



Cardinal Gibbons Assembly 783
Newsletter
February 2018



REFLECTIONS FROM GREEK PHILOSOPHER PLATO

The beginning is the most important part of the work.

The greatest wealth is to live content with little.

There is no harm in repeating a good thing.

From: *Brainy Quote*

<https://www.brainyquote.com/quotes/authors/p/plato.html>

THE SEASON OF LENT

Faithful Navigator Christopher R. Cooper

Lent is the season before Easter Sunday all good Catholics are familiar with. Catholics use this time to prepare for the Resurrection of Christ. It is a time for Penance and self-denial. The season of Lent stretches back to the earlier Church. The beginning of Lent is a movable date, but not all the Catholic Churches begin this season at the same time and the starting day has different names. Fasting and abstinence are different among the Catholic Churches. Let's look at the origins of Lent first.

The origin of the Lent goes back to the earlier Church. According to Father William Saunders there was some kind of Lenten preparation before Easter. (Saunders, 2002) These early Lenten traditions may have been tied to pre-baptismal Catechumens preparing to enter into the Church. (Bennett & Bennett, 2012) These Lenten traditions evolved into the forty days before Easter. The tradition of forty days comes from several passages in the Bible. One passage is from the Gospel of St. Matthew 4:2, "And when he had fasted forty days and forty nights, afterwards he was hungry." (The Holy Bible; Douay-Rheims Edition, 2005) In the beginning only Catechumens practiced Lent, but the tradition was adopted by the entire Church. However, the entire Church does not call Lent, "Lent".

The term "Lent" does not appear in the Bible. The name for the forty days before Easter comes from the language of the Faithful. In the English speaking world the term Lent comes from Old English. "The word Lent itself is derived from the Anglo-Saxon words *lencten*, meaning "Spring," and *lenctentid*, which literally means not only "Springtide" but also was the word for "March," the month in which the majority of Lent falls." (Saunders, 2002) In many parts of the world that use one of the Romance languages it is variation of the Latin word, "Quadragesima" meaning forty days. (Thurston, 1910)

In addition the season of Lent goes by different names within the Catholic Church. The Maronite Church refers to Lent as "Great Lent." (Shaheen & Mansour, 2013) The Byzantine Churches call Lent the Great Fast. (Events Calendar, 2013) To keep things simple I will use the term Lent for the duration of this article. Now that that the origin of the name Lent is solved let's look at day to start Lent.

The day to start Lent is a movable date on the Church calendar. The name of the day and the day to start Lent depends on the Catholic Church the Faithful attends. The Roman Church begins Lent on Ash Wednesday. (Akins, 2013) The Eastern Catholic Churches keep with the older tradition of starting Lent on the Monday before Ash Wednesday. (Saunders, 2002) The Byzantine Churches call the beginning of Lent, "Clean Monday." Clean Monday symbolizes leaving behind non-fasting food and sinful behavior. (Great Lent and the Fast in the Eastern Churches, 2013) In the Maronite Church the beginning of Lent is called "Ash Monday." (Shaheen & Mansour,

2013) It is similar to Ash Wednesday celebrated in the Roman Church. The next item to explore is fasting and abstinence.

Fasting and abstinence varies among the Catholic Churches. In the Roman Church fasting is on Ash Wednesday and Good Friday. (Akins, 2013) The fast applies to Roman Catholics who are eighteen to sixty years old. The fast is one single meal and two snacks. Abstinence in the Roman Church applies to Ash Wednesday and all Fridays during Lent and applies to Roman Catholics fourteen years of age and older. Abstinence is "...under the current discipline in America, fish, eggs, milk products, and condiments or foods made using animal fat are permitted in the Western [Roman] Rite of the Church..." (Akins, 2013) In the Maronite Church fasting is on Ash Monday and Friday of the Great Crucifixion (Good Friday). (Shaheen & Mansour, 2013). The fast begins at 12:01 AM (just after midnight) and ends at 12:00 PM (noon). No food or beverages are consumed during this time with the exception of water and medicine. Abstinence in the Maronite Church is not consuming meat on Ash Wednesday and all Fridays of Lent. In the Byzantine Churches fasting a.k.a. a "strict fast" is on Clean Monday and Good Friday. (Events Calendar, 2013) The strict fast prohibits consumption of meat, eggs, or dairy products. Abstinence applies to all Wednesdays and Fridays of Lent. Abstinence in the Byzantine Churches is not consuming meat. One point all the Catholic Churches agree on is a person's health. Any Catholic who has health issues and cannot follow fasting or abstinence is granted a dispensation.

Lent has a rich history stretching back to the early Church. It started as a period of reflection for Catechumens entering the Church. Depending on the language of the Faithful Lent goes by different names and even within the Catholic Church Lent has different names. All the Catholic Churches agree that Lent is time of reflection and preparation for the Resurrection of Christ. Two traditions associated with Lent, fasting and abstinence, vary between the Churches, but serve as a reminder of Christ' sacrifice on the cross for the sins of mankind.

Bibliography

Akins, J. (2013). *All About Lent*. Retrieved February 7, 2013, from Eternal Word Television Network: <http://www.ewtn.com/library/ANSWERS/LENT.HTM>

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The Holy Bible; Douay-Rheims Edition. (2005). Fitzwilliam: Loreto Publications.

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CARDINAL GIBBONS ASSEMBLY HONOR GUARD

REGALIA ITEMS FOR LOAN

Faithful Comptroller Rod Komlofske has regalia items to loan for members of the Assembly who do not have them. If you want to participate in an Honor Guard event and do not have the required regalia items send email to rod.komlofske@gmail.com.

UPCOMING HONOR GUARD EVENT(S):

NO EVENTS SCHEDULED

DATES TO REMEMBER

October 2017

	Admission Celebration
	Formation Celebration
October 1	1st Half of Program year ends – Program write-ups are due
October 1	Matrix Form is due
October 1	Life Chains
October 7-8	Church Membership Drive
Cancelled	State Golf Tournament
October 9	Columbus Day
October 14-15	Knighthood (3rd) Celebration-16442 Sapphire
October 15	Family of the Month
October 21	Knighthood (3rd) Celebration-12537 Southport
October 28	Knighthood (3rd) Celebration – 9570 Lenoir
October 31	Halloween

November 2017

	Admission Celebration
	Formation Celebration
November 1	All Saints Day
November 11	Knighthood (3rd) Celebration–7450 Concord
November 11	Veteran's Day
November 18	NC State Soccer Challenge – Chapel Hill
November 23	Thanksgiving Day

December 2017

	Admission Celebration
	Formation Celebration
	Keep Christ in Christmas
December 2	Knighthood (3rd) Celebration – 5487 Goldsboro – Hispanic
December 8	Feast of Immaculate Conception
December 25	Christmas Day

DATES TO REMEMBER (Continued)

January 2018

	Admission Celebration
	Formation Celebration
January 1	New Year's Day
	Fraternal Survey – Due at Mid-Year meeting
January 6	Mid-Year East – Kinston
January 12	Charlotte Right to Life March
January 13	Raleigh Right to Life March
January 27	Mid- Year West – Salisbury
January 27	Jacksonville Right to Life March

DEGREE CEREMONIES

Further details for upcoming degree ceremonies are available on the K of C State Council Website:

First, Second, and Third Degree: <https://kofcnc.org/upcoming-degree-ceremonies/>

Fourth Degree: <https://kofcnc.org/4th-degree/4th-degree-exemplification/>

<u>Third Degree</u>	21 October 2017	11:00 AM	Council 12537, Southport, NC
<u>Second Degree:</u>	25 October 2017	7:00 PM	Council 2546, Raleigh, NC
<u>Fourth Degree</u>	18 November 2017	11:30 AM	Assembly 1541, Jacksonville, NC
<u>Third Degree:</u>	2 December 2017	11:00 AM	Council 5487, Goldsboro, NC
<u>Third Degree</u>	10 February 2018	11:00 AM	Council 2546, Raleigh, NC
<u>Third Degree:</u>	3 March 2018	11:00 AM	Council 1074, Wilmington, NC
<u>Third Degree:</u>	28 April 2018	11:00 AM	Council 13236, Greensboro, NC
<u>Third Degree:</u>	2 June 2018	11:00 AM	Council 11266, Garner, NC

THE CENTURIONS

Faithful Navigator Christopher R Cooper

In the New Testament centurions are mentioned many times. By reading the Holy Scriptures a person is able to deduce a centurion was a soldier in the Roman Empire's military. But who exactly were these individuals? More importantly why would the Bible mention them so many times? Also, who were some of the centurions?

First things first, who were the centurions? According to the New Advent a centurion was an individual who commanded a century or a company of soldiers.¹ The number of soldiers in the century varied from 50 to 100 individuals. All centurions were not equal. Centurions had a ranking system. This system was based on what part of a legion the centurion commanded.

The next question to consider is the Bible mentioning the Centurions. The website Bible History Online states, "The backbone of the Roman army were the centurions." Reading further, "They worked their way up the ranks as soldiers, and were promoted for their dedication and courage."² The centurions were leaders among men. Their leadership was based on hard work and valor and not corruption. A fact the authors of the New Testament were familiar with. What a centurion said or did would carry weight in the military and civilian community during Biblical times.

Two centurions of note are written in the Gospel of St. Matthew. The first is the centurion at Capharnaum. In chapter 8 verse 8 the centurion made his statement of faith, "... Lord, I am not worthy that you should enter under my roof; but only say the word, and my servant shall be healed." The centurion understood Christ authority and power over all things. The second centurion is St. Longinus. According to Catholic Online St. Longinus is the centurion who proclaimed at the Crucifixion, "Indeed, this was the Son of God" (Mark 15:39) St. Longinus is also the soldier who thrust the spear into Christ body and out flowed blood and water (John 19:34).³



Statue of St. Longinus at the Vatican

1. *Centurion*, The New Advent, <http://www.newadvent.org/cathen/03535a.htm>
2. *Roman Centurion*, Bible History Online, <http://www.bible-history.com/sketches/ancient/roman-centurion.html>
3. *St. Longinus 1st Century Martyr*, Catholic Online, http://www.catholic.org/saints/saint.php?saint_id=11

IN MEMORIAM:

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

All Deceased Knights of Columbus.

All Members of the U.S Armed Forces.

All First Responders.

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.