



KNIGHT NEWS



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

MARCH 2026

10 PAGES

WWW.SACREDHEARTCOUNCIL822.ORG

Top Stories in this Newsletter

**Shane Roell:
Differently
Abled**



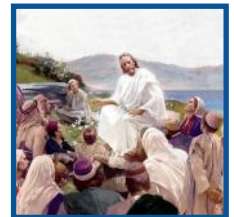
(page 3)

**Who Was the
Real
St Patrick?**



(page 2)

**Faith
Formation
Home Study**



(page 6)

Grand Knight's Message

Brother,

During our exemplification in the Knights of Columbus, we were reminded of the powerful phrase: Tempus Fugit Memento Mori - Time Flies - Remember Your Death.

Memento Mori reminds us that our life on earth is temporary. Tempus Fugit reminds us that the time to repent is now.

Recently, we lost one of our brother Knights at a young age. His passing has weighed heavily on my heart. When someone leaves this world sooner than we expect, it shakes us. It reminds us that life is fragile, that tomorrow is never guaranteed, and that our time here is a gift.

I find myself thinking more about my own mortality lately. Not in fear, but in reflection. Am I living as the man God has called me to be? Am I leading my family well? Am I serving my parish and council faithfully? Am I ready, if the Lord were to call me home?

During this holy season of Lent, the Church calls us to pause and examine our hearts. Lent is not simply about giving something up; it is about returning to Someone - returning to Christ with sincerity and repentance.

In the Book of Revelation 2:4-5, we hear these words:

"Yet I hold this against you: you have lost the love you had at first. Realize how far you have fallen. Repent, and do the works you did at first. Otherwise, I will come to you and remove your lampstand from its place, unless you repent."

These words are direct and sobering. It is easy to grow comfortable. Easy to become routine in our faith. Easy to wear the title "Catholic" or "Knight of Columbus" without rekindling the fire that once burned within us.

Especially during Lent, let us remember our mortality - not with anxiety, but with purpose. Let us return to Confession. Let us attend Mass faithfully. Let us pray with intention. Let us love our families more deeply and serve our community more generously.

Our departed brother's earthly work is finished. Ours is not.

May this Lenten season renew in us the love we had at first. May we repent where needed, restore what has weakened, and live each day prepared to meet the Lord. And when our own time comes - whenever He calls - may He find us faithful.

Vivat Jesus,

Jeff Christian, Grand Knight



1 Corinthians 12: ¹²Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. ... ²⁶If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. ²⁷Now you are the body of Christ, and each one of you is a part of it.

The Real St Patrick, and what about those snakes?

Saint Patrick is perhaps one of the most widely recognized saints in the world. And while the secular world associates his celebration with shamrocks and leprechauns, the real story of Saint Patrick is far more powerful than kitschy symbols and green clothing. Patrick was the driving force behind Ireland's transition to Christianity, founding critical networks of churches around the country.

Saint Patrick's Early Life

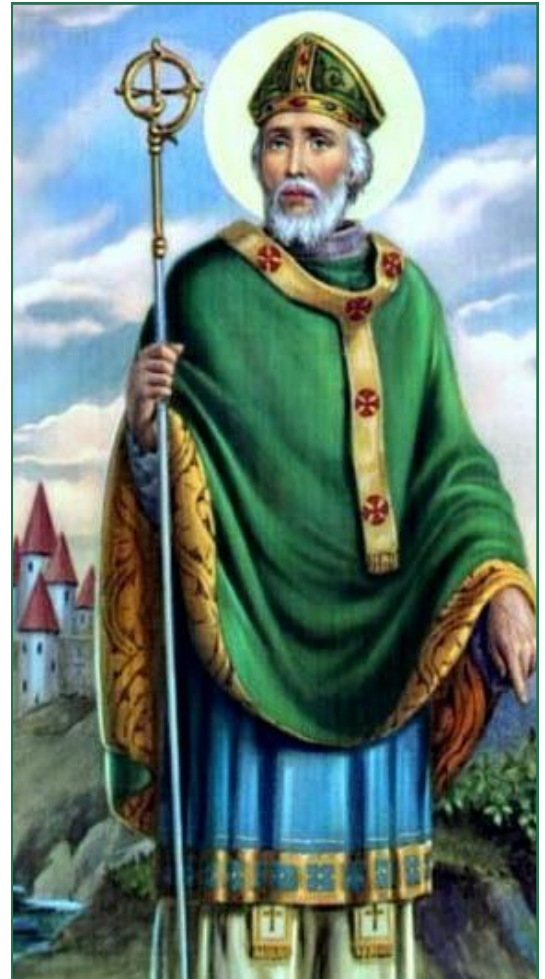
The son of a Roman civil servant living in Britain, Patrick is believed to have been born sometime around 390 AD. At the age of 16, he was kidnapped by pirates and sold as a slave in Ireland. There, he was forced to work as a shepherd. As he wandered the hills with his flocks, he filled his hours with prayer and contemplation, developing a devout Christian faith.

After spending six years in captivity, Patrick managed to escape Ireland aboard a ship and travel back to his family. From there, he studied for the priesthood in Gaul, living in a monastery for 15 years. However, his business in Ireland was far from finished; he experienced repeated dreams that made it clear he needed to return to Ireland. In one such vision, the Irish people begged him, "Come back and walk with us once more."

Saint Patrick Returns to Ireland

By 432, only a handful of individuals in Ireland were Christians. Saint Patrick and his fellow missionaries faced an uphill battle, as many Druids opposed their efforts. Patrick traveled to the most remote parts of the island, proclaiming the gospel where it had never been heard before. In spite of the challenges he faced, Patrick proved to be a formidable force for God, baptizing thousands of individuals, ordaining hundreds of clergy, and founding multiple monasteries.

The framework of Christian churches put in place by Patrick helped Ireland eventually become one of the most Catholic countries in the world.



Legend says St. Patrick banished snakes from Ireland by driving them into the sea after they attacked him during a fast, but scientifically, snakes never lived there due to post-Ice Age geography, the cold Atlantic keeping them away. The myth symbolizes Patrick's triumph over paganism, with the snakes representing non-Christian beliefs, a common allegory.

Brother Shane Roell Exemplifies What True Ability Looks Like

By Michael Daniels, photos courtesy of Mickey Pottenger

If you've ever been to an event or a dinner at Columbian Homes, you know Brother Knight Shane Roell. Ever affable, Shane is a long-time volunteer and a Brother Knight in Council #822. I recently had a chance to sit down with Shane and his mom, Mickey Pottenger, for this interview.

When I ask her to tell me about Shane, Mickey beams. "Shane was the world's most perfect baby," she said. "He was born a healthy infant with no signs of any developmental issues, and we had no idea that he had Down syndrome." In Mickey's opinion, that was a very good thing. "If I'd known before or when he was born that he had Down's, I might have treated him differently. I might have made the mistake of treating him like he was handicapped. Instead, he was just my normal baby boy."

When Shane was 9 months he came down quickly with a very bad cold. Their doctor was on vacation, and they were referred to a local pediatrician who dropped the bomb. "Here's a prescription for Novahistine. Bring him back in 3 months so I can check his development. I think he may be a mongoloid."

"That was the first indication that our perfect baby might have some issues," Mickey says. "For the next 5 weeks, Joe (Mickey's husband at the time and Shane's father) lived our own Hell on Earth. The day we received the diagnosis, everything miraculously changed. We had a direction to move in and it was all positive. The pieces and parts all fell together. Shane was going to make a difference."

She credits Dr Herbert Call with "getting in my face. He told me, 'Don't you *DARE* treat him like he's different or special. Treat him like a normal kid, because that's what he is. He just has Down syndrome.'"

"I needed that kick in the pants," Mickey says, "and we didn't. We raised him with normal standards, normal discipline, normal expectations."

"The only thing we did was make sure we had the right place for him to go to school. At the time, the 'retarded' kids (using the language of the era) were segregated in the old Triangle School, which should have been condemned but which the school board deemed 'good enough' for the [special needs] kids. When Shane was about 10 years old, and we found out that the school board wasn't going to move our kids to a regular, proper, and safe school, we put our house up for sale and moved to Franklin Township, where we enrolled Shane at Rise Learning Center," and where Mickey's other children attended Franklin Central schools.

Shane says he never felt different, either at school or at home. "I had rules," he says shyly. With two younger brothers, he developed into the man he is today.

Starting at age 6, Shane became involved in Special Olympics Indiana, which provided him with a year-round sports program to stay active. He was able to make friends from other areas of the state, and gain confidence in himself as an athlete.

Like any other young person after graduation, Shane went to work. He held positions at Shares, Inc. for 35 years and Horseshoe casino for 10 years and is now retired.

I ask Mickey how her faith shaped her approach to raising Shane, and the answer has a backstory. "I always thought this was God's grand plan," she said. "My sister, Sue, and I were very close and we shared everything. Sue couldn't have children and faced a couple of failed adoptions. Finally, a friend suggested that she volunteer with kids, and she ended up at the Triangle School, where she fell in love with the students there. She became especially close to Ralph Lux, taking him to and from school and learning everything she could about how to work with Down syndrome kids. From the day of Shane's diagnosis, I knew that God put this entire puzzle and plan together – Sue had the background of



working with special needs kids and the experience of directly working with a Down syndrome child, and now we had this 'shared baby.' It was perfect in every way."

Mickey says that when she and Joe decided to have additional children, amniocentesis was just becoming available, and one of the tests was to test for a Down syndrome baby. "We never even considered it," she says. "What difference would it have made? We weren't going to abort, we had a wonderful baby who happened to have Down's, and we knew we would be fine." Neither of Mickey's other two sons have Down syndrome – the condition is not hereditary, but rather the result of random (or God-ordained) mutations during embryonic development.



Born on December 21, 1966, and coming home on Christmas Eve of that year, Shane joined the Knights of Columbus on October 30, 2005 – more than 20 years ago. "I did it because I liked the guys," Shane says. "We're all brothers here." He has raised tens of thousands of dollars for local charities and served on several local boards as a representative of the special needs community. In 2025, Shane received the very first Lifetime Achievement Award from the ARC of Shelby County for his accomplishments and contributions to the community.

Shane's relationship with Shares, Inc has come full circle, as he now attends a daily program for people who are older, retired, or unable to work. "He has somewhere to go, something to look forward to," Mickey says, "and it gives me a little break from the challenges of being a full-time caregiver."

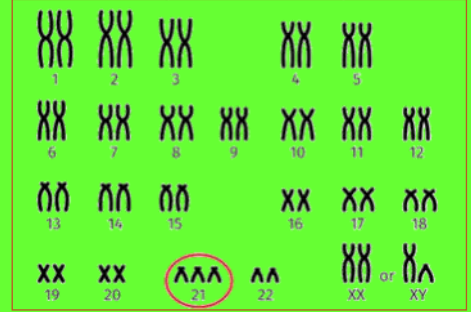
In the last few years, Shane has developed dementia, and it is progressing more rapidly each year. "I want to be very clear with everyone," Mickey says, "that raising a Down syndrome child wasn't difficult. Having a child with dementia is. Dementia is a wicked, terrible disease that slowly takes away your loved one. It's like watching a tree that's healthy start by losing a few leaves. Then bunches of leaves start to fall off. Then twigs and sticks. Right now, we're losing branches." Mickey says this is why Shane sometimes fails to recognize people, or to forget things he used to know by memory. "And it's not going to get better," she sighs, "but we take it day by day."

I ask Mickey what the Knights and the patrons at Columbian Homes could do to make sure we're as supportive as possible. "You're already doing it," she says. "Coming here [to Columbian Homes] is my therapy. Here I know Shane is welcomed and safe. No one here treats him like he's disabled. It's our safe place, and the only place that offers me the comfort of knowing that if I had to run out for an emergency or if something happened, that the people here would jump in and take care of Shane. They already do."

She specifically points out Brother Knight and Columbian Homes President Tim Kenter. "Tim is amazing with Shane. He takes the time to engage with him, to show him things, to give him projects. I remember him showing Shane how to wrap potatoes in aluminum foil so they could be baked. He took so much care in showing Shane just how to fold and tuck the foil. You can imagine what those poor potatoes looked like at the end, but to watch that experience was just wonderful," she lightly laughs while tears form in the corners of her eyes.

Shane's commitment to the Knights and to Columbian Homes, and Mickey's passionate advocacy for her son and for all people with disabilities are a combination to be reckoned with.

And Shane gives the best hugs of anyone in the parish. Next time you see him, make sure you get one for yourself!



About Down Syndrome

The National Down Syndrome indicates that Down syndrome is a genetic condition caused by an extra copy of chromosome 21 (trisomy 21), altering typical development and resulting in mild to moderate intellectual disability, developmental delays, and distinct physical features. Named after Dr. John Langdon Down, who first described the characteristics of the condition in 1866, it is the most common chromosomal cause of intellectual disability, affecting 1 in 700 children.

About Dementia and Down Syndrome

According to the Alzheimer's Association, individuals with Down syndrome have a significantly higher risk of developing early-onset Alzheimer's disease or dementia, with nearly 100% showing associated brain by age 40 and 30-50% developing dementia by age 60.





ST. JOSEPH OF CUPERTINO

The Humble Mystic of the Skies

St. Joseph of Cupertino (1603 - 1663) is celebrated as one of the most extraordinary mystics in the history of the Catholic Church. Born in Cupertino, Italy, Joseph grew up in poverty and faced significant challenges throughout his early life, including academic struggles and repeated rejection from religious communities. Joseph was renowned for his mystical experiences, most notably his frequent levitations during prayer and Mass. Witnesses often described him floating above the ground - sometimes even soaring to the altar - while in deep spiritual ecstasy. These miraculous events drew crowds and sparked both awe and skepticism among clergy and laypeople alike. Joseph was canonized in 1767, and he is now venerated as the patron saint of students, aviators, and those who struggle academically or intellectually. His legacy endures as a testament to the power of faith, reminding believers that even the most unlikely individuals can be lifted to great spiritual heights.

March is national Developmental Disabilities Awareness Month

A developmental disability is any of a group of chronic conditions, often present from birth, that affect physical, learning, language, or behavior, stemming from issues with the developing brain and nervous system before age 22, leading to lifelong limitations in major life activities like self-care, communication, learning, and independent living, requiring ongoing support.



Examples include Autism, Down Syndrome, Cerebral Palsy, Intellectual Disability, and Epilepsy, all causing substantial functional limitations.



Accepting the Gift

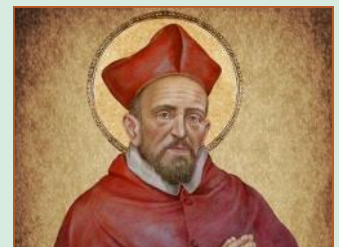
A Ministry for Catholic Special Needs Parents

Accepting The Gift is an organization for Catholic Special Needs Parents
www.acceptingthegift.org

ST. ROBERT BELLARMIN

Patron Saint of those with Down Syndrome

St. Robert Bellarmine (1542 - 1621) was one of the most influential figures of the Catholic Counter Reformation. Bellarmine became renowned for his clarity of thought, formidable memory, and deep commitment to defending Catholic doctrine. His most celebrated work, *Disputationes de Controversiis*, systematically articulated Catholic teaching in response to Protestant theology and became a cornerstone of Counter Reformation scholarship. Known for his austerity, charity toward the poor, and pastoral dedication, Bellarmine balanced intellectual rigor with humble service. He was canonized in 1930 and declared a Doctor of the Church in 1931, remembered today as the patron saint of catechists, canon lawyers, and those seeking clarity in matters of faith. He is considered a patron saint for people with Down syndrome because he dedicated his life to defending the dignity of all individuals, especially the most vulnerable.





**Sacred Heart Council 822
Knight of the Month**

1 Peter 4:10 says “As each one has received a gift, use it to serve one another as good stewards of God’s varied grace.”

This brother selflessly serves our Church, our council, and the community.

He is leader in the Boy Scouts, a Eucharistic Minister at St Joe’s and serves as our Deputy Grand Knight .

... Congratulations Mark Welch

- Jeff Christian, Grand Knight



Faith Formation Home Study Course

By Michael Daniels

It’s been a *long* time since I was a catechumen - decades in fact - and so when I saw that the Knights of Columbus offered a free home study course in faith formation, I thought, “Why not?” I honestly didn’t expect to get a lot out of the course, but I was quite wrong. The course is extensive - 10 lessons, sent two at a time, covering a plethora of topics on the Catholic faith. Each lesson consists of reading material, then multiple (usually over 40) questions on topics ranging from The Apostles’ Creed to the Mass and the Sacraments, to Grace, the Precepts of the Church, and finishing with God and Me. A certificate of completion, replete with an image of Blessed Fr McGivney, was a surprising and touching reward at the course’s end. During an especially rough time for me, this course was a way for me to stay connected to, grounded in, and grow with, my faith. I highly recommend it to anyone wanting to reconnect, reinforce, or reinvigorate their faith, and the course is available free of charge to anyone - regardless of gender or religious affiliation, from the Knights of Columbus Catholic Information Services.

About Catholic Information Service - www.kofc.org/cis

Since its founding, the Knights of Columbus has been involved in evangelization. In 1948, the Knights started Catholic Information Service (CIS) in response to blatant anti-Catholic bias in other religious media in order to educate non-Catholics about the beliefs and practices of the Catholic Church. Over time, this outreach has expanded to include publications for parishes, schools, retreat houses, military installations, correctional facilities, legislatures, the medical community and any individual who requests them. CIS has taken up the call of Jesus Christ to make disciples of all nations. In imitation of St. Pope John Paul II and Pope Francis, we propose the truth of the Catholic faith. Ours is the basic work of evangelizing today’s culture by accepting the challenge to make God visible in the human face of Jesus Christ.

Show your Knights pride while you drive!

Did you know that you can support the Knights of Columbus every day just by using your car? You have to have a license plate, so why not make sure it makes a statement?

The Indiana Bureau of Motor Vehicles offers a wide variety of license plate designs many of which that can be personalized. When you purchase or renew any Indiana license plate, you will pay registration fees and taxes determined by the year and make of your vehicle, and your county and municipality of residence.

You can support the Knights of Columbus by purchasing an Indiana State Council Knights of Columbus Charity Fund plate. You will pay a \$15 administrative fee (to the State) and an additional \$15 group fee which goes to the State Council to support KofC efforts!

This plate can be ordered through the Indiana myBMV.com website or at a branch. Plates will arrive in the mail within 21 business days.



Seminarian Antonio follows in the footsteps of Pope St John Paul II and Pope Leo XIII

Our very own seminarian Antonio Harbert is off to Rome for the spring semester, studying at the Angelicum Pontifical University of St Thomas Aquinas. He will be studying philosophy and theology and taking a course in the art history of Rome!

Antonio is the only seminarian from the Archdiocese of Indianapolis on this study semester abroad, joining other seminarians from the St John Vianey seminary in Minnesota.

We pray for Antonio's safety and success!

Knights and friends can write to him at The Irish Cottage, Via dei Santi Quattro 7, 00184, Roma RM, Italy.



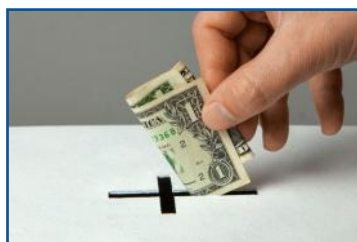
COR Men's Program

All men are welcome. You need not be a Knight to participate.

*Contact Ethan Apsley or Jim Kozinski
for more information or to help with this program!*



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 2025-2026 Council Officers

Grand Knight: Jeff Christian (also serves as Retention Director)	Chaplain: Father Mike Keucher
Deputy Grand Knight: Mark Welch	Chancellor: Jim Boksa (also serves as Membership Director)
Financial Secretary: Patrick Bohman	Recorder: Michael Daniels (also serves as Program Director)
Treasurer: Mark Beck	Advocate: Steve Goebel
Warden: Edgar Flores Inside Guard: Angelo Dellapenna	Outside Guard: Ethan Apsley (also serves as Evangelization and Faith Formation Director)
Lecturer: Randy Foreman (also serves as Family Director) Community Director: Jim Kozinski	One Year Trustee: John Schoentrup Two 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.

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

ST. JOSEPH CATHOLIC CHURCH

Make Bold Moves!



**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




MARCH BLOOD DRIVE

18 March 2026
4:30-7p at Columbian Homes



Register at
https://donateblood.versiti.org/donor/schedules/drive_schedule/11623719

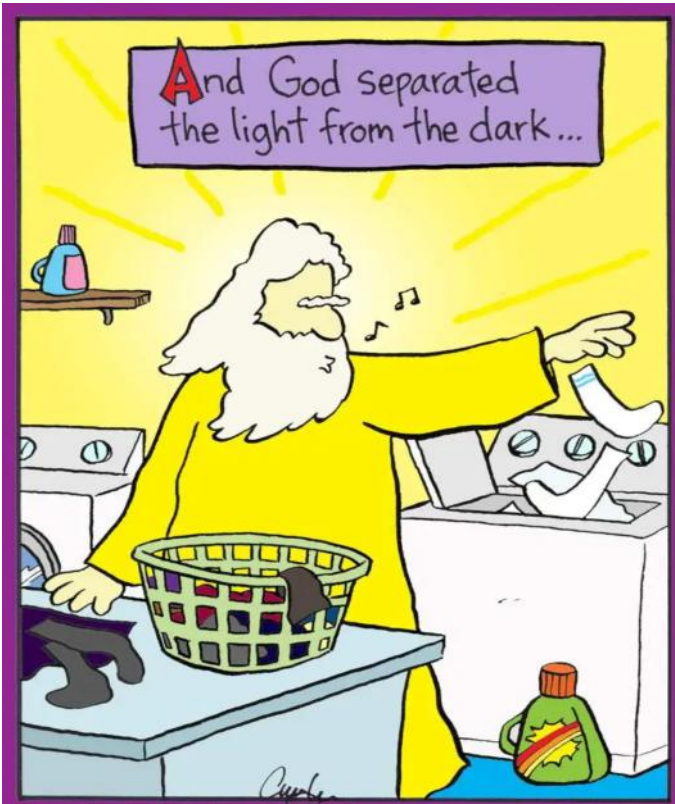


Don "Fred" Burns

Prompt, Professional,
Reliable Service

Fred & Sons 317-626-5973
Hauling & Tree Removal Service www.fredandsons.com

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



CUSTOMIZED CARE IN THE COMFORT OF YOUR HOME



Home Care with Infinite Possibilities

317.825.3115

Are you in need of support for appointments or errands? Do you require assistance with meal preparation or managing your daily routine?
We are here to provide the help you need!

Our range of services includes non-medical transportation, assistance with activities of daily living, pet care, companion care, meal preparation, and more!

Feel free to stop by our office at 1728 State Road 44, Shelbyville, IN 46176. Our dedicated staff is ready to answer any questions you may have and provide the support you need regarding our services.



COMING SOON!

Serving Shelby, Johnson, Decatur, Rush, Hancock, and Bartholomew counties.

AMICI NOSTRUM II

Please support those who support the Knights & St Joseph Parish



Bishop Simon Bruté
COLLEGE SEMINARY

[DONATE ONLINE TO
BISHOP SIMON BRUTÉ SEMINARY](#)

[DONATE ONLINE](#)
[TO](#)
[ST MEINRAD](#)
[SEMINARY &](#)
[SCHOOL](#)

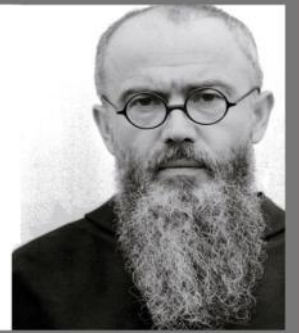


Saint Meinrad
Seminary &
School of Theology

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

"The
deadliest
poison of our
time is
indifference."

St Maximilian Kolbe



We need to see each child
as a gift to be welcomed,
cherished, and protected.

Pope Francis

© 2015-2016