



# Knights of Columbus FOURTH DEGREE *Patriotic degree of the Order.*

## St. André Bessette Assembly, #3288

**Newsletter**

SABA Newsletter  
Issue #8, June 2018

### From the Desk of the Faithful Navigator

*Written by S.K. Joseph Remedios*



My dear Sir Knights,

**W**e are at the pinnacle of our Fraternal year, and I want to thank each and every one of you, who have been very committed to the Assembly and supported in some way, as without your support and commitment, we could never have achieved such high participation in Honour Guards as requested by our Parishes.

Sir Knights, the two major events that we had was the Relic Pilgrimage of St. Francis Xavier and the 'Hello Summer' Dinner & Dance which was so well supported and successful, it truly showed the level of commitment of our membership.

My dear Sir Knights, participation at Honour Guards has increased, let us continue to participate as we are the visible arm of our Church and order. Yes, we are at a threshold of change for our Uniform, we need to resort to the power of prayer, as we all know that prayer and faith can move mountains, let us continue our good works and let our Father in heaven help us in this present situation.

I want to sincerely thank the retiring executive for your support for the Fraternal year.

Have a great, safe and enjoyable summer and see you at our First meeting on September 21, 2018.

Thank you, and God Bless.

**Joseph Remedios, PGK**

Faithful Navigator

St. Andre Bessette Assembly #3288

Would you like to contribute to the Assembly Newsletter?

**We want to hear from you!**

Stories, pictures, prayers, or other ideas/suggestions are always welcome!

Please contact S.K. James Zammit:

jzammit@circlink.ca or 416-526-1714



*"Earthly riches are like the reed. Its roots are sunk in the swamp, and its exterior is fair to behold; but inside it is hollow. If a man leans on such a reed, it will snap off and pierce his soul."*

- St. Anthony of Padua  
Feast Day: June 13

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**PRAYER OF THE FAMILY  
THROUGH THE  
INTERCESSION OF  
ST. ANTHONY**

*O God, good and merciful Father,  
you who chose Anthony as a wit-  
ness of the Gospel and messenger  
of peace in the midst of your peo-  
ple, hear the prayer we address to  
you through his intercession.*

*Sanctify every family, help them  
grow in faith; preserve them in  
unity, peace and serenity. Bless  
our children, protect our young  
people. Support those who are  
being tried by illness, suffering  
and loneliness.*

*Support us in life's every day  
hardships, and giving us your  
love. Amen*



**St. André Bessette Assembly, #3288  
Officers - 2018/2019 Fraternal Year**



**Faithful Navigator**

S.K. Joseph Remedios

**Faithful Friar**

S.K. Msgr. Edgar Pan

**Faithful Admiral**

S.K. Felix Pires

**Faithful Captain**

S.K. Stephen Harvey

**Faithful Pilot**

S.K. Jean-Claude Cadieux

**Faithful Comptroller**

S.K. Serge Poirier

**Faithful Scribe**

S.K. James Zammit

**Faithful Purser**

S.K. Claude Fernandes

**Faithful Inner Sentinel**

S.K. Alex Fernandes

**Faithful Inner Sentinel**

S.K. Elvis Sequiera

**Faithful Outer Sentinel**

S.K. Robert D'Souza

**Faithful Trustee 1 Year**

S.K. Terrence Alweyn

**Faithful Trustee 2 Years**

S.K. Fred Gamboa

**Faithful Trustee 3 Years**

S.K. Mike Juby

**Past Faithful Navigators**

S.K. Anthony X. D'Souza  
(Charter) PGK, FDD, PFN

S.K. Graham Nickalls  
PGK, FDD, PFN

S.K. Felix Pires  
PGK, FDD, PFN

**Commanders**

S.K. Jean-Claude Cadieux  
S.K. Stephen Harvey  
S.K. Gerry Gonsalves  
S.K. Jose Fernandes  
S.K. Odyss Notario

## Columbia Magazine - Online Edition

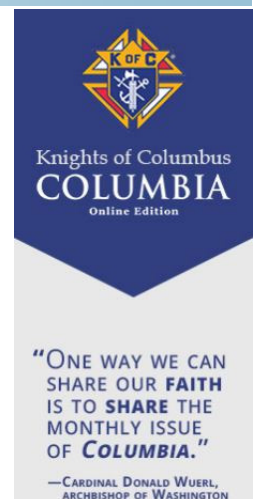
This summer - take your issue of Columbia Magazine with you, wherever you are!

All issues of Columbia Magazine can be accessed from any computer, tablet or smartphone using this URL: <https://issuu.com/columbia-magazine>.

Whether you're on the beach, at the cottage, on vacation or just hanging out in your back-yard, your issues of Columbia Magazine are always at your fingertips.

Catholic media is an important instrument to share our faith and to spread the Good News of our Lord.

Have a safe and restful summer.



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Faithful Scribe, St. André Bessette Assembly, #3288

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Contributions to the Assembly Newsletter are always welcome!

You can submit a story, pictures, prayers, or other ideas/suggestions by contacting S.K. James Zammit.



## 'Hello Summer' Assembly Dinner & Dance - Smashing Success!

*Written by S.K. James Zammit*

Greetings Sir Knights,

The 'Hello Summer' Assembly Dinner & Dance event held at St. Francis Xavier Parish Hall on Saturday, May 26 was a smashing success!

The event was completely sold out, with more than 160 tickets sold, which enabled the Assembly to nearly double its revenue projections! The entertainment was excellent, the food was fantastic and those who attended enjoyed a wonderful evening.

The success of this event is due to all of your individual hard work and support, the support of all Councils and Assemblies, and the assistance and support of our dear Ladies.

Successful results can only be obtained and enjoyed when we come together as Sir Knights and Brothers. So, each and every one of you should pat yourselves on the back - a job very well done!

Thank you for making this event a successful and memorable one.

Vivat Jesus!

Regards,

S.K. James Zammit, Faithful Scribe



Pictured at Left:

WFN S.K. Joseph Remedios (at far right), and WDW S.K. Jose Fernandes (at far left) posing with Ladies of Sir Knights as they were recognized for their support and assistance in making this event a success.



*"Actions speak louder than words; let your words teach and your actions speak."*

- St. Anthony of Padua (Feast Day: June 13)





# A Knight Must be a Man and Stand Tall

*Written by S.K. William Graham*

Our first commitment must be to ourselves. We have to be honest, believe in God and be ethical, not hide our faith, stand up for what is right. Be true to ourselves. In other words we must practice Charity, Unity and fraternity. Be willing to say what we really think. We should be known for these qualities in all our actions to those with whom we interact.

## Be The Man, Be The Knight, God Created You To Be.

### Honesty

Honesty includes everything from paying all our taxes, leaving the waitress or chambermaid a tip, returning to the rightful owner what is theirs and most important to be honest in all our dealings. If we owe something to someone else, whether an individual or government, it isn't ours, and must be paid. There are no "white" lies.

A lie is a lie is a lie. Think before you speak. The truth is easier to support than a lie. To some, lying is a habit and an addiction. Don't be one of them. It is impossible to believe a person who has shown they are dishonest. It takes a long time to rebuild the trust.

### Believing in God

Believing in God is most important. The prerequisite to believing in God is to understand why we are here, to understand and believe that Jesus Christ gave his life for us because He loves us, as we understand so well as the Passion is being read. We must realize that our entrance to Heaven and joining the Lord means returning His love to those with whom we interact. We are told that **the Lord will love us as much as the person we love the least**. We don't have to agree with the person but we have to forgive them and show them our love.

### Ethical:

What is right? What is honest? Be known as a person who is fair and ethical in your personal life with your family and friends as well as in your business dealings. They are not separate. You are ethical or not. You can't have it both ways. I firmly believe you will never lose money in business or personally because you are ethical and treat people fairly and honestly. I say this after running my business for more than 25 years.

### Don't hide your faith:

Are you ashamed to have people recognize you as a Christian? Don't deny the Lord lest He deny you. Do you bless yourself in a restaurant, bow your head and thank the Lord for your meal among other things? If not then this is a good time to start. I have had Muslim students in my class that would ask if they could go in the back of the class at noon and pray. I have to respect them for their beliefs.

### Support what you believe is right:

You are part of the community. What happens affects you and your family. What issues are important to you? Do you believe in Assisted Suicide? Do you believe in Abortion? Does anyone know what you believe. Do you voice your concerns in your community, to the politicians paid to represent you? Talk to your politician. Tell the person what you believe. Your opinion is important. Stand tall and be counted. If not, don't you think you should?

### Be a man in your community:

So many community events rely on people giving of their time and resources for things to happen and it is humbling to see the great generosity of so many people. As a K of C volunteer and with other groups, I have been privileged to meet so many good, generous and kind hearted people it convinces me that we do live in a good, kind and compassionate world. As a man, be involved in your community groups.



# A Knight Must be a Man and Stand Tall

*Written by S.K. William Graham*

*'Be a man in your community', continued:*

Support them by attending meetings and doing your share of the work. Help with the decisions. So many activities such as food banks, charitable organizations, sport for children and teens and an endless list. As Fourth Degree Knights we must support our community, our province and out country. Give generously of your time and talents by being involved in your community. Do your part with words and actions to make a better place.

## **Be a man in your workplace:**

Be an example in your workplace, So many ways to do this such as being a friend to your other workers, helping the new worker fit in, don't put up with bullying, gossip or sexist comments. Shun the racist in the workplace remembering that we are all equal in the eyes of the Lord. Be careful of workplace politics. Walk away from these discussions. Help to make the workplace pleasant. Show your friends what it means to be a Knight by your example. Everyone is there to make a living, support themselves and their families and not work under stress.

## **Be a man in your family:**

This is last because it is by far the most important. The Lord expects the man, father, husband to be the spiritual leader in the home. Children learn what they live. We bear some responsibility for the next generation.

**That being said, my grandfather was a sea captain away for weeks at a time  
and my father talks about their saying their night prayers at his mother's  
knee. So often the mother or wife will be spiritual leader in the home.**

- The role of the man (father) is to set the religious tone by ensuring that the Lord is known and respected in the home. One way is by everyone going to church together if possible. A discussion of the sermon at Sunday dinner will help make it more relevant and provide some different insights. Saying the rosary every night is a must.
- Saying grace before meals is also a must, holding hands if possible. Say the grace slowly, think about the words. Remember we all have a lot to thank the Lord for. Explaining to our children why we have fish on Friday. Go through parts of the bible with them.
- Last thing at night we should say prayers even if we say them quietly by ourselves. We should thank the Lord for all the events of the day. Thank Him for the good as well as the bad things. Remember He has complete control of them so thank Him. When we say the Our Father, say it slowly, think about the words. They really are quite powerful. And in the morning say a few prayers to thank the Lord for waking you up to a new day telling Him you will accept and thank Him for whatever the new day holds whether it be good or bad.
- Monitor your families reading material, television shows etc. for pornography. That doesn't belong in the home or anywhere else. Lead by example.
- Talk to your children as they grow up and tell them it isn't cool. Porn of any sort is not justifiable. It's not what the Lord expects of us. He expects better.
- Make time for each family member. Everyone should feel they are important, they are number one. Talk to each one each day, find out what is happening at school with their friends. Find something to compliment them on. Make them feel they are important to you and the rest of the family. Be restrained with your criticism and compliment more than criticize.
- Don't eat alone. When someone comes home late for supper, sit at the table with them, keep them company during supper, ask them about their day, make them feel they are part of the family. Little things like this make a difference.



# A Knight Must be a Man and Stand Tall

*Written by S.K. William Graham*

*...Continued from pg. 5*

- Examine your life honestly. What do you want to change. Ask the Lord for help. He will help you. We can't do this on our own. Change is easy with His help. We will generally have a list of the things we need help with from the Lord.
- Talk to your family about some of the marvels that only the Lord could create whether it is the amazing galaxy, animals, the sunset or whatever. Work on building their faith till they realize that the Lord is all powerful and controls our every action and destiny. Helping your children believe and grow spiritually is your most important role and the greatest gift you can give them.
- And, first thing in the morning and last thing at night, tell your wife you love her. Do this. It is important.
- If we can put this effort into our families they will end up as good respectful citizens, marry and raise their families with love and have no worries about drugs, alcohol, suicides, divorces, etc.
- That is your way to be a man. This is your way to practice Charity Unity and Fraternity.

.....Or at least that is the way I see it.

**S.K. William Graham, Knight of Columbus, 4<sup>th</sup> degree,  
Council #12706, Assembly 3288, Mississauga, Ontario**



## Congratulations New Sir Knights!

Congratulations to all new Sir Knights who completed the Patriotic Degree on June 2, 2018 at St. Demetrius Ukrainian Catholic Church in Etobicoke. In total, St. Andre Bessette Assembly had 14 candidates present at the exemplification. Welcome new Sir Knights!



## Comedy Corner!

A woman was sitting at a bar enjoying a cocktail after work one night, when the bar door opened and the most gorgeous hunk of a man she had ever seen entered. He was tall, muscular, and handsome, with thick dark hair and beautiful, sparkling green eyes, and his every movement was so masculine and sensuous that the woman could not help but stare.

The man noticed that he was the object of the woman's rapt attention, and with a sly, sexy smile, approached her. Blushing, she prepared to apologize for staring, but he leaned close and whispered in her ear. "I'll do anything," he whispered in a deep, soft voice. "Anything, absolutely anything you want, anything you have ever fantasized, for fifty dollars. There's just one condition..."

Trembling with anticipation, the woman asked him the condition. The man said, "You have to tell me what you want me to do in just three words." The woman gazed into his hypnotic eyes, considering the proposition, then reached into her handbag and took out fifty dollars. She scribbled her address on a napkin, folded it around the cash, and pressed it into his waiting hand. She leaned over and whispered into his ear...

"Clean... My... House."

