



Cowboy Bulletin

Wyoming Knights of Columbus



October 2019

My Brother Knights, I want to let you in on a secret. You are stuck in a rut!

You are guided by actions so steeped in tradition that when you attempt to do something new and innovative or just different you get shoved back into the same old routine because that is your comfort zone. You FEAR change.

Bold and or harsh statements? Yup. Are they true? Possibly, at least they are for me.

I know there are many different avenues or attributes that I can follow down the rabbit hole on in this scenario, but I want to focus on just one aspect: Faith!

Do we stick to the same routine in our faith lives? Go to Mass for 1 hour on the weekend and then not do anything more? Is Adoration in your schedule? Is your Knights rosary on your dresser, carried only occasionally and prayed seldom? Do you set aside time to talk to God, friend to friend?

There are more and more questions that can be asked. All of these, and more, are the questions that we need to be asking ourselves as the premium examples of men in our parishes. We need to be the example our Priest and I say, our Bishop, expects us to be. Are they able to say: "Those Knights have the activities and the drive to develop your Faith as a Catholic man."? We need to be able look at ourselves and make sure we can answer "Yes, I can" before we can say "Yes, the Knights can." So how do we do this?

In the Faith in Action section of Faith we have a tool to help us answer some of these questions. The Spiritual Reflection Program is an opportunity for us as Brother to come together for prayer and reflection as a fraternity. A day of reflection or a weekend retreat are the items to plan for this endeavor.

I have been attending retreats since I was in junior high. Admittedly the retreats in high school were more of a way to get to know girls outside of my small school back in Nebraska. As I continued to gain in years of age, I came to appreciate the retreats for what they are for; growing in my faith.

You will work with your Chaplin or Parish Priest to facilitate the reflection and or retreat. I would suggest that you focus primarily (at least the first one) on your council members. Maybe a book review such as Parish Priest; the book about Father McGivney and his brief life. Maybe a reflection of a book/chapter of the Bible. There are, of course, reporting forms that will need to be completed and sent in to Supreme to receive credit for the Program.

A day of reflection or attending a retreat will draw us closer to God and also provide the confidence to be able to say, "Yes Father, I can." When we answer yes to this, we can then answer the other question "Yes the Knights can." Let's do this!

If you need additional assistance with the Faith section in the Faith in Action please contact the State Chairman for Faith: Terry Archbold. Terry's email address is tkarchbold@yahoo.com.

Fraternally in Christ.

Bret Ladenburger
State Deputy



Convention News

Phil Sheridan Council is busy planning for the 2020 State Convention in Sheridan. It is the centennial celebration for the Wyoming State Council, as well as Sheridan and Rawlins Council. Please make plans to attend this special event.

The room block is now open for reservations. Reservations can be made by either calling 307-672-8931 or 800-465-4329 and indicating that you are with the Knights of Columbus group, or you may make them online at www.holidayinn.com/sheridanwy and using the group code KOC.

We have 20 rooms held for Thursday, April 20 and 75 rooms held for Friday, April 24th and Saturday, April 25th. **The rooms will be released on March 31, 2020.** The room rate is \$89 per night at the Sheridan Holiday Inn.

We will see you in Sheridan in 2020!!

CEREMONIAL NEWS

Council 801 in Cheyenne will be conducting 2nd/3rd Degrees on Saturday, November 2, 2019 beginning at 10 AM, followed by lunch and 3rd Degree. Please contact Al Christopherson at aalancindy@aol.com. His phone number is (307) 634-9044.

To schedule a Second & Third Degree, Contact:

Mike Dahl, Ceremonials Director at:
307-875-7831 {home}
307-871-1030 (cell)
mikenlin@vcn.com

To schedule a Fourth Degree, Contact:

District Master, Robert Taylor @ 307-321-0357.

Wyoming Knights of Columbus

Officers 2019-2020

District Deputies

State Deputy— Bret Ladenberger, Casper

District #1 - Mike Pexton

District #5 - David Michske

State Chaplain— Rev. Louie Shea, Riverton

District #2 - Steve Grapes

District #6 - Buddy Cater

State Secretary—Ron Morris, Casper

District #3 - Sean Sherwin

District #7 - Jim Larscheid

State Treasurer—Bryan Duyck, Powell

District #4 - Maynard Bills

District #8 - James Long



Insurance Update

2019 October Council Meeting Message

The theme for October is “Real Life Stories.”

A field agent like me who is lucky enough to be doing this great work for even a few years, undoubtedly has a personal story of the chaos and disorder that a devastated family stares at when there is a sudden loss. If our goal is to protect Catholic families from the near devastation that our Venerable founder faced, then I have to tell the story of how I can help my brother knights. The process of making sure one has adequate protection for the family is not painful; in fact since we are brother knights serving brother knights, it is often a time of not only helping to protect all that is important to a family, but also a shared experience that leads to an abiding friendship.

There are two stories I’d like to relate.

The first is about a young boy named Julius. When Julius was 7 years old his mother, Irene, who was 37, died of cancer. His father, Norman, had two teenage girls along with 7 year old Julius to support and raise. The family was forced to rely on the help and generosity of friends and relatives because Irene died without life insurance. Norman had a three hour commute to his job, but always supported his children’s activities. Julius excelled at sports, especially football and his dad spent what little free time he had fostering Julius and his talent. Julius later admitted that he “was handed a life lesson early, growing up with one parent. It wasn’t the easiest life—my dad sacrificed a lot.”

Fast forward to Julius some 30 years later and he is married, has a wife and two children. He’s done quite well for himself both professionally and financially. He has had a distinguished career and he has a considerable amount of life insurance to protect his family. Julius understands protection quite well after the early life he experienced. He understands the hardships of a family that loses a parent and what the children must go through. In his professional life he enjoyed considerable success because of those that protected him. For 13 years he was protected in his career. You see that protection for Julius came in the form of 300 pound offensive linemen...nobody called him Julius. His nickname was “Boomer”...Boomer Esiason—a four time Pro Bowler, an NFL Most Valuable Player and a Walter Peyton NFL Man of the Year. Most importantly, a husband to Cheryl and a father to Sydney and Gunnar.

“Life happens at the most unexpected of times, and life insurance is about protecting the future and the people you love,” Boomer says. “Remember, if something happens and you haven’t done the planning, the people you leave behind will feel the brunt of your mistakes.” That story comes from LifeHappens.org.

The other story is not similar at all. It’s about a member of the Knights of Columbus. He passed away recently and like in Boomer’s family, left behind a spouse and several young children. There were no whispered worries at the funeral home. There was no GoFundMe page to raise money. There is no concern that the children will not go to college or that the wedding he promised his daughter will not take place. No, their home and future are secure. Who was that knight? I don’t know; you don’t hear about those men. Because the council didn’t have to have a spaghetti dinner or pass the hat. But I assure you he was out there. But you’ll never know it... because he planned.

Let’s sit down and do some planning and put your mind at ease.

Vivat Jesus!



Andy Wheaton, FICF, LUTCF
General Agent
NE Colorado & Wyoming
303-427-5036 Office
Andrew.Wheaton@KofC.org
My Agency Site
Career Opportunity

Protecting Catholic families since 1822.
Life Insurance • Long-Term Care
Retirement Annuities • Disability



Our Current Diocese of Cheyenne Seminarians are:

Seth Hostetler



2nd year Theology
University of Saint Mary of the Lake
Mundelein Seminary
1000 East Maple Avenue
Mundelein, Illinois 60060
shostetler@usml.edu
Birthday- Sept 2

Linh Vu



3rd year Theology
St. Meinrad Seminary & School of Theology
200 Hill Drive
St. Meinrad, Indiana 47577
vulinhdldt@yahoo.com
Birthday -Aug 3

Deacon Dan Kostc



Theology
Sacred Heart Seminary and School of Theology
PO Box 429
Hales Corners, WI 53130-0429
dkostelc@shsst.edu
Birthday-March 2

Lee Noel



Formation
University of Saint Mary of the Lake
Mundelein Seminary
1000 East Maple Avenue
Mundelein, Illinois 60060
lnoele@usml.edu
Birthday – Aug 27



VOCATIONS

As we have sent our children off to school or even on to college, along with them we sent school supplies, lunch tickets, or maybe a vehicle for transportation. Yes, all of this is necessary and does cost money. One other group we need to remember and to support is our seminarians. They also have school supplies that are needed for them to continue their education. We need to help support them as well, after all they will be returning, we pray, to our communities as ordained priests to serve God's people. We now have 4 seminarians studying for the priesthood. Our prayers are being answered in these men because one year ago we only had 2 in seminaries. These men need our support not only financially but also in prayers of encouragement, letters on birthdays and Christmas. These letters of encouragement are to let them know that we appreciate their dedication to God and to us.

Please help these men by either donating from your Knights of Columbus Council to either the Diocesan Seminarian Education Fund or directly through the Knights of Columbus RSVP program. This RSVP program will refund from the KofC Supreme council \$100 for every \$500 dollars donated to any one of these seminarians. The RSVP form is found in the Grand Knight form booklet under form 2863. This also includes complete instructions to help in your councils' donation.

Deacon Terry Archbold

Wyoming State Council Knights of Columbus

Vocations director

Prayer for Vocations

Heavenly Father, call many holy young people to consecrated life for the sake of your kingdom. Call an abundance of virtuous men to serve in ordained ministry, as laborers for your harvest. Call numerous others to faithful, chaste and fruitful love in the sacrament of marriage, as signs and witnesses of Christ's love for his Church. Through baptism you have called all your children, in whatever state of life, to love and serve you. Fill us with your Holy Spirit and grant us each the grace to follow you in perfect obedience and charity. With Mary and Joseph as our models and intercessors, we ask this through Christ our Lord. Amen



Prayer to Know My Vocation

Lord Jesus, up until now You have been quietly preparing me to be Your disciple. Now the time of preparation is ending. I seem to hear You say to me as You said once to Peter: "Will you also go away?" Peter replied, "Lord, to whom shall we go? You have the words of eternal life."

I stand with Peter. Through prayer and counsel, show me, Lord, where it is in Your vineyard that You want me to serve. Then give me strength to be faithful.

Mary, Mother and Model, help me to respond in generous love to the call of your divine son. Amen





PRO-LIFE PAGE

Dear Brother Knights,

Since October is pro-life month, for the pro-life page, here is a novena for life (St. Gianna Beretta Molla Novena). Also included, is a list of Locations of Council Supported Ultrasound Devices (which may not be complete). So please update if your council has a council supported ultrasound device. The Lollipop Lifesaver Program has been a successful pro-life fundraiser for many councils.

Please send the dates and times of prolife activities that are coming up to the newsletter .

Vivat Jesus,

Jerry Hoefler

State Program Chairman

Knights of Columbus councils in Wyoming a have been responsible for the placement of 12 ultrasound machines in our state. This is an accomplishment we should all be proud of. Let us continue to be leaders in the fight to respect all life. It is truly a gift from God. Here is the list of ultrasound sites to date.

Msgr. Thomas F. O'Reilly Council 1563--True Care Women's Resource Center, Casper

Bishop Patrick A. McGovern Council 801--Life Choice Pregnancy Care, Cheyenne

Bishop Maurice F. Burke Council 4031--**Two** for Heart Mountain Crisis Pregnancy Center, Cody

Msgr. James Ruddy Council 3477--Women's Resource Center of Northeast Wyoming, Gillette

Father Charles A. Bartek Council 9431--Turning Point, Jackson

Kemmerer Council 9756--The Family Tree, Pinedale

Shoshone Council 3043--Serenity Pregnancy Resource Center, Powell

Wind River Council 3237--Abba's House, Riverton

Frank Plemel Council 2441--Inside Connection, Rock Springs

Phil Sheridan Council 2104--**Two** for Legacy Pregnancy Resource Center, Sheridan

NOVENA

Considering that October is Pro-Life Month, it only seems appropriate that we should use our time to pray for the lives of the unborn of the world. The following novena (on the next page) should be appropriate for us, as Knights of Columbus, to pray during this time. An electronic option is also available on the USCCB site at <http://www.usccb.org>.



St. Gianna Beretta Molla Novena

Dear holy servant of God, Saint Gianna Beretta Molla, we pray to you because you were once the selfless and suffering mother who chose the life of her child over her own life. Your faithfulness to God brought you so close to God that you are now resting in His divine splendor. We humbly pray for your holy intercession.

(Mention your intentions here)

In the midst of your suffering you continued your mission to care for the sick, needy and weak. And so we bring our needy hearts to you and ask that you pray for us to God our Father...

(Pray for the daily Pro Life intentions here)

Most holy Saint Gianna, you said "yes" to the new life of your baby, generously sacrificing your own life. Show us how to say "yes" as you did to God's will so that we may come to eternal rest with God in heaven.

Hail Mary...

Glory Be...

Saint Gianna Beretta Molla, pray for us!

Amen.

Day 1 - Pray for all those who suffer from infertility or miscarriage. That they may be comforted

Day 2 - Pray for us, that we may be filled with love for children.

Day 3 - Pray for us, that we may seek the will of God in all things.

Day 4 - Pray for us, that we may be generous with those in need.

Day 5 - Pray for us, that we may be patient in suffering.

Day 6 - Pray for all those who work in the field of medicine, that they may know the dignity of the human person.

Day 7 - Pray for us, that we may be witnesses to the sanctity of human life.

Day 8 - Pray that there may be an end to abortion.

Day 9 - Pray for all mothers, that they may be the face of God within their families.



Wyoming Knights of Columbus

For the Good of the Order

Deceased Knights

- Fr. John Savio, passed away October 22, 2018.
- Rich Miller of Council 4031 in Cody passed away on December 17, 2018.
- Mel Tucker of Council 9431 in Jackson passed away Feb 10, 2019.
- Fr. Thomas Fahey passed away March 17, 2019.
- Msgr. James O’Neill of Council 1563 passed away Mar 18, 2019.
- Joe Maixner of Council 9917 in Casper passed away May 3, 2019.
- Bill Brownell of Council 9917 in Casper passed away on May 29, 2019.
- Kent Becker of Council 6623 passed away June 26th, 2019.
- Vern Modine of Council 6623 passed away July 6 2019.

Please continue to pray for:

- Brother Knights Kevin Reddy and Jim Spaulding, Council 9917-Casper
- Brother Knights Ron Pivik, Vic Braman and Paul Shablo of Council 7453.
- Brother Tom Atwood is undergoing treatments for cancer.
- Brother Henry Prado, Council 6623-Torrington.
- Sally Welte, spouse of PSD Joe Welte, Council 6623-Torrington
- Brother Greg Opdahl, Council 3551-Wheatland

Please send any future prayer intentions to w yokcnews@gmail.com

Please feel free to make any submissions to w yokcnews@gmail.com. I will do my best to put out an issue of The Cowboy Bulletin every month, but I need your help to know what’s going on out there. Upcoming events, council projects or sharing ideas that could benefit other councils, are all things we as Knights are interested in hearing about. Remember that we are Brother Knights, united in one cause.

Vivat Jesus

Steve Grapes

Public Relations Director

Wyoming Knights of Columbus

There is a wealth of information on our State Council web site. Check out www.wyomingkc.org. All members are encouraged to check it



“Monthly Challenge from the Supreme Chaplain”

October 2019

“For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.” (Gospel for Oct. 27, Lk 18:14)

We live in the age of the selfie, in what the writer David Brooks has called the culture of “the Big Me.” Such a culture constantly urges us to “exalt” ourselves, but as Christians we need to be radically different by striving for humility. This means coming to terms with our pride, our desire for “likes,” approval and recognition. As Mother Teresa put it, “It is in being humble that our love becomes real, devoted and ardent.” Surrounded by the message to exalt ourselves, may we instead seek to humble ourselves and demonstrate real love to others.

Challenge by Supreme Chaplain Archbishop William E. Lori:

This month, I challenge you to kneel before a crucifix each morning and ask Christ to give you the gift of humility. I also challenge you, in this month dedicated to the Blessed Virgin Mary, to pray the rosary (either as a council through the Faith in Action Rosary program or as an individual) for an increase in humility.

Questions for Reflection:

What are some ways you can grow in humility? How can you strengthen your resistance to the lure of others’ praise and the sting of their criticism? Did the act of humbling yourself before Christ on the cross teach you anything about how to be humble?

FAITH IN ACTION

SPIRITUAL REFLECTION

A Higher Purpose

Create annual opportunities for prayer and reflection as a fraternity. Under the guidance of their chaplain, Knights of Columbus councils can attend a retreat or day of reflection together or perhaps organize their own event for men of their parish. Council participation in Spiritual Reflection is required to qualify for Columbian Award.

Overview

Many Catholic young people can attest that religious retreats are radically rejuvenating spiritual events that often leave a lasting impact on participants’ relationship to their faith. Yet, so often, retreats seem only to be offered to students and youth. Working with their pastors, Knights of Columbus councils can hold low-cost retreats of their own. These events might be held for council members or men of the parish – or may be open to entire families. If councils are unable to organize these events themselves, they could go as a group and attend a retreat in their area to satisfy the requirement. Additionally, councils are strongly encouraged to consider visiting The Saint John Paul II National Shrine in Washington, D.C. as part of this program.

Required Program

A council must conduct this required program in the Faith category to be eligible to receive the Columbian Award.

Action Steps can be found at <https://www.kofc.org/en/programs/faith/spiritual-reflection.html#/>



The Father McGivney Prayer Intentions cross has gone through a transformation. We can make the cross travel through Wyoming using our network. I also want to encourage councils to make their own versions of the cross and put them in their church and prayer chapels ,or both. The cross is traveling now. Please share if you have you own Father McGivney crosses for your parish . Let me know how it is going with them and send me a pic please.

Shawn Moody

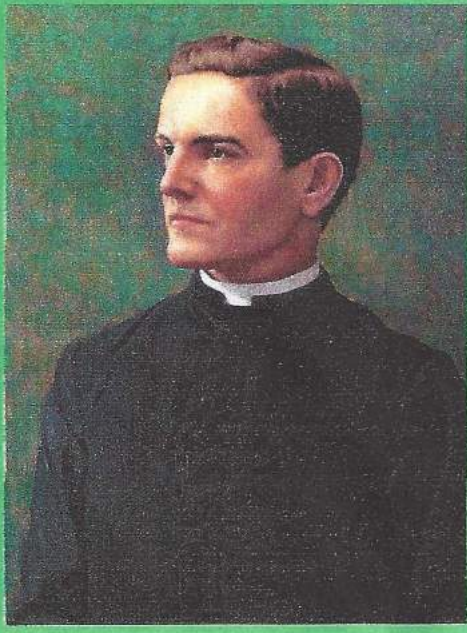
Wyoming Knights of Columbus
Father McGivney Guild Chairman

wyoguild@yahoo.com



**FATHER
MICHAEL J. McGIVNEY**

Founder of the
Knights of Columbus



**Prayer for the Canonization of
Father Michael J. McGivney**

God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Father Michael J. McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church. Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify your servant Father Michael J. McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (*here make your request*). Through Christ our Lord. Amen.

Our Father Hail Mary Glory be to the Father



PLEASE REPORT ALL FAVORS RECEIVED:
THE FATHER MCGIVNEY GUILD
ONE COLUMBUS PLAZA
NEW HAVEN, CT 06510-3326 USA

2617 3/00

A Prayer for Study

Lord, give us a mind that is humble, quiet, peaceable, patient and charitable, and a taste of your Holy Spirit in all our thoughts, words and deeds.

O Lord, give us a lively faith, a firm hope, a fervent charity, a love of You. Take from us all lukewarmness in meditation and all dullness in prayer. Give us fervor and delights in thinking of You, Your grace and Your tender compassion toward us.

Give us, good Lord, the grace to work for the things we pray for.

— Saint Thomas More (1478-1535)

Join the Father McGivney Guild

As the sainthood process for Venerable Father Michael McGivney continues, it becomes ever more important to increase membership in the Father McGivney Guild. Membership stands at over 171,000, but only 464 listed to be from Wyoming. There are 2600 members shown in Wyoming.

Please encourage every Knight in your council, and their families, to join the McGivney Guild. Membership is open to everyone, not just Knights and families. It is easy to sign up at <http://www.fathermcgivney.org/en/index.html>. And please continue to pray the canonization prayer for Father McGivney.

Shawn Moody

Father McGivney Guild Chairman

esmmoody@gmail.com