KNIGHT NEWS

A monthly newsletter brought to you by Knights of Columbus, Sacred Heart Council #822

NOVEMBER 2026 | 8 PAGES | WWW.SACREDHEARTCOUNCIL822.ORG

Top Stories in this Newsletter

Annual Rabbit Stag (page 3)



Essay Contest Winner (page 1)



Focus on Men's Health (page 4)



Algorithm vs Altruism - Staying Strong Through the Storm

Our Council recently sponsored a teen essay contest on the topic of "Algorithm vs Altruism: How can a Catholic teenager maintain an authentic prayer life and protect their spiritual and mental health in a culture driven by social media and constant digital distractions?" Essay contest winners were Keaghan Earley (first place), Dylan King (second place) and Rose Tormoehlen (third place.) Here is Keaghan's winning essay.

Peter stepped out onto the water with his eyes fixed on Jesus. The waves were still there. The wind was still there. The storm did not go away, yet St. Peter continued forward. Only when his attention shifted away from Jesus to everything happening around him that he began to sink. Two thousand years later, the "storm" and distractions might still be there, but the struggle to keep our eyes and mind fixed on what truly matters remains. In a time where social media and artificial intelligence are becoming a major part of everyday life, it can be difficult for young Catholics to maintain an authentic relationship with Jesus. Everywhere we look, there are new trends, accessories, clothes, and influencers telling us who we should be and what we should want. It can be easy to compare ourselves to the people we see online and slowly lose sight of who God created us to be. As St. Carlo Acutis said "All are born as originals, but many die as photocopies." When the world around us is constantly demanding our attention, staying focused on Jesus can feel like trying to hear a quiet voice in the middle of a storm.

Social media is not inherently evil. It helps people stay connected, learn new things, share their faith, and communicate with people who they may not be able to communicate with otherwise. St. Carlo Acutis is a great example of someone who understood how technology could be used for a good purpose. Carlo loved computers and used his skills to spread the Catholic faith, especially through his work documenting Eucharistic miracles. However, technology was never more important to Carlo than Jesus was. His life showed that Catholics do not need to have to completely reject technology or social media to have a strong faith. Instead, his life showed that we as Catholics need to learn how to use technology without allowing it to take over our attention or become more important than God.

One of the biggest problems with social media is how easily it can become a constant distraction. A person can pick up their phone to answer one message and suddenly, an hour has passed. There is always another video to watch, another notification to check, or another trend to keep up with. Eventually, constantly checking a phone can become such a normal part of life that we do it without even realizing. When every quiet moment is filled with something on a screen, we lose opportunities to slow down, think and recognize what is actually happening in our lives.

This can make having an authentic prayer life much harder. Prayer is not supposed to be something we only do because we are required to. Prayer is a relationship with Jesus, and relationships require time, attention, and effort. Jesus Himself often separated from crowds to pray alone. If Jesus made time to be alone with the Father, even when He was surrounded by people and responsibilities, then young Catholics should also make time for prayer. This could mean praying the Rosary, attending Mass, reading scripture, spending time in adoration, or simply talking to Jesus about what is going on in our lives. Prayer does not always have to be formal or complicated. Sometimes the most important thing is simply giving God our full attention.



The problem is that giving God our full attention can be difficult when we are constantly being encouraged to give our attention to something else. Social media is designed to keep us looking, scrolling, and coming back. This makes silence feel uncomfortable for many people. Instead of sitting with our thoughts, we immediately reach for our phones. Instead of allowing ourselves to be bored, we

(Keaghan: continued)

find something to watch. However silence can be where we finally have an opportunity to listen to God. Prayer will not always feel exciting or peaceful, but that does not mean it is not valuable. A real relationship with God requires us to continue showing up even when we do not feel like it.

Pope Leo XIV addresses this problem in his 2026 encyclical, *Magnifica Humanitas.* The encyclical focuses on protecting human dignity in a world increasingly shaped by artificial intelligence and technology. Pope Leo warns about the effects of a digital culture that encourages “immediacy and hyper-stimulation,” explaining that it can contribute to problems with attention, emotions, relationships, and even the development of young people. This is important because young people are still developing the habits that will shape their lives. If we become used to constantly needing entertainment and stimulation, it can become much harder to be patient, thoughtful, and comfortable with silence.

Pope Leo also makes an important point about education and technology. He explains that learning requires patience and time, and that people need to be taught only how to use artificial intelligence, but also when and for what purposes it should be and should not be used. This idea can apply to social media and prayer as well. The question should not always be “Can I use this?” but “Should I use this right now?” There are moments when putting away technology is the more healthy and meaningful choice. When one chooses to stop scrolling and spend time praying, talking with family, being with friends, or simply sitting quietly in church can help us become more present in our own lives.

Social media can also affect mental health because it makes comparison impossible to avoid. Young people consistently see other people’s appearances, friendships, relationships, vacations, achievements, and lifestyles. However, social media usually shows only a small part of someone’s life. We, as human beings, compare our everyday lives to someone else’s best moments. This can make one feel as if they are not good enough or they need to change themselves to fit in. Instead of becoming more confident in who God created us to be, we can begin trying to become someone else. Which God never intended. It says in the Psalms “For you created my inmost being; you knit me together in my mothers womb.” and goes on to say “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that well” (Ps. 139:13–14 NIV). God made us the way he intended for us to be and our identity should be in him. Our identity should not be that of someone who made a post on Instagram.

This is where the words of St. Carlo Acutis about being “originals” and “photocopies” become so important. God did not create every person to look, act, or live the same way. Every person has different gifts, personalities, and purposes. When we constantly compare ourselves to influencers and people online, we can lose sight of that. Carlo reminds us that we should not spend our lives trying to be someone else. Once again, our identity comes from Christ, not from the number of followers we have or the number of people that approve of you.

Artificial intelligence creates another challenge because it can make getting information almost instant. AI can be used for many things, but it should absolutely never replace our ability to think, make decisions, build relationships, or seek Christ. *Magnifica Humanitas* emphasizes that artificial intelligence should remain under human responsibility and should serve as the dignity of the human person rather than reduce people to data or replace real human relationships. For young Catholics, this means learning how to use AI as a tool without allowing it to replace our own creativity, judgement, relationships, or faith.

Protecting our spiritual and mental health does not mean completely removing technology from our lives entirely. Instead, it means learning how to use it intentionally. This could mean turning your phone off during mass and prayer times, deleting unnecessary apps, turning off unnecessary notifications, or taking breaks from social media, or choosing not to follow accounts that can influence you negatively or cause you to compare yourself to others. While these choices may seem like not a huge deal, they can give us something that constant digital stimulation cannot. Which is time to think, pray, and be truly present.

As a young Catholic myself, young Catholics need a real community. Faith was never meant to be lived completely alone. Friends, family, priests, youth ministers, and other Catholics can encourage us when our faith becomes difficult. Social media can connect us with millions, if not billions of people. One thing AI cannot do is replace a real conversation or friendship. Pope Leo’s encyclical emphasizes the importance of relationships and warns against technology creating the appearance of a human connection without the reality of it. Sometimes putting the phone down and talking to a real person face-to-face can be far more meaningful than spending hours watching other people’s lives online.

The goal is not to escape the modern world. Social media and artificial intelligence are going to continue becoming parts of our daily lives. The hard part is learning how to use them without allowing it to become the center of our lives, a spot in which is for the Lord. Carlo Acutis showed that technology can be used to serve God, while Pope Leo XIV reminds us that technology must always remain at the service of humanity. Both examples point to the idea that technology should help us live our lives, but should not become our lives.

Like Peter, young Catholics, even myself, will always have storms around them. We cannot control every notification, trend, comparison, or new technology that enters our lives. What we can control is where we choose to look. Peter began to sink when he took his eyes off of Jesus and focused on the storm. Today, the storm may look different than Peter’s did. Whether it's artificial intelligence, comparison, and constant digital distractions. The answer is not to pretend these things do not exist. The answer is to keep turning our eyes back towards Christ.

When we protect our prayer lives, care for our mental health, use technology responsibly, and remember our identity comes from Christ, we can continue to move forward as Peter did as he focused on Jesus. The storm will always be there, but so will Jesus.

★ Columbian Homes / Knights of Columbus ★

ANNUAL RABBIT STAG DINNER



★ Admission: $25 ★

Wednesday, November 25, 2026

Doors at 4pm, Dinner at 6pm

413 E South St, Shelbyville, IN 46176

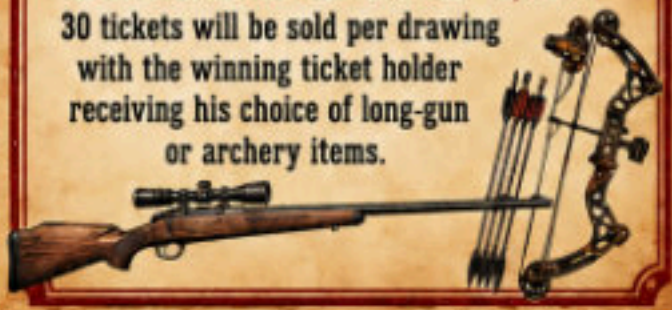
- ★ 50/50 Raffles
- ★ Queen of Hearts Drawing
- ★ Pull Tabs
- ★ Poker Tables
- ★ Long-Gun/Archery Auction

MENU INCLUDES:

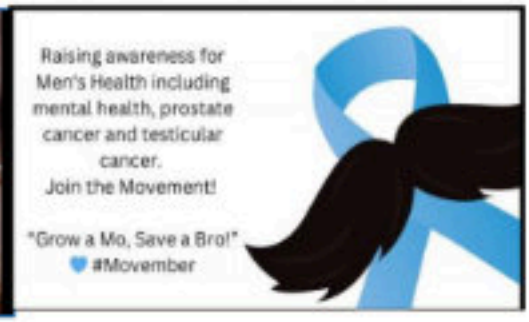
Fried Rabbit
Mashed Potatoes
Sauerkraut
Celery, Carrots, and Radishes

Gun auction tickets are $20.

30 tickets will be sold per drawing with the winning ticket holder receiving his choice of long-gun or archery items.







MOVEMBER MATTERS

Shedding Light on Men's Health



Men's health issues are often overlooked, under-discussed, and underfunded. Statistically, men are less likely to seek medical help, visit doctors less frequently, and are more likely to die younger than women. Across cultures, men are often socially conditioned to "tough it out," suppress emotions, and ignore symptoms—an attitude that can have fatal consequences.

Prostate cancer is one of the most common cancers among men, with millions diagnosed each year. Testicular cancer, while less common, is the most prevalent cancer among young men. Perhaps most alarming is the crisis of men's mental health: globally, men account for three out of four suicides, and suicide remains the biggest killer of young men in many countries.

How Movember Makes a Difference

Since its inception, the Movember Foundation has funded more than 1,250 projects across 20 countries, raising over $1 billion (USD). These projects span research into new treatments for prostate and testicular cancers, mental health initiatives targeting at-risk men, and programs aimed at improving early detection and treatment outcomes.

Breaking the Stigma: Have the Conversation

Central to Movember's mission is the idea that talking saves lives. For far too long, cultural norms have discouraged men from discussing their feelings, health concerns, or mental struggles. Movember encourages men to break this silence. Whether it's checking in with a friend or simply being vulnerable for a moment, every conversation chips away at the notion that men must always be stoic and self-reliant. By normalizing these conversations, Movember not only improves individual health outcomes but also fosters stronger communities. When men feel supported and understood, they are more likely to seek help, support others, and engage in healthy behaviors.



Looking Ahead: A Call to Action

The importance of Movember extends far beyond a month of quirky facial hair. It is a call to action, challenging harmful stereotypes and promoting real, lasting change in how society views and treats men's health. Let your mustache be more than just a style statement this November. Let it be a symbol of hope, action, and change.

Visit www.movember.com

The Rosary is Our Sword

Lecturer's Report



Good evening, Brother Knights.

Last month, while I was serving as an usher during Mass, a man near the back of the church experienced a medical emergency. He approached me in the narthex, asked that emergency services be called, and then sat down.

Several people immediately stepped forward to help. The principal called emergency services and guided the responders into the church, while another parishioner checked the man's vital signs and helped keep him calm. When EMS arrived, several Brother Knights and I closed the rear doors and stood in front of them. This protected the man's privacy and dignity while allowing Mass to continue without delay or interruption.

Service Beyond the Scheduled Events

What stood out to me was how quickly our parish responded. Together, we helped a vulnerable person while avoiding unnecessary attention and preserving his dignity. It was a simple but powerful example of faith in action.

Being a Knight is not only about fish fries, chicken wings, and swords. It is also about recognizing the moment when someone needs help and being willing to step forward. As Knights, we serve as the right hands of the Church and as protectors of its people. The rosary is our sword, and prayer is our most powerful weapon.

Called to Bear One Another's Burdens

Galatians 6:2 tells us, "Bear one another's burdens, and so you will fulfill the law of Christ." When we help carry the struggles of others, we live out Christ's command to love one another as he loved us. Matthew 25:40 offers the same reminder: "Whatever you did for one of these least brothers of mine, you did for me." Caring for those who are poor, hungry, vulnerable, or in need is a direct expression of our love for Christ.

Respect Life Through Action

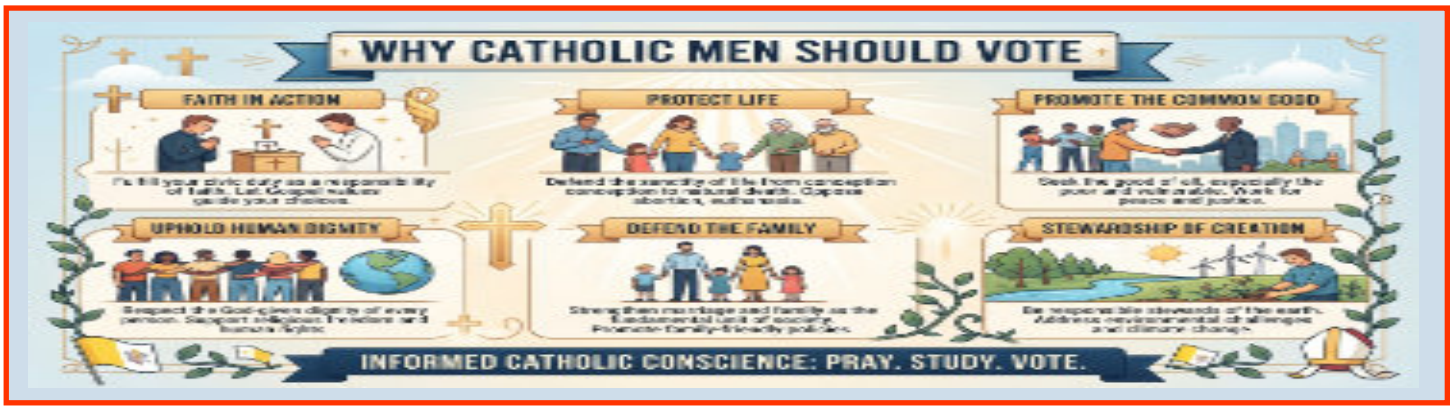
As we move further into Respect Life Month, we should remember that respecting life means recognizing the dignity of every person—from the unborn to the elderly—and putting our faith into action. The best time to care for people who are poor or vulnerable may have been yesterday; the second-best time is now. Often, the best opportunities to serve are not on our calendars. They are right in front of us.



A Challenge for This Month

My challenge to each of my Brother Knights this month is simple: Pay attention to your surroundings and be willing to step forward for a brother or sister in Christ. Check on someone who may be struggling. Notice when a person needs assistance, and then do something to help. In those unscheduled moments, we have the opportunity to protect human dignity, serve Christ, and show what it truly means to be a Knight.

Randy Foreman, Worthy Lecturer - presented at the October 2026 council meeting



Your Council and Your Impact



In order to continue our good works, we rely on you - Thank you for your dues, donations, and support!

Knights of Columbus, *Sacred Heart Council #822*
Meeting at Columbian Homes, 413 E South St, Shelbyville, IN 46176 - tel: 317.398.9914
Monday-Friday, 3p - close; Saturday, 9a - close

Your 2026-2027 Council Officers

Grand Knight: Mark Welch	**Chaplain: Father Mike Keucher**
Deputy Grand Knight: Jim Boksa	**Chancellor: Randy Foreman**
Financial Secretary: Patrick Bohman	**Recorder: Michael Daniels**
Treasurer: Mark Beck	**Advocate: James Held**
Warden: Edgar Flores **Inside Guard: Angelo Dellapenna**	**Outside Guard: Ethan Apsley** **Lecturer: Randy Foreman**
Committee Chairmen: **Membership - Jim Boksa; Program: Michael Daniels; Evangelization & Faith: Ethan Apsley; Family: Randy Foreman; Retention: TBA**	**One Year Trustee: Jeff Christian** **Two Year Trustee: John Schoentrup** **Three Year Trustee: Dan Weaver**

Recurring Events

- **1st Tuesday of the month: Council business meeting, 7p. All Knights welcome.**
- **3rd Tuesday of the month: Columbian Homes meeting, 7p. All Knights welcome.**
- **2nd and 4th Tuesdays of the month - COR group - men's faith and formation, 7p. All men welcome - you need not be a Knight.**

FOR MEALS AND BAR TABS, THE CLUB ACCEPTS CREDIT CARDS AT THE BAR!

- **Wednesday nights: choice of wings or shrimp dinner (6-8p), drawing & 50/50 raffle.**
  1/2 order (5 pc w/fries) - $9; Full order (10 pc w/fries) - $13; Fries only - $2. Open to the public.
- **Thursday nights: BINGO! (6:30p). Open to the public.**
- **Friday nights: dinner (6-8p) - Open to the public. - NOTE: PRICES HAVE MODERATELY INCREASED DUE TO FOOD AND OVERHEAD COSTS**
  Steak nights will be at market price, all other meals will be $15
- **Saturday lunch: Hamburger, cheeseburger, breaded or grilled tenderloin - $6; with fries, - $9. Open to the public.**
- **See more information about Columbian Homes at www.ShelbyColumbianHomes.org**

Please email story suggestions to our Recorder, Michael Daniels, at mdanielscmh@gmail.com.



The Knights of Columbus is the world's largest Catholic fraternal service organization, dedicated to promoting charity, unity, fraternity, and patriotism, and supporting Catholic causes and families. Founded by Blessed Father Michael J. McGivney in 1882, the Knights of Columbus welcomes practicing Catholic men aged 18 or older who are in union with the Holy See. We are Men on a Mission, committed to a Catholic Brotherhood that is changing the world. For more information, visit www.kofc.org or www.sacredheartcouncil822.org

AMICI NOSTRUM

Please support those who support the Knights & St Joseph Parish



DONATE ONLINE TO ST JOSEPH CATHOLIC CHURCH

*Make **Bold** Moves!*

exp REALTY

Buying, Selling, or Investing

Christopher & Mary Ann Lux

Chris: (317) 341-4620
christopher.lux@exprealty.com
Mary Ann: (317) 993-6865
mary.lux@exprealty.com



YOUR AD COULD BE HERE FOR ONLY $50 PER YEAR.
3.5" W x 2" TALL
CONTACT
MDANIELSCMH@GMAIL.COM

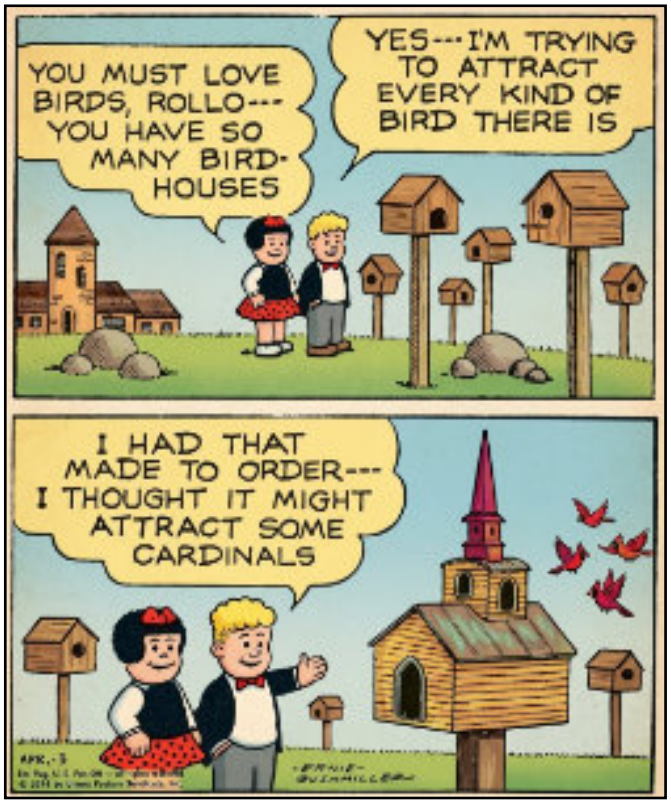
Don "Fred" Burns

Prompt, Professional, Reliable Service

Fred & Sons
Hauling & Tree Removal Service

317-626-5973
www.fredandsons.com

Tree Services, Property Clean Outs, Demolition, Landscape Maintenance, Yard Clean Up



DONATE ONLINE TO ST MEINRAD SEMINARY & SCHOOL

Saint Meinrad Seminary & School of Theology

Bishop Simon Bruté COLLEGE SEMINARY

DONATE ONLINE TO BISHOP SIMON BRUTÉ SEMINARY

AMICI NOSTRUM II

Please support those who support the Knights & St Joseph Parish

Have a project coming up?

I'm your local equipment rental contact!

I offer a wide range of equipment—
Small tools, lifts, generators,
climate control, mobile storage
containers, and more!



Call or text me today—I'll help you get exactly what you need and keep your project running smoothly!

Randy Foreman, Sales Associate
(317) 648-9031
(317) 619-7648 | rforeman@ur.com

STAY CONNECTED

Email the Grand Knight - gk@sacredheartcouncil.org
Email the Newsletter - pd@sacredheartcouncil.org or mdanielscmh@gmail.com

<<--- Knights of Columbus, Sacred Heart Council #822
www.sacredheartcouncil822.org

Columbian Homes
***www.shelbycolumbianhomes.org* --->>**

