



Letters from Whatcom Lodge No. 151

Free and Accepted Masons of Washington

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January-February 2022

Whatcom Lodge Report

Greetings Whatcom Brothers:

Gosh, January went by, for me at least, in a flash. But then, I had to make a couple of trips to Astoria and out here on the edge of the known world, we had significant snow to cope with. In fact our WM Craig Bruner cancelled our January Special Communication due to hazardous travel conditions. A few members in Bellingham did gather for a social pizza event.

Later in January we did meet for our Stated Communication but had to ask Grand Master WB Cameron Bailey to appoint a Special Deputy so we could conduct business. The WM, SW and JW were all quarantined due to exposure to the Covid virus. GM Bailey did appoint WB Ken Peck as Spl. Dep. and fortunately 6 other brothers attended so our business was handled.

Petitions: We concluded the Investigation of Mr. Vaughn Boatwright and the report was *Full & Favorable*. The petition was then balloted-on and the result was *Fair, Clear & Bright*. The EA Degree for Mr. Boatwright is set for February 17th at our Stated Communication.

Degrees: The EA Degree for Mr. John Little was moved up and is set for February 3rd at our Special Communication. The FC Degree for Bro. Luke Sullateskee we hope will be at one of the March meetings.

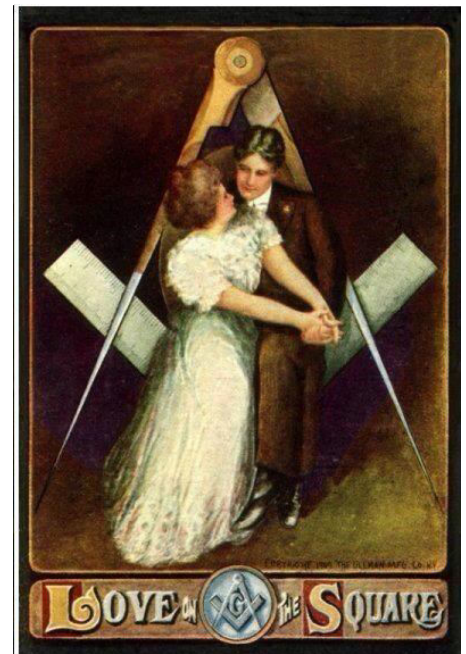
Passing: WB Ken Peck was recently contacted MS Mary Skelton, the niece of WB Alvia "Jack" Goodwin. She informed us that WB Goodwin passed to the Celestial Lodge on 12/21/2021. WB Jack Goodwin was 85 years old.

Charity: As you may recall the Lodge approved a sum of \$5,000 to be distributed to Food Banks in Whatcom County. This sum has been disbursed in \$1,000 checks to: Bellingham Food Bank, Ferndale Food, Blaine Food Bank, Nooksack Valley Food Bank and the Foothills Food Banks. The NV Bank covers Everson, Nooksack and Sumas while the Foothills Bank covers, Glacier, Maple Falls, Kendall, Deming and Acme communities. Each of these Food Banks have gratefully expressed their thanks for Whatcom Lodge's generosity.

Secretary — 'Country' John Browne, contact info on page 4

Stated Meeting Dates of the District Ten Lodges

- Feb 4th Bellingham Bay - 7 pm
- Feb 10th Lynden/Ferndale Int. Lodge opens at 7 pm.
- Feb 17th Whatcom Lodge - meeting opens at 6:30 pm.



Whatcom Lodge 151 meets on the 1st (special) and 3rd (stated-business) Thursdays of each month.

Whatcom Lodge emphasizes Masonic heritage and ritual proficiency. We are proud to support our Masonic Youth organizations and encourage members to practice charity outside the lodge. It is our intention to promote individuals to build their own strong moral and spiritual temples.

Lynden/Ferndale International 56

I bring Greetings from our Master, WB Troy Luginbill,

I just looked at the thermometer and it said it is cold, I personally am ready for spring.

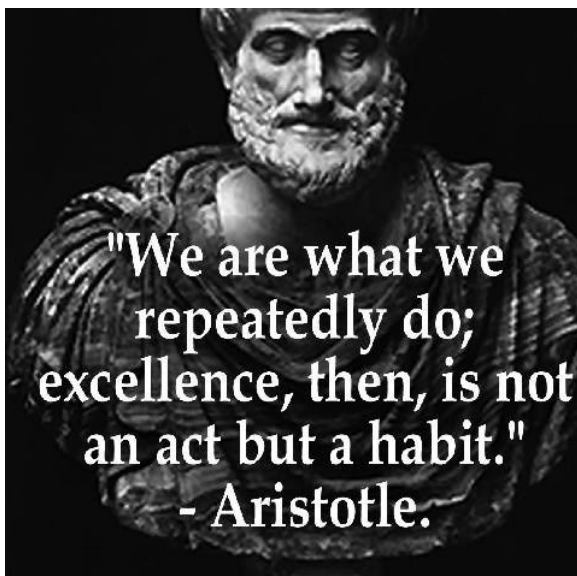
At our twice delayed Executive Meeting for January 2022, up-coming events were a major discussion. One topic was our annual hosting of our two "*Hands Across The Border*" dinners. In the past we have hosted the Spring Dinner in April and then our Fall Dinner in mid-fall. We have always invited our B.C. Grand Lodge Officers and their District officers to join us and our Grand Master and his Officers. Because of the current Covid shut downs we decided to cancel the spring event and cross our fingers in hopes that by fall we will all be able to get together without fear of everyone going home with a bug. This was not an easy decision to make but we feel a very necessary one.

At our next Stated Communication we will be voting on, I believe, three Petitions, one for Plural Membership, one for reinstatement and one for the Degrees of Masonry.

At our last Stated we had to ask our District Deputy to conduct the meeting. WB Luginbill and our Secretary, WB Decima were both quarantined. I felt like I would have to get better to die and my wife was in the hospital. They released her the following Saturday and she is recovering from surgery here at home.

Our next Stated is February 10th, 7pm, and we would sure like it if you all could join us that evening. Our refreshments are some of the finest, thanks to the Ladies of the Eastern Star and the only charge is your company. One more thing, our lodge seats are very comfortable.

Fraternally,
WB Everett Thompson



Washington Masonic Charities

PO Box 65830 University Place, WA 98464 253.442.2505
www.wa-masoniccharities.org

Happy New Year District 10!!

I wanted to personally say "Thank You" to those of you I have had the opportunity to meet this past year as well as to present at your lodge meetings. Thank you for your support. It is my personal goal to meet more of you and to speak about WA Masonic Charities at an upcoming lodge meeting (dinner) in 2022!! Please reach out to me so that we can schedule a time that is convenient.

I understand that some lodges have new secretaries and Worshipful Masters so to those of you who do not know me, my name is Megan Quigley, and I am a Case Manager for WA Masonic Charities. I serve Districts 2, 4, 5, 7, 8, 9, 10 and 11. Our goal is to assist Masons, their wives, and widows as they age and to assist them to live as independently as possible for as long as possible in the comfort of their own homes. Some of the services, we offer include Information and Referral, Assessment(s), Care Planning and Home Visits, Financial Benefits Application Assistance and Emergency Needs.

Today, I wanted to mention our Widows program. Attached you will find a template for a letter we have put together for Secretaries to send to a new widow if you choose to use it. I have also attached a Newly Widowed Self Care list that has proven to be very helpful in the event of losing a loved one. Here at WA Masonic Charities, we strive to work in partnership with our lodges in providing support to Widows letting them know we are here for them to offer support, provide information about resources as well as assisting them obtain services from those resources. We also have a financial checklist for someone who has recently lost a spouse. Let me know if you are interested in having a copy as a resource for your members and their widows.

I hope to hear from you soon!! I am looking forward to what 2022 will bring and I hope you are too!!

Thanks!!!
Megan Quigley
360-282-6687

Please see page 3 for some very interesting information relating to our aging population.!

Reprinted from a Washington Masonic Charities email for your edification. Sec'y 'Country' John Browne - W-151

Newly Widowed - Self Care

Grief is felt emotionally and physically. It affects you in ways you won't even expect. It is understandable that there will be days that you can't face the thought of getting out of bed and even a task as simple as preparing a meal will seem overwhelming.

You may also feel tempted to put all your energy into looking after those around you but, as the saying goes, 'you can't pour from an empty cup'. It is important to be gentle with yourself and recognize your limits.

Try to eat - even when you are not hungry, when you don't feel like it and when food tastes like nothing.

Shower/bath, brush your hair, brush your teeth – every day.

Continue to do the little things you love because they will bring you some comfort. You may need to remind yourself what these things are (ie. reading, cooking, fishing, sport, music, writing).

Even if you've never been a writer before, try it now. It can be a great way to express your emotions and sort through the thoughts in your mind, in a private and safe manner. Writing helps your brain process the trauma that comes with grief, it's of even more benefit if you use a pen and paper however typing can also help.

Massage may be beneficial for relaxation, releasing emotions and human contact.

Physical exercise is so beneficial. You may not feel like doing much but try something even if it's just a short walk around the block each day.

Everyday step outside. Allow yourself to feel the beauty of the sun shining on your face. Try to focus on only the warmth it provides you and bring yourself into that moment. It may give you a moment of calm.

Make self-care part of your routine. Such as take a bath/light a candle before bed or walk around the block when you wake up in the morning.

Meditation and yoga can be a great way to promote peace and quieten your mind. Seek out a restorative form of yoga such as yin yoga or meditation and work up to the more energetic forms of yoga, such as vinyasa.

Laugh. It is so therapeutic. Sometimes you will laugh so hard, it ends in uncontrollable sobs. That's ok!

Newly Widowed – What to Expect

There are stages of grief and this may be the first thing you find when you Google 'grief' and 'widow'. However, do understand that the stages are not linear. They happen over and over again and at times occur simultaneously. Grief is messy and confusing.

You may have a moment in the first few days or weeks where you actually feel fine and no longer sad or in pain. This will be confusing and may feel alarming. Your brain is most likely still in shock however the reality will set in again soon. Try to enjoy this temporary reprieve and don't feel guilty about it. These moments are an important and helpful way to catch your breath and experience some peace before the waves of grief wash over you again.

You may feel like you are going crazy. You aren't! Everyone processes trauma differently and at the moment your mind is trying to come to terms with this massive change in your world. You might say and do things that are out of character. Don't judge yourself for this, it will settle over time.

Try not to make any big, important, life-changing decisions in the first six to twelve months, such as changing jobs, moving house/city or giving away treasured possessions of your loved one that you might later regret. You are not 'yourself' right now and it will take time to settle into this new life and be able to make thought-out, measured decisions again.

Death and grief can make people uncomfortable. People can say the oddest and, sometimes, most hurtful things. Just be prepared to let it wash over you.

You will be in a fog when you prepare the funeral. Accept help where possible if needed. Remember that the purpose of funerals are for those of us left behind to say goodbye, in whatever way we need. Don't spend too much time worrying if your person would agree with your choices, you are doing the best you can in these circumstances.

Write things down. You may be incredibly forgetful. Keep lists on the fridge and in notebooks on the bench. Sticky notes all over the house are helpful. Set the alarm on your phone for reminders.

Those around you will feel the urge to tell you what you 'should' be doing and possibly even encourage you to 'move on'. This is because they care about you but don't necessarily understand that their advice is not helpful at this time. Listen to your heart.

Remember, it's ok to feel like you don't want to 'move on'. You will never 'get over' this loss, it will never not be a tragic part of your story. However, you will take steps forward, you will rebuild your life and you will feel joy and peace again, in time. You will learn to carry the love you share with your spouse into the rest of your life in a meaningful and positive way, however you will never 'move on' from this important relationship and leave this part of you behind. The time you spent with your loved one was a gift that you don't have to lose.

BMC = Bellingham Masonic Center on W. Maplewood ; FMC = Ferndale Masonic Center;
 FHMC = Friday Harbor Masonic Center; NMC = Nooksack Masonic Center; SRH = Scottish Rite Hall

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2 <i>Groundhog Day</i>	3 W-151 Special, EA Degree—no meal before lodge. Lodge opens at 6:30pm	4 BB - 44 Stated	5
6	7	8	9	10 LFI - 56 Stated	11	12 <i>Lincoln's B-Day</i>
13	14 <i>Valentine's Day</i>	15	16	17 W-151 Stated, EA Degree - no meal before lodge, Lodge opens at 6:30 pm	18 BB - 44 Special.	19
20	21 <i>President's Day</i>	22 <i>Washington's B-Day</i>	23	24	25	26
27	28	28	1	2	3	4

**Widows & Orphans Fund
for District No. 1**

If you would like to know more about the W & O Fund contact one of the officers listed below.

Bro. Ken Peck - *Secretary/Treasurer*
 Phone: 360-820-4752,
 Email: sectreaswof@gmail.com

WB John Brown - *President,*

WB Jesse Petersen - *Vice President*
 360-319-5556

Whatcom Lodge 151

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Has your message missed this publication. Don't get left out. Please send your group's article, event information and/or calendar note by the 22nd of each month. In order to promote events occurring at the beginning of each month I try to send out the newsletter on or about the 25th of each month.

To contribute to this newsletter please send your letter, comment, historical fact, poem or calendar announcement, by the 20th day of each month, to:

John F. Browne, 9960 Stardust Lane,
Maple Falls, WA. 98266

Ph. 360-599-3481

e-mail: jbrowne.brf@gmail.com