

LIFE PROGRAMS

2021 - 2022



Brother Chris Naus

Life Director

Knights of Columbus Ontario State Council

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416-526-3589 (cell)

Life Director – Chris Naus



- **Life Programs:** Novena for Life, Widows Program, Seniors Program, Roses for Life, Life Chain Sunday, March for Life, Ultrasound Program, Special Olympics, Silver Rose, Pregnancy Center Support, Sisters of Life, Mass for People with Special Needs, Christian Refugee Relief / Holy Land and Persecuted Christians.
- **Life Service:** Mental Fitness Awareness
- **Ontario programs:** Seniors and Widows. Roses for Life.
- Chris Naus, lifedirector@ontariokofc.ca
- 416-526-3589 (cell).

Novena for Life



- **Brother Chris Naus (Chairman) 416-526-3589**
- We want the Novena for Life to culminate with the Ottawa March for Life on May 12, 2022. Hence, we are urging all Councils to participate in the Novena for Life from May 4 to May 12, 2022.
- A Novena for Life is prayer said on 9 consecutive days for the cause of life.
- The defense of life and promotion of human dignity in every stage and condition are preeminent concerns of the Knights of Columbus.
- Let's ask God for His grace to inspire us to do our part to foster a culture of life that will end abortion and euthanasia and help us to lovingly see the face of Christ in the vulnerable.

State Priority – Widows Program



- Alex Schadenberg membershipdirector@ontariokofc.ca
- **The Widows Poinsettia program** is designed to show the family of our deceased members that we have not forgotten their contribution to the Knights.
- By bringing a **Poinsettia / gift with a Christmas card** to a widow, it shows our widows and their families that we care and that we are keeping them in our hearts and prayers.
- It is an easy program to implement and will make a great difference in other people's lives.



State Priority - Seniors Program



- Our State Deputy wants every council to visit or because of COVID to contact (**call**) seniors and widows in their council.
- There are many lonely older members or widows.
- Councils can casually visit or contact (**call**) their seniors and widows because they are important to us.
- Contact Alex Schadenberg to be trained in the **Compassionate Community Care** visiting training program. It is available for Knights of Columbus members and their wives.
- Alex Schadenberg (Chairman) 519-851-1434
- membershipdirector@ontariokofc.ca

Roses for Life



- The first weekend in October (Oct 2-3, 2021) is Roses for Life Sunday. The Ontario Roses for Life program is easy to do and an effective way to raise money to support pro-life organizations and activities. All the council needs to do is order the Rose Lapels from the Ontario State Office and collect donations on the first weekend of October when distributing the Roses.
- Two years ago, the Ontario State Council redesigned the Rose Lapel. The new Rose has a red and a white Rose.
- The red rose signifies our opposition to abortion while the white rose is the symbol opposing euthanasia.
- The State council also designed a Roses for Life Cross with the red and white rose. The cross may be distributed in a similar way as the Rose Lapel or (based on its cost) it may be distributed to Knights of Columbus council members and their wives.
- Purchase the Roses for Life for \$45 for every 100 Roses + (\$10 shipping) from the State Office by using Form SO-15.
- Purchase the Roses for Life Cross Pin (20 or more) for \$2.50 each or (50 or more) for \$2.00 each + (\$10 shipping) from the State Office by using Form S0-15A.

Life Chain Sunday (1 of 2)



Sunday, October 3, 2021 was Life Chain Sunday. It was an opportunity for members of the Knights of Columbus and their families to join their parishes in a silent witness holding pro-life placards at designated intersections throughout Ontario.

Campaign Life Coalition announced that 270 pro-life vigils occurred across all of Canada, significantly more than in recent years, which is quite impressive given the continuation of the pandemic ([A strong showing for #LifeChain2021 garners notice & appreciation \(campaignlifecoalition.com\)](https://www.campaignlifecoalition.com/news/2021/10/03/a-strong-showing-for-life-chain-2021-garners-notice-and-appreciation)).

Life Chain Sunday (2 of 2)



Campaign Life Coalition announced that 270 pro-life vigils occurred across all of Canada, significantly more than in recent years, which is quite impressive given the continuation of the pandemic ([A strong showing for #LifeChain2021 garners notice & appreciation \(campaignlifecoalition.com\)](https://campaignlifecoalition.com)).

In spite of the overcast skies, the rain held off for many of the Ontario locations allowing participants to enjoy the surprisingly warm weather. The Life Director for Ontario State was stationed at the Markham and Ellesmere intersection in Toronto with 30 other participants. There was a warm collegial atmosphere amongst the participants. Most motorists did not react. Of those that did, the overwhelming majority were positive. We did not respond to the negative feedback, some of which was expressed using vulgar language. By not responding we effectively said yes to the short opportunity to carry Christ's cross. We also don't know the impact of the good that we do. It is surprising how being a silent witness for life will trigger a subset of people to rethink their position and not go ahead with an abortion or to encourage another not to do so.

March for Life (1 of 2)





March for Life (2 of 2)

- The March for Life and Rose Dinner will be Thursday May 12, 2022 with the March for Life Youth Conference scheduled for the next day. With COVID-19 restrictions behind us, let's make this our premiere pro-life event.
- Ottawa is our nation's capital and is a beautiful city. Let's have some fun while also being witnesses to life.
- In order to help drive the attendees into the tens of thousands, we need Councils/Districts to sponsor buses.
- If your council is not sponsoring a bus, please make a donation for the Squires bus that we'll be sponsoring.
- **Alex Schadenberg and Chris Naus**



Ultrasound Program

- The difficulty with the Ultrasound Program in Ontario is working with regulations. In Ontario we need: A pro-life physician who works with crisis pregnancy centers, and within a medical clinic that has an Ultrasound technician.
- The program requires a council/councils to cover half the cost of the Ultrasound machine. Supreme pays the other half. The application must be approved by: Supreme, State and the local Bishop/Diocese.
- Alex Schadenberg lifedirector@ontariokofc.ca

Special Olympics (featured)



- Brother Joe is committed to the Special Olympics program and your councils should share his zeal.
- Joe Mathews has a special presentation for Special Olympics.
- The Knights of Columbus has been involved with Special Olympics since its inception. We need to give more attention to this program.
- <https://www.kofc.org/en/what-we-do/faith-in-action-programs/life/special-olympics.html>
- Joe Mathews (Chairman) joemathewskofc@gmail.com

Mass for People with Special Needs

- We encourage councils to bring people with special needs to mass on Sunday. People with special needs often have difficulty going to mass based on mobility issues.
- People with special needs often feel uncomfortable in the faith community. We need to be a welcoming presence.
- Let's identify Catholics with special needs in our parish. Let's reach out to them to better understand their special needs and how getting them to mass can be made possible. Let's greet them upon their arrival and at the end of mass.
- Chris Naus lifedirector@ontariokofc.ca



Silver Rose



- Dennis Mailloux (Chairman) dennisfm@hotmail.com
- The Silver Rose will be in Ontario for 4 weeks in Feb-Mar, 2022 (period to be determined by Supreme).
- The Silver Rose program demonstrates the unity between Knights of Columbus in Canada, the US and Mexico through a series of prayer services promoting the dignity of all human life and honoring Our Lady.
- Contact Dennis to schedule the Silver Rose in your part of Ontario.
- <https://www.kofc.org/en/what-we-do/faith-in-action-programs/life/silver-rose.html?1tab=1tab0>

Pregnancy Center Support



- We can help to change hearts and minds concerning abortion by providing help for pregnant women and their child.
- Councils can provide material, financial, labour and other volunteer support for pro-life pregnancy centers.
- Many communities have a Crisis Pregnancy Center (CPC), Birthright or home for “unwed mothers.”
- Toronto has several services such as the **Sisters of Life** and Aid to Women (which is next door to an abortion clinic).
- Bryan Noble (Chairman) familydirector@ontariokofc.ca
- <https://www.kofc.org/en/what-we-do/faith-in-action-programs/life/pregnancy-center-support.html>

A Knights Evening: Sisters of Life



Interviews with Sister Antoniana and Sister Avelina Joseph

- > How were they called
- > What life is like at the Toronto mission
- > How they serve the women and men with crisis pregnancies
- > How they see the face of Christ in the people they serve
- > How the Knights can help
- > Open Q&A

sistersoflife.org or 416-463-2722



How the Knights can Help:

- | | |
|---|--|
| 1 | Drive a truck to help move furniture and women's belongings |
| 2 | Practical hands-on support |
| a | - Building cribs |
| b | - Moving furniture |
| c | - Cleaning up a woman's apartment |
| d | - Set up and take down for Sisters of Life events |
| 3 | Need male co-workers - People who can directly help the women in need (with a nun present) |
| 4 | Provide male leadership for sports / soccer events for the children |
| 5 | Present a good male role model for the children and for the women |
| 6 | Prepare and cater a Christmas Dinner for our women |
| 7 | Send meals to women who give birth especially through C-section |
| 8 | Current needs of the Mission |
| | diapers size: Newborn, 1, 4, 5 and 6 |
| | wipes |
| | infant car seats |
| | infant strollers |
| | baby toiletries: (baby lotions, baby shampoo, baby soap, etc.) |
| | pacifiers |
| | bibs |
| | receiving blankets |
| | 0-3 baby girl clothes |

Mental Fitness Awareness – with David Fisher using the Positive Intelligence Operating System



My personal service offer:

- To virtually facilitate a Positive Intelligence mental fitness awareness program for our Brother Knights:
 - Starting in late October and running until December
 - 1 hour weekly virtual touchpoint meetings + 15 minutes a day of personal practice exercises
 - Monthly mental fitness articles geared to our Knights
 - Articles will correspond to the weekly program topics and may be used in Newsletters or Bulletins



David Fisher
Positive Intelligence Coach



KofC Positive Intelligence Program



WEEK OF	Activities	MON	TUE	WED	THU	FRI	SAT	SUN
Oct 25	Week 1: Kickoff Call	Take Assessments					Join Week 1 Video Call (60 minutes)	
Nov 1	Week 2: Boost Self-Command	Practice →	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Join Week 2 Video Call (60 minutes)	
Nov 8	Week 3: Intercept the Judge	Practice → Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Join Week 3 Video Call (60 minutes)	
Nov 15	Week 4: Accomplish Saboteurs	Practice → Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Join Week 4 Video Call (60 minutes)	
Nov 22	Week 5: Shift to Sage	Practice → Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Join Week 5 Video Call (60 minutes)	
Nov 29	Week 6: Boost Sage Powers	Practice → Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Join Week 6 Video Call (60 minutes)	
Dec 6	Week 7: Taking Action	Practice → Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Join Wrap-Up Video Call (60 minutes)	
Dec 13	Extra Week 8: Continuing Practice	Practice → Maintain						

*For those who choose to continue the journey beyond 8 weeks

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