

Pensacola Masonic Center
A&A Scottish Rite
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**Mission of the Scottish Rite of Freemasonry
In the Orient of Florida**

IS TO BE THE PREMIER FRATERNITY OF MEN OF INTEGRITY AND GOOD CHARACTER BY PROVIDING OPPORTUNITIES FOR PERSONAL GROWTH, LEADERSHIP SKILLS, EDUCATION AND SOCIAL INTERACTION BASED ON THE VALUES OF FRIENDSHIP, CHARITY, PATRIOTISM, TOLERANCE, INTEGRITY AND BELIEF IN A SUPERIOR BEING. TO THAT END, WE COMMIT TO MAKING A POSITIVE IMPACT ON HUMANKIND, PROMOTING OUR COMMUNITY AND PROVIDING A VALUE TO THE MASONIC FRATERNITY.



The Scottish Rite Creed

Human progress is our cause, liberty of thought our supreme wish, freedom of conscience our mission and guarantee of equal rights to all people everywhere our ultimate goal.

Send all general Valley email to:
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Roger White: treasurer@pensacolascottishrite.org

Diane: secretary@pensacolascottishrite.org



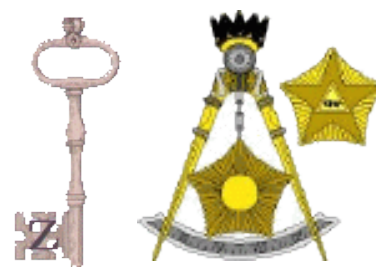
“Well Done, Good and Faithful Brother”

Bro. John	Christian	Butterbaugh	13-Mar-17
Bro. Carroll	Dixon	Darby	21-Aug-17
Bro. John	Allen	Ditmore	19-Aug-17
Bro. John	Elbert	Fulford Jr.	13-Aug-17
Bro. Barnett	David	Hendricks	29-Jun-17
Bro. John	Wayne	Holland	14-Sep-17
Ill. Robert	Duane	McGuire	08-Sep-17
Bro. Ronald	Edward	Schmitt	15-Sep-17
Bro. Terry	Wayne	Swiontek	20-Jun-17

Attention wives, family and care-givers:

Should the person to whom this newsletter is addressed be ill or in some difficulty, please call 850-494-0801

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The Outlook

Valley of Pensacola, Orient of Florida

November—December, 2017

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HOW TO STAY THE COURSE IN A NEGATIVE WORLD

Kurt P. Larson, General Secretary

This weekend we celebrated the Jewish holy day of Yom Kippur. For my readers who do not celebrate Yom Kippur, perhaps a little background. Yom Kippur is the holiest day of the year. One when we are closest to the Almighty and to the essence of our souls. Yom Kippur means “Day of Atonement,” as the verse states, “For on this day He will forgive you, to purify you, that you be cleansed from all your sins before God.” Leviticus 16:30.

A friend of mine is a Rabbi for a congregation in the South. He related to me one story that inspired this column. Rabbi K, who shall remain anonymous, scheduled an hour-long healing session sandwiched between the full day of prayers on this fast day.

Rabbi K told me, “Fifty people showed up, some willing to share the pain they were feeling from recent diagnoses of cancer, loss of loved ones, or family traumas, and others remained silent. When it was my turn, I brought up the challenge I felt at the time of being positive in a highly charged and negative world. Cruelty, brutality and insecurity seem to be more palpable than in the past, perhaps due to 24/7 connectivity with reports of wars, tragedies and beheadings. I described steps I use to emphasize the positive during the day while still being grounded in the events occurring in the world.

You could hear a pin drop in that room. You’d think I had a booger hanging out of my nose or some other nasty thing hanging off me. Finally, after about 30 seconds a small hand rose from within the room. The young lady, she had to be just shy of 100, said, ‘why do you focus on the negative?’ As a member of the clergy, I’m used to handling sickness and distress. But, her comment caught me totally off guard. ‘Why do I focus on the negative?’ I could not answer.

‘I guess it’s human nature,’ I said. And she replied, ‘why?’ Then what astounded me the most she said, ‘isn’t life supposed to be a contract between you and God? Aren’t we supposed to see the beauty in the world and create a life based upon the gifts given to us by him?’ She sure had unique insight. Perhaps I should spend more time with her and less in the dusty old books of my office!

After the session was over, I decided to sit down with her and talk. It was an interesting conversation, thought provoking and deep, but it only lasted minutes as she insisted she had to catch a ride with her friend.”

As Rabbi K related the story, I could picture this “young lady” and see her giving him her insights. So I started thinking – how do we as Scottish Rite Masons maintain a positive outlook when life in general is harsh, there are horrible things taking place around the world – even hitting close to home in California with wildfires, Florida with hurricanes, and Las Vegas with a crazed shooter?

Here are 12 of the techniques I use to maintain a positive outlook when the world seems so incredibly negative and out of control. Perhaps one will work for you:

1. Control the amount of negative news in your life

While I want to stay up on the events occurring in the world, sometimes a headline is sufficient to grasp new developments. I limit the time I spend with TV, radio and Internet, selecting only a few stories to read in full.

2. Control the number of negative people in your life

I spend most of my days talking to members about their problems health, finances, etc. Some days are filled with more uplifting

reports than others. However, I can select how much time I spend with relatives and friends that dwell on the negative. As painful as it may be at times, my calendar may not open to those who consistently drag me down.

3. Listen to music

I found that playing positive music in the car, my home and at work to be a great source of uplifting spirit. One of the most positive collections of music is what I have found in the most unusual places. Don’t feel bound by finding good things only in Target, WalMart or the internet. I can feel bountiful and full of bliss with just a few clicks of my phone.

4. Meditate

I choose to practice centering my thoughts and body in just a few minutes per day. Sometimes (although not recommended) simply turning off the radio in the car, or an extra long shower can clear the cobwebs from my life.

5. Live consciously

Awareness of my breath, the origin and nutrition of my food while eating, a blue sky, a purple flower, a bird’s song all can draw me into a feeling of gratitude for the moment that overcomes forces that can drag me down. Now I wish I could say I eat better than I do. I have a few pounds to lose – but when I eat right, get enough sleep and am aware of “me” I sure feel better and ready to take on the world.

6. Practice gratitude

Appreciating people for anything they may do to help during my day is always my goal, some days more successfully practiced than others. Helping others, holding a door, buying a surprise coffee for someone behind me in line (I call it random acts of caffeine), or letting someone merge into an intersection can be uplifting.

7. Pray

A simple prayer expresses thanks for the return of the spirit to the body after a night’s rest. Prayers also focus our inner self on something greater than us. It’s worth a try.

8. Read positive books and interviews

I’ve read my share of Norman Vincent Peale, Dale Carnegie, Tony Robbins, Og Mangino, and Billy Graham, but going back to them every now and then is a positive moment. Also, I select TED talks that describe new innovations, survivors of challenges, and insights into nature and feel better after viewing them. Word of warning-there are thousands of them. Choose wisely.

9. Give hugs

I love hugging my family. I’m still not sure about how to do this with others in a professional atmosphere but it sure works wonders with my family and me and brings out huge smiles. I can just watch the stress of others diminish and my own stress decrease.

10. Disconnect

My phone is my pager, my social media, my calendar, and my tether 24/7. The smartphone is a wonder of technology that is with me most of the time. Some sacred time requires that it be shut off, whether it’s one day a week as many religions mandate, an hour in the fitness club, or while meditating. I work to keep my phone and my brain far apart using speakerphone, Bluetooth or headsets. Please don’t be offended, however, that I disconnect as soon as I get home. You’d be amazed how many calls I get when I’m there

and I've found it's best left in another room when I'm trying to have quality time with my loved ones.

11. Laugh

Years ago, author Andy Andrews demonstrated the healing power of comedy and then I learned about his books. He taught me to observe that humor can play a healing role today as well. I have seen it first hand. Ever see a sick child with a clown? Just a minute of relief from the pain of the disease works miracles not only for the child but the clown as well. Put the days' worries behind, enjoy a few belly laughs, and think positively about the coming day.

12. Connect with animals

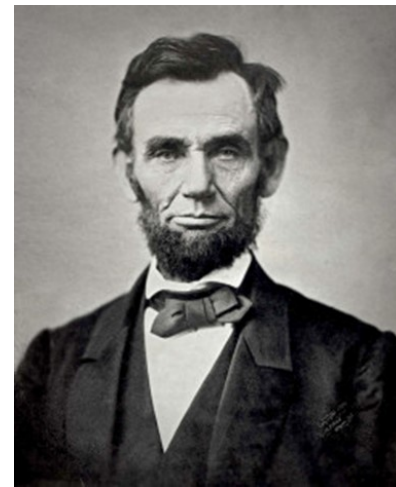
My work day ends when I walk in my home and see a tail wagging with joy for the fact that I've returned. I have to sit down right then, whether in a suit or scrubs, to let Shadow wag the tail and welcome me home. I doubt there's a better therapy after a long day, and I'm sure many of you feel that the love from a pet can counter so much negativity.

My wife and I have joked for years about moving to an isolated island where life is simple. Decades later, careers, children, and goals have kept us from fantasy. The Dalai Lama was quoted as saying, "When we meet real tragedy in life we can react in two ways, either by losing hope and falling into self-destructive habits or by using the challenge to find our inner strength." ✖



Ill. James A. Durham presents a 50-year certificate and pin to Ill. Joseph Tarbuck at the September Stated Meeting. Ill. Joe has stayed the course—will you?

LESSONS FROM LINCOLN



Written in 1863 in a scant 273 words and delivered in just over two minutes, Abraham Lincoln gave what is arguably the most famous speech in American History. It's impact came not from it's length or importance at the time (it was secondary to other presentations that day) but by the power it delivered on three levels!

1. It reshaped new perceptions

The nation was reeling from the devastation that was the Civil War. Lincoln knew the country needed a new perspective on that war in order to move forward and heal. He reframed the tragedy in ways that made it essential to the identity of a new nation that was emerging from the ashes.

As Scottish Rite Masons, we are stewarded with the task of reshaping new perceptions, to help men see their lives in a new light and in liberating ways is a powerful elixir to despair. Life is hard and many people sail the seas of life without a good rudder.

2. It invited new resources

In the speech, Lincoln invoked the principles of human equality contained in the Declaration of Independence. He persuaded his listeners to take advantage of the powerful resources provided in the founding of a free democratic society. Tapping into them, Lincoln knew, would change history.

People are inundated today with advice and information on how to live the good life or become more successful. So much of those resources are not worth what they are charging. People will appreciate and respond to resources given that make them think in a new key and provide the impetus for real change. Think carefully about the resources you bring to people and rather than peddle them as a "quick fix", deliver them with honesty and conviction!

3. It embraced new directions

Where was the country to go after the trauma of four years of war and the loss of thousands upon thousands of lives? Lincoln knew the country needed a compass that would point to a new true north. It was time to begin again and the direction was one that would (must) preserve the power of democracy.

Life so often seems senseless. Wars and rumors of wars. Disease and injuries become more prevalent as we age. What is going on? As Scottish Rite Masons we have the honor and the responsibility to steer people in the direction of hope. When sharing from your own difficult issues in life, it is essential we point people toward hope rather than despair. Depression has a tight logic after all and the power of the craft can open up all kinds of avenues on which hope can be pursued.

Edward Everett, the featured speaker at the dedication ceremony of the National Cemetery of Gettysburg, later wrote to Lincoln, "I wish that I could flatter myself that I had come as near to the central idea of the occasion in two hours as you did in two minutes." As Masons we are sticklers for clarity. Add that to the deeper levels of reshaping new perceptions, inviting new resources, and embracing new directions and your thoughts, words and deeds will go places in people's hearts you could scarcely imagine! Today, I'm telling you, whether you've been a Mason for two years or fifty-two, it's not about just being a Mason – it's about living it. ✖

RINGING THE BELL FOR SALVATION ARMY

Bro. Ed Scheye

It's that time of the year for us to support the annual Salvation Army Kettle Drive. On Saturday, November 18, we will be at the main entrance of Cordova Mall, 9th Ave. and Bayou Blvd., from 10:00 AM to 7:00 PM.

As in previous years, we expect a successful and cheerful day. A sign-up sheet is posted in our administrative office, with two hour time slots (two people each) available. As this community support program is part of our Valley Membership Project (VMAP), we are authorized to wear our Scottish Rite hats and shirts. ✖

THANK YOU FOR YOUR SUPPORT OF THE 2017 SCOTTISH RITE LIBRARY BOOK DRIVE

Bro. Joel Fairbanks, VMAP Chairman

I would like to thank all of the members of our Valley, and spouses, who stepped up to support our Valley's "3rd Annual Scottish Rite Library Book Drive" held in September. Thirty-three books were donated to our Valley's library along with \$30 in cash donations to help us purchase new Masonic books. In particular, I would like to thank Brother Richard Loverne for his generous donation of books which he mailed to our Scottish Rite Center. Such dedication and support! As always, you can drop off donations for our library throughout the year at the Scottish Rite Center's office.

I would also wish to thank the Knights of St. Andrew for their support working at the collection table during the Book Drive. Additionally, again during this Fall Reunion, the Library Committee will present each of our new candidates with a personal copy of Albert Pike's *Morals and Dogma*. Thank you all for your support of our Valley's library. ✖

SCOTTISH RITE WOMENS ASSOCIATION

Lois Thiergart, President—SRWA

I missed all of you when Otto and I took September vacation to see New England family and cruise up the coast to Nova Scotia. I believe fall is really here; children in school, confederate roses blooming, multi-colored pansies, and mums brightening our gardens.

Each year we raise money for our Scottish Rite Masons by auctioning off home baked goodies at the November meeting. Please bring your favorite baked pie, cake, brownies, breads, cookies, scones, turnovers, or whatever delightful creation to share. You have done such a great job in the past, that I am sure we will outdo that this year. THANK YOU! THANK YOU!

Enjoy Halloween and Thanksgiving! Family comes first, always. Blessings to all, Lois ✖

THANK YOU MORE THAN EVER!

This last year has been a trying time in our nation's history and that of the Scottish Rite. Change is happening all around us. Change is happening here as well. The Valley of Pensacola has survived a hurricane, the upcoming change of leadership in the Orient, and so much more. We've been able to fund a new sound system for the dining room, repair the lights in the Lodge room, stop the leaks in the roof and curb the tide of membership losses. Thank you my Brothers. Thanks in no small part to you and your actions. Only because of you have we been able to provide quality programs for our members. Because of you, we have been able to share in fellowship. Because of you, we have been able to grow as a community. Thank you to the officers and directors who've given their time and talents to give us a roadmap for improvement. Lastly, thank you to our Personal Representative who has undergone a very trying year—our staff—our volunteers—and those who make a difference in so many people's lives everyday. It is a pleasure to serve you, and we are looking forward to handling the future challenges together. ✖

2017 CALENDAR OF EVENTS

Nov 1	Education & Sandwich Supper	5:30 PM
Nov 2	Executive /Directors Meeting	4:30 PM
	KCCH Meeting – Conference Room	5:30 PM
	KSA Meeting – Library	5:30 PM
	Invocation followed by Dinner Program – Veterans Day Program	6:15 PM
	Election of Officers	
	KSA Honor Guard	
	Host – Wise Master, Chapter of Rose Croix	
Nov 21	Thanksgiving Luncheon	12:00 PM
Nov 23	Office Closed	
Nov 30	Knights of Saint Andrew	6:00 PM
Dec 6	Education & Sandwich Supper	5:30 PM
Dec 7	Executive /Directors Meeting	4:30 PM
	KCCH Meeting – Conference Room	5:30 PM
	KSA Meeting – Library	5:30 PM
	Invocation followed by Dinner	6:00 PM
	SGIG Visit – Pearl Harbor Observance	
	Mason of the Year Presentation, Installation of Officers	
	Combined Honor Guard	
	Host – Master of Kadosh, Consistory	
Dec 12	Newsletter Production	9:00 AM
Dec 12	Fellowship Luncheon	12:00 PM

Office Closed December 18 thru December 30

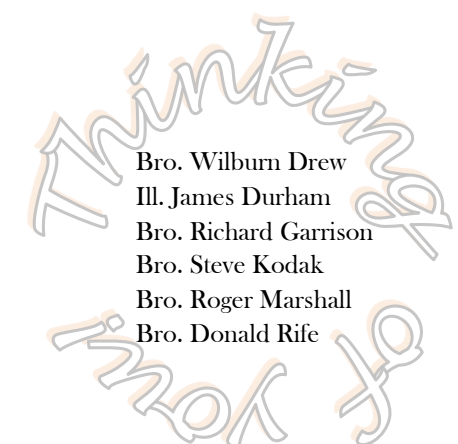


Our newest Masters of the Royal Secret with MOK Bobby Kickliter at the Ring and Patent Ceremony. Pictured on the left, Daniel Dorman,— right, Clark Yates.

*From our house to yours—
Happy Holidays*



CIRCLE OF CONCERN



- Bro. Wilburn Drew
- Ill. James Durham
- Bro. Richard Garrison
- Bro. Steve Kodak
- Bro. Roger Marshall
- Bro. Donald Rife

Please remember our Brothers during their sickness and distress. Privacy issues prevent us from printing addresses and telephone numbers here. Please contact the General Secretary's office for more information.