



**Cardinal Gibbons Assembly 783**  
**Newsletter**  
**October 2013**



**'CATHOLIC' CONFESSION IS GOOD FOR THE SOUL**  
**SAYS ARCHBISHOP OF CANTERBURY**

By John Bingham, Religious Affairs Editor, The Telegraph Newspaper Online  
8:00PM BST 09 Oct 2013

The Archbishop of Canterbury is encouraging Anglicans to adopt the practice of going to confession, a tradition more commonly associated with the Roman Catholic Church.

The Most Rev Justin Welby [Archbishop of Canterbury] advised churchgoers that it could be an “enormously powerful” experience to unburden themselves to a confessor, even if it was not always a “bunch of laughs”.

His comments came as he addressed the heads of other churches – including the leader of the Roman Catholic Church in England Wales, the Most Rev Vincent Nichols – about divisions between Christians.

Although Archbishop Welby comes from the evangelical wing of Anglicanism, his personal spiritual director is a Swiss Roman Catholic priest, Fr Nicolas Buttet, and he is a strong advocate of Catholic worship styles.

He spoke of being part of a wider “catholic tradition”, adding: “I’ve learnt over the last 10 years about the great sacrament of reconciliation: confession.

“It is enormously powerful and hideously painful when it’s done properly ... it’s really horrible when you go to see your confessor – I doubt you wake up in the morning and think, this is going to be a bunch of laughs.

“It’s really uncomfortable. But through it God releases forgiveness and absolution and a sense of cleansing.”

He acknowledged that he had his own personal struggles, remarking: “I’m an Archbishop; I know about the absence of humility. I struggle with it.”

Although more commonly associated with Catholicism, the Church of England has long offered a form of confession to worshippers, on request.

Anglican priests meet parishioners to hear confession face to face, often in their own home, without such trappings as confessional booths, and offer absolution for sins.

Speaking at a meeting at Lambeth Palace, organised by the group “Churches Together in England”, he also urged Christians to recognise the Church’s racist past.

“I often think about the fact that in the 1960s when Afro-Caribbean people first came to this country they were not made welcome in our churches,” he said.

“It’s the reality; it was a sin, a very bad sin.”

From *The Telegraph* (Online): <http://www.telegraph.co.uk/news/religion/10368140/Catholic-confession-is-good-for-the-soul-says-Archbishop-of-Canterbury.html>

## **DEGREE CEREMONIES**

**Fourth Degree Exemplification:** 26 October 2013. Location: Sheraton Imperial, Durham for next Exemplification. Details TBA. <http://kofcnc.org/FOURTH%20DEGREE/2008Exemplification.htm>

**First Degree Ceremony:** 4 November 2013. Location Father William P Ryan Council 11683, St. Ann Roman Catholic Church, 357 N. Cool Spring Street, Fayetteville, NC. Start Time: 7:30.

**First Degree Ceremony:** 18 November 2013. Location: Council 15250, Pope Chapel, Pope Army Airfield, NC. Show Time: 6:30 PM. Start Time 7:00 PM.

**First Degree Ceremony:** 20 January 2014. Location: Council 15250, Pope Chapel, Pope Army Airfield, NC. Show Time: 6:30 PM. Start Time 7:00 PM.

If your Council is hosting a Degree Ceremony send an email to [COOP5614@yahoo.com](mailto:COOP5614@yahoo.com) with the information and I will place it in the next Assembly Newsletter and on the website Calendar page.



### **CARDINAL GIBBONS ASSEMBLY HONOR GUARD**

## **MEMORIAL DIVINE LITURGY (MASS) FOR DECEASED KNIGHTS OF COLUMBUS**

Thanks to the Sir Knights who participated in the Memorial Divine Liturgy (Mass) for deceased Knights of Columbus held at St. Michael the Archangel Maronite Catholic Church (October 13, 2013):

Past Faithful Navigator John Handley  
Sir Knight Chris Cooper

### **VETERANS DAY PARADE 2013**

The Fayetteville, NC Veterans Day Parade is November 9, 2013. The Honor Guard will have a float for this event. Details and to sign-up are at: <http://cardinalgibbonsassembly783.weebly.com/veterans-day-parade-2013.html>

### **THE LITTLE SCAPULAR**

Sir Knight Christopher R. Cooper

Several years ago a friend at St. Louis Byzantine Mission Parish gave me a little Brown Scapular. I remembered the Scapular from when my childhood Catholic Catechism classes. There are several types of little Scapulars depending on which monastic order they are derived from. The Carmelite Brown Scapular is the most widespread among the Catholic Laity. Pope John Paul II wore one with him at all times.

The little Scapular worn among the Catholic faithful originated from the monastics orders. (Hilgers, 1912) The term Scapular comes from Latin; *scapula*, shoulder. The monastic Scapular is a large piece of cloth. It is shoulder width or about 14 to 18 inches wide. The Scapular extends almost to the feet of the wearer both front and back. Over time this vestment became the small Scapular consisting of the two small woolen pieces of cloth connected by two pieces of strings or bands. The cloth pieces are about two inches wide and two and three quarters in length. Names or icons are embroidered onto the cloth pieces. The strings or bands should be long enough for the wearer to have one cloth piece on the breast and one the back. There are several types of small Scapulars. The most widespread is the Carmelite Little Brown Scapular.

Among the Catholic Faithful the Carmelite Little Brown Scapular is the most widespread of the little Scapulars. The Little Brown Scapular became a universal Catholic Devotion in the seventeenth century. (Ceroke & Carm). The Brown Scapular I have has an icon of Saint Simon Stock on one of the cloth pieces. This Scapular Devotion began when he received a Scapular from St. Mary in a vision around 1251 AD. St. Mary promised him that wearing the Scapular is a sign of salvation and quick release from Purgatory. (Brown Scapular History). The following is a picture of the Brown Scapular.



*Carmelite Little Brown Scapular*

Many of our Church leaders wore a Brown Scapular. A prime example is Pope John Paul II. After he received wounds from an attempted assassination in 1981 AD he requested the doctors not to remove the Brown Scapular from him. (The Brown Scapular) Pope John Paul II stated the Brown Scapular is one of the two most recommended devotions of the Church. His devotion began at an early age. The following picture is Pope John Paul II (Karol Wojtyla) when he was a young man as a factory worker. In the picture he is wearing his Scapular.



*Pope John Paul II (Karol Wojtyla) - center*

The Scapular has a long history. The little Scapular the Catholic Faithful wears evolved from the monastic Scapulars. The most popular and widespread is the Carmelite Scapular. Our Church Leaders express a devotion to the Scapular. One example is Pope John Paul II. For more information on the little Scapular a good website is *The Brown Scapular of Our Lady of Mount Carmel*: <http://www.freebrownscapular.com/index.html>.

## **Works Cited**

*Brown Scapular History*. (n.d.). Retrieved October 18, 2013, from The Brown Scapular of Our Lady of Mount Carmel: [http://www.freebrownscapular.com/brown\\_scapular\\_history.html](http://www.freebrownscapular.com/brown_scapular_history.html)

Ceroke, C. P., & Carm, O. (n.d.). *The Scapular Devotion*. Retrieved October 18, 2013, from Eternal Word Television Network: <http://www.ewtn.com/library/mary/scapular.htm>

Hilgers, J. (1912). *Scapular*. Retrieved October 2013 18, 2013, from The New Advent: <http://www.newadvent.org/cathen/13508b.htm>

*The Brown Scapular*. (n.d.). Retrieved October 18, 2013, from The Brown Scapular of Our Lady of Mount Carmel: <http://www.freebrownscapular.com/index.html>

## **IN MEMORIAM:**

Please keep in your prayers for the repose of the souls of:  
Veterans of the US Armed Forces

## **ARTICLES FROM THE ASSEMBLY MEMBERSHIP**

Any Sir Knight who wants to add his article to the Newsletter, submit the article to Faithful Scribe, SK Chris Cooper, at the next Assembly meeting or send it via email to [COOP5614@yahoo.com](mailto:COOP5614@yahoo.com).