

Pensacola Masonic Center
A&A Scottish Rite
189 W. Airport Blvd.
Pensacola, FL 32505

SUPPORT THE SCOTTISH RITE FOUNDATION OF FLORIDA

NON-PROFIT ORG
U.S. POSTAGE
PAID
PENSACOLA, FL
PERMIT NO. 126



Return Service Requested



«AddressBlock»

**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.

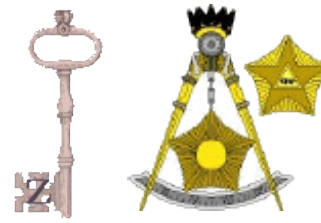


“Well Done, Good and Faithful Brother”

Bro. Donald L. Boling	14-Jul-20
Bro. John Edward Brinkman, Jr.	08-Aug-20
Bro. Billy Edward Cook	24-Jul-20
Hon. Jack O. Crooke	11-Oct-20
Ill. James Alfred Durham	09-Sep-20
Bro. Dilver William Fellers	16-Jan-20
Bro. Carl DeForest Greene	01-Sep-20
Bro. Robert Edward Holladay	29-Jul-20
Ill. Billy Joe Little	30-Jul-20
Bro. James E. Moore Jr.	06-Dec-20
Bro. William Edgar Phillips	01-Sep-20
Bro. Joseph Wesley Reed	31-Aug-20
Bro. James Irvin Shelby	01-Sep-20
Ill. Edwin Asa Stewart, Sr.	13-Oct-20
Bro. Wayland E. Tyner	06-Dec-20
Bro. William Albert VanDerHorst	23-Jan-20
Bro. William Vernon Williams	11-Oct-20



NOT JUST A MAN. A MASON.



The Outlook

Valley of Pensacola, Orient of Florida

JAN—MARCH 2021
ISSUE NO. 90



**Notes from the General Secretary
Hon. James A. Salisbury, Jr.**

The year 2020 will be one for the books; Covid19, the election, being in Hurricane Central more times than anyone wanted, looking for toilet paper and bleach, to name a few. We have survived, the Valley is still here, and we have 2021 to look forward to. The coming year will bring its own surprises. There are some bright spots to look forward to; Honors is just one of them. Throughout our Orient, Scottish Rite men will be selected to receive Honors and some of those may very well be in our Valley. The Deputy of the Orient, Ill. Richard G. Hoover, will visit the Valley for our February meeting. That meeting is also our Double Eagle Awards and Ring and Patent program. So far, the first couple of months will be busy.

Our Body Heads have coins from the Orient of Florida. These coins are being sold to support the Scottish Rite Foundation. Please purchase as many as you like. When we run out, we will order more. This program, along with the BBQ Sandwich sale scheduled for June, should really help us donate a lot to the Foundation.

I look forward to seeing all kinds of activity within these walls in the coming year. We are expecting each of the Bodies to do a fundraiser. New Body Heads should be working on that as we speak. You do not need to keep doing some of the same old things; think out of the box, come up with something new. Also, be specific as to where you want the proceeds from your fundraiser to go: Building Fund, General Fund, new things. We are always being asked ‘can we do this’ or ‘can we buy that.’ There is not an infinite amount of funds available. When you ask about something also give an idea as to where the funding will come from. That will be the first question I will ask you.

We need to continue to grow in Membership. Brother Jerry Covington is our new Membership Director. Please give him all the assistance that you can. Just think what it would be like to have 15 or 20 new members for the Spring Reunion; the same, if not more, for the Fall Reunion, and the thought of filling the sidelines. Something that has not happened in a long time. I would like to thank all the outgoing 2020 Officers. You did not have an easy year, with all the scaled down or canceled programs. But you are not going anywhere. I will still call on you for various things through the year. Remember, Honors are never about a reward or for things you have done in the past. They are always about what you will do tomorrow and the next day. “What have you done lately to improve the Valley of Pensacola?”

I wish all of you a very Merry Christmas and a Happy New Year! ❄️



Valley Veterans Day Celebration
Honoring LCPL Travis Nelson
USMC



2020 Mason of the Year
Bro. David York

**Benefits of Practicing Gratitude
According to Science**

Ill. Kurt P. Larson, Personal Representative

The health benefits of expressing gratitude are many, and some might surprise you. Scholars, spiritual leaders, and scientists throughout history have deliberated on gratitude. More recently, the scientifically – validated benefits of gratitude are better understood.

Through the work of leading researchers like Robert Emmons and Martin Seligman, we know that this virtue is more than just saying, “thank you.” As Masons, we don’t need researchers to tell us what we already know. However, can we receive far greater gifts from gratitude than just making us happy?

On an individual level, there are numerous studies demonstrating how gratitude journaling can increase one’s happiness. Others show that inflammation in one’s body can decrease. Each study offers insights into how a person can improve their overall health and well-being. Yet, how does Masonic gratitude reduce stress, increase optimism, and change your brain?

For that we need to look deep within our organizations, members and selves. There is a plethora of information available. Our rituals (Blue Lodge, Scottish Rite, York Rite, etc.) outline several benefits. For the individual: increased happiness and positive mood, more satisfaction with life, less materialistic, less likely to experience burnout, better physical health, better sleep, less fatigue, greater resiliency, encouraging the development of patience, humility, and wisdom, to name a few. But, you knew that, didn’t you?

For our members: increases social behaviors, strengthening our relationships, improving effectiveness, increasing satisfaction in the organization.

So let’s look at the research. Showing gratitude is not merely saying, “thank you.” Wong and Brown (2017) asked how gratitude affects us mentally and physically. Their study involved assigning students into three groups: Group one wrote a gratitude letter to another person every week for three weeks. Group two wrote about their thoughts and feelings about negative experiences. Group three didn’t write anything. All three groups received counseling services. Group one reported “significantly better mental health four and 12 weeks” after the study ended.

The researchers analyzed their findings to figure out how gratitude has these effects. They determined that gratitude does four things: 1. Gratitude disconnects us from toxic, negative emotions and the ruminating that often accompanies them. Writing a letter “shifts our attention” so that our focus is on positive emotions. 2. Expressing gratitude helps us even if we don’t explicitly share it with someone. We’re happier and more satisfied with life because we completed the exercise. 3. The positive effects of gratitude writing compound like interest. You might not notice the benefit of a daily or weekly practice, but after several weeks and months, you will. 4. A gratitude practice trains the brain to be more in tune with experiencing gratitude — a positive plus a positive, equal more positives.

Their findings echo research done by Emmons and many others. Bartlett & DeSteno (2006) found there is a positive relationship between kind, helpful behavior, and feeling grateful. In, “Gratitude and prosocial behavior: Helping when it costs you” they discuss this connection in great detail. Throughout three studies they determined: Gratitude facilitates helping behavior, grateful people help the people who helped them (benefactors) and strangers similarly, and reminding people who helped them (a benefactor) still increased helping behavior exhibited toward strangers. The reciprocity norm wasn’t a factor.

SCOTTISH RITE OUTLOOK
Published Quarterly
Pensacola Scottish Rite Bodies
189 W. Airport Blvd.
Pensacola, FL 32505
Phone (850) 494-0801 / Fax (850) 476-0120
E-mail: gensec@pensacolascottishrite.org
Editor in Chief
Ill. Kurt P. Larson, Personal Representative
Publications Committee
Hon. James A. Gazaway, Master of Kadosh
Hon. Alan B. Cox, Commander
Bro. Shawn D. Johnson, Wise Master
Bro. William R. Paulchek, Venerable Master
Managing Editor
Hon. James A. Salisbury, Jr.
Creative Director
Diane Palermo

All views expressed in *The Outlook* do not necessarily reflect those of the Valley of Pensacola. © 2021 Valley of Pensacola

Dickens and DeSteno (2018) found an association between self-control (patience) and gratitude. Grateful people delay future rewards to a higher degree than ungrateful people. The researchers point out that this has implications for more than one's finances. Increasing levels of gratitude also could help people positively affect health-related behaviors.

As easy as gratitude is to put into practice, there is one thing that can get in the way of it 'going viral': Ingratitude. What are the characteristics of ingratitude? Try these: excessive sense of self-importance; arrogance; vanity; unquenchable need for admiration and approval; sense of entitlement. Some might recognize these as traits describing a narcissistic personality or even organization. Researcher Thomas Gilovich (2017) describes ingratitude as the result of "adaptation, dwelling on negatives, and skewed perceptions of hardships."

The world took a negative turn not long ago. Scientists have shown global levels of stress, worry, sadness and pain hitting new highs." In 2020, we had two major factors – a bitter political campaign for control of our nation and a virus, the likes the world has not seen in several generations. How can this trend change for the better? One way is through practicing gratitude.

Now, don't get me wrong. I too have had to learn the lessons the hard way. There are those who have seen "the darker side" of me. There was a time when the three organizations who share the building could not appreciate the others position. We have worked hard at being "one" within the confines of our "home." That took a lot from all sides. And for those lessons learned – I, personally, am grateful.

The Benefits of Gratitude in the Fraternity

People spend more time per week working than with their families. And a lot of time in our Lodges. Since this is the case, it is vital that men meet in healthy, supportive environments. Instilling and expressing gratitude is a simple way we can increase member's satisfaction. Some members are hesitant to engage in formal gratitude practices. In response, researcher Amie Gordon (2019) identified Four myths about being grateful at work but this can be applied to our situation. She outlined the truths about gratitude revealed through scientific inquiry. The myths and truths are:

- Myth #1:** It's forced.
Truth: Participants assigned to "be more grateful" are more satisfied, healthier, and happier. People enjoy gratitude interventions even when told to practice it.
- Myth #2:** It's fake.
Truth: Expressing gratitude when it is felt matters. Being specific about what one is grateful for heightens the experience for both people.
- Myth #3:** It's fluffy.
Truth: Gratitude is about feeling valued by others and seeing value in others. The majority of members will leave if they do not feel appreciated and recognized.
- Myth #4:** It undermines authority.
Truth: Grateful leaders inspire trust. They are perceived as having more integrity.

There is no denying that many places induce stress. How can expressing gratitude help?

How to implement gratitude Fraternity-wide? Cultivating gratefulness can be a challenging undertaking, but professor Ryan Fehr (2019) has. They are: Build a gratitude habit (rituals, practices, etc.), Draw from many resources (appreciation programs, interventions, helping others, others helping us, building skills, etc.) – VMAP helps Valleys find and implement such systems from other Valleys. Guard against negative emotions (envy, excessive pride, and anger).

15 Things You Can Do to Realize These Benefits

These suggestions adapted from Sansone & Sansone (2010) and Emmons (2010) are easy to do daily or weekly.

Journal about things, people, or situations for which you are grateful. Consider including negative situations like avoiding an accident, for instance.

1. Think about someone for whom you are grateful.
2. Write a gratitude letter to someone for whom you are thankful. Consider sending it or giving it to them in person.
3. Meditate of gratitude (present moment awareness).

4. Do the "Count Your Blessings" exercise (at the end of the day, write down three things for which you were grateful).
5. Practice saying "thank you" in a real and meaningful way. Be specific. For example, "Thank you for taking the time to read this article. I enjoy reading your contributions because they broaden my understanding of this subject."
6. Write thank you notes. Some might say this is a lost art. Challenge yourself to write one hand-written note every week for one month.
7. Pray about your gratitude or use specific prayers of gratitude.
8. Recall a negative event. Doing this helps you appreciate your current situation.
9. Be mindful of your five senses. How does each enhance your life?
10. Create visual reminders to practice gratitude. Sticky notes, notifications, and people are great for this.
11. Focus on the good that others have done on your behalf.
12. Actions lead to gratitude. Smile, say thank you, and write gratitude letters.
13. Be grateful gazer. Be on the lookout for opportunities to feel grateful.
14. Give something up. We tend to adapt to newness; sometimes it's a good idea to give something up so that we can increase our appreciation of it.
15. Think about what your life would be like if a specific positive event wouldn't have happened. Write all the decisions and events that would have been different in your life. For instance, what if you didn't meet your spouse? What if you didn't get the dream job you have now? What if you hadn't stopped a particular bad habit?

A Take Home Message

Regardless of who you are, or the circumstances of your life, the benefits of gratitude are undeniable. There are numerous books on gratitude, workbooks, apps, and premade journals available, making it easier for everyone to increase their practice of this virtue every day. But it is the execution or action of the activities that will you commit to implementing which will make a difference in your life, your Fraternity and home. Let's start today, by embracing peace, harmony and Brotherly love. That will be our mission over the course of the next year. To rebuild our Fraternity to embrace our differences and make Freemasonry the guiding light for all mankind. ✖

Hon. Alan B. Cox
Commander, Council of Kadosh
Americanism Director

As we get ready to start out 2021, we have to look at the positive side of things. We survived 2020 without any major disasters in our lives. We had a hurricane come to visit which caused an inconvenience, but let's remember it was just an inconvenience. We still have a lot to be thankful for. I'm a firm believer that every day my feet hit the ground and my eyes open up is a good day, and I thank the good Lord above for it.

As the Commander of the Council of Kadosh, I plan on having the same high standards of those that have gone before me. We will assist the different Bodies of the Valley in their fundraising efforts. I'm looking forward to having a good year in general.

Remember two things, we need to enjoy what we are doing, and that if it was easy anybody could do it! We are a highly motivated bunch of individuals working together as one for a common goal: making the Valley of Pensacola Scottish Rite the best that it can be. ✖

Send all general Valley email to:
gensec@pensacolascottishrite.org
Others:

Kurt Larson: prsgig@pensacolascottishrite.org
 Bobby Kickliter: treasurer@pensacolascottishrite.org
 Diane: admin@pensacolascottishrite.org

Hon. Oscar Ferrell
Past Master of Kadosh

It was indeed an honor and pleasure to serve as Master of Kadosh in 2020. Although we missed several meetings and our two annual Reunions due to the COVID19 virus, we managed to survive. We still have a challenging and difficult year ahead that will require us to pull together as a team and support the Valley. It is important that we continue to concentrate on our several charities and fundraisers to keep our doors open and support the Foundation during these difficult times.

I wish everyone the very best in the coming year and stay safe. ✖

Hon. John Mick
Past Wise Master, Rose Croix

Hope that all of you had a fruitful and safe Thanksgiving, and all the best for the upcoming Christmas season.

This has been a short and different year for all Scottish Rite Valleys. It is hoped that 2021 will be better. With the ever increasing cases of Covid19, our meeting both at our Lodges and our Valley could be in jeopardy.

Remember to wear your mask and wash your hands often. This will help protect not only you, but your family and those around you. ✖

2020 Valley Book Drive
Hon. Joel K. Fairbanks

I would like to thank all the Brothers and Sisters who contributed to the Valley of Pensacola's 2020 Book Drive conducted during the September 4th meeting. This year 18 Masonic books, 4 videos, and \$61 were donated to the Valley's Library. As you may know, there is not a line item in our Valley's budget for the Library, so this annual event is the main way to build and maintain our Library at the Pensacola Scottish Rite Center.

This is the 5th year that the Book Drive has been conducted. Over the past five years you have donated 140 Masonic books, 4 videos, and \$363.00 to our Library. Due to your generosity and support, we need another bookcase for our growing library (even after weeding out some of the duplicate volumes). Your donations have also helped purchase new books for the Master Craftsman study series as well as providing copies of "Morals & Dogma" to our new brothers, presented to them during the Spring and Fall Reunions over the past 5 years.

So, "Thank You!" again for your support. Of course, donations to the Valley's Library are welcome anytime during the year. So, as you do your fall cleaning, be sure to consider donating any Masonic books that you may have read at home that are now collecting dust on your bookshelves. Also, remember that the Valley Library is your Library and this outstanding collection of Masonic books is of little value if they are not checked out and read by our Members. So thank you again for your support of the Valley of Pensacola's Library and please stop by the Library and check out this impressive collection of Masonic books and resources! ✖

Scientia Potentia est !

Hon. James E. Draeving
Past Venerable Master, Lodge of Perfection

Brethren, as the outgoing 2020 Venerable Master of the Lodge of Perfection, I would like to take this opportunity to thank all those who served as Officers during this extremely difficult year. Your attendance and participation were greatly appreciated and you performed each duty with the highest level of professionalism. I was proud to see a 90% officer attendance for both our full form opening as well as the annual cook out. Thank you again from the bottom of my heart, and I look forward to supporting each of you during your year in the East. ✖

Note: Office closed Dec. 18, 2020 thru Jan. 3, 2021

2021 CALENDAR OF EVENTS

Jan 6	Education & Sandwich Supper	5:30 PM
Jan 7	Executive Meeting	4:30 PM
	KCCH Meeting – Conference Room	5:30 PM
	KSA Meeting – Library	5:45 PM
	Invocation followed by Dinner	6:15 PM
	Program – Feast of Kadosh, KSA Squiring Ceremony	
Jan 18	Office Closed	
Jan 23	KSA/ROS Robert Burns Night (Open to all)	6:00 PM
Jan 28	Knights of Saint Andrew	6:00 PM

Feb 3	Education & Sandwich Supper	5:30 PM
Feb 4	Executive Meeting	4:30 PM
	KCCH Meeting – Conference Room	5:30 PM
	Invocation followed by Dinner	6:15 PM
	Program – Double Eagle, Ring and Patent Awards	
	KCCH Honor Guard	
	Host – Venerable Master, Lodge of Perfection	
Feb 15	Office Closed	

Mar 3	Education & Sandwich Supper	5:30 PM
Mar 4	Executive Meeting	4:30 PM
	KCCH Meeting – Conference Room	5:30 PM
	KSA Meeting – Library	5:45 PM
	Invocation followed by Dinner	6:15 PM
	Program- TBD	
	KSA Honor Guard	
	Host – Commander, Council of Kadosh	
	Newsletter Articles Due	
Mar 6 & 20	226th Reunion – Spring	
Mar 16	Newsletter Production	9:00 AM
Mar 16	Welcome to Spring Luncheon	12:00 PM



Hon. Russell Burgin
Bro. Arthur Cook
Bro. Bruce Cropper Jr.
Bro. John Gutermuth
Mrs. Lynn Harrell
Ill. Jimmy Lindt
Mrs. Karen Mick
Hon. Don Smith
Hon. Cris and Bing Villanueva
Bro. Charles Watson