

**CHAPLAIN**

Rev. Marc Bishop

**GRAND KNIGHT**Nicholas Gallo Sr.  
GrandKnight@KofC109.com**DEPUTY GRAND KNIGHT**

Stephen Ronayne

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Jim McCaffery

**WARDEN**

Chuck Kunsman

**INSIDE GUARD**

Ron Sheehan

**OUTSIDE GUARD**

Tyler Buckley

**FINANCIAL SECRETARY**Peter Kenney (PGK)  
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Treasurer@KofC109.com**RECORDER**

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**ADVOCATE**

Tim Buckley

**TRUSTEES**Paul Buckley (PGK)  
David Couture (FDD, PGK)  
Patrick Barrett (PGK)**INSURANCE GENERAL AGENT**Chandler Kuehne  
Chandler.Kuehne@KofC.org**DISTRICT DEPUTY**

James McLaughlin

**LECTURER**

Michael Keefe (PGK)

**HALL RENTALS**George McCarthy  
Rental@KofC109.com  
(781) 648-KofC (5632)

# KNIGHTS

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## OF COLUMBUS

### ARLINGTON COUNCIL 109

**GRAND KNIGHT'S MESSAGE**

February 2025

Dear Brothers,

In January we held our annual [KofC Free Throw Championship](#), the contest was very fun, and we look forward to the district competition! Last year, our Council had multiple players advance through the various competition levels- including one State Champion and one runner-up State Champion. You are all welcome to attend the district, regional, and state competitions if you are so inclined.

This month is a bit slower as we prepare for our big spring events. Some big events to mark your calendar for now: March 30<sup>th</sup> will be our annual Communion Breakfast. April 5<sup>th</sup> will be our annual Autism Acceptance Touch a Truck w/ APD & AFD. June 17<sup>th</sup> will be our annual Spy Ponder Golf Tournament. Also, in various weekends of April & May we will be conducting recruitment drives across the parishes, and we will need volunteers to assist!

In last month's bulletin I highlighted that we have entered a jubilee year. The theme being "Pilgrims of Hope". I encourage you to learn more at the Vatican website: <https://www.iubilaeum2025.va/en.html> AND also checkout the archdiocese of Boston website: <https://www.bostoncatholic.org/jubilee-2025> For most of us, the closest pilgrimage location is St. Andrew Phu Yen Church in Medford (formerly Saint Clement).

I have also received some feedback that I need to get another "reflection" out there. I will make some time and get one out there for those that are interested!

As always, I would like to thank you for allowing me to serve you as Grand Knight. We have a wonderful Council and it remains a great honor. Please consider finding some time where you can participate in Council activities, the more hands we have the less work it is.

Vivat Iesu &amp; May God Bless Council 109

Grand Knight Nicholas Gallo

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**Upcoming Council Events & Activities**


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February 4 <sup>th</sup>	Officer's Planning Meeting
February 5 <sup>th</sup>	Celebration of Essay & Poster Contest Participants
February 9 <sup>th</sup>	Contra for a Cause
February 11 <sup>th</sup>	Columbus Club Meeting
February 18 <sup>th</sup>	Knights of Columbus Meeting

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To keep informed of Council activities, visit our website: [www.KofC109.com](http://www.KofC109.com)

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**VISITING COMMITTEE**

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**OUR LOCAL PARISHES:**

St. Agnes &amp; St. Camillus

[www.cparl.org](http://www.cparl.org)

St. Eulalia

[www.sainteulalia.org](http://www.sainteulalia.org)

St. Peter

[www.saintpetercambridge.org](http://www.saintpetercambridge.org)**COUNCIL SEMINARIANS:**

Paulo Carvalho

**FEBRUARY MOTIONS**

The following motions have been submitted for our regular business meeting:

- Approval of January 21<sup>st</sup> Regular Business Meeting Minutes
- Motion to donate \$400 to Lindsay Coffey and the University of Hartford Physical Therapy Class of 2026 for their trip to Saipan to work in a local clinic in need of support.

**KEEP IN YOUR PRAYERS**

The following Brothers or family members have been reported ill. Your prayers are requested for their well-being and for the continued good health of all our Brothers and their families. A card or a visit would be appreciated.

PGK Bob Cullinane – unwell and could use prayers.

Brother Steve Kelly Sr – in rehab after a few falls. Also, recently lost his home to a housefire; he, his wife, and his German shepherd thankfully escaped.

Brother David Gallo Sr, father of GK Gallo – undergoing treatment for mantle cell lymphoma.

Diana Couture, wife of FDD/PGK David Couture – unwell and could use prayers.

Mary Brady, mother of Brother Michael Brady – unwell and could use prayers.

Sarah Yoss, sister of GK Gallo – undergoing treatment for thyroid cancer.

Arthur Ronayne, father of DGK Ronayne – unwell and could use prayers.

Jane & Holly, aunts of Brother Chris Duffy – unwell and could use prayers.

**IN MEMORIAM**

Please remember in your prayers the repose of the souls of all our deceased Brothers and their family members, may their souls and all the souls of the faithfully departed, through the mercy of God, rest in peace.

Kathleen M. Doyle – wife of PGK John Doyle.

**2025 COUNCIL DUES**

You should have received your dues bill in the mail (or email) in December. Please reach out to Financial Secretary Peter Kenney (PGK) if you have any issues or questions via the FS email [FinancialSecretary@kofc109.com](mailto:FinancialSecretary@kofc109.com) for assistance.

Please note that the new Council key cards were activated on February 1st.

Thank you to our bulletin sponsors



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## KOFC SCHOLARSHIPS

In addition to our Council organized scholarship opportunities, many scholarships also exist at the SUPREME Council level. More info: <https://www.kofc.org/en/what-we-do/scholarships/index.html>

## CANDIDATES FOR COUNCIL MEMBERSHIP

The below are individuals who have completed an application for membership to our Council. **Action will be taken on their application at our next Business Meeting:**

Liam Mannion

## ASPIRANTS FOR COUNCIL MEMBERSHIP

The below are individuals who have been accepted by a vote of the Council but have not yet completed a degree. **Please encourage these Aspirants to complete their degree training** so they may fulfill their membership requirements:

Bill Darnell

Matthew Lojacono

Matthew Garcia

David Abramson

## ON-DEMAND EXEMPLIFICATION

Have you reached the 3<sup>rd</sup> degree? All individuals without a degree or with only the 1<sup>st</sup> & 2<sup>nd</sup> degrees are encouraged to complete their 3<sup>rd</sup> degree. Our first three degrees are an introduction to our order's focuses on Charity, Unity, and Fraternity. **This on-demand training only takes about 30 minutes to complete.** A link to the ceremony may be found here: [www.kofc109.com/exemplification](http://www.kofc109.com/exemplification)

## COUNCIL MEMBERSHIP UPDATE

We have set a goal of 30 new members this fraternal year (July 2024 - June 2025). Below is our progress towards that goal:

Goal	Jan +	FYTD +	%
30	1	21	70%

Make sure to both recruit new members and assist them through the degree process!

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*“Grant me, O Lord my God, a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and a hope of finally embracing you.”*

*“If we are to please God, we must always be ready and willing to do what is difficult.”*

*“Let us love one another, for love is of God.”*

- Saint Scholastica (c. 480 -543),  
Feast Day February 10<sup>th</sup>

AD SPACES AVAILABLE  
CONTACT ANY KofC109 OFFICER

## A MESSAGE FROM THE COLUMBUS CLUB

Our lounge is open to all members of our Council: M 3-8, T & W 3-9, Thursday 3-10ish, Friday 3-10, Saturday 12-10, and Sunday 12-8.

For the Super Bowl, Sunday 2/9, the lounge will be open for the whole game and food will be served around 6 pm. On Saturday March 15th, Corned Beef sandwiches will be available at 5 pm and there will be live entertainment 6-8 pm.

## IN-PERSON EXEMPLIFICATION – MARCH 24<sup>th</sup>

We will be holding an in-person exemplification on 3/24. Please take a moment to invite a family member, friend, or neighbor to our order. We also encourage all 1<sup>st</sup> and 2<sup>nd</sup> degree members to complete their third degree at this ceremony. The “modern” ceremony only takes about 45 minutes and is a great opportunity to meet new members. Please inform an Officer if you plan to attend OR plan to bring a guest, we will be ordering food and need to make sure we have enough food for all.

## SAINT GREGORY OF NAREK (c. 951 - c. 1011)

Feast Day – February 27<sup>th</sup>

Adapted from “Speaking with God from the Depths of the Heart” (prayer 95):

By your noble and glorious blood,  
offered unceasingly to please God who sent you,  
may the dangers be lifted from me,  
may my transgressions be forgiven,  
may my vices be pardoned,  
may my shamelessness be forgotten,  
may my sentence be commuted,  
may the worms shrivel,  
may the wailing stop,  
and the gnashing of teeth fall silent.  
Let the laments lessen and tears dry.  
Let mourning end and darkness be banished.  
May the vengeful fire be stamped out  
and torments of every kind exiled. ...

May you who grant life to all be compassionate now.  
Let your light dawn,  
your salvation be swift,  
your help arrive in time,  
and the hour of your arrival be at hand.

Amen