



**St. Maron Council 12640 Newsletter**

**January 2021**



### **REFLECTIONS FROM IRISH ACTOR JOHN CUSACK**

Religion promotes the divine discontent within oneself, so that one tries to make oneself a better person and draw oneself closer to God.

I am basically a religious man.

If you asked me for my New Year Resolution, it would be to find out who I am.

*Brainy Quote*

<https://www.brainyquote.com/authors/cyril-cusack-quotes>

### **OPERATION LAMB 2020**

Grand Knight Bill Hoadley thanks everyone who was able to participate in Operation LAMB 2020. A special thanks goes out to Brother Warren Hahn of our Council. Brother Hahn was able to secure a location for our Council to collect donations and hand-out Tootsie-Rolls. So far the total donations are approximately \$240.00.

### **WREATHS ACROSS AMERICA 2020**

Past State Deputy Colin Jorsch

Worthy Sir Knights,

A huge thank-you to all who contributed to the Assembly's Wreaths Across America campaign. My apologies to all those who wanted to participate, but could not due to COVID restrictions placed by the cemetery.

We surpassed our goal this year by more than 30% - so again, thank you!!

I was able to participate with my wife, a family friend, SK LD Sullivan and SK Jesse Ramirez and his wife. I am certain there were other participants, simply from conversations I had leading up. So thank-you for those who were able to place wreaths. For me it was a very humbling experience and I pray that next year we will have the opportunity to participate as an Assembly.

Wreaths Across America have begun their 2021 campaign. As an incentive, any wreaths sponsored through a registered WAA Sponsorship group will be matched by the WAA organization. This program runs from December 19 through Friday, January 15th.

Once again, I would like to thank all who purchased and were able to place wreaths. What a great was to honor those who served our nation.

### **CHOIR VOLUNTEERS NEEDED**

Francis Younger of our Council and Parish Choir Director request volunteers to sing in the choir. Interested Knights should contact Brother Francis before or after the Sunday 10:30 A.M. Divine Liturgy.

## INASMUCH BREAKFAST PROGRAM

The next date is 2 February 2021 @ 7:00 AM. This date may change depending on guidance from Operation INASMUCH and local directives.

### DATES TO REMEMBER

#### January 2021

January 8-9 DD Mid-Year Meeting 2021  
January 15 Family of the Month Form Due  
January 15 State Program Award Submissions Due  
January 16 Right to Life Rally and March, Raleigh, NC  
January 18 MLK Day  
January 25 Tar Heel Knight Articles Due  
January 31 Annual Survey of Fraternal Activity (#1728) Due  
January 31 Special Olympics Partnership Form Due  
January 31 VAVS Report Due (State)

#### February 2021

February 1 Resolutions Due to State Advocate  
February 1 State Award Submissions Due (OTY, Website, Newsletter, Scrapbook, etc.)  
February 15 Family of the Month Form Due  
February 15 Semiannual Council Audit Report Due  
February 15 Presidents Day  
February 15 Ash Monday  
February 25 Tar Heel Knight Articles Due

#### March 2021

March 15 Family of the Month Form Due  
March 25 Tar Heel Knight Articles Due  
March 28 Hosanna Sunday

#### April 2021

April 4 Easter Sunday  
April 15 Family of the Month Form Due  
April 24-25 Day of Reflection & Membership  
April 25 Tar Heel Knight Articles Due

### DEGREE EXEMPLIFICATIONS

#### **IMPORTANT! PLEASE READ!**

**3/14/2020 – Governor Roy Cooper has issued an executive order banning mass gatherings of 100 people or more. Before attending any of the Degree Ceremonies listed below, please contact the host council to be sure that the event will still be held.**

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

Degree Exemplifications: <https://kofcnc.org/ceremonials/degrees/>

Degree Exemplifications On-Line: <https://kofcnc.org/ceremonials/upcoming-online-exemplifications/>

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

<u>Date</u>	<u>Start Time</u>	<u>Council – Location</u>
None.	None.	None.

## **FOURTH DEGREE EXEMPLIFICATIONS**

The next 4<sup>th</sup> Exemplification is 6 March in Wilmington, NC. For more information click on the following link:  
<https://kofcnc.org/wp-content/uploads/2020/12/Exemplification-Dress-Code-Form-English-Wilmington.pdf>

### **THE GRADUAL PSALMS**

Financial Secretary Christopher R. Cooper

The Gradual Psalms are a group of fifteen Psalms. (Corbett, 1909) Depending on the version of *The Holy Bible* the reader is using the Gradual Psalms will be either Psalms 119 – 133 or 120 – 134. A different name is applied to the Gradual Psalms also depending on which translation of *The Holy Bible* is used. *The Holy Bible – Douay-Rheims Version* uses Psalms 119 – 133 and refers the Gradual Psalms as “A Gradual Canticle”. (Loreto, 2005) *The Holy Bible - King James Version* uses Psalms 120 – 134 and references the Gradual Psalms as “A Song of Degrees”. (Regency, 1976) *The New American Bible – Saint Joseph Edition* also uses Psalms 120 – 134 and names the Gradual Psalms as “A Song of Ascents”. (Catholic Book, 1986)

There are three possible origins of the Gradual Psalms. (Catholic Book, 1986) One possible origin is that these fifteen Psalms were sung by pilgrims. The pilgrims would sing these psalms as they made their way to Jerusalem for “the great annual feast”. The second possible origin is exiles who were returning from their captivity in Babylon back to Jerusalem sang these Psalms. The third possible origin is the Levite priests sang these psalms at the temple in Jerusalem. The Levite priests sang them as they ascended the steps from the “Court of the Women” on to the “Court of the Israelites”.

Following this article the Gradual Psalms and associated prayers are arranged based on the article entitled, “If You Can’t Sleep, Pray the Gradual Psalms” by Kevin Di Camillo. (Di Camillo, 2017) In his article Mr. Di Camillo is not being tongue-in-cheek by suggesting the Gradual Psalms are so boring they will cure insomnia. All Mr. Di Camillo is suggesting that it is better to read the Gradual Psalms than “staring at the ceiling”. I agree with Mr. Di Camillo. In my opinion reading the Gradual Psalms will relax a restless mind and most important keep it out of mischief.

#### Works Cited

Catholic Book. (1986). *The American Bible - Saint Joseph Edition*. New York: Catholic Book Publishing Co.

Corbett, J. (1909). *Gradual Psalms*. Retrieved December 31, 2020, from The Catholic Encyclopedia:  
<https://www.newadvent.org/cathen/06718a.htm>

Di Camillo, K. (2017, February 23). *If You Can’t Sleep, Pray the Gradual Psalms*. Retrieved December 31, 2020, from The National Catholic Register:  
<https://www.ncregister.com/blog/if-you-can-t-sleep-pray-the-gradual-psalms>

Loreto. (2005). *The Holy Bible - Douay-Rheims Version*. Fitzwilliam: Loreto Publications.

## The Gradual Psalms

<b>Sign of the Cross</b>	In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.
<b>Psalm 120</b>	<p>1 The LORD answered me when I called in my distress:</p> <p>2 LORD, deliver my soul from lying lips, from a treacherous tongue.</p> <p>3 What will he inflict on you, O treacherous tongue, and what more besides?</p> <p>4 A warrior's arrows sharpened with coals of brush wood!</p> <p>5 Alas, I am a foreigner in Meshech, I live among the tents of Kedar!</p> <p>6 Too long do I live among those who hate peace.</p> <p>7 When I speak of peace, they are for war.</p>
<b>Psalm 121</b>	<p>1 I raise my eyes toward the mountains. From whence shall come my help?</p> <p>2 My help comes from the LORD, the maker of heaven and earth.</p> <p>3 He will not allow your foot to slip; or your guardian to sleep.</p> <p>4 Behold, the guardian of Israel never slumbers nor sleeps.</p> <p>5 The LORD is your guardian; the LORD is your shade at your right hand.</p> <p>6 By day the sun will not strike you, nor the moon by night.</p> <p>7 The LORD will guard you from all evil; he will guard your soul.</p> <p>8 The LORD will guard your coming and going both now and forever.</p>
<b>Psalm 122</b>	<p>1 I rejoiced when they said to me, "Let us go to the house of the LORD."</p> <p>2 And now our feet are standing within your gates, Jerusalem.</p> <p>3 Jerusalem, built as a city, walled round about.</p> <p>4 There the tribes go up, the tribes of the LORD, As it was decreed for Israel, to give thanks to the name of the LORD.</p> <p>5 There are the thrones of justice, the thrones of the house of David.</p> <p>6 For the peace of Jerusalem pray: "May those who love you prosper!</p> <p>7 May peace be within your ramparts, prosperity within your towers."</p> <p>8 For the sake of my brothers and friends I say, "Peace be with you."</p> <p>9 For the sake of the house of the LORD, our God, I pray for your good.</p>
<b>Psalm 123</b>	<p>1 To you I raise my eyes, to you enthroned in heaven.</p> <p>2 Yes, like the eyes of servants on the hand of their masters, Like the eyes of a maid on the hand of her mistress, So our eyes are on the LORD our God, till we are shown favor.</p> <p>3 Show us favor, LORD, show us favor, for we have our fill of contempt.</p> <p>4 Our souls are more than sated with mockery from the insolent, with contempt from the arrogant.</p>

<b>Psalm 124</b>	<p>1 Had not the LORD been with us, let Israel say,  2 Had not the LORD been with us, when people rose against us,  3 Then they would have swallowed us alive, for their fury blazed against us.  4 Then the waters would have engulfed us, the torrent overwhelmed us;  5 then seething water would have drowned us.  6 Blessed is the LORD, who did not leave us to be torn by their teeth.  7 We escaped with our lives like a bird from the fowler's snare; the snare was broken,  and we escaped.  8 Our help is in the name of the LORD, the maker of heaven and earth.</p>
<b>Let Us Pray</b>	Eternal Rest, Grant Unto Them O Lord. And Let Perpetual Light Shine Upon Them.
	Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.
	From the gate of Hell Deliver Their Souls, O Lord: May they rest in peace. Amen.
	O Lord hear my prayer And Let my cry come unto Thee.
	Deliver, Lord, from all the bonds of sin the souls of Your servants and handmaids and of all the faithful departed. In the resurrection, sharing Your glory, may they live again with Your Elect and Your Saints. Through Christ Our Lord. Amen.
<b>Psalms 125</b>	<p>1 Those trusting in the LORD are like Mount Zion, unshakable, forever enduring.  2 As mountains surround Jerusalem, the LORD surrounds his people both now and forever.  3 The scepter of the wicked will not prevail in the land allotted to the just, Lest the just themselves turn their hands to evil.  4 Do good, LORD, to the good, to those who are upright of heart.  5 But those who turn aside to crooked ways may the LORD send down with the evildoers. Peace upon Israel!</p>
<b>Psalms 126</b>	<p>1 When the LORD restored the captives of Zion, we thought we were dreaming.  2 Then our mouths were filled with laughter; our tongues sang for joy. Then it was said among the nations, "The LORD had done great things for them."  3 The LORD has done great things for us; Oh, how happy we were!  4 Restore our captives, LORD, like the dry stream beds of the Negeb.  5 Those who sow in tears will reap with cries of joy.  6 Those who go forth weeping, carrying sacks of seed, Will return with cries of joy, carrying their bundled sheaves.</p>

<b>Psalms 127</b>	<p>1 Unless the LORD build the house, they labor in vain who build. Unless the LORD guard the city, in vain does the guard keep watch.</p> <p>2 It is vain for you to rise early and put off your rest at night, To eat bread earned by hard toil—all this God gives to his beloved in sleep.</p> <p>3 Certainly sons are a gift from the LORD, the fruit of the womb, a reward.</p> <p>4 Like arrows in the hand of a warrior are the sons born in one’s youth.</p> <p>5 Blessed is the man who has filled his quiver with them. He will never be shamed for he will destroy his foes at the gate.</p>
<b>Psalms 128</b>	<p>1 Blessed are all who fear the LORD, and who walk in his ways.</p> <p>2 What your hands provide you will enjoy; you will be blessed and prosper:</p> <p>3 Your wife will be like a fruitful vine within your home, Your children like young olive plants around your table.</p> <p>4 Just so will the man be blessed who fears the LORD.</p> <p>5 May the LORD bless you from Zion; may you see Jerusalem’s prosperity all the days of your life,</p> <p>6 and live to see your children’s children. Peace upon Israel!</p>
<b>Psalms 129</b>	<p>1 Viciously have they attacked me from my youth, let Israel say now.</p> <p>2 Viciously have they attacked me from my youth, yet they have not prevailed against me.</p> <p>3 Upon my back the plowers plowed, as they traced their long furrows.</p> <p>4 But the just LORD cut me free from the ropes of the wicked.</p> <p>5 May they recoil in disgrace, all who hate Zion.</p> <p>6 May they be like grass on the rooftops withered in early growth,</p> <p>7 Never to fill the reaper’s hands, nor the arms of the binders of sheaves,</p> <p>8 And with none passing by to call out: “The blessing of the LORD be upon you! We bless you in the name of the LORD!”</p>
<b>Let Us Pray</b>	<p>Kyrie Eleison.</p> <p>Christe Eleison</p> <p>Kyrie Eleison.</p>
	<p>Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.</p>
	<p>Remember your congregation / Which you have possessed from the beginning.</p> <p>O Lord, hear my prayer, and Let my cry come to You.</p>
	<p>To You Alone, O Lord, is it proper always to have mercy and to forgive. Receive our petition. The chains of sin bind us, as they bind all your servants. May your merciful kindness set us all free. Through Christ Our Lord. Amen.</p>

<p><b>Psalms 130</b></p>	<p>1 Out of the depths I call to you, LORD;  2 Lord, hear my cry! May your ears be attentive to my cry for mercy.  3 If you, LORD, keep account of sins, Lord, who can stand?  4 But with you is forgiveness and so you are revered.  5 I wait for the LORD, my soul waits and I hope for his word.  6 My soul looks for the Lord more than sentinels for daybreak. More than sentinels for daybreak,  7 let Israel hope in the LORD, For with the LORD is mercy, with him is plenteous redemption,  8 And he will redeem Israel from all its sins.</p>
<p><b>Psalms 131</b></p>	<p>1 LORD, my heart is not proud; nor are my eyes haughty. I do not busy myself with great matters, with things too sublime for me.  2 Rather, I have stilled my soul, Like a weaned child to its mother, weaned is my soul.  3 Israel, hope in the LORD, now and forever.</p>
<p><b>Psalms 132</b></p>	<p>1 Remember, O LORD, for David all his hardships;  2 How he swore an oath to the LORD, vowed to the Mighty One of Jacob:  3 “I will not enter the house where I live, nor lie on the couch where I sleep;  4 I will give my eyes no sleep, my eyelids no rest,  5 Till I find a place for the LORD, a dwelling for the Mighty One of Jacob.”  6 “We have heard of it in Ephrathah; we have found it in the fields of Jaar.  7 Let us enter his dwelling; let us worship at his footstool.”  8 “Arise, LORD, come to your resting place, you and your mighty ark.  9 Your priests will be clothed with justice; your devout will shout for joy.”  10 For the sake of David your servant, do not reject your anointed.  11 The LORD swore an oath to David in truth, he will never turn back from it: “Your own offspring I will set upon your throne.  12 If your sons observe my covenant, and my decrees I shall teach them, Their sons, in turn, shall sit forever on your throne.”  13 Yes, the LORD has chosen Zion, desired it for a dwelling:  14 “This is my resting place forever; here I will dwell, for I desire it.  15 I will bless Zion with provisions; its poor I will fill with bread.  16 I will clothe its priests with salvation; its devout shall shout for joy.  17 There I will make a horn sprout for David; I will set a lamp for my anointed.  18 His foes I will clothe with shame, but on him his crown shall shine.”</p>

<b>Psalms 133</b>	<p>1 How good and how pleasant it is, when brothers dwell together as one!</p> <p>2 Like fine oil on the head, running down upon the beard, Upon the beard of Aaron, upon the collar of his robe.</p> <p>3 Like dew of Hermon coming down upon the mountains of Zion. There the LORD has decreed a blessing, life for evermore!</p>
<b>Psalms 134</b>	<p>1 O come, bless the LORD, all you servants of the LORD You who stand in the house of the LORD throughout the nights.</p> <p>2 Lift up your hands toward the sanctuary, and bless the LORD.</p> <p>3 May the LORD bless you from Zion, the Maker of heaven and earth.</p>
<b>Let Us Pray</b>	<p>Kyrie Eleison.</p> <p>Christe Eleison</p> <p>Kyrie Eleison.</p>
	<p>Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.</p>
	<p>Save Your Servants / Who Hope in You, My God.</p> <p>O Lord, hear my prayer / And let my cry come unto You.</p>
	<p>Lord, from Your Heavenly Throne stretch out a helping hand to Your Servants and Handmaids. Then they will seek You with all their heart, and in their rightful entreaties they will gain a hearing. Through Christ Our Lord. Amen.</p>
<b>Sign of the Cross</b>	<p>In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.</p>

### **KEEP IN YOUR PRAYERS**

Deployed military members  
Christians in the Middle East  
Victims of human trafficking

### **ARTICLES FROM THE COUNCIL MEMBERSHIP**

Any Brother Knight who wants to add his article to the Newsletter, submit the article to Financial Secretary Chris Cooper, at the next Council meeting or send it via email to [COOP5614@yahoo.com](mailto:COOP5614@yahoo.com).