

The little  
Council with



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- ◆ Kids Christmas Party December 9 at the community Centre
- ◆ Valentines Dinner February 9, 2019
- ◆ Pancake Tuesday March 5

# The Knightly Informer

## Kids Christmas Party Dec 9

The tradition of a Kids Christmas party was a staple in the old hall and was lost for a while as we transitioned to the new community centre. This year we are partnering

with the township who have a grant from Kitchener Waterloo Community Foundation. The township is providing the crafts and some helpers and we are providing the

Minions dance troupe who will entertain before Santa arrives. This is open to all children in the community and we hope to fill the Hall with kids..



Jesus grant us the grace of the simple gaze of the shepherds so that we may receive their joy.

Jesus, grant us the gaze of faith and humility of St. Joseph that looked upon the Child that Mary had conceived by the Holy Spirit.

Jesus, grant us the gaze of Mary that looked upon her child with loving adoration.

Jesus, grant that the light that the shepherds saw may shine on us too, and that what the angels sang that night will be accomplished throughout the world: "Glory to God in the highest, and on earth peace among men with whom he is pleased"

Amen



Tim Vegh

## Grand Knight's Message

Vegas night was a good success even as we needed extra help as some of regular ticket sellers were not available. The community stepped up and we had more than enough runners. I hope to use more of the community even if they are not Knights to augment our manpower. The trend I have observed in our world, of less volunteerism means we need to ask for help in other areas and in some cases we will need to drop or severely change the event.

The lack of attendance at our meetings has got to mean that we are not meeting the needs of our members and we need to change what we do. I am open to any member's suggestions or requests to better meet the charitable and or spiritual needs of our members. I invite any of our members but especially younger members to contact me directly with ways I might make the Knights of Columbus more relevant to them.

As is our tradition, our December meeting December 18, we will have a

short meeting and time for fellowship with Pizza and wings( and other healthy type food) to celebrate Christmas.

Thanks to Br. Stephen Kuntz, we will be doing the basketball free throw this year but due to the lack of other schools participating we will conduct the contest during Lunch at St. Boniface school in Maryhill.

I would like to extend a wish for a blessed and Holy Christmas to you and your family.

Tim Vegh GK

**We are still looking for a Deputy Grand Knight, and a Programme Director**

## Chaplain's Corner

In the fullness of time, God sent His Son in human flesh as Saviour of humankind. For centuries all people were waiting with great joy for this to happen. And so, Angel Gabriel visits Mary and announces to her that she would be the Mother of Jesus. The Saviour is born and is waiting to begin his public mission.

We celebrate Christmas as His Birthday and should be ever grateful and thankful for this event of our history with God and his Son, Jesus. Before His birth there was darkness, and now there is the light of Christ shining upon all people and most especially in us. This light gives us life, a life that points to everlasting light and life. Through the grace of God in Jesus, we have promise of living forever with God in heaven.

With Jesus we are joyful and filled with the peace of his Holy presence among us. May all of you have a blessed and Holy Christmas. May almighty God Bless you. May He keep you safe, happy, healthy, and Holy, in the name of the Father, Son, and Holy Spirit. **Father Voisin**

**the Car Show needs a leader from our council or the event might not run**

Please report changes to us if your address changes or if members or widows pass away. Thank you for your help in keeping our records in good order. We also have to keep Ontario State and Supreme informed. Call Tim Vegh ( 519 648 3952) or email timvegh@gmail.com.

# In Memoriam

Remember in your prayers all of our deceased brothers and deceased widows of our brother Knights.

*prayer most pleasing to God, even though you may find little joy in it.—Julian F. Norwich*

*“Pray even if you feel nothing, see nothing. For when you are dry empty, sick or weak at such a time is your*



Kim and Sue receive the Knights donation from Tom Runstedler of \$5000 for the Lisaard house



Bishop Crosby accepts donations from bishops dinner in Acton



Tim Vegh leads a game of heads or tails at the Vegas night

## Pro Life

Pro Life helps to rehabilitate women who require help.

## Upcoming Events

- ◆ General Meeting third Tuesday of the month 7:30 pm at Maryhill Community Centre
- ◆ December 9, 1:00 to 3:00pm kids Christmas party
- ◆ February 9, 2019, 4:00 pm to 9:00 pm Valentines dinner
- ◆ March 5 Pancake Tuesday
- ◆ March 30, 2019 Fifth Sunday Rosary
- ◆ April 20, 2019 Vegas night
- ◆ May 19, 2019 4:00 pm to 8:00 pm Appreciation dinner
- ◆ June 15, 2019, Car show 11:00 am to 5:00 pm
- ◆ June 23, 2019 10:00 to 2:00 pm Corpus Christi

### **Symptoms of Post Abortion Stress** — Dr. Anne C. Speckhard, U. of Minnesota

1. **Generalized Guilt**
2. **Generalized Anxiety**
3. **Denial and Repression:** The 'pushing down' of intolerable emotions surrounding the abortion.
4. **Psychological Numbing:** A diminishing ability to experience emotions of any kind.
5. **Depression:** Generalized feelings of hopelessness.
6. **Regret and Remorse:** Regarding the abortion experience.
7. **Flashbacks:** To the abortion episode.
8. **Specific or nonspecific sense of Grief and Loss**
9. **Anger:** Specifically towards those who helped make the abortion decision.
10. **Change in Relationship with the boyfriend or husband:** Particularly if he was involved during the abortion experience.
11. **Disruption in Interpersonal Relationships:** Increasing inability to be intimate and disclosing with friends.
12. **Psychosexual Disorder**
13. **Avoidance Behaviors:** Avoiding any person or situation (pregnant friends, infants, vaginal exams, etc.), that could trigger re-experiencing the abortion experience.
14. **Suicidal Ideation and Attempts**
15. **Survival Guilt:** Often leading to an unrealistic 'compensation mode' mentality.
16. **Sudden and Uncontrollable Crying Episodes:** The source of which may be a mystery to the woman.
17. **Surprise at the Intensity of Reaction:** To the abortion experience.
18. **Feelings of Helplessness and Powerlessness:** A sense of panic over being 'out of control'.
19. **Deterioration of Self-Concept:** Inconsolable feelings of unworthiness.
20. **Nightmares:** Usually involving themes of lost, dismembered, or crying babies.
21. **Hyper-alertness:** Exaggerated physical responses to environmental cues, which may be somewhat reminiscent of the abortion experience (e.g. sound of vacuum cleaner).
22. **Preoccupation with Becoming Pregnant Again:** The subsequent pregnancy becoming a replacement for the aborted baby.
23. **Anxiety over Infertility:** Fear that God will punish by preventing future pregnancies.
24. **Interruption of the Bonding Process in Present or Future Children:** Overly invested in being the perfect mother, or an altered value attached to the child, or children, who were 'allowed' to live.
25. **Reaction Formation:** Usually expressed by an overly zealous involvement in pro-life / pro-choice issues.
26. **Disturbance in Sleep Patterns**
27. **Development of Eating Disorders:** Weight loss or gain associated with feeling unattractive, thus helping to insure against a possible future pregnancy, or anorexia leading to your period stopping, also preventing a future pregnancy.
28. **Alcohol or Substance Abuse:** Begun as self-medication for the purpose of dulling painful emotions.
29. **Anniversary Syndrome:** An increase of symptoms occurring around the anniversary of the abortion or due date of the aborted baby.
30. **Inappropriate Preoccupation with Physical Symptoms**
31. **Phantom Child Syndrome:** Fetal fantasies
32. **Brief Psychosis:** Loss of reality lasting for a period of a few days

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*Merry Christmas to all and  
to all a good night!*