



Good Shepherd Tidings

Fourth Degree

Knights of Columbus

Anoka, Minnesota



Volume 9, Issue 1

January 2008



Faithful Navigator Message

Sir Knights and Ladies,
I am sorry that our Christmas Dinner party was canceled due to our winter storm. Those who planned to give gifts to St. Joseph's Home can either give them to their own church or favorite charity.

We are planning our next meeting, Jan. 8th, with mass at St. Clement's Church, 911 24th Ave. NE with a parking lot in back of the church. This meeting will be for Sir Knights only. Mass will be 6 PM with honor guard assembly at 5:30 PM. This meeting will be our Annual Renewal of Obligation for our Fourth Degree members. After our renewal we will gather at Jax Cafe, 1928 University Ave. NE, for a wonderful meal. What a marvelous way to start out the new year.

Our prayers go out to Lady Nancy (wife of Bob Mathewson) whose mother died a few weeks ago. May God hold her and her family in the palm of his hands.

Our next Exemplification will be April 19, 2007 in Rochester, which is very close to us. Let's try to bring at least ten new members in. Let that be one of our New Year's resolutions. GOFORIT!

I know December is flying by, but take time to enjoy our Advent and prepare for the Birth of Christ. That is what this is about. There is such beautiful music being played and wonderful church services during Advent, try to enjoy them. Remember, keep Christ in CHRISTMAS for in his birthday God made man.

In closing, Canticle of Mary:

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior, for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is His Name. He has mercy on those who fear Him in every generation. He has shown the strength of His arm, He has scattered the proud in their conceit.

Tuesday, January 8, 2008 at 6:00 PM
Annual Renewal of Obligations
Mass and Dinner

The Church of St. Clement, 911 24th Ave.
NE Minneapolis, MN 55418
Followed by dinner at Jax Café 1928
University Ave. NE Minneapolis, MN
55418

Sir Knights only, formal wear requested.
Dinner menu: Chicken Kiev with Wild Rice
Cost: \$22

Please respond by Tuesday, January 1,
2008 to Faithful Captain Bob Mathewson
762-754-2892

He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich He has sent away empty. He has come to the help of His servant Israel - for He has remembered His promise of mercy, the promise He made to our fathers, to Abraham and his children forever. Amen.

Antiphon:

A voice is heard crying in the wilderness: Prepare the way of the Lord; make straight the path of our God.

Prayer:

Lord, free us from our sins and make us whole.

Hear our prayer,
and prepare us to celebrate the incarnation of your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.

This Canticle and Antiphon of Prayer are taken from the evening prayer of the second week of Advent.

On behalf of our Fourth Degree Knights of Columbus, Good Shepherd Assembly, I wish you all and your families a blessed and holy Christmas, and may we all share in God's grace during this coming year.

SK Jack Hunt

F. Navigator



WE CARE

Please pray for: SK Don Allan, SK Clarence Ranollo, SK John Powers, SK Joseph Byrne and SK Stan McDonald. If anyone knows of a Sir Knight or Lady who is ill or injured, Please call Jack Hunt at 612-788-2189

SK Jack Hunt



Captains Message

Sir Knights & Ladies,

I was talking to a friend of mine the other week, and he was telling me that we need to "Teach The Children!", teach them the old meaning of Christmas. The meaning that now a days Christmas has forgotten. That the FIR TREE's pure green color remains green all year round, depicting the everlasting hope of mankind, all the needles point heavenward, making it a symbol of man's thoughts turning toward heaven. The STAR is a heavenly sign of promises long ago. God promised a Savior for the world, and the star was the sign of fulfillment of His promise. The CANDLE symbolizes that Christ is the light of the world. When we see this great light we are reminded of He who displaces the darkness.

The WREATH symbolizes the real nature of love. Real love never ceases. Love is one continuous round of affection. SANTA CLAUS symbolizes the generosity and good will we feel not only during this month but all year long. The HOLLY LEAF, the holly plant represents immortality. It represents the crown of thorns worn by our Savior. The red holly berries represent the blood shed by Him. The GIFT is that God so loved the world that he gave his only begotten Son. Thanks be to God for his unspeakable gift. The CANDY CANE represents the shepherds crook. The crook on the staff helps to bring back strayed sheep to the flock. The candy cane is also a symbol that we are our brother's keeper. The ANGELS heralded in the glorious news of the Savior's birth. The angels sang, "Glory to God in the highest, on earth peace and good will toward men." Teach the children the true meaning of Christmas and do not put me (Santa Claus) in the center, for I am but a humble servant of the One that is. I bow down to worship him, our LORD, our GOD.

Sir Knights, you are invited to a special Renewal of Obligation's for the Fourth Degree. On Tuesday January 8, 2008 we will start off at St. Clement's Catholic Church for our Mass and our Renewal of Obligations. We then will be going over to Jax's Cafe for a great dinner and socializing

with good friends. Cost for this evening will be \$22.00 per Knight. Ladies we will be looking forward to you joining us again at our Mass & Dinner on February 5, 2008. Sir Knights and Ladies I would like to wish you and your families a very **MERRY CHRISTMAS** and a Blessed New Year.

SK Bob Matthewson

F. Captain



Faithful Admiral

Membership

Our next Exemplification will be held on April 19th in Rochester. Easy drive! We should not have any trouble obtaining at least six new members with your help. Asking a fellow third degree knight can't hurt, so start asking.

We need new ideas and the leadership that these new members will bring to our assembly.

I look forward to seeing many of you at our Annual Renewal of Obligations on Tuesday, January 8th. This should be an excellent Mass, Renewal, and dinner at Jax Cafe!

SK Jerry Reitter



Guard Commander's Report

Upcoming Honor Guards:

Tuesday, January 8, 2008
St. Clement's Catholic Church
Renewal of Obligations
5:30 PM Assembly
6:00 PM Mass
Followed by dinner at Jax's Café.

Saturday, January 26, 2008
St. John's Catholic Church
New Brighton, MN
4:00 PM Assembly
4:30 PM Mass

Call F. Navigator Jack Hunt at 612-788-2189 or Guard Commander Clyde Paul at 651-631-0235 for any upcoming Honor Guards.

SK Clyde Paul

Guard Commander



Minutes

GOOD SHEPHERD ASSEMBLY MINUTES

The Dinner Meeting of 04-Dec-07 was cancelled due to inclement weather.

SK Patrick Shannon
F. Scribe



“The American Veteran” Targets TBI and PTSD

VA’s In-house Production Highlights Treatment and Services

WASHINGTON – “The American Veteran,” a monthly half-hour news magazine from the Department of Veterans Affairs (VA), spends a full third of its January edition on two of the most talked about health problems of combat veterans – traumatic brain injury (TBI) and post traumatic stress disorder (PTSD).

“We are committed to informing veterans and military personnel about the VA programs and staff dedicated to helping these warriors recover from their physical and mental injuries,” said Acting Secretary of Veterans Affairs Gordon H. Mansfield. “These stories put a spotlight on the determination, commitment, and discipline of these combat veterans and the support provided by earlier generations.”

One feature looks at the state-of-the-art technologies used to assess and treat even the unseen damage done to the brain by the weapons and tactics of the current conflicts in Iraq and Afghanistan. A second feature looks at the services available to any combat veteran suffering from the often debilitating effects of PTSD, as well as the benefits of having veterans of previous wars available as a support network for veterans recently returned from combat. A third story examines the benefits of alternative therapies, including the use of horses in helping veterans to re-engage in managing their lives successfully.

The series is designed to inform active duty members, veterans, their families and their communities about the services and benefits they have earned and to recognize and honor them. VA’s Office of Public Affairs and the VA Learning University/ Employee Education System (VAL-UES) produce the program and broadcast it to VA facilities on the department’s own internal network, around the world on The Pentagon Channel and to community cable outlets. Aimed at veterans of all eras, VA also tells stories of heroism and sacrifice, and relives moments in history with those who

lived them, reminding veterans of the bond of service they all share.

The VA Office of Public Affairs offers the program to local broadcasters and cable outlets and makes it available for viewing on the VA Web site, www.va.gov. Just click on “Public Affairs” and then “Featured Items.”

“The American Veteran” schedule on The Pentagon Channel is available at <http://www.pentagonchannel.mil/> where people can also view the program as it is broadcast. The Pentagon Channel has more than 1 million military viewers and is delivered domestically via DISH, EchoStar, T-Warner and Cox cable systems. (Check for service in your area.)

A preview of the January edition of “The American Veteran” follows:

· Recovering from Traumatic Brain Injury — Powerful blasts from new types of weapons being used by insurgents in Iraq and Afghanistan are inflicting multiple wounds, including

Continued on the next page

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2007-2008

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Address Service Requested

EVENTS

January

8th 6:00PM Mass 7:00PM Dinner
**Renewal of Obligations - Sir Knights
 Only**

Febuary

5th 6:00PM Mass 7:00PM Dinner
Sir Knights & Ladies

March

4th 7:30PM Business Meeting
Sir Knight Only

First Class Mail
 Address Service Requested

previously unseen injuries to the brain. VA is responding to this challenge with new treatments and protocols.

- Bereavement Counseling — VA's Vet Center bereavement counselors are helping the families and comrades of our fallen soldiers. The family of Army Specialist Brad Beard received help at the Raleigh, N.C., Vet Center.

- Combat Veterans Recovering from Post Traumatic Stress Disorder. — VA is testing all veterans returning from Iraq and Afghanistan who seek treatment at VA facilities for PTSD. At the PTSD Center in Batavia, N.Y., younger service members are benefiting from the experience of older veterans who served in Vietnam.

- Philadelphia Sleep Center — Sleep doesn't come easy to many veterans and disorders such as sleep apnea are more common in the VA community compared to the national population.

- Returning Soldiers at Ft. Hood, Texas —Service members are either training for battle or returning from tours in Afghanistan and Iraq. We follow one career soldier on the verge of retirement and VA's efforts to streamline the transition from military to civilian life.

- Horse Therapy — VA is constantly exploring new ways to care for patients with traumatic brain injuries. In Tucson, Ariz., a community of volunteers is teaming with VA in a special program to get these veterans back in the saddle.

- Automated Blood Lab — VA utilizes cutting-edge technology for many treatments in its hospitals and clinics. In Tucson, Ariz., a new automated laboratory points the way toward the future of diagnostic testing.

- Targeting Cancer with Technology —The VA Medical Center in Albany, N.Y., is the first government hospital to have a cutting-edge technology that specifically targets cancer tumors. Doctors say it is revolutionizing the way

cancer is treated and cured.

- Wheelchair Chaplain —A former VA and Army chaplain returns to Vietnam to help children in need.

For information about "The American Veteran" program and how to obtain it for local programming, contact VA at 202-273-5730.

*Article in sent by:
 SK Tom Grinnell
 State Master*



Good Shepherd Assembly

It is that time of year again - Dues.

Dues are as follows - \$30.00 a Year for regular Member, \$4.00 a year for a Regular Honorary Life member (\$2.00 Masters Fund - \$2.00 St. Charles Fund), \$.0.00 a year for Priest Honorary Life member.

As before, there is a box for Charity contributions - any funds designated to the Charity fund are tax deductible in the year paid. So, if I receive your dues before December 31st with a Charity Contribution, you can claim it in 2007 - any after that date can be claimed in 2008.

*SK Jim Gavlas
 F. Comptroller*