

Knights of Columbus

November 2023 Newsletter

ST. PETER'S PARISH COUNCIL 13404, 511 CHEAPSIDE STREET, LONDON, ONTARIO, N5Y 3X5

Grand Knight's Comments: Lawrence Jardine



Brother Knights: The month of November is dedicated by Holy Mother Church to the remembrance of and praying for the deceased. This is a commitment we must all make to pray not only for those in our family and friends who have died, and for brother Knights and their family, but importantly for the Holy Souls in Purgatory. We have an eternal link with the dear departed - they await the release from "not-heaven" to eternal joy with saints. They can do nothing to help their cause. Only we, the living, can pray for them and only then can their time there come to end.

It is fitting that we, as Knights, a brotherhood of the living, should spend time praying for the deceased, especially the least and most neglected souls in Purgatory who no longer have anyone to pray for them.

I have often wandered through graveyards after visiting an old friend or relative and meditated on the meaning of life and death. This is one continuous time as seen from heaven. Indeed, there are indulgences earned in visiting which can be given to these souls. This might be the ultimate act of mercy, of charity, of humility. God does the work if we give him our hearts and our prayers.

A partial indulgence can be obtained by devoutly visiting a cemetery and praying for the departed, even if the prayer is only mental.

Let us pray, especially in this month for the deceased.

Remember in your prayers those who are ill and pray for the repose of the deceased souls and in particular Janet Jardine's sister Moya who has passed away.

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Insurance Agent's Message: Br. John Noonan

National Novel Writing Month



November is national novel writing month and I want you to seriously consider doing just that.

Have you ever considered writing?

It could be to share your story, or it could be to share the story you have always wished was yours, and wanted to tell?

In my opinion, *EVERYONE* has a story to share. Some of us have great imaginations and can conjure up faraway lands and eclectic characters. Others are fantastic at bringing life to our past experiences. Others just need to start writing...it is *HIGHLY* therapeutic

The best way to start?

No matter what you want to write, just start daily journaling.

Keep your journal posts private... and safe. Keep writing every single day of the week – even if it is just 15 minutes a day.



There are medical research studies that show the health benefits of journaling. And in honor of national novel writing month... I wanted to give you a kick start on this... and hopefully inspire you to start



Some thoughts on how to get going

Pick the same time of the day to write. Early mornings are a great time for many. Nights work best for others. Try different times of the day and see which feels more natural and creative.

- Pen and paper. Computers are wonderful, but not nearly as therapeutic as a good old pen on paper. It gives you more time to gather your thoughts... and something magical happens when pen touches paper.

Serving Our Church And Community

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- Pick your place. Find a place that nurtures your creativity and desire for “you” time. Sometimes that is a coffee shop. Other times it is that spare bedroom and a desk that you never use. Go back to the same place, at the same time, every day for a month.
- **Set a timer.** Start with 15 minutes at a time. Then go to 30. Then 45. Etc. You will find that this becomes one of your favourite times of the day.
- If you are stuck on what to write about... pick something in the room, anything, and start writing about it. Or just start writing about how you have nothing to write about. Writers block is all in the mind, so you need to get out of your head and just start writing. The words quickly start to flow when you ignore feeling ‘stuck’
- Pick your **favourite** ‘writing hat’ or sweater. Develop your own writing ritual.
- Put on some soothing music. Baroque usually is a great background for your creative writing time.



The key to any of this though?

To just get started. It all sounds good in theory... and the best of intentions may be made. But you have to write. Every day. Think about having your book in print. The people's lives you can touch. The relatives of yours that will love your legacy.

Writing is a wonderful thing and today is the time to start!

Ideas for Subject lines or headlines for blog post:

You, a published author?

It's time to share your real story

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Did You Know.....

A bit of history. The word Cathedral comes from the Latin word "*Cathedra*" which means throne. On December 13, 1961, Pope John XXIII raised the Cathedral to the rank of a **Minor Basilica**. This is largely an honorary title to recognize the exceptional beauty of the Cathedral. It does however signify a special connection with the SEA of Rome. Elevation to a Minor Basilica gives clergy a pre-eminence in processions. It permits the use of a coat-of-arms and the Basilica's seal to signify the Church's standing.

There are two symbols of a minor Basilica namely: *the Conopoeum* and the *Tintinabulum*. They are located at the very rear of the Nave. One looks like a big umbrella and the other one like a large staff. They used to be located in the Narthex. Unfortunately, they were vandalized and therefore were relocated in the Nave. There are only ten Minor Basilicas in Canada.