



St. Michael's Message



Official Publication of Knights of Columbus
St. Michael the Archangel
Assembly 3410

St. Lawrence Catholic Church and St. Oliver Plunkett Catholic Church

Newsletter Date

March 2024

St Matthews Council 13229 Update

by SK Mike Miller

In February St. Matthew council welcomed Assembly # 3410 for our business meeting in over 5 years.

Our 2nd Fish Fry was a complete success by selling out of everything before the end of the night.

Council 13229 is excited and motivated for the upcoming season to participate in the upcoming season with the Gwinnett Stripers

On February 22nd. STM was able to get an electric board that had been planned for over 3 years (picture below)



Next Assembly Meeting

Next Assembly Meeting Will Be At 7pm, Thursday March 21, 2024

At St. Lawrence

Saint of the Month - St. Michael the Archangel



St. Michael the Archangel, also known as Saint Michael the Archangel or simply Archangel Michael, holds a significant place in the Roman Catholic tradition. He is an Archangel, associated with courage, protection, and divine intervention.

Biblical and Historical Roots

St. Michael's presence can be traced back to early Jewish writings, particularly in texts from the 3rd and 2nd centuries BC. In these ancient texts, he is depicted as the chief among angels and archangels, responsible for guarding and caring for Israel.

Guardian Prince of Israel

In Jewish tradition, St. Michael is often referred to as the guardian prince of Israel, a protector who stands ready to defend God's chosen people. He appears in the Book of Enoch as one of the seven archangels, alongside Uriel, Raguel, Raphael, Sariel, Gabriel, and Remiel. These archangels are described as standing before the glory of the Lord

Defender of the Faith

St. Michael's role as a defender of faith and a warrior against evil is most vividly portrayed in the New Testament, particularly in the Book of Revelation (Revelation 12:7-12). Here, he engages in a cosmic battle against Satan, casting the adversary out of heaven and preventing him from accusing humanity before God. St. Michael's triumphant role in this battle marks a significant shift from the Old Testament to the New Testament.

The Epistle of Jude

In the Epistle of Jude, St. Michael is cited as an example of righteous judgment and opposition to evil. He is contrasted with heretics, as he did not hesitate to rebuke Satan over the body of Moses, saying, "The Lord punish you!" This passage underscores St. Michael's unwavering commitment to God's divine justice.

In Our Catholic Tradition

Within our Roman Catholic tradition, St. Michael the Archangel holds a special place. He is often invoked as "Holy Michael, the Archangel" or "Saint Michael" in prayers and liturgies. While not formally canonized as a saint, he is revered as a celestial being with immense significance.

Four Main Roles in Catholic Teaching

We recognize that St. Michael has four "offices" or roles.

- **Leader of the Army of God:** St. Michael is seen as the commander of heaven's forces, leading the angelic host in their battle against the powers of darkness. He serves as a model of spiritual warfare, reflecting the ongoing struggle between good and evil.
- **Angel of Death:** St. Michael is regarded as the angel of death, accompanying the souls of departed Christians to heaven. At the moment of death, he offers the souls an opportunity for redemption, thwarting the devil's attempts to claim them.
- **Weigher of Souls:** St. Michael is often depicted holding balanced scales, symbolizing his role in weighing souls during the Last Judgment. This signifies his involvement in the divine judgment of humanity.
- **Guardian of the Church:** St. Michael serves as the guardian of the Church and the Chosen People. Throughout history, he has been revered by military orders of knights and is considered the patron saint of various cities and countries.

[Can Catholics eat meatless meat during Lent?](#)

According to the United States Conference of Catholic Bishops, Lenten fasting is obligatory for those age 18-59. Abstinence from meat should begin at age 14 on.

Fasting means one full meal and two smaller meals during the day. The purpose is to empty oneself so we can be filled with grace.

Here's the rule on meat.

Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs -- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.

Under this rule, meatless meat such as Impossible Burger and Beyond Meat, is *technically* acceptable. So yes, you can order the burger without much guilt. However, the bishops may review this at a later time and update the rule.

How about clean meat, derived from animal stem cells? This meat is not yet really available on the market, although it is in late stages of development. It may be several years before it is commonplace. Since the cells are derived from animals, such meat is probably disqualified, meaning we cannot eat it while fasting.

Ultimately, the decision whether or not to eat meatless meat during Lent is up to the individual. Some may view the choice as running counter to the spirit and intent of the Lenten fast. Such choices however are a matter of individual conscience and are not for others to critique.

10th NATIONAL EUCHARISTIC CONGRESS

As we navigate through the coming months, I believe we each need to set our sights on participating in meaningful ways with our devotion to the EUCHARIST.

The 10th NATIONAL EUCHARISTIC CONGRESS will be held in Indianapolis, Indiana July 17-21, 2024. Lucas Oil Stadium is the retractable roof home of the Indianapolis Colts with a capacity around 70,000 seats. It will be the climax of the three-year National Eucharistic Revival of 2022-2025.



There are four PILGRIMAGE ROUTES from four starting places in the Country. They will converge upon the Eucharistic Congress in Indianapolis. You may decide to join on our route, or part of the route, either yourself, or maybe your family, or a group. We are blessed to have the pilgrimage coming through Atlanta with that weekend stop of June 19-23, 2024. The INTERCESSOR for our route is St Juan Diego.

This route is named for St. Juan Diego, whose vision of Our Lady has had a massive impact on the spiritual character of North America. St. Juan Diego had a great devotion to the Eucharist and made his own little pilgrimage every day, rising before dawn and walking 15 miles to daily Mass. Today we join him in asking Our Lady of Guadalupe (Our PATRONESS of the Knights of Columbus) to lead America to a greater love for her Son in the Eucharist.

Knights of Columbus from around the Archdiocese will be volunteering at stations and assisting with the event here in Atlanta. Fourth Degree Knights from many Assembly Color Corps will be part of the procession. Plan on joining your Brother Knights, in whatever capacity, as we all gather as one American Catholic Family as we ask the Holy Spirit to revive our love for the Eucharist.

IF you and/or your family, or group, decide to attend the EUCHARISTIC CONGRESS in Indianapolis I recommend that you start now with visits to the extensive preparations by the Atlanta Archdiocese to help you do that. <https://www.eucharisticcongress.org/atlanta> The Archdiocese website will assist with DISCOUNTS for General Admission and your registrations. Numerous modes of travel ... Buses, carpools, your own private vehicle. Parking area costs and PASSES, ADA Disability Parking, get these BOOKED NOW. <https://www.eucharisticcongress.org/parking> Travel and Housing while in Indianapolis, GET IT NOW <https://www.eucharisticcongress.org/travel-and-housing>

REFLECTIONS ON EUCHARISTIC MIRACLES

As WE, the living, ponder our own relationships with Our Lord in the Eucharist ... it might be beneficial to briefly look to even just a few of the many Eucharistic Miracles preceding us.

St Catherine of Sienna is one of only four women designated as Doctor's of the Church. Our Lord invited her to drink HIS Precious Blood from HIS side. She could not eat or drink anything more. Any attempt was rejected by her body. For seven years before her death, she lived on no food except the Eucharist, remaining active and strong.

The Basilica of San Francesco is also in Sienna. You can visit and see for yourself, the miraculous hosts, fresh and uncorrupted since 1730., against all physical and biological laws, from a Eucharistic Miracle. Pope St John Paul II said of these sacred hosts: "It's the PRESENCE".

Marthe Robin (1902-1981) mystic and stigmatist, from age 25 she could not eat, by age 26 no water, and was paralyzed by age 28. For the last half-century of her life Robin survived solely upon the weekly Eucharist. She was recently declared Venerable in her cause towards Blessed.

Alexandrina de Costa (1904-1955) severely injured avoiding rape at age 14, completely paralyzed by age 25, like Marthe Robin, she lived on the Eucharist alone her last 13 years.



Pot of Gold Raffle

The assembly will conduct a 'Pot of Gold' raffle at each meeting. The cost to participate is \$1. Following are the rules:

- Potential winners name will be picked from the 50 plus assembly members.
- Winner must have participated in the raffle and be present at the meeting.
- In the event a non-present member or a non-participating member's name is selected, the prize will roll over to the next meeting until an eligible member is picked.
- Assembly splits the prize with the winner

No Drawing was held last month

St Oliver Plunkett Council 13440 Update

by SK Todd Morrow

Saint Oliver Plunkett council 13440 has been busy.

We have had two blood drives this year, at each drive we collected 19 pints. Our next blood drive is on March 3, 2024 from 8:00 a.m. until 2:00 p.m. at St. Olivers

COR has taken off. We have had 3 sessions since the beginning of January with a total of 30 attendees. Our next move is to start having COR twice a month on the 2nd and 4th Thursdays of the month. More information to follow.

Recently our Council presented two wheelchairs to a new dialysis center in Stone Mountain.

Tootsie Roll Drive has been very successful this year. We will be doing our next drive at Kroeger in Snellville in March.

On March 16, 2024 we will be having our annual St. Patrick's Day Dinner benefiting the Walton County PRC. Tickets are \$10.00 in advance and \$15.00 at the door. Contact Todd Morrow at ToddMKofC@gmail.com if you are interested in purchasing tickets.

Calendar of Up Coming Color Corps Calls to Service

by SK Todd Morrow

His Eminence Alvaro Leonel Cardinal Ramazzini

Ordination to the Diaconate Sir Knight Jaime Sevilla

Knights of Columbus Assembly 3410
March 17, 2024, Arrive at 12:15 p.m. Ordination at 1:15 p.m.
St. Oliver Plunkett Catholic Church, 3200 Brooks Drive, Snellville, Georgia 30078

A request has been made for a minimum of 6 Sir Knights in Uniform.

Dress Code:
New Uniform with white gloves and swords.

Any questions please contact Todd Morrow ToddMKofC@gmail.com

St Patrick's Day Mass at Christ the King

The St. Patrick's Day Mass at Christ the King in Atlanta has been moved to Friday March 15th at 12pm. Assume that our report time will be 11:00 AM. Report location will follow once we have that nailed down. The **Bishop** has requested as many Sir Knights in uniform to attend. I do realize that Friday is Fish Fry and do not expect any council member that are involved in a Fish Fry to attend. We will be well represented by myself and Robert Barnard

CSRA and Knights of Columbus

CSRA KNIGHTS OF COLUMBUS FOOD PACKING EVENT

JOIN THE MOVEMENT TO FEED THE HUNGRY through the love of Christ!



Provide nutritious meals for children and families in developing countries and share God's love by putting your faith into action.

Come and pack 50,000 meals with us!

Saturday, June 15, 2024



8:00-12:00 p.m.

St. Mary on the Hill Catholic School Gym | 1220 Monte Sano Ave. Augusta, GA 30904

For more information or to sign up today, please contact:
Vince Krajcar | 410-903-9423 | v.krajcar@aol.com

To volunteer:  Facilitated by:  To donate: 


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CSRA Knights of Columbus Food Packing Event
50,000-Meal Food Packing Event: SATURDAY, June 15, 2024

An estimated 820 million people do not have enough to eat, and in the poorest countries, families sometimes go days without food. More than 5 million children die from hunger-related causes each year; that's one child every 10 seconds.*

To help fight the scourge of hunger in developing countries, we are partnering with Cross Catholic Outreach to pack nourishing meals. These nutrient-rich meals designed by a nutritionist will feed children and families in a poverty-stricken country for just 33 cents a meal.

By donating your time and treasure, you can make a difference! We invite students, families, alumni and friends to come join us in this incredible Corporal Work of Mercy to feed the hungry. If you are inclined and able to do so, donations to support our efforts are also appreciated.



How many meals would you like to sponsor?

SPONSORSHIP	AMOUNT	MEALS PROVIDED
<input type="checkbox"/> Friend Sponsor	\$250	757
<input type="checkbox"/> Peace Sponsor	\$500	1,515
<input type="checkbox"/> Love Sponsor	\$1,000	3,030
<input type="checkbox"/> Joy Sponsor	\$2,500	7,575
<input type="checkbox"/> Faith Sponsor	\$5,000	15,151

YES! I want to help. Please accept my gift of \$_____


Please provide the following information for your gift. Checks should be made payable to Cross Catholic Outreach.

Company/Organization Name: _____
 Name: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 Email: _____

We hope you enjoy receiving ministry information and updates from Cross Catholic Outreach via email. If you do not wish to receive these email messages from us, please check this box:

Project Number: **UCP24KFG9021**

PLEASE MAIL YOUR GIFT TO:
 Cross Catholic Outreach • Donation Processing Center • PO Box 07168 • Washington DC 20000-7168
To give online, scan the QR code • 800-914-2420

 **DONATE ONLINE!** or mail your check to the address below.

*American World Health Organization, United Nations
 Donations from this campaign will be used to cover any expenditures for this project incurred through June 30, 2025, the close of our ministry's fiscal year. In the event that more funds are raised than needed to fully fund the project, the excess funds, if any, will be used to meet the most urgent needs of the ministry.
 This was produced by Cross Catholic Outreach, Inc. which is recognized as a not-for-profit organization under IRC § 501(c)(3). Our principal office is PO Box 17268, Boca Raton, FL 33417-0268. This 501(c)(3) is a 501(c)(3) organization of Cross Catholic Outreach, Inc. and its activities are for the benefit of the 8-10-10000 program. For more information on other submissions may be directed to Congregate Offices at the address and telephone number listed above.



Prayer Intention for the Lord’s Grace and Protection

- For the repose of the soul of Council 13052 member Marcel Delage

Announcement’s

St. Lawrence is havin their Fish Fry on Friday February 16 through March 22, 2024

*St. Lawrence Knights of Columbus
Annual Lenten Fish Fry
Every Friday During Lent
5:30PM – 8:00PM in the Gym
Raffle - Weekend to Biltmore Estates
or Cash Option!
Kids Prizes – Drawing Each week!*




TAKE OUT

Lenten Fridays

STATIONS
OF THE CROSS
3:00PM &
6:30 PM
VIA CRUCIS
7:30 PM



FISH FRY
5:30-8:00 P.M.



EAT-IN
TAKE-OUT

UPCOMING FEASTS AND MEMORIALS

3-3	3rd Sunday of Lent	
3-4	St Casmir	
3-7	St. Perpetua and St. Felicity	M
3-8	John of God	
3-10	4th Sunday of Lent (Laetare Sunday)	
3-17	5th Sunday of Lent	
3-19	Joseph, Husband of BVM	S
3-24	Palm Sunday	
3-25	ANNUNCIATION	S
3-28	Holy Thursday (Maundy Thursday)	
3-29	Good Friday	
3-30	Holy Saturday	
3-31	EASTER SU	

4th Degree Exemplification

SATURDAY - April 13, 2024

HOSTED BY: ... Fr. Peter Whelan Assembly #178, Albany Georgia

Located at St Teresa Catholic Church, 421 Edgewood Lane, Albany, GA 31707

SCHEDULE OF EVENTS

10:00 – 11:00, Registration

11:00 – 12:30 pm, Exemplification

12:30 – 1:30, Lunch

Near Future 4th Degree exemplifications:

- June 1, 2024 in Norcross, Ga

INFORMATION FOR CANDIDATE

*** Candidate fee to participate is \$90.00**

- * This includes: Social Baldric
- * 4th Degree Membership Pin
- * Certificate suitable for framing

**MAKE CHECKS PAYABLE TO: St Michael the Archangel ASM 3410
COMPLETED FORM 4 AND ALL FUNDS MUST BE RECEIVED**

NO LATER THAN SUNDAY March 31

QUESTIONS: Contact SK Mark Winsor 770.634.3966

Dress Code: Candidates as described below:

Dark Blue, Grey or Black business suit (Slacks and sport coats are not acceptable), white dress shirt with lay down collar (no collar buttons); tie; dark socks; and dress shoes.

Assembly Information

Faithful Navigator: SK Ralph Staunton, Faithful Captain: SK Mike Miller, Faithful Friar: Rev Henry Atem, Faithful Comptroller: SK Mark Winsor, Faithful Pilot: SK Paolo Palmas, Faithful Purser: SK Desmond Donlin, Faithful Admiral: SK Nelson Rivera, Faithful Scribe: SK Joe Perez, Inner Sentinel: SK Ken Dalton, Outer Sentinel: SK Ken Jacobi, One Year Trustee: Dcn Edward Wilson, Two Year Trustee: SK Dan Dant, Three Year Trustee: SK Anthony Annarelli, Color Corp Commander: Todd Morrow