



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**



George Washington Parade, February 19, 2024

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Potomac Assembly Directory

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Trustee 1 Year

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Father Gregory Thompson, fr.thompson@saintlouisparish.org
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Captain

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Admiral

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Inner Sentinel

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UPCOMING EVENTS

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
MONDAY	25	DEADLINE FOR FOURTH DEGREE EXEMPLIFICATION APPLICATIONS
SATURDAY	30	NATIONAL VIETNAM WAR VETERANS DAY
SUNDAY	31	EASTER

APRIL 2024

SATURDAY	6	PATRIOTIC ROSARY AT THE BASILICA OF ST. MARY, 11 AM
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

MAY 2024

SATURDAY	4	PATRIOTIC ROSARY AT 11:00 AM AT 5998 AND VIRTUALLY ON ZOOM
SUNDAY	12	MOTHER'S DAY
TUESDAY	14	OFFICERS MEETING AT 7:00 PM ON ZOOM
SUNDAY	19	ANNUAL AMS (ARCHDIOCESE FOR MILITARY SERVICES) AT BASILICA OF THE IMMACULATE CONCEPTION, 4:30PM
MONDAY	20	PATRIOTIC ROSARY 7:00PM, ASSEMBLY BUSINESS MEETING, 7:30 PM HYBRID—IN-PERSON & ZOOM AT 5998. ELECTION OF OFFICERS
MONDAY	27	MEMORIAL DAY, LAYING OF WREATH AT THE TOMB OF THE AMERICAN REVOLUTIONARY UNKNOWN SOLDIER (TENTATIVE)

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,

Hard to believe but spring is already right around the corner and we half-way through our parade schedule for the year! Ok ... I understand these parades are almost back-to-back but still, marching forward and making progress as we proudly display to all our Catholic citizenship and patriotism in the communities we live in and support. Patriotism!

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

- We will be marching in the St. Patrick's Day Parade in Old Town Alexandria 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. Information is contained on our website regarding applications and the next Exemplification.
- We are planning a visit to the Marine Corps Museum on Saturday, April 20. We'll be meeting at 10:00 am (looking to conduct a Rosary onsite beforehand), 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!!!!

Again, a lot of great and patriotic activities planned. I encourage you to look at our website (www.Assembly2204.org) and review our past activities as well as upcoming activities so that you can plan to participate as well as appreciate all the activities our Assembly supports. Calendar for the next three months is also included in each NavLOG for your use in planning and as other events are identified, I will continue to notify you via email and other available means.

Thank you to those that have paid their annual dues to the Assembly. We are currently at about 45% so a ways to go yet but if you haven't paid, you can do so while you are reviewing activities on the website. 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.

Lastly and perhaps most importantly, please continue to pray for your fellow Sir Knights, their spouses and families. Unfortunately, our prayer list continues to grow 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.

I look forward to marching with you at the St. Patrick's Day Parade on March 2!

Vivat Jesus!

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

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George Washington Parade, February 19, 2024

The weather was nice for mid-February with temperatures in the 50s. But when the sun went down, it required an overcoat. We were blessed to have 24 Knights attend the parade. The pictures were from several sources Steve Teslik, Jerry Krueger, and Joe Graf, thank you all for the wonderful pictures.



From left to right (early picture)

Francisco Sarceno (Paco), Nate Madden, Gaston Reboledo, Thom Harrington-Virginia State Warden, Mark Marchione, Greg Smith, Roman Martin, Eric Fields, Ryan Casey, Paul Kayanan, John Dougherty, Bill Beach, Rich Dunbar, Larry Clark, Jim Batchelder, Joe Graf – Faithful Navigator, Everett Barnes, and Ed Stance-Color Corps. Commander. Missing from the picture are Emmett O'Hare, John Knox-State Advocate, Maurice Chau, Chris Zetter, Greg Smith, and Cliff Conway. Also Steve Teslik and Jerry Krueger took pictures of the event and their presence was there.



John Dougherty in his 1931 Ford Model A, and Jim Batchelder in his 1957 Chevrolet Bel Air.

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George Washington Parade February 19, 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	Edd and Pat Dzanis
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 souls of SK Fred Zuniga and 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	For the soul of SK Joel Re
Bishop Emeritus Paul Loverde	For the soul of SK Regis Monahan
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	

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 2024

Franklin T. Morton	March 1
George M. Anderson	March 2
John E. Michals	March 2
Frederick J. Beata	March 6
Edward J. Dillenschneider	March 7
David J. Reintjes	March 9
Thomas P. Coyne	March 10
Charles F. Coates	March 11
Kiskama D.R. Lemor	March 12
Kenneth M. Hrechka	March 16
Jeffrey P. O'Donnell	March 18
Jose Lito D Constantio	March 20
Eric Standard	March 20
Thomas J. Pojeta	March 21
Michael A Michell	March 23
Daniel T. Klug	March 25
Keenan M. Pallone	March 25
Juan A. Cuadrado	March 26
Richard J. Lebel	March 27
Noah C Morey	March 28
Daniel P. Ermer	March 29
Michael K. Evans	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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Just thinking . . .

The Day of Ashes

The Church kicks off Lent with ashes. A black smudge or cross, maybe an inch or two wide and deep, depending upon the priest's technique, is inscribed on foreheads. It is a badge of humility, a reminder to do penance for one's sins.

Most Catholics who go to Church on Ash Wednesday and it seems regular churchgoers turn out in good numbers leave that mark in place throughout the day, announcing their belief to those they meet at work, on the street, or shopping. A few wash the sign away quickly, which is okay by the liturgical law-makers. But there is some feeling of camaraderie when a TV anchor appears on-screen still adorned with the mark of repentance. Ashes remind us of the disobedience of Adam and Eve. God meted out, among other punishments such as pain in childbirth, toil for bread, death. This black badge tells us not to forget that we shall return to the ground from which you were taken, for you are dust, and to dust you shall return. [Gn 3: 19]

Blessed palms from the previous year are burned to make the ashes. Other denominations also dispensing ashes are Anglicans, Lutherans, Methodists, Moravians, Nazarenes, and Independent Catholics. Methodists also burn palms from the year before.

Concordia Supply online, which sells Protestant church goods, has, for example, "palm ash for 1000 to add to cart for \$19.99". On Amazon, that amount goes for \$22.88. Also pictured is an "Ash Wednesday Remember That You Are Dust Catholic Lent T-Shirt" for \$18.99. It is black with those words circling a white cross, resembling one that might have been drawn by a priest's thumb.

Lent, as a preparation for Easter, began with the Council of Nicaea in 325, the Church's initial council. That gathering of Church leaders also ordered preparation for Baptism, which declared grievous sinners were to wear sackcloth and have ashes sprinkled on their heads. That practice died out around the 9th century. Early in the 11th century the English Abbot of Eynsham recalled the use of ashes in the Old and New Law and restored them. In 1091, after the Synod of Beneventum, Pope Urban II established the custom for the beginning of Lent.

It is not easy to arrive at the fundamental conception of the liturgical use of ashes, says the Catholic Encyclopedia. The practice is borrowed from the Jews.

The distribution of ashes is a sacramental, meaning a rite declared by the Church, distinct from the seven Sacraments instituted by Christ. Priests administer ashes, says an article on the catholic.org web-site, and all are invited to accept the ashes as a visible symbol of penance. Even non-Christians and the excommunicated are welcome to receive the ashes.

Such penance is quite civilized. How many modern Catholics would willingly go about their daily routines after having ash spread over their heads and given sackcloth to replace shirt or blouse? For the record, The Roman Missal which contains the prayers, biblical reading chant and rubrics for priests celebrating the Mass designates Lent's first day as *dies cinerum*, the day of ashes.

Carl Eifert

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Highlights and Save the Dates.

St. Patrick's Day Parade

The St. Patrick's Day Parade is scheduled 12:30pm on Saturday, March 2 in Old Town Alexandria, VA. 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. Courtesy of GK Chris Zettler and Fitzgerald Council 459, we will be able to assemble beforehand at 307 S. Royal Street starting at 10:30 am.

So...please get your marching shoes ready and mark this on your calendars!

Cabrini Film on March 8 at Local Movie Theaters

The upcoming biographical drama film, "Cabrini" is set to release on March 8, 2024. The film delves into the life of Francesca Cabrini, the famous Catholic missionary and future saint. Cabrini faces resistance to her charity and business efforts in New York City during the late 19th century. The movie explores the challenges of sexism and Anti-Italianism that she and others encounter during that time. Information regarding the movie and tickets may be found at [Angel Studios: Stream Free, Original Shows for the Whole Family](#).

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 **Monday, March 25th, 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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Happy 124th Anniversary of the Fourth Degree

On February 22, we observed the 124th Anniversary of the **Knight of Columbus Fourth Degree**, a brotherhood steeped in honor, patriotism, and unwavering faith.

In the twilight of the 19th century, when the Knights of Columbus was founded in 1882, three noble principles united its members: **charity, unity, and fraternity**. Yet, a shadow of doubt loomed—a whisper that questioned the loyalty of Catholic men to both Church and country. Could they be trusted as citizens? The answer resided in the heart of a fourth principle: **Patriotism**.

And so, on a crisp February day in 1900, in the bustling streets of New York, the Fourth Degree was born. Fourteen hundred chosen souls bore witness to this sacred ceremony, donning their regalia—their armor of faith and fidelity. They became **Sir Knights**, guardians of the cross and the flag, bearers of a dual allegiance.

But this degree is more than ceremonial attire; it is a call to action. Our Fourth Degree brethren stand on Main Streets and church courtyards, their presence a testament to unwavering commitment. They are the honor guards at civic events, the sentinels at funerals, and the silent witnesses during Eucharistic adoration.

Why the Fourth Degree? Because it beckons us to bridge the chasm between faith and citizenship. It reminds us that a faithful Catholic can also be a faithful citizen. Our duty extends beyond the sanctuary; it encompasses the nation's heartbeat. We pledge to preserve our Church, our Order, and the lands where Knights serve.

In the spirit of service, the Fourth Degree champions noble causes and we stand by our veterans. From Veterans Affairs facilities to military chaplains, we extend our hand, our prayers, and our support. We are the conduits of compassion, the stewards of faith in action.

So, let us embrace this legacy. Let us be the living embodiment of patriotism, the bridge between God's grace and our nation's destiny. As Sir Knights, we march forward, our hearts aflame with love for both altar and flag.

May our regalia remind us: We are not mere men; we are **Knights**—faithful, fierce, and forever bound to duty. Charity, Unity, Fraternity and Patriotism!

Vivat Jesus!

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EVENTS AROUND THE COUNCIL TABLE

459—Fitzgerald Council:

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
22—Fish Fry

April

3—Officers Meeting virtual 7 pm
5—Nocturnal Adoration 9 pm-6 am
6—Rosary at Duke Street Abortion Provider 9am
10—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.

March

3, 10, 17, 24—Abortion Rosary & prayer 8am-12pm
5—Fairfax County Presidential Primary 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

April

4—Ofcr Mtg 6:30, Rosary 7:30, Membership Mtg 8pm
6, 13, 20, 27—Abortion Rosary & prayer 8am-12pm
10—Police and Fire Fighter Appreciation Meals 1pm
14—St. Louis Pancake Breakfast 8am
15—Adoration with GK at Good Shepherd 6pm
21—Good Shepherd Pancake Breakfast 7am
26-28—Virginia State Council Convention-Herndon, VA
27—Polish Night 5:30pm

11170—Fort Belvoir Council:

March

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

April

12—Rosary 7pm, & Membership Mtg (Virtual) 7:30pm
26—Officers Meeting (Virtual) 7pm