



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 2024



National March for Life Chili Dinner, January 19, 2024

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Potomac Assembly Directory

Navigator

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Trustee 1 Year

SK PGK John Dougherty, john.dougherty@cox.net,
571 228-9567

Friar

Father Gregory Thompson, fr.thompson@saintlouisparish.org
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Trustee 2 Year

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

Captain

SK PGK PFN Mark Marchione, marchionemark@gmail.com,
707 364-6006

Trustee 3 Year

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Admiral

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Comptroller

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

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Purser

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Inner Sentinel

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Outer Sentinel

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Navigator's Log Staff: SK Carl Eifert

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UPCOMING EVENTS

FEBRUARY 2024

SATURDAY	3	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND VIRTUALLY ON ZOOM
WEDNESDAY	14	ASH WEDNESDAY/SAINT VALENTINE'S DAY
MONDAY	19	PRESIDENTS DAY/GEORGE WASHINGTON PARADE ALEXANDRIA CITY 1 PM
TUESDAY	20	OFFICERS MEETING AT 7:00 PM ON ZOOM
WEDNESDAY	21	VIRGINIA PRO-LIFE DAY, RICHMOND, VA
THURSDAY	22	124TH ANNIVERSARY OF THE FOURTH DEGREE
MONDAY	26	PATRIOTIC ROSARY 7:00PM, ASSEMBLY BUSINESS MEETING, 7:30 PM HYBRID—IN-PERSON & ZOOM AT 5998
MONDAY	26	ELECTION FOR DELEGATES TO VIRGINIA DISTRICT BIENNIAL MEETING IN MARCH (DUE BY MARCH 1)

MARCH 2024

FRIDAY	1	BEGIN PREPARATION OF SLATE OF OFFICERS FOR NEXT FRATERNAL YEAR
SATURDAY	2	ST. PATRICK'S DAY PARADE IN ALEXANDRIA CITY HONOR GUARD AND SIR KNIGHTS, 12:30 PM
SATURDAY	9	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND VIRTUALLY ON ZOOM
TUESDAY	19	OFFICERS MEETING AT 7:00 PM ON ZOOM
SATURDAY	23	BIENNIAL VIRGINIA DISTRICT BUSINESS MEETING AT ST. PETER & PAUL IN PALMYRA, VA
MONDAY	25	PATRIOTIC ROSARY 7:00PM, ASSEMBLY BUSINESS MEETING, 7:30 PM HYBRID—IN-PERSON & ZOOM AT 5998
TUESDAY	26	DEADLINE FOR FOURTH DEGREE EXEMPLIFICATION APPLICATIONS
SUNDAY	31	EASTER

APRIL 2024

SATURDAY	6	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND VIRTUALLY ON ZOOM
SATURDAY	13	FOURTH DEGREE EXEMPLIFICATION AT ST. EDWARDS COUNCIL 6546 RICHMOND, VA, 12 PM
TUESDAY	16	OFFICERS MEETING AT 7:00 PM ON ZOOM
SATURDAY	20	VISIT TO THE U.S. MARINE CORPS. MUSEUM 10AM
MONDAY	22	PATRIOTIC ROSARY 7:00PM, ASSEMBLY BUSINESS MEETING, 7:30 PM HYBRID—IN-PERSON & ZOOM AT 5998—PRESENT SLATE OF OFFICERS
SATURDAY	30	"TO BE A PATRIOT" SUBMISSION TO DISTRICT MASTER

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.

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Faithful Navigator's Comments—Joe Graf

Worthy Sir Knights,

I hope that you and your families are all well and survived the cold. I guess we actually do have winters here in the mid-Atlantic although being from Rochester, NY, I'll take it and appreciate the "mildness" we are blessed with having here in Virginia!

As you should have seen, 2024 Dues notices for the Assembly were distributed. If you didn't receive, you are either an Honorary Life member, it is in your email inbox or ... it may have gone into junk mail. For those that have paid their Assembly dues, thank you and for those who haven't paid yet, you can pay via our website at www.assembly2204.org. Please remember that the Council and Assembly dues are separate and one doesn't cover the other. Our budget is extremely modest so every dollar we receive is of great importance and your timely attention to paying the annual dues is greatly appreciated.

Looking forward, we have some very nice events coming up that I would like to highlight for your calendar planning and support:

- We will be marching in two parades in Old Town, Alexandria as we have in the past. Please plan on coming out to march in the George Washington's Birthday Parade on Monday, February 19 at 1:00 PM and the St. Patrick's Day Parade on Saturday, March 2 at 12:30 PM. This isn't limited to Color Corps members or even the Sir Knights of the Potomac Assembly so pass along to your Brothers in the Councils we support as all are welcome to march with us. We'll have two antique cars and Knights on Bikes supporting us, so, all we need is you, so mark your calendars!
- There is a Fourth Degree Exemplification on Saturday, April 13 in Richmond, VA. Deadline for applications is Tuesday, March 26. I've transmitted information to the Grand Knights to pass along to our Brother Knights but also ask you to personally, please let the Knights in good standing at your Councils know. Please refer to my email of this past week for additional information as well as our website.
- We are planning a visit to the Marine Corps Museum on Saturday, April 20. We'll be meeting at 10:00 am, there is a great movie at 12:30 pm (\$7 cost/person) and then we can adjourn to Tun's Tavern afterwards. Signup Genius and additional info coming but ... mark your calendars!!!!

I would be remiss if I didn't note that our Worthy Scribe Robert Reynolds is bidding us Aloha as he and Betsy depart for paradise ... Hawaii. SK Rob has contributed so much to Mt Vernon Council, the Mount Vernon Columbus Club and our Assembly ... he will be sorely missed but we take solace in the fact that he will be back sometime in the future and remains a part of our Potomac Assembly Family. For now ... Mahalo and Aloha Rob and Betsy!

Lastly and perhaps most importantly, please continue to pray for your fellow Sir Knights, their spouses and families. Unfortunately, our prayer list is growing instead of getting smaller. We have many Sir Knights and their close family members experiencing health issues right now and as we all know, the power of prayer is indeed powerful when asking God to restore his servants to health again. Please continue to keep them in your daily prayers throughout the coming year.

As always, a good resource for information is our website (www.Assembly2204.org), which captures the variety of activities that we have participated in the past and latest info on upcoming events.

Vivat Jesus!

Fraternally and Patriotically, Joe Graf
Faithful Navigator, Potomac Assembly 2204

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National March for Life 2024, January 19, 2024

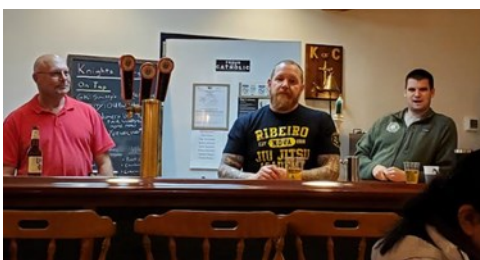
It was a truly different kind of day, with Fairfax County schools closed because of the snow, that meant we had to go with plan B. The chili dinner needed to be relocated to the Lounge at the Knights hall. Also, the number of marchers became smaller as those with children now faced no care for their children. We started with 9am Mass at Good Shepherd, breakfast and boarded the bus. Our driver, Charles was great! He was ready at 3pm in front of Saint Peter Catholic Church. We returned to Good Shepherd early, and this allowed many to join us with Marvin's famous chili. You can see the great time we had.



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National March for Life 2024 (continued)



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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	Becca and Felicity Moore
SK PGK PFN Ray Duff and Renee	Doris O'Hare
SK Freddie Flowers	Kieu Dunbar
SK PGK Reyes Guerra	Don and Cassie Rogan
SK Fritz Scheuren	For the soul of Amada Siervo De Vera, mother-in-law of SK Fred Beata
Father Rich Carr	For the soul of Patricia Saikowski and prayers for SK John Saikowski
SK Carl Eifert	For the soul of SK Fred Zuniga and prayers for Christine Zuniga
SK Paul Kayanan	For the soul of SK Robert Huff
SK Albertus Van den Bogaard	For the soul of Joan Murphy and prayers for SK Michael Murphy
SK Leo and Tanti McCormick	For the soul of SK Robert V. Farabaugh and prayers for Jacqueline Farabaugh
Hannah Michals	For the soul of SK Don Logeais and prayers for Geraldine Logeais
Andy Rogers' dad	
Bishop Emeritus Paul Loverde	
SK Jim McCracken	
Debra Dougherty	
Ben Marchione and Polly Marchione (Mark's father and mother)	
Marilyn Kempton, Grandmother to Rob Reynolds	
SK Ryan Moy's father and SK Ryan Moy	
Pam Clark	
Kim Murray	
Katie Rogers	
Jim and Donna McKissick	
Michael Gallager	
Antonio Bennet	
Joel Re	

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 2024

Maurice W Chau	February 1
Precious J Andam	February 3
Frank P Gossett	February 4
Steven N Carozza	February 5
Rchard Ziants	February 14
Pedro L. Capestany	February 15
William C Hoppe	February 17
Franz Probst	February 17
Joseph G Graf	February 19
Wayne M Johnson	February 22

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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Just thinking . . .

The Rope Relic

According to some sayings, a part of the rope that had tied Jesus to on [sic] the cross is kept in a Greek Orthodox monastery in Pyrga, Cyprus. An article in a Brigham Young University publication provides that information.

Much has been written about the nails used for Jesus crucifixion, but this rope relic is not common knowledge among Catholics.

St. Helena, the mother of Byzantine Emperor Constantine I, is said to have left the nails and the rope at the Stavrovouni Monastery around AD 326-329 upon her return from the Holy Land. A piece of what is claimed to be the true cross is also kept there in a four-foot-long silver cross-shaped reliquary.

A 2018 National Catholic Register article and one on Wikipedia mention the rope. Neither, however, provides details.

Some Christian writers have speculated that because of the bone structure of human hands, nails through Jesus' palms would not hold his body weight, requiring his wrists to be tied to the horizontal piece of the cross. No Catholic commentary regarding that point was found in researching this piece.

EWTN's the Way of the Cross cablecast each Friday shows an actor playing Jesus on the cross with his wrists tied to the lateral cross-member together with nails through his palms. It's a 2002 Argentina production.

Blessed Anna Catherine Emmerick (1774-1824), a German stigmatic, writes about ropes used to raise Christ's cross from the ground and stand it upright in an earthen hole. But she does not mention his being tied to the cross in *The Dolorous Passion of Our Lord Jesus Christ*. Her book is cited as the inspiration for Mel Gibson's 2004 film, *The Passion of the Christ*.

Thomas L. McDonald wrote about the authenticity of the nails kept at some Italian sites. Thirty-six nails with claims to be true relics are found in various churches. Too many for all to be real, he writes. He states that those in Rome, Siena, and Milan have fair claims to being the nails found by Helena.

Catholic match Institute's website has photos of five relics associated with the crucifixion. The wooden sign (Titulum) that Pilate had placed above Jesus' head is in Rome's Basilica of the Holy Cross. His seamless robe is in the Cathedral of Trier, Germany. A part of the lance that pierced his side is in the main altar of St. Peter's in Rome, and another piece in the Habsburg Imperial Treasury in Vienna. The holy stairs, (marble, now encased in wood) climbed by Jesus to the praetorium of Pilate, are in the Basilica of Saint John Lateran, Rome. And his Shroud is in the Cathedral of Turin.

A 28-page article about the cross and its depictions on The New Advent website does not mention any rope binding Jesus for his execution. It does assert four nails were used. Various theories are cited about the current locations of those relics.

Credence is given to St. Helena finding the cross. She was told it was buried to hide it from Christian followers. A Jew, ironically named Judas, pointed to the spot from which it was excavated. He converted to Christianity and became a saint called Cyriacus. Three crosses were found, which were taken to where a woman lay dying. She regained health when touched by one of them. Another version was that St. Helena had a man's corpse removed from its grave; he sprung to life when touched by the real cross.

Like so many other pious stories, the Church apparently takes no official stand on this one. It is worth noting that nearly all canonizations in modern times are based on miracles involving inexplicable healing.

Carl Eifert

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Save the Dates.

George Washington Birthday and St. Patrick's Day Parades

The George Washington Birthday Parade is scheduled for Monday, February 19 in Old Town Alexandria, VA. Last year, we won the first-place award for the best Color/Honor Guard and fully intend to defend our title this coming year so please get your marching shoes ready and mark this on your calendars! Also, the St. Patrick's Day Parade is scheduled for Saturday, March 2. This isn't limited to Color Corps members or even the Sir Knights of the Potomac Assembly so pass along to your Brothers in the Councils we support as all are welcome to march with us. More info to come but ... save the dates!

Fourth Degree Exemplification on April 13 in Richmond, VA

The next **Fourth Degree Exemplification** is scheduled for **Saturday, April 13, 2024** at St. Edwards Council 6546, 2700 Dolfield Drive, North Chesterfield, VA 23235. For Knights in good standing that are interested in becoming Sir Knights of the Potomac Assembly, they will need to **submit a Form 4** (located at www.assembly2204.org) via their Council's Financial Secretary **by Tuesday, March 26th, 2024**.

Please pass this information to any Knight in good standing that is interested in joining the Fourth Degree and our Assembly. If you or they have any questions or need further information, please send an email to FN@Assembly2204.org and we will provide the whatever is needed to have them join our Assembly!

Potomac Assembly Color Corps

We want you ... for the Color Corps! The Color Corps of the Knights of Columbus are the uniformed members of the Fourth Degree and our Assembly. They are the ones that are most noticeable at church and public functions, parades, etc.

The primary purpose of the Fourth Degree is to encourage active Catholic citizenship and foster the spirit of patriotism in members and the community at large. The Color Corps members exemplify all the principles of our Order:

- Charity - by the gift of their time and energies necessary to practice, perfect and perform the ceremonials and sword drill;
- Unity – by the united efforts of Sir Knights to practice and perfect a coordinated drill for the good of the Church and the Order;
- Fraternity – by expressing an “Esprit de Corps,” sharing a common desire for drill excellence and camaraderie; and
- Patriotism – by performing precision drill as a salute to God and to country and visually exhibiting a love for both.

Please look at our website and the many invaluable activities our Color Corps has supported including funerals for our Sir Knights that have gone before us, Wreath Laying at the Tomb of the Unknown Soldier, the George Washington Birthday and St. Patrick's Day Parades in Alexandria, and many other great events. Read the Faithful Navigator's message in the October 2023 NavLOG and consider ordering the Official Regalia Dress and joining the ranks of the Color Corps! Information regarding the ORD and ordering is on our website as well and ... we'll chip in \$100 after you get your ORD!

Potomac Assembly 2204 Website (www.Assembly2204.org)

For the latest up to date information and resources supporting many of the items above and other activities past, present and future, please consult our website. We live in a dynamic and ever-changing world but strive to keep it as up to date as possible so it has the latest and greatest information for your use and benefit. As always, any questions or additional information needed to help you ... just email FN Joe Graf (FN@Assembly2204.org).

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EVENTS AROUND THE COUNCIL TABLE

459—Fitzgerald Council:

February

- 2—Nocturnal Adoration 9 pm-6 am
- 3—Rosary at Duke Street Abortion Provider 9am
- 7—Officers Meeting virtual 7 pm
- 14—Business Meeting 7pm

March

- 1—Nocturnal Adoration 9 pm-6 am
- 2—Rosary at Duke Street Abortion Provider 9am
- 6—Officers Meeting virtual 7 pm
- 13—Business Meeting 7pm

5998—Mount Vernon Council -

**(Bingo Fridays (except Good Fri.), & first Sunday of the month except 1/1, 7/4).
For the details below, GS is Good Shepherd Catholic Church.**

February

- 1—Ofcr Mtg 6:30, Rosary 7:30, Membership Mtg 8pm
- 3, 10, 17, 24—Abortion Rosary & prayer 8am-12pm
- 3—Social Wild Game Feed to Support Vocations 6pm
- 8—Ladies Movie Night 7pm
- 11—St. Louis Pancake Breakfast 8am
- 11—Super Bowl Party in Lounge 5pm
- 13—Shrove Tuesday at St Louis School Lunch 11am
- 13—Shrove Tuesday at St Louis & Good Shepherd 6pm
- 14—Ash Wednesday and Valentine's Day
- 15—Pro-Life Speaker, Angel Clark Pot Luck 6:30pm
- 17—Council Free Throw Challenge 9am
- 18—Good Shepherd Pancake Breakfast 7am
- 19—District Free Throw Challenge at St Louis 9am
- 27—Adoration with GK at Good Shepherd 6pm

March

- 3, 10, 17, 24—Abortion Rosary & prayer 8am-12pm
- 5—Fairfax County Presidential Primary Election 6am-9pm
- 7—Ofcr Mtg 6:30, Rosary 7:30, Membership Mtg 8pm
- 9—Ladies Luncheon 12:30—2pm
- 10—St. Louis Pancake Breakfast 8am
- 17—Good Shepherd Pancake Breakfast 7am
- 18—Adoration with GK at Good Shepherd 6pm
- 23—Irish Night 5:30pm
- 29—No Bingo on Good Friday
- 31—Easter Sunday

11170—Fort Belvoir Council:

February

- 8—Rosary 7pm, & Membership Mtg (Virtual) 7:30pm
- 22—Officers Meeting (Virtual) 7pm

March

- 7—Rosary 7pm, & Membership Mtg (Virtual) 7:30pm
- 21—Officers Meeting (Virtual) 7pm