



# THE Heartbeat



OFFICIAL PUBLICATION OF CHAPTER 4, KNIGHTS OF COLUMBUS

VOLUME 2, NUMBER 1, FIRST QUARTER 2020

## CHAPTER EVENTS

DATE	DAY	TIME	ACTIVITY	LOCATION
<b>September 2020</b>				
9/24/20	Thursday	7:30 pm	Chapter Meeting	St. Mary's-Stony Hill Council #14675 225 Mountain Blvd. Watchung
<b>October 2020</b>				
10/28/20	Tuesday	6:30 pm	Pride in our Priests Dinner	<i>The Imperia</i> 124 Easton Ave. Somerset

### NEW JERSEY STATE DEPUTY'S MESSAGE



My Brother Knights,  
As I said in the *Cru-sader*, in normal times, and under normal conditions, Council delegates, members and their families would be descending on Wildwood for our Annual State convention, May 15 - 16, 2020. But, unfortunately, that will not be happening this year. Every jurisdiction needed to cancel their in-person convention and go to a virtual format. Unfortunately, because of cost and time restraints, only delegates and other selected Brothers will be invited onto the call. I truly apologize for this since I know

that many of you would have liked to listen in.

By the time you read this, we will have all the procedures in place to conduct the virtual convention. All Grand Knights were sent information for their council delegates to register this year online, and what procedures are to be followed in order to "attend" the convention. To "attend" the convention, Councils need to register their delegate(s) online and pay by credit card (online) or check (mailed to the state office). That is the only way delegates will be given a code to enter the virtual convention. If you have not done so already, you need to reply to the invite you got from our Webmaster, Bernie Ernst, immediately and hopefully it is not too late.

Out of distress sometimes comes feel-good stories, and that is what we are seeing during this coronavirus crisis, in New Jersey, as well as all through the Order. I was contacted last month by Supreme to see what we could do for two organizations, **The Little Servant Sisters of the Immaculate Conception** and **The Little Sisters of the Poor**. Both organizations were desperate for food, supplies, masks, gloves, etc. Within a matter of days of my sending an email to each State Officer and to the District Deputies in Metuchen, both organizations, at 4 locations, were inundated with almost all of what they needed. And, what we couldn't supply, Supreme picked up the slack. In addition to that, Supreme's "Leave No Neighbor Behind" initiative provided \$125,000 to Food Banks

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Chapter Officers			
Position	Member	Phone	E-mail
State Officer	Vinnie Tavormina, SD	609-642-6604	vtavormina@hotmail.com
Chaplain	Fr. William Smith	732-634-1403	frsmith_kofc_tettes@yahoo.com
President	Joseph L.Sabella	732- 763-4758	joesabella@verizon.net
Vice-President	Francis A. Rees	732-828-2942	frees814@gmail.com
Secretary	Edward Schilke	732-560-0569	eschilke@gmail.com
Treasurer	Scott Minnihan	732-356-6660	s_minnihan@yahoo.com
Senior Advisor Trustee	John Amato	732-920-9899	johnnybop34@yahoo.com
Trustee	George French	908-470-1134	gfrenchjr729@gmail.com
Trustee	Robert Lynch	73-828-9310	b4lynch@optimum.net
Trustee	Robert Wright	732-416-0479	rjwko4815@gmail.com
Chapter Committees			
Sergeant-at-Arms	Robert Gray	908-647-5983	junegrays3@yahoo.com
Ronald McDonald House	Dave Pinto John Bauer Stan Hubbard	732-672-3811 732-236-4149	pintodaj@optonline.net jabauer@optonline.net stanahu@aol.com
Shoulder to Shoulder	Frank Rees	732-828-2942	frees814@gmail.com
Visitation	Bill Hoffman	908-236-8189	dollarbill31@comcast.net
Ultrasound initiative	Stan Hubbard	908-420-2124	stanahu@aol.com
Pride in Priests Dinner	Frank Rees	732-828-2942	frees814@gmail.com
Convention Party	Bill Herring/Bill Hoffman	732-512-8825	debil99@verizon.net
Right to Life	Bob Keeling	NA	rkeeling@embarqmail.com
Rutgers Catholic Center	Dave Pinto	732-672-3811	pintodaj@optonline.net
Veteran's Affairs	Bill Hoffman	908-236-8189	dollarbill31@comcast.net
Lyons	Ed Shellman	908-850-0536	eshellman@comcast.net
Seminarians	Robert Gray	908-647-5983	junegrays3@yahoo.com
Chapter Audit	Bob Keeling	NA	rkeeling@embarqmail.com
District Deputies			
District 61	Dave Pinto	732-672-3811	pintodaj@optonline.net
District 62	Ricardo Rivera	NA	rrh332004@yahoo.com
District 63	Joseph Charmello	732-236-8515	jac910@comcast.net
District 64	Bob Gray	908-647-5983	junegrays3@yahoo.com
District 65	John Rossi	NA	jjrossi@comcast.net
District 66	Art Troccoli	732-259-9424	artroccoli58@gmail.com
District 67	Dan Murphy	908-635-4120	danmurf@comcast.com
District 68	Ed Suhy	908-496-8449	ed@edstravel.com
District 69	Gerard D'Ambrosio	732-485-8849	gdambrosiokoc6424@gmail.com
District 70	Andrew Ghapp	NA	goldbrdg@aol.com
District 71	Ken Smetana	848-229-4397	smetana.kenneth@yahoo.net

*Editor: Frank Rees; frees814@gmail.com*

throughout NJ. Brothers, you ought to be proud to be a Knight!

During these last 2 months of the Fraternal Year, while our primary focus is not on membership, but

rather seeing to it that everyone is safe and we can back to what we do best as soon as possible, we still have opportunities to bring in new members. What better time than now to

talk to someone who has been on the fence. He may just be using some of his down time to ask himself how he can make a difference in his Church and in his community (see the previous paragraph!). Thanks to technology, no one must leave their house to recruit someone, sign them up, or even have them take their Degree. We have already had three Online Exemplifications, which has brought in new members to some of our Councils here in Metuchen, and we will be doing one every Thursday for the foreseeable future. Why not take advantage of it?

On behalf of my Brother Officers, we wish you good health and a safe return to normal, everyday life. Tamara and I continue to keep you in our prayers and our fervent wish is that this crisis ends soon so that we can again enjoy each other's company in person.

**Vivat Jesus**  
**Vinnie Tavormina**  
**State Deputy**

### CHAPLAIN'S BLESSING



When we took our First Degree as a Knight of Columbus we were taught about the role of Mary in the life of the Church and how she is a model for each one of us. Each of us were give a rosary and encouraged to pray the rosary regularly. The month of May is dedicated to Mary. On May 1st Archbishop Gomez, President of the U.S Conference of Catholic Bishops rededicated the Church to the care of Mary as the Patroness of the United States.

As we began the month of May Pope Francis wrote a letter to the members of the church throughout the world asking Mary's intercession as we journey through the Corona Virus

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pandemic. At the end of the letter Pope Francis wrote two letters for our reflection. I suggest this prayer:

“We fly to your protection, O Holy Mother of God.”

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

**Vivat Jesus!**  
**God Bless!**  
**Father Bill Smith**

### NOTES FROM THE CHAPTER PRESIDENT



Dear Worthy Brother Knights,

It has been a weeks ago since our last meeting. It feels like years ago. We have had to endure limiting our contact with our families, friends and so many activities that we always took for granted. Sadly, we have also had to cope with sorrow and grief.

Please pray for those departed brothers and their families and pray for each other that we all emerge from this ordeal safely.

### Pandemic - COVID 19

We all are experiencing things today that we never thought would be happening. What about the families that cannot have a proper Funeral Mass and burial for a loved one. Think you are having it rough let us all open our eyes and ears, take a good look around you and see what is happening.

A new world of living and doing things, Think about it. Our children can't have their First Holy Communion, their Confirmation, and graduations. What about the couples that planned for a wedding, their plans went out the window. Either postponed or have a small gathering, nothing elaborate.

We have been blessed with our lives but the pandemic disrupted it changing the way will continue to live. Remember you are not alone. We all are in this together and we must be stronger in the way we live in the future. Trust in your faith and God.

### Corona Virus Prayer for All

*Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas. We fly to you today as your beloved children. We ask you to intercede for us with your Son, as you did at the wedding in Cana.*

*Pray for us, loving Mother, and gain for our nation and world, and for all our families and loved ones, the protection of your holy angels, that we may be spared the worst of this illness.*

*For those already afflicted, we ask you to obtain the grace of healing and deliverance. Hear the cries of those who are vulnerable and fearful,*

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wipe away their tears and help them to trust.

*Is this time of trial and testing, teach all of us in the Church to love one another and to be patient and kind. Help us to bring the peace of Jesus to our land and to our hearts.*

*We come to you with confidence, knowing that you truly are our compassionate mother, health of the sick and cause of our joy.*

*Shelter us under the mantle of your protection, keep us in the embrace of your arms, and help us always to know the love of your Son, Jesus. AMEN.*

### **Nominating Committee**

The Nominating Committee has voted on keeping the present Officers in office for another year.

### **Degrees**

There was a nationwide virtual degree of Charity, Unity and Fraternity in April. Approximately 2000 gentleman took their degree for the first time or was advancing. If you have any gentleman who wishes to advance or you have a new member, this may be the only way for a while to get them into our Order.

### **Councils**

Have been asked to prepare themselves to conduct virtual meetings online to keep their members abreast of what is going on. Two popular sites are ZOOM and GO TO MEETING. Communication is very important to all of us.

### **Pride in our Priest Dinner**

The Pride in our Priests Dinner has been postponed until the fall. Looks like Wednesday, October 28<sup>th</sup> will be our date, details to follow. Check the Chapter 4 website, [njchapter4.com](http://njchapter4.com).

### **Pro Life vs. Pro Choice on Quality of Life Arguments**

**Pro Choice:** if a baby is horribly deformed. It would be better to spare him from a life of suffering.

**Pro Life:** Nobody has the right to kill another person because he perceives that the other person might have a low quality of life.

**Pro Choice:** It's better to abort a child than for him to live as an unwanted child.

**Pro Life:** We would never kill a born child simply because his parent's decided they don't want him anymore.

**Pro Choice:** Forcing people to have children leads to more child abuse.

**Pro Life:** Dr. Edward Lenowski, professor of pediatrics at USC reported that 91% of abused children are very much wanted before birth.

**Pro Choice:** If we end abortion, we'll go back to thousands of women dying from back-alley abortions.

**Pro Life:** In 1960, Planned Parenthood reported that 84% to 87% of all illegal abortions were performed by licensed physicians. In 1972, the year before Roe vs. Wade, 39 women died from illegal abortions. Each of those deaths was a tragedy, but abortion is a tragedy, because it kills a living human being.

### **Chapter 4 Website**

Please note that the website is available to all member councils for posting of their events. Just send you flier or information to our webmaster, Frank Rees and his email is [frees814@gmail.com](mailto:frees814@gmail.com). He will insert as well as send out notices to every council in Metuchen. So that council members can see what is happening at other councils and even support their events.

### **Free Throw Contest 2020**

The annual Free Throw contest state championship has been postponed due to the coronavirus until the fall.

### **Spelling Bee Contest 2020**

The annual Spelling Bee finals are cancelled to the COVID-19 virus. We all must stand strong and be positive. We all must place our faith and trust in our Savior.

### **Convention**

The New Jersey State Convention at Wildwood in May has been postponed. Most likely the convention will be held online virtually.

Brother Knights let us be careful these days. Stay safe, Wear a face mask and wash your hands often and use hand sanitized. Let us pray for each other in this difficult time that it may be over soon and people can go back to work. May God Bless you and keep you and your families safe and healthy.

It is hard for us to understand why God allowed all this suffering and death to occur to us. But I fell we are called to take this pain and suffering and offer it back to God to grant us healing, and to bring us to a close relationship with Him.

In the first letter of Peter, chapter 3, verse 15, we read "Sanctify Christ as Lord in your hearts." During this time of healing and recovery, let us always remember that Jesus is always with us to give us strength and healing. And let us also pray for those who have lost their lives as a result of this scourge.

Rest in peace, all the faithful departed, Amen. Praise is Jesus Christ, now and forever.

### **A Prayer to Our Blessed Mother**

*Mary, Mother Most Holy, You sanctified the vocation of motherhood: Pour out your heavenly aid on all*



mothers and help them to be holy. May, Pray for Us....

Mother's Day is a wonderful opportunity to highlight the beautiful vocation of motherhood and the gift of life. It calls us to cherish the gift of life that we receive from our mothers and to pray for all women to whom God has entrusted life in a very special way. It is a fitting day to ask God's special blessing on all mothers, living and dead. As we pray in thanksgiving for the gift of all mothers, we also specifically remember mothers experiencing difficult pregnancies and pray they may find support and encouragement in choosing life for their children.

In our efforts to celebrate the vocation of motherhood, it is also important to remember that Mother's Day can be a difficult holiday for many people: couples struggling with infertility; parents who have lost a child; those who have lost their own mothers; couples longing to welcome a child through adoption; and women and men who have been wounded by participating in abortion.

*(From the Pro Life Office of the United States Conference of Catholic Bishops)*

### The Meaning of Memorial Day

Memorial Day (previously but now seldom called Decoration Day) is a federal holiday in the United States for remembering and honoring the military personnel who died while serving in the United States Armed Forces.

Many people visit cemeteries and memorials on Memorial Day to honor and mourn those who had died in military service. Many volunteers place an American flag on each grave in national cemeteries.

Memorial Day is considered the unofficial start of summer in the United States, while Labor Day

marks the unofficial start of autumn on the first Monday of September.

Two other days celebrate those who have served or are serving in the U.S. military: Veterans Day, which honors those who have served in the United States Armed Forces; and Armed Forces Day, an unofficial U.S. holiday (earlier in May) for honoring those currently serving in the armed forces.

We should never forget what sacrifices were made by our military for the freedom we all are enjoying. God Bless America.

I would like to thank everyone for their dedicated hard work. The Chapter is only as strong and robust as the Councils who make it up. Let's push harder and make a difference.

The Officers and I hope that all of you are doing as well as can be expected during these difficult times. Please stay home and be safe. We miss you all and hope to "see" you at our meetings in the near future. Remember without faith you have nothing and you are not alone; we all are in this together.

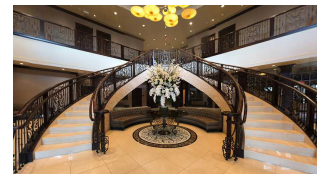
**Fraternally,  
Joseph L. Sabella  
Chapter 4 President**

### PRIDE IN OUR PRIESTS DINNER RESCHEDULED

The 2020 Pride in our Priests Dinner will be held on **Wednesday, October 28<sup>th</sup> 2020** from 6:30 pm to 9:30 pm at its new venue, *The Imperia*, 124 Easton Ave, Somerset, NJ 08873.

The new venue offers sit down dinner entrees, a bar for liquid refreshments, and valet parking.

No formal program will be presented and comments will be kept to a greeting by **His Excellency Most Reverend James F. Checchio**.



Reservation sheets have been emailed to the GKs and FSs in the Metuchen Diocese and are also available on Chapter 4's website, [njchapter4.com](http://njchapter4.com). The price remains \$50.00 per person. The chairman of the event is **SK Frank Rees**, who can be reached at [frees814@gmail.com](mailto:frees814@gmail.com).

### CHAPTER 4 VETERANS FUND



Brothers: Unfortunately, we will not be sending veterans from our local VA homes to the Somerset Patriots game this year. I believe this would have been the fifteenth straight year we have done this. However, the Chapter 4 officers would like to keep this drive alive and continue to support these men and women who are living through such a difficult situation right now. We will be accepting council, assembly and individual donations of any amount and forwarding all donations to the recreation accounts for the VA homes in Menlo Park, Lyons, and Lebanon Township. This is another small way we can all say thank you.

Please make checks payable to "Chapter 4 Veterans Fund" and mail to: **Scott Minnihan**, Chapter Treasurer, 29 Richter Avenue, Milltown, N.J. 08850. We will keep this drive open until our next Chapter 4 meeting on Thursday September 24<sup>th</sup> at 7:30 p.m. at St. Marys-Stony Hill Council in Watchung. Thanks for your continued support of this Chapter project and best to you and your families.

**Fraternally,  
Bill Hoffman, FDD  
Chapter 4 Vets Chairman**