



Holy Trinity

Council 9990 News



Volume 38

Issue 02 Feb 2026



Chancellor— Jim Loftus

Dear Brother Knights:

Father Jose has changed the Tuesday Mass time to 6:30 p.m.; the Rosary will start at 6:00. Our Meetings will begin after Mass. You are encouraged to come to Mass first and the Rosary too, if you possibly make it. If you are unable to drive or prefer not to drive at night, please let me know and I will try to arrange a ride for you.

In line with your suggestions, your Executive has begun planning our 2026 Parish Family Christmas Dinner. There is a renewed emphasis on delivering a Parish Dinner Celebration that is focused, in part, on making the evening more affordable for families. We discussed preparing and serving the meal ourselves, but ultimately decided against this. It has been the only event we sponsor that Knights are not working, and we ought to continue to spend this one evening with our families. We are exploring a number of caterers and menu options, and we are considering reducing costs by doing all the clean-up ourselves the following day. If you have additional ideas or caterer suggestions, please pass them on soon. Brother Bong has volunteered to co-lead the preparations for the dinner. We are asking for a brother from the general membership to co-lead with him.

There is another online Fraternal Benefit Event planned for Saturday, January 31, 9:00- 10:00 a.m. Please check it out and let me know what you thought about it. Hit this link and secure your spot and get a reminder. **REGISTRATION LINK:** <https://attendee.gotowebinar.com/register/797871103318397274>

Plan to bring your family to the Shrove Tuesday Pancake Supper on February 17. We will be serving Pancakes and Sausages and desert sweets between 5:30 & 6:30 p.m. to better accommodate families who need to eat early and those who cannot.

Father Jose, our Council's Chaplain, is planning to host the Alpha Program during Lent. I encourage you and your family to make every effort to participate.

Elsewhere in this newsletter you will find a summary of the four pillars of the Knights of Columbus Faith in Action program: Faith, Family, Community, and Life. Please read it and find a program or project that you would like to be involved in. Perhaps you would be interested in pursuing something new to our Council's usu-

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Holy Trinity Council 9990

Meetings

6234 Spartan Road, Nanaimo, BC

General

7:00 P.M. First Tuesday of the month in the **Boardroom**

Planning

7:00 P.M. Third Tuesday of the month: Meeting room



Visit our web site

<https://www.trinity9990.com/>

2025-2026 Executive

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You become an unstoppable force when you realize you can do it alone.

Your mental health is far more important than your career will ever be .

There's a knock at Dave's door and a policeman outside says "there's a flood coming and you must immediately leave and go to higher ground".

Dave shrugs and says "I have faith in the lord and he will save me."

The water starts to rise and Dave moves upstairs when a boat. with some of his neighbours comes by and they shout "get on board Dave, the water's still rising."

Dave climbs up onto the roof

Dave again shrugs and says "I have faith in the lord and he will save me."

The water keeps rising and Dave climbs up into the roof and a helicopter swoops down and drops a ladder and the operator shouts "climb up quickly, we're here to rescue you!"

Dave yet again shrugs and says "I have faith in the lord and he will save me."

The water keeps rising, Dave drowns, and at the pearly gates he confronts Peter in disbelief, saying, "Lord, I had faith!"

Peter says, look pal, I sent a cop, a boat and a helicopter.... What more could I do?



Captain Alejandro Malaspina Assembly 34 2024-2025 Executive

Faithful Friar

Faithful Navigator

Faithful Comptroller

Faithful Captain

Faithful Admiral

Faithful Purser

Faithful Pilot

Faithful Scribe

Faithful Inner Sentinel

Faithful Outer Sentinel

Faithful Trustee (1-Year)

Faithful Trustee Second Year

Faithful Trustee Third Year

Master BC & Yukon

Andrew Airriess

Mike Finch

Brian King

Jim Loftus

Warren McCormick

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all activity programs. For more information on these or other Knights' programs please check out <https://www.kofc.org/> and search "Faith in Action." Plans are in the works for hosting an evening praying the Rosary in multi-languages, perhaps during Lent. Stay tuned.

Please think about how you can serve your brother knights. We desperately need a Grand Knight. I can assure you that there is a great team ready in place to back up and support that gentleman who steps forward.

Vivat Jesus

Jim Loftus

Things I wish I had read earlier

- ⇒ Don't waste your time stressing about things you can't control
- ⇒ Not everything will go according to plans, be prepared to adapt.
- ⇒ You can always choose to be happy no matter what happens in your life — Being sad should never be the only option.
- ⇒ One day, memories will be all you have, make sure they are worth holding on to.

PROGRAM DIRECTORS

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BURSARIES	Donn Sherry	
EYE GLASSES	Pierre LeGal	
COATS FOR KIDS	Pierre LeGal	
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GARAGE SALE	Mike Smith	smithgm@shaw.ca
ST VINCENT DE PAUL	Ian Halowaty	idh2017@telus.net

FUTURE EVENTS

- 31 Jan Fraternal Benefit Event—9-10 A.M.
- 03 Feb General Meeting following 6:30 P.M. Mass
- Feb 17 Shrove Tues Pancake Supper 5:30 P.M. – 6:30 P.M.
- Feb 24 Executive Planning following 6:30 P.M. mass
- Mar 29 Pancake Breakfast
- Mar 31 Seder Dinner

Good of the Order

- ◆ *Brother Mike Patterson*
- ◆ *Brother Mike Harrigan and wife Gay*
- ◆ *Brother & PGK Aurel Muego*
- ◆ *Brother John Van Reeuwyk*
- ◆ *Widow Norma Dumas*
- ◆ *Widow Shirley Foucher*

Do you know someone who needs prayers? Send his / her name to the editors to include the name.

February Birthdays

Robert Loftus

February Anniversaries

<i>Ed & Doris Landry</i>	<i>69</i>
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<i>Frank & Sandara Bava</i>	<i>25</i>
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If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.

If you rip a hole in a net, there are actually fewer holes in it



Do You Know?

By *Allan Crowe*

SHROVE TUESDAY (PANCAKE TUESDAY) HISTORY

(AS REQUESTED BY OUR CHANCELLOR)

Shrove Tuesday, colloquially known as Pancake Tuesday, celebrates a day of indulgence before the fasting and abstinence that characterizes Lent. In many cultures, including Canada, this indulgence manifests in the making and eating of pancakes. This happens due to the common practice of using up rich foods like eggs, milk, and sugar before the onset of the Lenten period.

Shrove Tuesday's roots date back to medieval times in Europe, and it came with British settlers to Canada. Its association with pancakes draws from the tradition of using up surplus ingredients before Lent. This observance's significance in Canada is multifaceted. It is a time for religious reflection for many, particularly adherents to the Christian faith. Moreover, it has a cultural significance as it provides an opportunity for culinary traditions to be passed down, and celebrations to be held within communities and families nationwide.

In Canada, various local customs accompany Shrove Tuesday. Some communities host pancake breakfasts or dinners at local schools, community centres, or churches. Another custom that many Canadian families had (at least in the 1940s), was to include specific items wrapped in the pancakes such as a toothpick, a thread, a coin, etc., which would foretell what field of employment the holder was destined to follow. E.g. a toothpick – woodwork / forestry; a thread – tailor /sewing; a coin- financial; etc. it was only limited by what you could hide within a pancake. This observance in Canada, varies year by year as Shrove Tuesday's date depends on the date of Easter; it typically falls between February 3rd and March 9th.

Facts about National Pancake Day

According to National Geographic, the first recorded mention of pancakes came from a poem written in ancient Greece during 600 BC.

“Shrove” is past tense of *shrive*, a verb meaning to confess and be absolved of sin.

Some Canadian communities have been influenced by the English town of Olney's pancake race, which dates back to 1445. The race involves women running a distance while flipping a pancake in a frying pan. Participants must wear an apron and headscarf, and the winner is awarded a prayer book.

In Newfoundland and Labrador, Shrove Tuesday is sometimes called “Festival Day” or “Fiddle Day”, and there are unique traditions associated with the day, such as wearing costumes and sporting wooden spoons as a symbol of the day's feasting.

Now you know 

Six Things Old People Know that Young People Ignore

- ◆ You'll regret the time you wasted more than the mistake you made
- ◆ Nothing matters more than health— when it's gone, everything else becomes useless.

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Supreme has helped us, as Knights, to narrow the focus of our Faith Journey with the establishment of the Faith in Action program and its four pillars: Faith, Family, Community, and Life. This might be characterized as advancing our personal Faith Journey through service to others. While Head Office provides us guidance with their so-called featured programs and other suggested activities, there are many projects we can pursue that quite nicely meet the objectives of the Faith in Action program. While many of the suggested projects are intended to be council driven, many others involve the participation of Knights in projects led by others. You are encouraged to identify and communicate those programs you would like to pursue and participate in either this fraternal year or begin planning for next year.

Faith Director: Marcelo Suvillaga

Featured Programs:

REFUND SUPPORT VOCATIONS PROGRAM (RSVP): Councils financially support an individual seminarian or religious aspirant.

HOLY HOUR: Councils hold at least four Holy Hours (quarterly) or organize and support two Holy Hours and at least one Eucharistic Procession.

INTO THE BREACH: Councils hold eight sessions to discuss the content of the original Into the Breach video series or apostolic exhortation (#340) or five sessions of Into the Breach: The Mission of the Family video series.

SPIRITUAL REFLECTION: Councils host or attend a Spiritual Reflection for the men of the council and the parish that is at least a day long.

OTHER non-featured programs: Pilgrim Icon Program (Will probably be here next summer); Building the Domestic Church Kiosk (We have a cardboard display case holding many Building the Domestic Church booklets in the Library.);

Rosary Program;

Sacramental Gifts.

2025/2026 Potential Activities

- Displayed Holy Trinity Council's Holy Family Icon beside the Altar during the week of the Feast of the Holy Family. Recited the Rosary, Gospel Readings, and other Prayers.
- Seder Dinner March 31
- Participate in Father's Alpha program retreat in Lent (8-10 evenings)
- Multi-language rosary and prayer evening during Lent or at another time.
- Building the Domestic Church Kiosk: We should probably do something to
- promote the use of the materials we already have. RSVP: Sponsor one of the Diocese's seminarians
- Display Pilgrim Icon and host prayer evening probably next summer.

Family Director: Ryan Ternier

Featured Programs:

FOOD FOR FAMILIES: Councils collect money and or food for a parish or community food pantry. Members contribute hours in preparation/ distribution/service of meals.

FAMILY OF THE MONTH/YEAR: Councils recognize twelve families throughout the fraternal year and a Family of the Year and nominate that family to the BC competition.

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FAMILY FULLY ALIVE: Councils distribute and actively promote the use of the Family Fully Alive Booklets.

FAMILY PRAYER NIGHT: Councils organize Family Prayer Nights, one for each quarter of the year.

OTHER non-featured programs: Keep Christ in Christmas; Family Week; Consecration to the Holy Family; Good Friday Family Promotion.

2025/2026 Potential:

FOOD FOR FAMILIES: We continue to raise funds and members support SVDP, Salvation Army, and do individual outreach.

- Keep Christ in Christmas: We erect billboards, the Nativity Scene, and sell KCC bumper stickers.
- We sponsor and promote Family & Camp; Parish Community via Family Christmas Dinner and other events.
- We Host Monthly Sunday Pancake Breakfasts.
- Family of the Month / Year: most months

Community Director: Mick Brzoza

Featured Programs:

COATS FOR KIDS: Councils purchase cases of Supreme offered coats and host a distribution event.

GLOBAL WHEELCHAIR MISSION: Councils donate to the Canadian Wheelchair Foundation, by **raising funds through council, parish or community activities**.

HABITAT FOR HUMANITY: Councils donate money or hours to a Habitat for Humanity project in their community.

OTHER non-featured programs: Disaster Preparedness; Free Throw Championship; Catholic Citizenship Essay Contest; Soccer/Hockey Challenge; Helping Hands

2025/2026 Potential

Coats for Kids: next project window starts in the summer for fall delivery We hosted a talk for the parish by Kevin Lambert from BC Emergency Health Services—"An Inside View of Local BC Ambulance Services"

National Pride celebration: Sponsor Annual July 1st Picnic

Life Director: Donn Sherry

Featured Programs:

MARCH FOR LIFE: Councils organize marchers to participate in the provincial March for Life and local Life Chain.

SPECIAL OLYMPICS: Councils to raise money for or contribute hours in support of Special Olympics activities.

PREGNANCY CENTER SUPPORT: Councils contact a local pregnancy center to assess its needs and support the center through fundraising, volunteering, or prayer.

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ULTRASOUND: Council identify a Pregnancy Center in need of an ultrasound machine and raise money for it.

OTHER non-featured programs:

Christian Refugee Relief; Silver Rose; Mass for People with Special Needs; Novena for Life

• 2025/2026 Potential

- Life Chain: Nanaimo: Attended Oct 5, 2025, next one in October
- Raised \$1500 for Ukrainian Solidarity Fund; proceeds from Octoberfest.
- March for Life: in Victoria probably May 14.
- Support disabled persons via Blind Bowls.

Pregnancy Support: Support the Crossroads Pregnancy Centre.

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- ◆ Real friends are the ones who stay when life gets hard, not the ones who appear when life is fun.
- ◆ You don't get time back with the people you love. Prioritize them before life teaches you the hard way.
- ◆ Happiness is simple. It's the world that convinces you to complicate it.
- ◆ One day memories will be all you have. Make sure they are worth holding on to.



We were all very excited about our new faith family member, Neville Fernandes. It's not very often that we get to welcome a new born to our parish and Neville was a BIG HIT! Thanks very much to Neville's parents Ninoshka & Neil who were very kind and generous to host a gathering to introduce us to Neville. Blessing to Neville and his family.

P.S. We understand that Jim has already started to plan Neville's KNIGHT's EXEMPLIFICATION.

Beware of scams like this

Good to hear back from you. I've been trying to purchase a \$300 Amazon E-Gift by email, but it says they are having issues charging my card. I contacted my bank and they told me it would take a couple of days to get it sorted. I intend to buy it for my Niece whose birthday is today. Can you purchase it from your end for me, I'll refund it to you once my bank sorts the issue out?

Thanks.



Pancake Breakfast Report — Mike Finch

Sunday Jan 25, 2026 dawned cool and crisp. This would be our first Pancake breakfast in 2026 and we all were looking forward to a productive event.

Support from the parish was note worthy. We estimate about 130 parishioners attended and managed to eat us out of house and home. Unfortunately, our preparation efforts fell a little short in that we did not prepare enough of our world famous pancakes and waffles to feed everybody. The gross from the breakfast was \$963.75 and after replenishing our float we turned over \$575.80 to the treasurer.

Our monthly pancake breakfasts are one of the key events for our council and parish. Not only is it a significant fundraising activity but it's also instrumental to building a strong council identity.

All those who helped did a fantastic job but we still need more support from our council members. It was very evident that we could have used at least 6 more members especially in the serving and clean up.

The end of Feb breakfast will be replaced with a pancake supper on *Shrove Tuesday February 17, 2026*. Thank you to all those who helped make this another memorable Sunday.

When Einstein took the train from Princeton University, a conductor boarded the train to check passengers' tickets. When he reached Einstein, Einstein began searching his jacket pockets for his ticket but couldn't find it. He then looked in his trouser pockets, then in his small carry-on suitcase, without success. Finally, he started looking on the seat next to him...

The controller said to him:

— Dr. Einstein, I know who you are, everyone here knows you, and I'm sure you bought a ticket. Don't worry.

Einstein nodded in gratitude. The conductor continued punching the tickets of the other passengers, but as he was about to move into the next carriage, he saw Einstein on his knees, searching under his seat for his ticket.

Intrigued, the controller returned to the great physicist and said to him:

— As I told you, we all know who you are, it's not a problem, so please drop this ticket!

Einstein then looked up at him and replied:

— Thank you, young man, I too know who I am. But what I don't know is where I'm going! That's why I keep looking for my ticket!

100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.