

The image shows the official emblem of the Knights of Columbus, embroidered in gold on a white fabric. The emblem is a shield-shaped design with a central shield containing a cross, a sword, and a banner. Above the shield is a banner with the letters 'K C B C'. The shield is surrounded by a decorative border of gold rays.

MEDITATIVE MUSINGS

Volume I | Issue I | Louisiana State Knights of Columbus Chaplain's Newsletter

Busy Times; Busy Priests

We all know it – priests are busy people! Without a doubt, the presence of the chaplain at monthly Knights of Columbus Council meetings adds greatly to the dignity and importance of our fraternal gatherings. The prayers he says and the opinions he expresses will constitute a basic spiritual good to the council and to the members, which cannot be supplied by any lay member!

We also know that Father can't make every single meeting. In an effort to increase the spiritual content of all monthly KC Council Meetings, this new monthly newsletter will be sent out to all Grand Knights for every Louisiana Council. If your Chaplain cannot make your monthly meeting, do not hesitate to use the State Chaplain's message and this entire newsletter to grow the work of the Order and to promote prayer and Catholic spirituality!

Inside This Issue

PG. 2

State Chaplain's Spiritual Message
(Feel Free to Read this at Your Council Meetings in the Absence of Your Chaplain!)

PG. 3

Gospel for Reflection
(Read this Gospel for Your Opening or Closing Prayer which is the Basis of the State Chaplain's Message)

PG. 3

Knight's Connection

Chaplain's Spiritual Message

Dear Brother Knights:

The Greeks knew best — balance is best in all things! How much of our spiritual lives are spent seeking that healthy balance between opposites? True spiritual integration is about finding the balance between these by walking that fine line. In Luke's Gospel, we read about two opposites in the persons of Martha and Mary. Both have an important role.

I sympathize with Martha — the enterprising one who is so busy industriously looking after her guest that she fails to realize exactly who her guest is. And then there's Mary who devotes full and absolute attention to Jesus, letting the chores and rules of hospitality simply pass by the wayside.

**“Are you as a
Council doing
both? Are you
active and
contemplative?”**

That's where we see the delicate balance — between being active and contemplative. Which is truly more important? Or if both should be in equal harmony, do such persons exist — the one who is extremely active and not hectically busy, ready to listen and help simultaneously?

The saints would say “they do exist — look at us!” The point is that healthy spirituality is not choosing between being more like Martha or more like Mary — but it's about choosing both contemplation and action, loving and doing, prayer and service. The secret is to give enough time to God and to draw strength and peace from prayer, but at the same time, to put that faith into active practice.

Balance is truly best in all things!

It's tough for priests to do that all the time. With increasing demands due to the lack of availability of enough men to serve in this capacity, we always find ourselves being stretched to the limits. For me too, there must be that constant, delicate dance between doing and being with the Savior.

Are you as a Council doing both? Are you active, supporting the mission of the Fraternal Order, but also contemplative, falling first at the feet of the Savior? ~Fr. Jamin David



Gospel for Reflection: Luke 10:38-42

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her!"

The Gospel of the Lord

Knights' Connection

The Knights of Columbus provide programs to appeal to the Martha and Mary in us all. Faith in Action Programs are wonderful ways to both implement supreme recommended programs and create unique ones that help men to live out their commitment to the Catholic faith and their desire to serve family, parish and community. Be Martha and Mary to YOUR Council!

In the opening lines of *Evangelii Gaudium* (*The Joy of the Gospel*), His Holiness Pope Francis invites "Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ." The Faith in Action program model extends that same invitation to Knights of Columbus members and their families. It is a renewed personal invitation to live out the calling of their faith, the call to service of their neighbor and to answer the age-old question, "Am I my brother's keeper?" Today, a man's work can follow him home through his smartphone. At the same time, he is picking up a larger share of household responsibilities and striving to meet more intense demands of fatherhood as the pace of kids' activities has accelerated. Despite this, many men are drawn to opportunities to be hands-on and to express their faith by working alongside peers in service to others. They want to spend precious free time involved with their families while also building bonds of friendship and fraternity that will last a lifetime.



READ the Scripture Reading on page three of this newsletter.



SHARE the reflection of the State Chaplain with your Council in the absence of your Chaplain!



REFLECT on how you might put this spiritual message into practice in your Council.