



Our Lady of Lourdes



Assembly 2143

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FAITHFUL NAVIGATOR'S MESSAGE

Deacon Vincent Ricciardi

Like tiny ripples that merge to form great waves, combined human intent is worth more than the sum of its parts. A single individual can initiate worldwide improvement by emitting conscious frequencies of love, beauty, goodness, and wisdom. A group of people focusing their energy on sending out light to the world can set the stage for positive global transformation. All of us possess the ability to channel love energy, to heal, to be a conduit for white light, and to positively influence our fellow humans from afar. Yet one person can only do so much. Imagine if each one of us took a few moments at the start of each day to send out light to the world from our hearts. Earth would be quickly eased and the planet, as well as every organism and being on it, would be bathed in loving light. The world would be an infinitely beautiful place.

You can help bring about an earth *where love triumphs over violence, air and water are nourishing in their purity, and people take pleasure in simply being alive*. Alone, the light you emit is a wonderful healing tool, but when you join with others who share your intent to shine compassion and positive energy over the world, a powerful force is created. Your collective consciousness and collective light will wash over the planet, enveloping people, communities, cities, countries, and continents. Inviting others to send light with you can be a daunting task.

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**People
Helping
People**

FAITHFUL NAVIGATORS REPORT (cont)

People may question the benefits of sending light to an already broken world. You will likely need to explain that each person's light joins with every other, and through the joining all are strengthened. Assure them that what matters is not technique or what religion or beliefs you hold but intent.

As more people come in mindfulness to send their collective light to the world, the power of their planetary gift will increase exponentially. You may already be affiliated with groups that would gladly participate in such a noble project. Children, who often feel incapable of influencing their world yet are reservoirs of innate power, are usually enthusiastic about sharing their collective light. As you gather together willing people, your individual intent will become a great and powerful wave, and you will see results in your fellow humans, in the news, and in your daily life.

We are all aware that the Light is God's love! We are all one and, one in each other. There is but one God who is one in us as we are in Him. So today, send a little Light out into the world, it can start with you. Think of the difference you can make in someone's life today by being that very Light of the World. A kind word, a kind act and a smile will change the very life of a person that you extend your Light to.

We have a date from Father Michael Sullivan and our Worthy Master Steve Richardson, for our Installation of Officers. The date is Saturday August 12th, 2006 at 5:00PM at the Church of Saint Martha's 3800 Herbertsville Road Point Pleasant NJ. Dinner will follow after Mass and Installation. I must have a count of who will be attending for the dinner order. Please get back to me as soon as you possibly can

May the Almighty God Bless you and your families,

Deacon Vincent P. Ricciardi, Sr.

Faithful Navigator

Faithful Captains Message

Worthy Sir Knight's:

As many of you know I had a stroke on June 27th and am currently in Rehab working on recovering use of my left leg. I view this as a blessing because I am surrounded by many people in worse shape than I am. Unfortunately many of them give up on the therapy and they see no point in continuing...

The mind is a marvelous thing, it is just part of our gift from God, and we can "train" it to memorize new muscle movements, etc. My ability to recover is fueled by my determination to walk again.

As you read this there are people, even Brother Knights and Brother Sir Knights, confined to Rehab Centers, Nursing Homes and Hospices. Many of these are also Veterans, former Fire Fighters and even Religious.

I would like to propose that we revive a program of looking after the sick, the family of the deceased (not just for one hour at the wake), and those in retirement homes. It is not easy when you first walk into a nursing or retirement home, but once you see the smile on their faces it is all worth while.

I would also like to get the jump on Assembly events for the year, and plan early enough so we can book the venue, entertainment (if desired), and ticket sales.

On another note, I was pleased that all three Assemblies accepted the invitation and turned out for the installation of Council Officers at Council 8415, I would like to see more cooperation between the Assemblies. I especially appreciated the work that Sir Knights Kelly, Gazis, DelTufo and Cruz did by helping out during the dinner.

I would like input from the Assembly on which events worked and what didn't work. Some potential events I had in mind include: Christmas Party, Valentine's Day Dance, St. Patrick's Day Dinner, 2nd Annual Riverboat Dinner Cruise

Give me a call at 793-5868 or email me at Bernard.Ernst@NJKofC.org

Vivat Jesus,
Sir Knight Bernie Ernst

COLOR CORPS COMMANDERS REPORT

Brothers,

As July turns to August, we naturally will start thinking about the next big change, summer to fall. This brings to mind a few important events that will come about. First is the 125th Anniversary of the Diocese of Trenton. There will be a celebration in Trenton that day, and the Color Corps has been invited to assist. The next event is the Columbus Day Parade in Seaside Heights on Sunday October 8th. The third event is the Exemplification of the Fourth Degree on Sunday, November 12, in Eatontown. These 3 events are important days in our year, and I would like to ask that the members of our Color Corps try to attend in regalia.

If anyone would like to join the Color Corps, please contact me at (609) 597-1157.

Edward F. Kelly, K.H.S., P.F.N.
Color Corps Commander

Faithful Comptrollers Message

Brothers,

As we begin a new Columbian year, I would like to thank our former Comptroller, S.K. Warren Frey, for his years of faithful service to our Assembly and the Order. Without his hard work our Assembly would have had a hard time doing some of the things we have been able to do. My thanks also go out to his lovely wife, Lady Alice.

Now on to the business at hand, looking ahead to the new year. We currently have 53 members in our Assembly, a number I would like to see grow by at least 7 members this November. If we all think about it, I am sure there are some members of our Councils that we would like to see join the 4th Degree. Our Assembly must do all we can to grow the Order, and the best way to do this would be to bring in a new member.

I would also like to ask that you become more involved in your assembly. One way to do this would be to come to meetings. If you would like to join us for a meeting, but need a ride, feel free to call me at (732) 477-6304 and I will arrange for a ride. Your Assembly needs your support.

Please keep our Faithful Captain S.K. Bernard Ernst in your prayers, he is recovering from a stroke. If you know of a member of our Assembly that is ill, or in a nursing home, please let me know.

Vivat Jesus

John A. Gazis, P.F.N.

Faithful Comptroller

Assembly Officer's

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<u>Faithful Outer Sentinel</u>	<u>S.K. Bryan Harper</u>	<u>(732) 899-9933</u>	
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WARRENS WORLD

There is a formula for figuring out how bed space is allocated. It is called the "FootRule". You start by determining the total number of feet (as in those at the end of the legs, not the kind made up by inches). Then you divide that total by the number of feet belonging to the person(s) or dog(s) in question.

This is how it works:

You and husband share your bed with 1 dog. You and your spouse total 4 feet and the dog also has 4 feet. That is a total of 8 feet. The dog has 4 out of 8 feet or 50%, therefore, the dog gets 50% of the bed.

You could work this in reverse as well. You have 2 out of 8 feet or 25% and so does your spouse, so each of you gets 25% and the dog gets 50%.

Now I have 5 dogs. At 4 feet per dog, that is 20 feet. Add to that my 2 feet and we have a total of 22 feet in the bed. I have 2 out of 22 feet which is 1/11th or 9.1% of the bed. The dogs, since they share a total of 20 of 22 feet, get 10/11ths or 90.9% of the bed. Simple isn't it?!

Once I figured out my percentage of the bed space, the next step was to work out the exact area that I am entitled to. My bed is a California King which is approximately 6 ft x 7 ft. Here is the math:

6 ft x 7 ft = 42 square feet

42 square feet = 6048 square inches

9.1% of 6048 = 550 square inches

550 square inches = 45.8 total inches

45.8 inches = 3.8 total feet

In order to determine the exact size of my bed space, I needed to know the percentage of length to width - this comes out to 54% long to 46% wide. When I apply these percentages to my spot:

550 square inches x 54% = 297 square inches

297 square inches x 46% = 136.62 square inches

136.62 square inches = 24.7 inches

136.62 square inches = 21.1 inches

24.7 inches = 2.1 feet

21.1 inches = 1.8 feet

Now that the math's are all done, the figures show that the dimensions of my part of the bed are 2.1 feet by 1.8 feet or in other words, I sleep on my pillow.