

KNIGHTS OF ST COLUMBA

PROVINCE 41 - WESTMINSTER

BOOK STATES OF THE PROVINCE A1 - WESTMINSTER

Councils in Province 41 Westminster

ORIGINALLY THE BI-MONTHLY NEWSLETTER OF PROVINCE 30 SINCE APRIL 1994 ISSUE No. 005 (185) NOV – DEC 2024

North London - Edmonton - Hanwell - Palmers Green - St Albans - Willesden Green - Sudbury - Cockfosters - Hemel Hempstead - Enfield - Harrow & District – Uxbridge - Wembley - Stevenage - Hoxton Square - High .Wycombe - Yeading - Whitton - Wembley - Thames Valley



Brothers, Rev. Fathers, Widows, family and friends, winter is more or less with us again and one finds it necessary to put on the central heating, and I cannot believe that Christmas is only seven weeks away. A lot has happened both at Province 41 and the Order as a whole, as a dropout of the October Supreme Council in Liverpool. Although Bro Rosario - our Regional Director did not travel because of family illness, he handed in his red collar, which I took up with me. As mentioned in our last Roundabout Bro Rosario is still a very worthy member in our Province but now can devout more time as DGK at the Hanwell council.

Unfortunately, I missed the first part of the Friday session at Supreme Council, as I was getting patched up at Liverpool Royal Hospital and recovering from losing my balance at Green Park underground escalator. I thank Bro John McCarthy (?) who accompanied me to the hospital and stayed with me till I got back to the hotel.

The Friday sessions of Supreme council finally settled the matter of money transferred between the Order No1 account and the Central Benevolent Fund [CBF], and the result of the independent accountants recommended that the Order owed the CBF two hundred and seventeen thousand pounds. The CBF now becomes completely independent of the Order of the Knights of St Columba and will have to abide with the rules the OSCR [Scottish Charity Regulator]. The Carlisle Extraordinary Supreme council meeting launched a review of the KSC constitution which was carried out by a committee headed by PSK Ron Lynch, who produced a new constitution & rules 2024 document and a new Policy Book document together with a new Ritual book. All three documents were accepted by the Supreme Council in Liverpool and will be distributed to all our councils.

As our WSK Bro Harry Walsh stepped down after having completed his three years term, there were a number of new Directors elected and full details of the new Board team will be circulated in the next few days. Our new Supreme Knight is now Bro Michael Akinele, previously director for Youth and Young people. Our New Deputy SK is now Bro Sean Smith, previously known as Media Director and now Communications director. The Action & Youth officers will in future be known as Media officers, and hopefully there will be a communicate that clarifies the responsibility of the Mission Officer – the Youth and Action Officer and the Spirituality officer, as some of the work overlaps.

Province41 has been working to deploy the District Deputies [DD] which to date have not carried out any council visits. A complete program has now been put together to enable each of our Councils to be visited once between November 2024 and March 2025. We will look at the achievements of the DDs and work out a visits program for 2025/2026.

As we approach the Nativity festive season, and this being the last Roundabout before Christmas, I wish to thank all the Councils for all their hard work during my first year as Provincial Grand Knight Province41, we have come a long way together. In December we will be electing new Grand Knights for the councils and PGK for Province. This will be done online – as the next Provincial Council meeting will be on-line. Watch this space, and I will be letting all councils know how we can manage this.

I wish all the brothers of my councils and their families the best for Christmas and the New year. Hope you will all enjoy putting on the Christmas trees and wrapping up parcels for the family and especially the children, who in spite of the passing of time still belong in Father Christmas coming down the chimney. Please remember the REASON for the SEASON and that this is all about Jesus who was born that many years ago in Bethlehem, that part of the world which currently is suffering immense conflict. •

Yours Fraternally - Tony Berkeley Provincial Grand Knight Province 41



CO.422 HIGH WYCOMBE

The Knights had their annual **Sponsored Walk** on Sunday 22nd September. It was accomplished by 10 brave souls who weathered one downpour but no other rain. Council 422 had its annual Sponsored Walk on Sunday 22nd September through the Chilterns AONB near Stokenchurch. A great afternoon through the countryside, sealed by Tea & cake at the end. Final figure for the sum raised is £2399 a fantastic sum thanks to the generosity of our three churches in Wycombe, and some other generous donations. This year , half the money raised £1500 will go to **South Bucks Hospice & the North London Hospice.**



When the Media speculates about what is a British worker.... See below for Old age pensioner...

What is a Senior Citizen?

A senior Citizen
is one who was here before;
the pill, "television, frozen foods,
contact lenses, credit cards.....
and before man walked on the moon.

For us, "Time sharing" meant togetherness, not holiday homes, And a "chip" meant a piece of wood. "Hardware" meant nuts and bolts, and "Software" wasn't even a word.

We got married first, then lived together, and thought "cleavage" was something that the butchers did.

A "Stud" was something that fastened a collar to a shirt, and "going all the way" was staying on the double decker to the bus depot.

We thought that "Fast food" was what you ate in Lent; a "Big Mac" was an oversized raincoat and a "Crumpet" what we had for tea.

In our day; "Grass" was mown,

"pot" was something you cooked in,

"coke" was kept in the coal house and a "Joint" was cooked on Sundays!

We are today's SENOR CITIZENS.
A hardy bunch when you think how the world has changed!

FEARING CHANGE

Things one should stop doing once one gets old

Change is a constant part of life, and fearing it can hold you back.

Not Taking Care of Your Mental Health - Mental health is as important as physical health, especially as you age, so ignoring signs of depression, anxiety, or other mental health issues can significantly affect your quality of life. Seek help when needed and engage in activities that promote mental well-being, such as meditation, socialising, and hobbies. So make self-care a priority. **Settling for Mediocrity** - As you age, it can be tempting to settle into a routine and avoid

Settling for Mediocrity - As you age, it can be tempting to settle into a routine and avoid challenging yourself, but settling for mediocrity can lead to stagnation. Continue to set goals and pursue passions that excite you, and always keep your mind engaged.

Skipping Physical Activity - Regular physical activity is crucial for maintaining health and mobility as you age, which is why skipping exercise can lead to decreased strength, flexibility, and overall well-being. Find activities you enjoy, such as walking, swimming, or yoga, and make them a regular part of your routine.

Eating Unhealthy Foods - Your diet plays a significant role in your overall health; eating unhealthy foods can exacerbate health issues and decrease your energy levels. Focus on a balanced diet rich in fruits, vegetables, lean proteins, and whole grains—and you can still enjoy treats in moderation.

Ignoring Your Passions - It's easy to lose sight of personal passions amid life's responsibilities. When getting older, make a conscious effort to reconnect with what you love, such as painting, gardening, or any other hobby. Dedicating time to your passions can bring immense joy and fulfilment, so don't let your interests fall by the wayside.

Refusing to Ask for Help - Pride can sometimes prevent us from asking for help when we need it, nevertheless refusing to ask for help can lead to unnecessary stress and difficulties. Reach out to family, friends, or professionals when you need assistance, because there's no shame in seeking support.

Procrastinating - Leading to missed opportunities and unnecessary stress, procrastination ignores the fact that, as you age, time becomes even more precious. Prioritise tasks and address them promptly to avoid the last-minute rush and the anxiety it brings, while effective time management can help you make the most of your days.

Ignoring Financial Planning - Never too late to start, financial planning becomes increasingly important as you age, and ignoring it can lead to financial insecurity and stress. Review your finances regularly, plan for future needs, and seek professional advice if necessary for your own peace of mind.

Holding Onto Clutter - Accumulating clutter over the years can lead to a chaotic and stressful environment, but it's also likely you'll have a lot of it in older age. Holding onto unnecessary items can weigh you down emotionally and physically, so declutter your living space and keep only what you truly need.

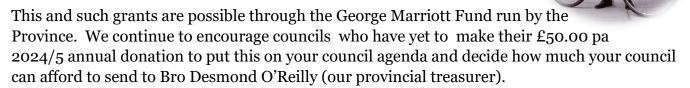
Engaging in Negative Self-Talk - Negative self-talk can be incredibly damaging to your self-esteem and overall happiness; as you age, be kinder to yourself, and replace negative thoughts with positive affirmations. Celebrate your achievements and embrace your imperfections so that you create a positive self-image.

Extracts from Jane Andrews. Part2.



GEORGE MARRIOTT FUND

Province 41 have recently received a request for help from Fr Ephraim Odhiambo who is currently serving a short term as an assistant priest St Edmund Campion parish in Maidenhead. His letter is shown below. The George Marriott fund committee considered this request and agreed to donate enough money to Fr Ephraim to purchase two bikes. He will be leaving back to Kisumu in Kenya and he and his Eucharistic ministers will be able to go out to the remote churches in the diocese to deliver the Eucharist.



I also encourage councils who may be aware of any young man studying for the priesthood who may need assistance, or any clergy at home and abroad who may need help in delivering his ministry to obtain a letter explaining their request for assistance and forward to Province and the GM Fund committee to consider making a donation. •

Dear John,

I am returning to my parish, Our Lady of Perpetual Help, in Ahero within the Archdiocese of Kisumu, Kenya. The parish has a radius of 27 square miles with 10 outstations with populations of over 300 mass/service attendants each Sunday. The local parish priest needs some means of transport for the catechists and communion ministers who lead the Sunday services in various outstations when a priest is not there. They also visit families and the sick in the villages. I am appealing for help for the priest from some generous Christians organisations who may be able to provide some bicycle(s) for this ministry. This will hasten the travels for these extraordinary ministers of Holy Communion. They play a pivotal role due to lack of priests. A push bike will cost £150.00 (One hundred and fifty sterling pounds). I will gladly take the money with me and send the photos or bring along with me on my return in December 2024. I am leaving at the end of October. I will appreciate any offer before that time (date).

Sincerely yours,

Fr Ephraim Odhiambo Priest in Charge

COUNCIL 984 Thames Valley

A small council with only half a dozen or so brothers, do make a go for it when it comes to fundraising for projects. We are blessed with an 87 year old brother who's hobby is Kayak-ing. He regularly raises over £1k out of sponsorship enjoying himself paddling down the river... We are proud to be donating close to £1200 to the North Thames Hospice. We are also busy on our local project, fundraising for WaterAid. We use our well tried and tested Jam Jar fundraising method, and so far we have also collected to £700 and still going to the end of the year, when we hope to have reach our £1000 target to provide clean and healthy water for those less fortunate than us. Anyone reading our council minutes will find out how seriously we take our Action projects. Going forward we have already tabled a bid for the Provincial Project 2025/6 where we [and the councils in Province] hope we can fill one Jumbulance coach. We can do this by inviting all councils to fundraise for their own parish Sick/Handicapped at around £1200 each and one young strong helper at around £800 each. Im sure many councils can find that money from their own parish for their own candidates.





Not Fr Ephraim!

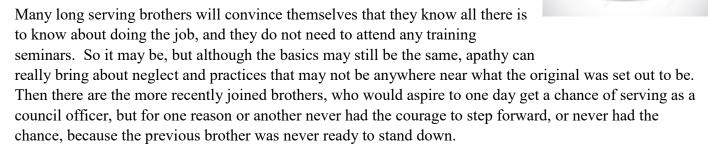
TRAINING SEMINARS are back ...

As we get nearer to appointing new officers in our councils, Grand Knights will be hoping that those council brothers who have not yet held office will gather enough courage to volunteer to take on one of the most important jobs in any council....

Membership/Development officer, Spirituality/Welfare officer, Finance/Administration officer or Action and Youth officer...... and of course there is also the option of the office of the G

Deputy. A council cannot function if these officers are not elected each year.

Every council should avoid taking the easy way out, of expecting those brothers already doing these jobs to just carry on, year-after-year. That kind of attitude will contribute to many problems, least of all that when serving officer decide that they need to take a rest, there will be no one prepared to step forward to fill the position next year.



Province 41 will be presenting training programs for all the above officers. A one-hour online seminar will be available for all brothers new and old in all the nineteen councils, starting in November. The Grand Knights will be asked to put these seminars on their council meeting agenda, and to encourage serving and non-serving brothers to attend. Also, invitation emails will be sent out to all the 300 brothers in good standing. All the brothers in Province will be asked to register their intention to attend. All you need is a free Zoom App connection and a notebook to take on notes to yourself as the seminar proceeds.

The first Seminar will cover MEMBERSHIP and is scheduled for Friday 25th October 8:00pm. That session may have already gone by the time you read this article, but a second back-up repeat run can be scheduled if brothers email me at furtunato101@gmail.com, The next Seminar will be for SPIRITUALITY and WELFARE and that is scheduled for Friday 8th November at 8:00pm – Zoom access meeting ID 845 7105 7151 password: welfare. The FINANCE and ACTION Seminars will follow on the 15th and 22nd of November. A special Council Grand Knight/Deputy will also be available by the end of November.

This is a great opportunity for all - those who already are officers will benefit from picking up feedback and improvements, while by attending the seminars, brothers who had never held a council officer's post will find that its not rocket science and all it needs is just a bit of knowhow to do the job. A handbook is also available for each of the above posts, and you can get one by registering on to the Order website www.ksc.org.uk, and scroll down to the 'members area' down at the bottom of the website where as members of the order you can download handbooks for free.

I look forward to hearing from you.

Output

Description:

Tony Berkeley PGK P41.



WE TALK AND FRAY NOW IS THE TIME TO DO SOMETHING...

Brothers just to let you know that Kim Leadbeater MP has introduced her Assisted suicide Bill in the house of commons on 16th of October. Along with the introducing her bill, she confirmed that the Second Reading date for the Bill will be on Friday 29th of November, which means that we will be facing a major vote on assisted suicide before Christmas.

TAKE ACTION - Just by Googling www.writetothem.com opens a website where you state your postcode, which selects who the MP for your area is. It will show you the name of the MP in your area, and just by clicking on the MP's name, a new page will open where you can write your letter to him. You can find a list of suggestions you can quote to your MP as to why he/she should not support the Bill on its second reading on 29th November. The template below issued by "Right to Life" gives you some passages you may wish to use when to write to your MP. Quote

I am writing to urge *[insert MPs name]* to vote against the Marris 'Assisted Dying' Bill on 11th September 2015. This seeks to legalise assisted suicide (AS) and is based on the Oregon example.

Whilst much attention has focused on the relief of pain, only 23.7% of those taking the AS option in Oregon gave inadequate pain control as a reason. In England 90% of palliative healthcare workers are against the legalisation because of the expected impact on the quality and availability of effective palliative care. The British Medical Association and Royal Colleges of Physicians, GPs and Surgeons are opposed to a change in the law as are significant numbers of their members.

All say the law as it stands is adequate. The European Court has also rejected a claim brought by AS campaigners. The dangers of AS are apparent for many.

The Marris Bill and supporters present emotive scenarios but neglect evidence from medics and other countries where we have seen AS passed for one group only for more groups to be quickly added. There is no protection to identify those who face coercive pressures by family or economic circumstance to end their lives prematurely. Statistics from Oregon show loss of autonomy and dignity i.e. feelings of being a burden account for the majority of decisions for AS-will economic expediency become another?

We already have friends who are dying due to lack of investment by our under-funded NHS in treatments available elsewhere in the world. The closure of the Independent Living Fund, cuts in support and the culture of disabled and ill people promoted as underserving burdens mean this bill is dangerous.

Disabled and ill people need support to live with dignity. We say give us that before you assist us to kill ourselves and present it as choice.

Yours sincerely, Unquote



Its that easy - Why not do it NOW.

Pass it on to like minded people.



Fatima Devotions at Ascot - Now on its fourth year when the Parish stays behind after 10:00 Mass on Sunday 13th of May and Sunday 13th Of October to mark the first and last visit of our Lady of Fatima apparition to the children.

The Knights prepare a handout for the occasion to help the congregation follow every decade and be able to join in on the hymns that are printed out for every stage. The Handout also includes Our Lady's Appeal to Sr Lucia with the promise that for those who pray the rosary every day, Mary will be there to assist at the hour of death.

On 13th October this year - we repeated the celebration by praying the first decade in church, then the Knights with help from the parishioners process the statue out onto the street in front of the church for the second decade, singing hymns on the way. The Statue is then taken down the road to the church car park where the third decade is prayed, and more hymns onto the next stop and the fourth decade round to the Friary Gardens.

The last decade is prayed back in the church where Our Lady is at the foot of the sanctuary. The rosary and the relevant prayers includes Our Lady's Litany of Loreto. Fr Phillip Harris and our Deacon George Young then bless the statue with holy water and the ceremony is rounded off with Benediction and more hymns. Every year there is more and more people who look forward to the ceremony, and the Knights are grateful to the choir who stays behind to lead the singing.

Thames Valley Council find this event a better way of interesting lay men into joining the knights.





The 15 Promises Made by the Blessed Virgin to St. Dominic and Blessed Alanus

- 1. To all those who shall recite my Rosary devoutly, I promise my special protection and very great graces.
- 2. Those who shall persevere in the recitation of my Rosary will receive some signal grace.
- 3. The Rosary will be a very powerful armor against Hell; it will destroy vice, deliver from sin and dispel heresy.
- 4. The Rosary will make virtue and good works flourish, and will obtain for souls the most abundant Divine mercies; it will substitute in hearts love of God for love of the world and elevate them to desire heavenly and eternal goods. Oh, that souls would sanctify themselves by this means!
- 5. Those who trust themselves to me through the Rosary will not perish.
- 6. Those who shall recite my Rosary piously, considering its mysteries, will not be overwhelmed by misfortune, nor die a bad death.
- 7. Those truly devoted to my Rosary shall not die without the consolations of the Church or without grace.
- 8. Those who shall recite my Rosary will find during their life and at their death, the light of God, the fullness of His grace and will share in the merits of the blessed.
- 9. I will deliver very promptly from purgatory the souls devoted to my Rosary.
- 10. The true children of my Rosary will enjoy great glory in Heaven.
- 11. What you shall ask through my Rosary, you shall obtain.
- 12. Those who propagate my Rosary will obtain through me aid in all their necessities.
- 13. I have obtained from my Son that all the members of the Rosary Confraternity shall have for their intercessors in life and death the Saints of Heaven.
- 14. Those who recite my Rosary faithfully are my beloved children, the brothers and sisters of Jesus Christ.
- 15. Devotion to my Rosary is a special sign of predestination.

By: Most Rev. Clarence G. Issenmann, STD, Bishop of Cleveland





We pray for those in our families, friends, brothers and larger communities, who are sick, housebound, or in hospital and for those who care for them.

Co.500 Cockfosters Peter Mitchell, Robin Baines-Holmes, Geoffrey Pearson and Ron Woolner age related problems. Eugene Mgbemere (chronic neurological disorder).

Joe O'Connor (chronic mobility problems).
David Santamaria (recovery from quad heart surgery.
Brothers' wives: Linda Quilter and Heather Webb
(multiple sclerosis), Marjorie O'Connor (cancer).
Widows: Elena Bartram and Sheila D'Sousa (age related problems)

Son of a deceased brother: Martin Sherlock (chronic neurological problem).

Co163 Hanwell Bro Denis Barry and Bro Terry Duffy recovering from surgery. Mario Ficardo our Regional Director's son, seriously ill. Bro Finbar and his wife under regular doctor's treatment, Bro Joh Lam and Bro Ben Almrida under regular treatment. Mrs Antoinette Khan, Bro Roger's mother—hospital treatment.

Co261 Palmers Green .Bro Des O'Reilly who is receiving treatment.

Co320 St Albans .Mrs Lorraine Ahern serious consequences following a fall.

Co963 Yeading Bro Peter Costley RIP - Golden Jubilarian, passed away first week October.

Co984 Thames Valley Bro Jon Duus Jensen RIP - passed away end October in hospital. Bro Brian Lynch housebound Bro Percy Borg and Lillian Borg - unwell, both asking for our payers

Co.422 High Wycombe Bros Anniv... Nov Bro J Sweeney, Bro H Morgan. December Bro C Edwards. And Brothers Geoff Pilkinton, Bro Dennis Burrows and Bro John Hall who are housebound. Mrs Francilla Edwards who is sick and our widows Mrs Ann Robertson, Mrs Sally Johnson and Mrs Angela Johnson.

Co.267 Sudbury Bro Julien Melville and Mrs Melville both recovering from recent issues.

Co.970 Whitton—Bro Ted Walsh recovering from heart problems.

From Pope Francis

@PONTIFEX: on 28th October



We invoke Jesus, the Father, and the Virgin Mary, but we seldom speak to the Holy Spirit in prayer. Yet, it is the Holy Spirit who changes our hearts, anoints us with His presence, and helps us truly understand the reality of the Church and the mystery of God. #YearOfPrayer

Co572 Enfield Bro John Egan who is unwell. Head Office: Please remember in your prayers for Mrs. Margaret Doran, wife of PSK Brother John Doran. Margaret who passed away recently.

From Provincial Chalain: Prayers for Fr Patrice MOH Basingstoke—stroke and paralysed—52yrs



As we mourn two brothers who passed away in the last few weeks.....

Funeral arrangements for Peter Costley

At St Bernadette Hillingdon Monday21 St Oct

UB10 0EH At 11.30a,

Bro John Duus Jenson at Monday 28th October



Brothers at a Guard of Honour at a past salute at an other brother's funeral in Staines.

Monthly Council meetings for Province 41 councils will be

COUNCIL 106 NORTH LONDON at: St Francis De Salle 729 High Road London N17 8AG On the 3rdThursday of the month. COUNCIL 163 HANWELL at: Parish centre 52 Uxbridge Road Hanwell W7 3SU On 4th Wednesday of the Month 8:00pm COUNCIL 248 EDMONTON at: St Edmunds Croyland road N9 7EB On 2nd Tuesday of the month 8.00pm COUNCIL 261 PALMERS GREEN at: St Monica Parish Stonard Road London N13 4DJ On 3rd Monday of the month. COUNCIL 267 SUDBURY at: St George's Hall 970 Harrow Road Sunbury HA2 2QE On 2nd Wednesday of the month. COUNCIL 295 HARROW DISTRICT at: All Saints Kenton Road Harrow HA3 0UG On 2nd Tuesday of the month. COUNCIL 320 ST ALBAN Ss. Alban & Stephen Parish, 14 Beaconsfield Road, St. Albans, AL1 3RB. On 2nd Monday of the month. COUNCIL 399 UXBRIDGE at: Parish Hall 160 Long Land Uxbridge UB10 0EH On 1st Monday of the month. COUNCIL 404 WILLESDEN GREEN St Mary Magdalen, St Peter Avenue Willesden Green NW10 2DD last Monday of the month. COUNCIL 422 HIGH WYCOMBE: Online & St Augustin 24 Amersham Hill High Wycombe HP13 6NZ 2nd Monday of the month. COUNCIL 500 COCKFOSTERS & S Herts at: Christ the King 29 Bramley Road London N14 4HE On 1st Thursday of the month. COUNCIL 528 HEMEL HEMPSTEAD at: St Joseph, St Johns Road Boxmoor, Hemel Hempstead HP1 1NR On 2nd Thursday COUNCIL 572 ENFIELD at: Our Lady of Mount Carmel & St George 42 London Road Enfield on the 2nd Monday of month. COUNCIL 616 STEVENAGE at: St Joseph's Hall Bedwell Crescent, Stevenage SG1 1NJ On first Tuesday of the month. COUNCIL 637 HOXTON SQUARE at: 19 Hoxton Road N1 5NT Hackney London On 1st Thursday of the month. COUNCIL 963 YEADING at: St Raphael Hall Morrison Road Yeading UB4 9JP On 2nd Monday of the month. COUNCIL 970 WHITTON at: Presbytery 123 Nelson Road Whitton TW2 7RB On 2nd Monday of the month.

Next cycle of Provincial meetings

COUNCIL 982 WEMBLEY at: English Martyrs Chalk Hill Road Wembley HA9 9EU On 2nd Monday of the month.

COUNCIL 984 THAMES VALLEY meets Zoom On-Line On the first Monday of the month at 12:00 Noon

Provincial Officers' Meeting

30th October 2024 8.00pm ONLINE ZOOM SESSION

Four Provincial Committee meetings starting

FINANCE: MONDAY 11th November ZOOM ONLINE 8:00 PM

MEMBERSHIP: TUESDAY 12th November ZOOM ONLINE 8:00PM

SPIRITUALITY: WEDNESDAY 13th November ZOOM ONLINE 8:00PM
ACTION: THURSDAY 14th November ZOOM ONLINE 8:00PM



Provincial Council Meeting on 14th December - Winter ONLINE ZOOM MEETING. Details will be advised.

Representation is required by every council for Provincial Meetings.

The Grand Knight and/or his council officer or a delegate is duty bound to attend.

FORMS are now available through Province41 website. www.province41.co.uk

FORMS - Now available through Province41 Website: www.province41.co.uk you can access new forms for obtaining

THE SILVER JUBILEE AWARD - for brothers who have served 25 years or more as from April 2024

CHRISTMAS WINDOW POSTERS - For councils to apply for the Christmas window posters for your parishes.

ALL SOULS ~ NOVEMBER

A brief reflection for the month of Holy Souls.

November, the month of the holy souls. We are asked to remember the souls of the faithful departed in our prayers. All our parishes carefully prepare their prayer lists of names and intentions. It is a good and wholesome thought to pray for our deceased relatives and beloved friends.

Death is one of the greatest mysteries we all have to face, no one knows exactly the when and how when death will come knocking on the door. We have been taught special prayers for a happy and good death: "Jesus, Mary and Joseph, I give you my heart and my soul. Jesus, Mary and Joseph, assist me in my last agony. Jesus Mary and Joseph, may I breathe forth my soul in peace with you. Amen.

When we pray for the happy repose of the souls of the ones we love at a mass for the dead, the priest ardently prays: "may so...and...so rest in peace and rise in glory. "We say these words knowing full well our lord destroyed the stigma of death by rising from the dead on easter Sunday morning. At death life will be changed, not ended. Indeed death is just the beginning of eternal life.

We all fear death a little. At least because of the uncertainty of the time and way we shall die. We belong to God. We have come from his hand into this world. "Whether we live or whether we de. We are the lord's. said St Paul. This was the man whom Christ had transformed since the flash of the blinding light of Damascus. Let's concentrate on living well and leave our dying in the very capable hand of Christ the risen lord of heaven and earth. - *Author - Fr John Clark mcc.*

A person who has been bereaved will grieve for a loved one for evermore. It feels as if a part of you had been taken away. Some say time will heal, but not so when one loses a partner who had been close by for years and years - time will never heal the vacuum left behind. Many will always find themselves talking away to the person who had been with them for so long, that even after years had gone by, their passing cannot really heal anything. Some can often find peace just by visiting the grave and talking to the one who had gone away. One finds oneself praying for the soul of the lost one, and gets some tranquillity from knowing that that person will sure have found peace and happiness in heaven. November is the month of remembrance, but remembrance is not just in the eleventh month of the year, its there for ever for those who have lost a dear one. \odot



Roundabout Distribution

A reminder to Grand Knights. This issue has been forwarded direct to all the officers in the Provincial directory. Please forward Roundabout to all other Brothers of your Council who are not 'online' and any other persons who may be interested. Due to administration costs and cost of postage, printed copies of Roundabout are not being produced, but a direct copy is sent to all brothers whose email address is held at Province.

e-mail: furtunato101@gmail.com

Tony Berkeley - Editor

The Editor welcomes contributions for the next issue of Roundabout which should reach him by
Thursday 15th December 2024

Opinions expressed in articles and letters are those of the authors only.

Editor: - Tony Berkeley, 81 Ranelagh Crescent, Ascot, Berkshire, SL5 8LQ Tel 07377 168 356

Mob: 07377 168 356 www.province41.co.uk

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