



**Cardinal Gibbons Assembly 783**  
**Newsletter**  
**October 2014**



**REFLECTIONS FROM ARCHBISHOP FULTON J. SHEEN**

*Show me your hands. Do they have scars from giving?*

*Show me your feet. Are they wounded in service?*

*Show me your heart. Have you left a place for divine love?*

[http://www.brainyquote.com/quotes/authors/f/fulton\\_j\\_sheen.html](http://www.brainyquote.com/quotes/authors/f/fulton_j_sheen.html)

**MOODS**

Archbishop Fulton J. Sheen

Archbishop Fulton John Sheen Spiritual Centre

At one time it was believed that the sun moved about the earth; indeed, it did seem so to the eye, as we saw it purpling the dawn, and at night “setting like a host in the flaming monstrosity of the West.” But now we know that the earth moves about the sun.

As there were two ways of looking at the relation of the earth and the sun -- one right and one wrong -- so there are two ways of looking at the relation between a person and the daily events and routine cycle of life. Some people live in such a way as to have all their moods determined by what happens to them in the world. They are sad when stars take up their encampment on the battlefield of night; and they are gay in morning's eyes. When there is rain on the cheek of nature, often tears bedew their own cheeks. What happens at the bargain counter, in the office or in traffic; the poisoned arrow of sarcasm, the overheard slur and the whining of children, so often make and mold our moods, that like chameleons we take on the color of the experience that presently imposes itself on us. When we allow ourselves to revolve about circumstances, our feelings become like the seasons, shrinking when some hard service must be done and fainting in the face of every woe. Even love is reduced to fickleness, so that the only love songs one hears now on radio and television are about “how happy we will be” when married; no longer does one hear the “silver threads among the gold”, or the story of how happy the couple is that said they would be happy with “a girl for you, and a boy for me.” As Edna St. Vincent Millay expressed it:

“I know I am summer to your heart

And not the full four seasons of the year.”

The condition of a happy life is to so live the trials and vicissitudes of life do not impose their moods on us. Rather, we become so rooted in peace and inner joy that we communicate them not only to our surroundings, but also to others. Tennyson spoke of such a character “with power on thine own act and on the world.” Some radiate cheer and happiness because they already have it within them, just as some seem to have ice on their foreheads, making winter all the year.

The problem is how to possess this inner constancy of peace which makes the depths of our soul calm, even when the surface like the ocean, is ruffled or mixed with storms or cares. The best way is prayer which gives us independence of moods in two ways: first, it exhausts our bad moods, by telling them to God. The wrong way is to exhaust our bad feelings on human beings, because either they resent them, plan revenge, or they reciprocate by assuming an equally bad mood. Bringing them to God is exhausting them, just like bringing ice to the flame melts

the ice. A very false theory in modern psychology is that whenever we feel pent up psychologically, we should give it a physiological outlet -- for example, "forget it; go out and get drunk," or "when the passions are strong, satisfy them." If every son-in-law did this with a mother-in-law who was "moody" with him, the population of the country would be reduced by one-tenth. It is right to say that the mood must be emptied, but to empty in on ourselves, or on our fellow man, is to get it back either with a hangover or an enslaved condition we cannot break.

The second advantage of prayer is not only to void our bad moods, but to replace them with good feelings. As we pray, the sense of God's presence and law becomes more intimate; instead of wanting to "get even with our enemy," we take on God's attitude toward them, which is loving forgiveness and mercy. We may even reach a point, if we pray enough, where we become unsatisfied until we render good for evil. Gradually we see that it is far sadder to be a wrongdoer than to be the wronged one; the injurer is much more to be pitied than the injured. Eventually we get rid of moods, cultivate a constancy which never retaliates, even as Stephen did, who after the example of Our Lord, forgave those who stoned him. In the strains of life, nothing is as soothing and as strengthening as the comforting power of prayer.

From Archbishop Fulton John Sheen Spiritual Centre: <http://archbishopfultonsheencentre.com/InspMessages.html>

## **DEGREE CEREMONIES**

**First Degree Ceremony:** 21 October 2014. Location: Council 2838, Fayetteville, NC. For more details go to: [http://www.kofcnc.org/09\\_10Files/calendar.htm?pli=1](http://www.kofcnc.org/09_10Files/calendar.htm?pli=1)

**Third Degree Ceremony:** 8 November 2014. Location: Council 5487, Goldsboro, NC. For more details go to: [http://www.kofcnc.org/09\\_10Files/calendar.htm?pli=1](http://www.kofcnc.org/09_10Files/calendar.htm?pli=1)

**First & Second Degree Ceremony (Spanish):** 9 November 2014. Location: Council 7225, Red Springs, NC. For more details go to: [http://www.kofcnc.org/09\\_10Files/calendar.htm?pli=1](http://www.kofcnc.org/09_10Files/calendar.htm?pli=1)

**First Degree Ceremony:** 12 November 2014. Location: Council 9847, Fayetteville, NC. For more details go to: [http://www.kofcnc.org/09\\_10Files/calendar.htm?pli=1](http://www.kofcnc.org/09_10Files/calendar.htm?pli=1)

**Fourth Degree Exemplification:** 15 November 2014. Location: Sheraton Imperial Hotel & Convention Center 4700 Emperor Blvd., Durham, NC 27703 (RTP). For more details go to: <http://www.kofcnc.org/FOURTH%20DEGREE/Exemplification%20Page.htm>

**First Degree Ceremony:** 17 November 2014. Location: Council 15250, Ft. Bragg, NC. For more details go to: [http://www.kofcnc.org/09\\_10Files/calendar.htm?pli=1](http://www.kofcnc.org/09_10Files/calendar.htm?pli=1)

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**

## **NEW HONOR GUARD COMMANDER WANTED**

Faithful Navigator Bob Testa will not be to continue as Honor Guard Commander. If you are interested in becoming Honor Guard Commander contact him or any of the Assembly Officers to volunteer.

### **BISHOP GREGORY MONSOUR VISIT**

Thank you to the Sir Knights who participated in the Honor Guard Detail for Bishop Gregory Monsour's visit to St. Michael the Archangel Maronite Catholic Church.

Past Faithful Navigator	John Handley
Past Faithful Navigator	Jose Santos
Past Faithful Navigator	Paul Tomacelli
Sir Knight	Chris Cooper
Sir Knight	Jeff Michaud

### **UPCOMING HONOR GUARD EVENT**

#### **PRESENTATION OF THE COLORS AT SPECIAL OLYMPICS**

Location: TBD

Date: April 17, 2015

Show Time: TBD

Start Time: TBD

Completion Time: TBD

More details will be sent out when they arrive.

### **BRIGITTINE MONKS**

#### **THE ORDER OF THE MOST HOLY SAVIOR**

*(This article is from Eternal Word Television Network. No author is listed)*

As Christ was transformed on Mt. Tabor, we seek to lead a life transformed before the world, according to the counsel of the Gospel - that, while hidden, sheds its light before men, giving new hope in the sign of the witness to Jesus Christ.

**HISTORY** - The Order of the Most Holy Savior, popularly known as Brigittine, was founded in the year 1370 by St. Birgitta of Sweden to give praise and honor to God.

The Brigittine Order exists at present with thirteen monasteries of contemplative nuns and a congregation of contemplative-apostolic sisters whose motherhouse is located in Rome, in the actual former dwelling of St. Birgitta.

The Brigittine Monks existed from the 14th to the middle of the 19th century, when they were dispersed, largely due to the European wars. (In 1970, a Brigittine Monk, Richard Reynolds, martyr, was declared a saint.) With ecclesiastical approval, two new monasteries for men have been founded.

**CHARACTERISTICS** - Elements which characterize the Brigittine Order include a deep love of Christ, especially in remembrance of His sufferings, the fullness of liturgical worship, a respect for learning, and authentic devotion to the Blessed Virgin Mary, the holy Mother of God, all incorporated into a simple monastic lifestyle.

**LIFESTYLE** - Our style of life is monastic, according to the Rule of St. Augustine, and given to prayer and contemplation. This is an ancient style of life in its concept of withdrawal from the main stream of the activities of society. However, we seek to place its ancient traditions into this era, conveying its attraction and needfulness to the culture of our times. The Brigittine monastic habit, dark grey in color, is worn. Following the original pattern of monasticism, the monks do not ordinarily receive Holy Orders.

The community celebration of the Eucharist is the apex of the monastic day. The entire Liturgy of the Hours is sung at scheduled times throughout the day with the Rosary and spiritual reading, including Scripture, at specified times.

**STRENGTH** - The life of a Brigittine Monk has its strength in the spirit of intimate union with Christ through the daily prayers which the community offers for itself and for all mankind, especially for the unity of all Christians.

Following an ancient Briggittine tradition, the community also carries on a continual crusade of prayer for the souls in purgatory and the conversion of sinners.

Silence prevails during the hours of the day making that permeating peace which finds communion with God. However, spontaneity of speech may arise with restraint in respectful consideration of each person. Relaxing recreation periods are daily.

COMMUNITY - Community living is realized in the rhythmic life of prayers, work and leisure. The joy of Christian living in the unity of community imitates the life of Jesus living in the bond of love with His apostles. We endeavor to create a joyous peaceful life following the monastic concept of community as that of a family in all its human aspects of affection and warmth.

The community attempts to be self supporting Each person feels the responsibility to contribute in whatever talents he has to offer or in the work to which he is assigned. Work is done at the monastery and we do not engage in types of work that may not be done within the enclosure.

Time is allotted so that each person may develop his needs and talents to maintain a balance of living. An atmosphere is created that each may know and understand the joy of living this life in Christ the Lord.

FORMATION - A complete formation program is offered, including: a postulancy, the length of which is determined by the needs of the individual; a one-year novitiate; and a period of temporary commitment, extending from three to six years. After the completion of this period, a permanent offering of oneself to Almighty God is made.

#### MONASTIC HORARIUM (DAILY SCHEDULE)

4:30	Rise
4:50	Office of Readings (Vigils)
5:30	Solitude for lectio, prayer, making bed, self help breakfast
7:00	Morning Prayer (Lauds)
7:30	Conventual Mass
8:15	Midmoring Prayer (Terce)
8:30	Conference or Work
12:15	Midday Prayer (Sext)
12:30	Dinner
1:00	Solitude for lectio, prayer, nap, writing, solitary walk
2:45	Midafternoon Prayer (None)
3:00	Work
5:30	Evening Prayer (Vespers)
6:00	Collation (light meal)
6:30	Recreation
8:00	Rosary, Night Litany, Night Prayer (Compline)

From *Eternal Word Television Network*: <http://www.ewtn.com/library/priests/priest1.txt>

#### **IN MEMORIAM:**

Please keep in your prayers for the repose of the soul of:

All Deceased Knights of Columbus.

#### **ARTICLES FROM THE ASSEMBLY MEMBERSHIP**

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