grey, or blue suit with a plain white shirt and basic/conservative style tie (no bowties). Both jacket and pants must be dark in color. Brown, green, or other color suits are not authorized. The social baldric should be worn under the jacket but in front of the tie. All Sir Knights will wear the Fourth-Degree pin, the PG-113. No other pin will be worn.

NAVIGATORS: PLEASE PROVIDE THIS INFORMATION TO ALL CANDIDATES AND OTHERS WHO WILL BE ATTENDING THIS VIRTUAL EXEMPLIFICATION

Please do not hesitate to contact your Assembly Navigator: Larry Clark hlclark63@gmail.com, 202 494-4761

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Knights of Columbus

Virtual Fourth Degree Exemplification Saturday, April 17, 2021



ASSEMBLY INSTRUCTIONS FOR VIRTUAL 4TH DEGREE EXEMPLIFICATION

Date: Saturday, April 17, 2021, register on line starting at 11:15 AM ceremony starts at 12:00PM

Eligibility:

Candidates must be a Third-Degree Knight in good standing. All applications (Form 4) for non-U.S. citizens, will be reviewed by the Master once they are approved by the Assembly.

Fees:

The candidate fee is \$50.00 for all candidates. This fee is set by Supreme. This fee includes the social baldric, Fourth Degree Pin, certificate, and Supreme processing fees. Assemblies will write a single check and be sent with all of the hard copy form 4's to be received by the Administrative Assistant by 7 April. Check will be written to Stephen Raschke Sr. Master 4th Degree.

Honoree:

The Honoree for this Exemplification will be FSD/PSD SK Tommy Harger, for the distinguished support in representing Virginia on the Supreme Board of Directors, Tommy just recently retired from the board of directors.

Program Booklet:

There will be a souvenir program booklet published that will be provided to each new Sir Knight with 5 additional booklets to the Assembly. Assemblies are asked to provide a \$50.00 donation to help cover the expense of the booklet. The check for \$50.00 will be made out to the Stephen Paul Raschke Sr. 4th Degree Master, and sent to Stephen Paul Raschke Sr, 5210 Aberdeen Creek Road, Gloucester Virginia 23061. Assemblies wanting their name in the booklet as a sponsor need to send the donation by 7 April 2021. Do not send this donation with the form 4 packets. Any excess funds after printing will be donated to the Virginia State Father Bader Scholarship Fund.

Fourth Degree Instructions for Faithful Navigator and Candidate:

All completed and signed form fours of candidates that will be taking the virtual exemplification will be scanned (supreme copy only) and sent to the District Administrative Assistant email: (adminassistant@vakofc.org) as soon as completed. With the scanned copy the tally sheet will also be send that includes the email address of the candidate that he will be using for the virtual

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exemplification, this is required. Once all form fours for the Assembly have been compiled the hard copies will be sent to the District Administrative Assistant: (Jeff Befumo, 16933 Four Seasons Dr., Dumfries, VA 22025) with one Assembly check and a copy of the tally sheet to be received at least 10 days prior to the exemplification, (April 7, 2021).

The Faithful Navigator will send the District Master all other Sir Knight's email addresses who would like to observe the exemplification at least 10 days prior to the exemplification (7 April). There is a 250 location on line limit for the exemplification, priority will be given to candidates first then if room on line observers will be allowed to watch.

Inform your candidates and ask them to download the "Go to Meeting" app to his I-pad, laptop or PC. Phones are too small and may not be adequate for this purpose.

Assemblies can arrange for a room that you can gather the candidates to watch together. Room must be large enough for social distancing and have capability for WIFI to watch the exemplification together on a large screen or TV.

Ask candidates if there are any questions they have prior to the Exemplification. Remind them of all the programs and activities of the assembly they are joining and make plans to take them to their first meeting as soon as we are able to have meetings.

Ask them to prepare for the exemplification by participating in the exemplification in a quiet room by themselves where they can have privacy and are able to engage in the exemplification (no outside distractions). Let them know this will last at least 90-120 minutes, so be prepared to be in his private location for that length without a break.

Let him know when he logs into the Go to Meeting site, there is an opt for the audio only, do not turn on the video portion of the site, he will also be required to be muted and listen only.

The District Master will send the link to the meeting in advance to each Navigator and candidates, once the District has the completed form fours and check. Faithful Navigators make sure your candidates received the link.

We are asking that the candidates to start logging in starting at 11:15am and no later than 11:45am so we can get an accurate roster for the exemplification.

A report will be generated at the end of the call with the names and duration of each person on the call. So, your candidate needs to be on the call until the very end.

The District Master will mail the baldric, pin, certificate, and program books directly to the Faithful Navigator. At the first in person meeting the Faithful Navigator will present the Baldric, pin, certificate and program book to the new Knight and then Knight the new Knight with the Faithful Navigator sword. If there are any dignitaries present at the meeting such as the State Deputy, Master, Past State Deputy, Former Master, Supreme Director, the Faithful Navigator should let the dignitary, knight the new Sir Knight into the order.

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Knights of Columbus

Virtual Fourth Degree Exemplification Saturday, April 17, 2021



When being knighted at the meeting the new Sir Knight of the 4th Degree will wear a dark black, grey, or blue suit with a plain white shirt and basic/conservative style tie (no bowties). Both jacket and pants must be dark in color. Brown, green, or other color suits are not authorized. [Candidates should not wear any pins on their jacket lapels. The social baldric and PG-113 pin will be provided to candidates during the ceremony.](#)

Priests should be dressed in clerical attire. Deacons may wear clerical attire as allowed by diocesan guidelines. [Active-Duty](#) Military may wear their Class A or dress uniform. Policemen and Firemen may wear their dress uniform. 4th Degree Sir Knights attending the meeting should wear the Official Regalia Dress or they may also wear dark black, grey, or blue suit with a plain white shirt and basic/conservative style tie (no bowties). Both jacket and pants must be dark in color. Brown, green, or other color suits are not authorized.

The social baldric should be worn under the jacket but in front of the tie. All Sir Knights will wear the Fourth-Degree pin, the PG-113. No other pin will be worn.

Please do not hesitate to contact District Master Stephen Paul Raschke Sr. at Master@vakofc.org or at 804-695-9912 (H) or 757-509-0177 (C)

All Completed Form Fours and check will be mailed to the District Administrative Assistant at :

Jeff Befumo

16933 Four Seasons Dr.

Dumfries, VA 22025

Donation to sponsor the program book will be send directly to the Master at:

Stephen Paul Raschke Sr.

5210 Aberdeen Creek Road

Gloucester, VA 23061

NAVIGATORS: PLEASE PROVIDE THE INFORMATION MEMO TO ALL CANDIDATES AND OTHERS WHO WILL BE ATTENDING THIS VIRTUAL EXEMPLIFICATION