



Knights of Columbus

St. Oliver Plunkett Council 13440

Knights News



Issue 5

October 2025

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Grand Knight's Message

Knights of Columbus St. Oliver Plunkett Council 13440: Reflections and Updates

As the seasons change and the year progresses, the Knights of Columbus at St. Oliver Plunkett Council 13440 continue their tradition of service, fellowship, and faith. With the arrival of autumn, children have returned to school, Thanksgiving approaches, and Christmas is just around the corner. These transitions mark a busy and meaningful time for our council, as we prepare for several cherished activities and reflect on recent accomplishments.

At the end of this month, our council will host the annual Monastery Sale, featuring monk-made items such as fudge, coffee, and biscotti cookies. In addition, we will offer "Keep Christ In Christmas" cards and car magnets for sale. These items are highly anticipated by parishioners; last year, the Christmas cards sold out within hours, and ultimately, every item was gone by the end of the event. The enthusiastic response from our community highlights the importance of these traditions, and we encourage all members to participate and help make this year's sale another success. The dates for these events, along with other upcoming activities, will be posted at the end of the newsletter.

October was a particularly active month for our council. We participated in several events that brought our members together and supported our parish. Due to the rising costs and Due to the rising costs and the fact that the same dedicated brothers were consistently volunteering for the monthly parish breakfasts, we decided to revive Donut Sunday.

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From the Desk of the District Deputy:

Embracing Fraternity in the Knights of Columbus

As District Deputy, it is my privilege to address our members on one of the core pillars that define the Knights of Columbus: Fraternity. In our rapidly changing world, the

value of true brotherhood and unity among men remains as relevant today as it was at our founding. Fraternity is more than just a word; it is the spirit that brings us together, inspires our actions, and sustains our mission.

The Meaning of Fraternity

Fraternity, for the Knights of Columbus, is rooted in our commitment to one another as brothers in faith. It is manifested in the genuine concern we show for each other's wellbeing, in the support we extend during times of need, and in the joys we share during moments of celebration. Our Order was built upon the principle that, together, we are stronger and better equipped to serve our families, parishes, and communities.

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This initiative, which began at the end of September, will now be held once a month after selected Masses, providing a fresh and enjoyable way for parishioners to gather and connect.

Another significant event was the Intellectual Disabilities Drive, commonly known as the Tootsie Roll Drive. This fundraiser was held both at the parish and at a local Kroger store, with all proceeds benefiting Bennett's Place. The success of this drive was made possible by the commitment and generosity of our brothers who volunteered their time and effort. We extend our heartfelt thanks to everyone who contributed to this important cause.



In addition to these activities, Carey Scruggs continues to lead the COR – Men of the Word Bible Study, fostering spiritual growth and camaraderie among our members. This ongoing program is a testament to our council's dedication to faith formation and personal development. As we look forward to the coming months, we remain grateful for the opportunity to serve our parish and community. The Knights of Columbus at St. Oliver Plunkett Council 13440 are united in our mission to uphold the values of charity, unity, and fraternity. We invite all members to stay engaged, participate in upcoming events, and support one another as we continue our journey together.

Living Fraternity Within Our Councils

True fraternity is experienced in everyday interactions between members. It is witnessed in a welcoming handshake at a council meeting, in the collaborative planning of charitable events, and in the mutual encouragement we give as we strive to grow spiritually and personally. The bonds we form are not limited to meetings, they extend to our homes, our churches, and the neighborhoods we serve.

Fraternity in Action: Service and Solidarity

The Knights of Columbus is renowned for its charitable works, but at the heart of every action is the spirit of fraternity. Whether organizing a food drive, assisting families in distress, or supporting parish initiatives, our unity amplifies our impact. Fraternity challenges us to

look beyond our differences, to stand together, and to be present for one another, especially when life presents its greatest trials.

Strengthening Our Brotherhood

As District Deputy, I encourage each member to renew his commitment to fraternity. Reach out to a brother Knight you haven't seen in a while. Invite new members to participate fully in our activities. Offer a listening ear or a helping hand to those in need. It is through these small, daily gestures that our fraternal bonds are strengthened and our Order flourishes.

Conclusion: The Enduring Power of Fraternity

The Knights of Columbus is more than an organization—it is a family bound together by shared faith, purpose, and brotherly love. Fraternity is the foundation that sustains us, inspires us, and calls us to serve. Let us continue to build up our councils and communities with the spirit of fraternity, ensuring that every Knight feels valued, supported, and truly at home. Together, united in brotherhood, we will carry forward the proud legacy of the Knights of Columbus for generations to come.



HOW PRAYER CAN CHANGE YOUR LIFE

Prayer has always been one of the most meaningful ways I express my faith. With the problems facing us senior citizens, and on the opposite end, our teens and those newly starting out in their adult lives, the answers to some is the internet. Now with the advent of Artificial Intelligence (AI) rather than making life decisions made easier, in some cases have those decisions made for them by an anonymous "brain" who makes suggestions that are not always in the best interests of the user.

Recently, a story has circulated about a 16 year old boy who, by all measures of those around him, was stable, happy and participating in all a 16 year old is expected to do. He was found hanging in his room. It turned out that his best friend was AI on a chat bot. He had, at one point, wondered what it would be like if he decided to commit suicide. He received hundreds of responses suggesting various ways to achieve that end. In fact, it was suggested that hanging would be the preferable choice. At one point the boy wondered whether he should leave the noose he fashioned out and visible in his room so someone might see it and stop him, the AI friend said NO! That he should hang himself in his room so that would be the first place his parents would look to find his body.

Not once was it suggested he speak to someone, seek help from his parents, or see a councilor or minister. It urged him to do it and practically shamed him if he didn't.

This was from a faceless, non-human entity without feelings or morals. It's simply not baked into the programming. The even more frightening thing is that this Chat-Bot is recommended in schools and youth groups all over the country.

I pray for these souls who are so desperate for interactions that they accept an AI as a friend.

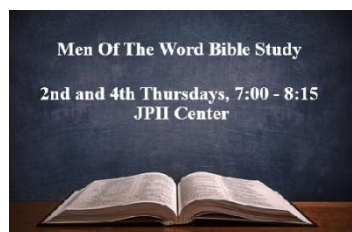
I, unfortunately, saw this happening years ago when I was a substitute high school teacher. Children from an early age, even in strollers, are often seen with I-Pads and Tablets. As they grow older they text and email rather than picking up a phone and have personal interactions with others. They lose the ability to express their feelings to others. They don't even know how to pray and have a conversation with God.

When I pray, I'm reminded that it's a dialogue, not a monologue. I'm not just speaking into the void; I'm opening my heart to God's guidance and trusting in His plan, even when I don't understand it. Jesus' prayer in the Garden of Gethsemane - "Not my will, but yours be done". I leave myself open to hear his side. Sometimes the answer is no, sometimes it's not now. It's that little voice in your head - the devil on one side and the angel on the other. We still have free will and it's up to each of us to make the decision most pleasing to God. It's those times when you're sitting in a pew in a quiet church that you hear the Lord the loudest.

"The family that prays together, stays together". I'm sure we're all familiar with that phrase. What if that 16 year old's family prayed together. What would be the results of praying in a group, being able to express your feelings without the fear of being ridiculed. Do you think it would have made a difference in that boy's life?

Ultimately, it's the transformative power of prayer in our lives that helps us heal, grow and draw closer to God AND OTHERS!

I will continue to pray and leave my self open to God's presence and the peace that only He can give. I pray that you and your family will too.



COR: Men of the Word, Men's Bible Study

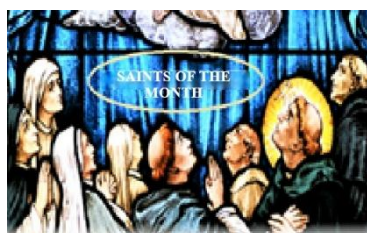
In 2024, the Knights of Columbus Council 13440 initiated a COR Men's group, based on a video and workbook format

provided by the Knights of Columbus. This group was organized and led by DGK Todd Morrow, with assistance from Carey Scruggs. After a few months, the decision was made to transition to a Bible study format to discuss the

upcoming Gospel readings. Current facilitator DGK Carey Scruggs consulted with the state KofC leader and confirmed that the new format, which started in mid-2024, meets the Knights' guidelines for COR. While it is not promoted as a Knights of Columbus-sponsored meeting or class, it is open to all men of the parish. The study uses a guide from a Catholic website called "Sunday Scripture Study."

The Men of the Word group continues to meet twice a month, on the 2nd and 4th Thursdays, at the JPPII Center. Attendance ranges from 4 to 8 participants per meeting, with a small, consistent core group. The group is currently on a summer break, with the last meeting held on May 22nd. Meetings will resume in late summer or fall.

During the meetings, participants discuss in detail the Gospel readings for the next two Sundays. These discussions often lead to exploring related scripture passages and other church or faith topics that participants bring up, though efforts are made to stay on topic.



October is a special month for Catholics, featuring the feast days of four beloved saints: St. Therese of Lisieux, St. Francis of Assisi, St. Teresa of Avila, and St. Luke the Evangelist.

Each saint's life and legacy inspire unique traditions and family celebrations.

St. Therese of Lisieux (October 1)

Known as "The Little Flower," St. Therese is celebrated for her "Little Way"—doing small acts of love and sacrifice for God. She entered the Carmelite convent at age 15 and lived a life of humility, trust, and joy. Her autobiography, *Story of a Soul*, has inspired millions. On her feast day, families may:

Attend Mass and pray for her intercession.

Make or give flowers, especially roses, in her honor.

Read her writings or discuss her teachings about holiness in everyday life.

Enjoy French treats like crepes or rose-themed desserts.

Create crafts such as pressed flowers or "sacrifice beads" to encourage small acts of kindness.beaheart

St. Francis of Assisi (October 4)

St. Francis is famous for his love of animals, nature, and the poor. He founded the Franciscan Order and is

the patron saint of ecology. His feast day is marked by:

Spending time outdoors to appreciate God's creation.
Attending a "Blessing of the Animals" at church, where pets are brought for a special blessing.
Reading stories about St. Francis or watching films about his life.

Making bird feeders or animal-themed crafts.
Baking almond cookies or other simple treats in his honor.

Volunteering or performing acts of charity for the poor and marginalized.beaheart

St. Teresa of Avila (October 15)

A Spanish mystic, reformer, and Doctor of the Church, St. Teresa is known for her deep prayer life and spiritual writings, especially *The Interior Castle*. Her feast day is celebrated by:

Reading excerpts from her works and reflecting on contemplative prayer.

Building a "Lego castle" or paper craft inspired by her "Interior Castle," symbolizing the soul's journey to God.

Setting up a quiet prayer space or "hermit corner" for reflection.

Enjoying Spanish foods like churros, pan con tomate, or caramel apples.

Performing acts of kindness and charity, following her example of service.beaheart

St. Luke the Evangelist (October 18)

St. Luke, author of the Gospel of Luke and Acts, was a physician and companion of St. Paul. He is the patron saint of doctors, artists, and butchers. His feast day traditions include:

Reading passages from the Gospel of Luke, especially those highlighting compassion and mercy.

Preparing a meat-based meal, honoring his patronage of butchers.

Discussing his role as a healer and storyteller in the early Church.

Creating art or icons, as tradition holds that Luke was the first Christian iconographer.

Reflecting on how to show mercy and care for others, inspired by his Gospel.catechist

The communion of saints is cherished for both spiritual inspiration and family celebration. These feast days offer opportunities to learn about the saints, grow in faith, and create meaningful traditions together.

The Federal Court Ruling on ACA Sex Discrimination Protections

In October 2025, a significant legal decision was handed down by the U.S. District Court for the Southern District of Mississippi, striking down a Biden administration regulation that sought to expand protections against sex discrimination in health care under Section 1557 of the Affordable Care Act (ACA). This regulation, issued by the Department of Health and Human Services (HHS), interpreted "sex" discrimination to include sexual orientation, gender identity, and sex stereotypes, thereby extending federal protections to LGBTQ+ individuals in health care settings.

The legal challenge was brought by a coalition of fifteen Republican-led states, led by Tennessee and Mississippi. These states argued that HHS had exceeded its statutory authority by redefining "sex" discrimination beyond what Congress intended when it enacted Title IX in 1972. Title IX, which is incorporated into the ACA's nondiscrimination provisions, was originally designed to address inequality faced by female students in educational settings, and at the time, "sex" was understood to mean biological distinctions between male and female.ncregister

Judge Louis Guirola Jr., who presided over the case, agreed with the states' arguments. In his ruling, he emphasized that neither HHS nor the courts have the authority to reinterpret or expand the meaning of "sex" under Title IX. He stated that the Biden administration's regulation was not implementing the prohibition as intended by the authors of the law, and that Congress did not contemplate gender identity, transgender status, or gender-affirming care when it passed Title IX. As a result, the court vacated the regulation nationwide, meaning it no longer applies anywhere in the United States.wvnews

The implications of this decision are far-reaching. The ruling eliminates the expanded protections for LGBTQ+ patients in federal health care programs, including Medicaid and Medicare. Health care providers are no longer required by federal law to offer gender-affirming care or to avoid discrimination based on gender identity or sexual orientation. The decision also sets a precedent that only Congress, not federal agencies, can redefine the scope of "sex" discrimination in federal law, making it more difficult for future administrations to revive similar protections.

Pope Leo XIV and the Spirit of Synodality: A Church of Listening, Service, and Inclusion

At the Jubilee of Synodal Teams and Participatory Bodies in October 2025, Pope Leo XIV articulated a vision for synodality that emphasizes diversity, humility, and shared responsibility within the Catholic Church. Rejecting a “one-size-fits-all” approach, he declared, “We have to be very clear: We’re not looking for a uniform model. And synodality will not come with a template where everybody and every country will say this is how you do it. It is, rather, a conversion to a spirit of being Church, and being missionary, and building up, in that sense, the family of God”.

Central to Pope Leo’s message is the importance of listening. He explained, “Synodality is not a campaign. It’s a way of being and a way of being Church. It’s a way of promoting an attitude, which begins with learning to listen to one another.” He called for patience and formation, noting, “Often the resistance comes out of fear and lack of knowledge. Sometimes ready answers are given without the proper, necessary preparation to arrive at the conclusion that maybe some of us have already drawn but others are not ready for or capable to understand. We have to understand that we do not all run at the same speed. And sometimes we have to be patient with one another”.

Pope Leo also addressed the participation of women, sharing a personal anecdote: “I recalled asking my mother in the 1970s whether she wanted equality with men. ‘No,’ she replied, ‘because we’re already better.’” He used this story to affirm the unique gifts women bring to the Church but also acknowledged ongoing cultural obstacles: “There are cultures where women still suffer as if they were second-class citizens. The task of the Church...is to help transform those cultures according to the values of the Gospel, so that discrimination can be eliminated and the gifts and charisms of every person are respected and valued”.

In his homily, Pope Leo XIV stressed that “the supreme rule in the Church is love. No one is called to dominate; all are called to serve. No one should impose his or her own ideas; we must all listen to one another. No one is excluded; we are all called to participate. No one possesses the whole truth; we must all humbly seek it and seek it together”.

Ultimately, Pope Leo XIV’s vision for synodality is a call to build a humble, inclusive, and missionary Church—one that listens, serves, and walks together in pursuit of truth and communion. ([Read the full article HERE](#))



Comical Closures

A Four Year Old’s Description Of Creation

In the beginning, which was close to the start, there wasn’t anything except God, darkness and some gas. The Bible says, “The Lord, thy God, is one,” but I think He has to be much older than that. Anyway, God made the world and then He said, “Give me some light,” and somebody gave it to Him. He split an atom and made Eve. Adam and Eve didn’t wear any clothes, but they weren’t embarrassed because God hadn’t invented mirrors, yet. Adam and Eve sinned by eating one bad apple and they were driven out of the Garden of Eden. I’m not sure what God drove them in because He hadn’t invented cars, either. Adam and Eve’s son, Cain, hated his brother as long as he was Abel. After a while, all of the first people died, except Methuselah, who lived to be, like, a million years old.

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Hymns for Christians over 65 years old

- Give Me the Old Timers Religion
- Precious Lord, Take My Hand, And Help Me Up
- Just a Slower Walk with Thee
- Go Tell It on the Mountain, But Speak Up
- Nobody Knows the Trouble I Have Seeing
- Guide Me, O Thou, Great Lord God, I’ve Forgotten
- Where I’ve Parked The Car
- Count Your Many Birthdays, Count Them One By One
- Blessed Insurance
- It Is Well With My Soul, But My Knees Hurt





If the last supper happened today...

