

# Respectable Lodge "La Meditation"

Interview with Our Leader  
Worshipful Master  
Allin Mondesir

Understanding the Chakra

Maintain Your Health

Our Patron  
"Saint John  
the Baptist"

The Degrees:  
-Apprentice  
-Fellow Craft  
-Master Mason

Brain Teasers:  
Test your knowledge  
& Puzzle games

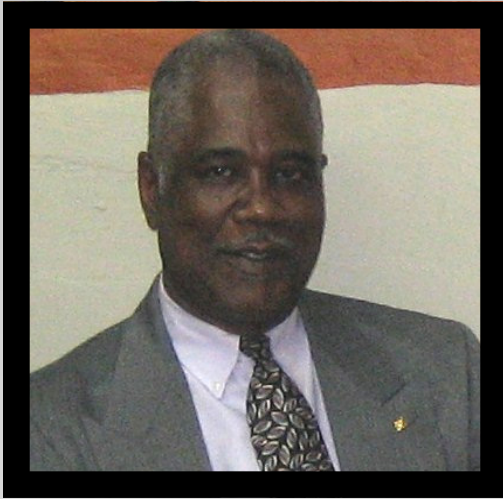
Sweet Savories  
for the Summer

From the editor's desk

Volume 1, Issue 6



## *Our Leader Worshipful Master Allin Mondesir*



**Allin Mondesir** started his professional career at Jackson Memorial Hospital in 1979, and is still employed with them. He was welcomed into the Masonic order in 1979. Worshipful Master Allin Mondesir followed into his father's footsteps who was also a Freemason.

Worshipful Master Allin Mondesir subsequently climbed the echelons and held these positions: Senior Warden, Senior Deacon, Junior Deacon, Chaplain, Marshal, Secretary until such time when he was proclaimed by his brothers to the highest position of the lodge to Worshipful Master in 1999.

He held this position for three years. After completing his first term, he was again unanimously chosen to hold this office for an additional term of two years. Worshipful Master Allin Mondesir held this position successfully for a total of 5 years consecutively. He is the first and only one to this day to have ever held this position for this long. He was titled Worshipful Master of Peace by his peers.

He did not run for the following election because he was to embark in yet another project, but this one was founded on equality. Worshipful Allin Mondesir has laid the foundation, of that equality; he has given us and the world "La Meditation" a Lodge that welcomes both genders on the *level*.

Now, Worshipful Master Allin Mondesir is devoting his time between helping others reach their highest level of spirituality, while getting closer to the Great Architect. He also expands his energy in laying the ground work in order for us to find a place to call our own. In short, Allin, is a source of light to his friends and to everyone who has ever met him.

Thank You,  
"La Meditation"

## *Interview with Worshipful Master Allin Mondesir*

*By Brother Lyonel E. Woolley*

**Q: Can you tell us a short overview regarding Masonic history?**

**A:** Freemasonry as we know it today was officially born in June of 1717, when four Lodges gathered in London to form a Grand Lodge.

**Q: Tell me, why women?**

**A:** There used to be a time when women were seen to be inferior to men, and women had no rights. As our society evolved, so did the role of women. We cannot deny women's capacity to shape a more humane world, as women always participated in the construction of our society, only now; they are being recognized and thanked for their participation.

**Q: What can women expect from "La Meditation"?**

**A:** Freemasonry through "La Meditation" can help women acquire wisdom, build strength, become mature and knowledgeable.

**Q: is this growth only for women?**

**A:** No, while "La Meditation" was built to include women, we accept both genders as equals. We, at "La Meditation" offer all the right tools so all who walk through our doors can develop a relationship with their conscience, experience brotherly love and become more tolerant. Moreover, we, at "La Meditation" we do not make any distinctions between our members' nationality, race, belief, opinion, wealth or social status. All that we hope is that all our guests be sincere and free in their thoughts, speech as well as in their actions.

We are a universal society where all men and women, join in the progress and perfection of humankind. Freemasonry through "La Meditation" offers anyone the opportunity to increase their knowledge, learn the meaning of learning, appreciate life, sharing, develop the art of listening,

while being respectful of others.

**Q: Is "La Meditation" a religious organization?**

No, "La Meditation" is not a religious organization, thus we do not adhere to any doctrine of any kind. Once one is initiated, the person becomes a citizen of the World and has a duty to abide by the universal rules.

**Q: Can you tell us for how long have you been a mason?**

**A:** I became a mason in 1979; and it was in 1999 that I was first elevated to the position of Worshipful Master.

**Q: Now, the big question, can you tell us how did "La Respectable Loge La Meditation" come about?**

**A:** As you now know, I have been a mason for 30 years and held the position of worshipful master for 5 years. It was during that time that some of my brother masons were asking me to pray for their wives, friends, children, and neighbors. As you know, masonry is restricted to its members and most Lodges are restricted to men memberships. Men and women came to me and asked that they too would like to be able to learn how to direct their lives and how to get closer to the Great Architect.

Thus, during my tenure as worshipful master, I was enlightened to start a prayer where the community could come together without the restrictions imposed by masonry at large. As such, I started an open prayer every Thursday for the community.

**Q: Were all the members on board with you?**

**A:** No, my vision to build a mix lodge was met with extreme opposition, and they decided to close the weekly prayers,

which benefited hundreds of people. I could not bear the idea that so many people that have become dependent on the prayers, would now go without. And again, the ONE provided me with ways and means to continue his work.

**Q: Thank you.**

**Q: If you were to summarize masonry in one word, what would it be?**

**A:** Pious

**Q: Venerable Allin Mondesir, what can you tell me about Freemasonry.**

**A:** First, I must warn you that freemasonry is as complex as it is simple.

There are some core principles that I believe guide our craft and they are love for humankind, a readiness to assist others when relief is required and to live by the truth and with a moral approach to life.

Freemasonry further teaches its members to recognize that at all times they are bound to a threefold duty: to the Great Architect, to humankind and themselves.

Freemasonry and

"La Meditation" aims to build character, develop personality, and instill the will needed to wish to attain the highest standards of good citizenship. We further encourage all that is good, kind and charitable and we oppose all that is cruel, forbidden and oppressive. Moreover, we teach that all our members to adhere absolutely to all the virtuous principles including but not limited to benevolence, charity, prudence, temperance, fortitude, justice, mercy, honor, obedience, and fidelity.



# *Saint John The Baptist*

## *St. John the Baptist*

“According to McCoy’s Masonic Dictionary, the Festival of St. John in summer is a duty of every Mason to participate in, and should serve to be a renewal and strengthening of fraternal ties and a celebration of Masonry from “olden-times”. It functions as a connection between the past and the future.”

## *Early Eighteenth century*

In the English catechism of the early eighteenth century, the following question and answer as to why was John The Baptist a patron for Lodges and why Lodges were being dedicated to the Holy Saint John:



## *Why to John the Baptist?*

In him, we have a singular instance of purity, of zeal, simplicity of manners, and an ardent wish to benefit mankind by his example. To him we are indebted for the introduction of that grand tenet of our institution, which it is our glory to support: Peace on earth, good will toward men.

## *Who was John the Baptist?*

John was a Levite. His father Zechariah was a Temple priest of the line of Abijah, and his mother Elizabeth was also descended from Aaron. The Carpenter from Nazareth and John the Baptist were related. Their mothers, Mary and Elizabeth, were cousins. John the Baptist was born 6 months before the Nazarene, and he died about 6 months before Jesus.

The angel Gabriel separately announced the coming births of the Great Teacher Christ and John the Baptist. Zechariah doubted the prophecy, and was struck dumb until John's birth. John lived in the mountainous area of Judah, between Jerusalem and the Dead Sea. John's clothes were made of camel's hair, and he had a leather belt around his waist. His food was locusts and wild honey's arisen a greater than John the Baptist."

St. John's Day, June 24, symbolically marks the summer solstice, when nature attains the zenith of light and life and joy. St. John's day in winter, December 27, symbolizes the turn of the sun's farthest journey - the attainment of wisdom, the rewards of a well-spent life, and love toward one's fellow man.

St. John the Baptist was a man of character and integrity, and we would all do well to emulate. John was a humble man, he also preached a message of repentance. Repentance from the Greek word "metanoia," means more than just saying that, "I am sorry," it literally means, "to turn around." John's desire was for his followers to live lives in accordance with God's wish. In addition, he did not only preached this message, he did live them as well. a message that underscores so many of the values that Freemasons today exalt as ideals for the living of a moral life.

St. John the Baptist was a stern and just man, intolerant of sham, of pretense, of weakness. He was a man of strength and fire, uncompromising with evil or expediency, and, yet, courageous, humble, sincere, and magnanimous.





# Masonic Degree of the Apprentice

The following pages will provide some relevant information about the various degrees, which I think will be helpful to the education of our fellow members. Please keep in mind that I am not revealing any secrets about our craft. The information produced herein are readily available at any local library after extensive research and reading. This information is for you and you only, much time have been expanded to make this available to you, as such, please cherish and please do not allow it to be photocopied.

*Freemasonry: What is it, what is its purpose, and how does it differ from other similar organizations?*

Freemasonry is an order that is all initiatic and it is this which distinguishes Freemasonry from other purely social, fraternal, or philanthropic organizations. The craft is not a secret society, however, to accurately state, it is a society with secrets.

Many of Freemasonry's present-day rituals, tradition, symbols, and philosophy, however, reach far back into the mists of antiquity and claim parody with the Ancient Mystery Schools of Rome, Greece, Egypt, and India. Freemasonry is unique in many ways. Our Lodge is also unique as it is rooted in the tradition and the fact that we offer good men and women a tradition-based initiation within a proven philosophical, moral, and nondenominational spiritual framework, which attempts to explain and understand the core mysteries of life and death.

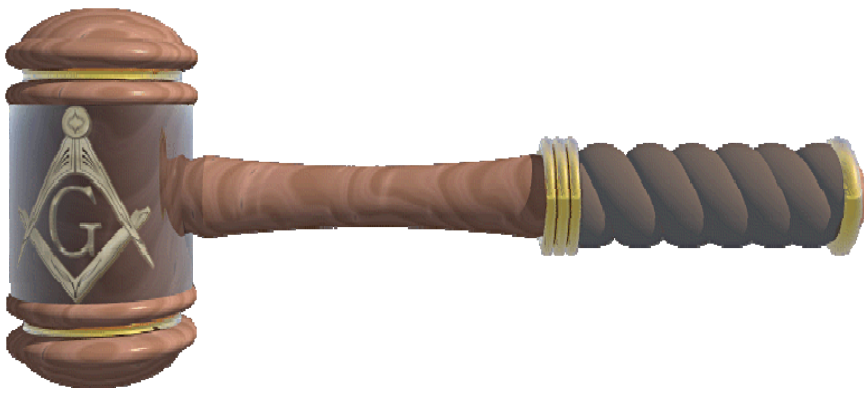
Freemasonry is divided into degrees and I will start with the first: the entered apprentice. Before we begin, the following comment needs to be made: "If the newly initiated Freemason is to become worthy of the title, he/she must be willing to spend time and energy learning about the history, symbolism, and philosophy of the craft of which he/she, of his/her own free will and accord, has chosen to become a member. Moreover, the only way you will learn how to carve stone is by carving stones.



The phrase "duly and truly prepared" refers to being divested of mineral and metallic objects on or about your person and being properly dressed, so as to emphasize our concern with a person's internal qualifications, rather than their worldly wealth, honors, and position in society. By undergoing the rites of preparation, the candidates signify the sincerity of their intentions. Moreover, "Being duly and truly prepared" also refers to the state of the candidates' heart and soul as they seek admission into our order. "Seek and ye shall find. Ask and it shall be given unto you. Knock and it shall be opened unto you" are not idle words in Freemasonry.

## *Becoming a Mason*

To obtain the greatest possible benefit from Masonic ritual, candidates must prepare both their mind and their heart to understand and absorb the teachings of Masonry. The candidate should pay close attention to every part of the ritual by Being "duly and truly prepared."



## Symbolism

Symbolism in its most basic sense involves using one thing to represent another. Words, signs, gestures, drawings, and even physical articles such as our “working tools” are all forms of symbols with esoteric as well as exoteric meaning to every informed Mason.

Freemasons study symbolism immediately upon their initiation into the craft. Our fraternity’s rich and varied symbolic legacy serves as the nexus of a Mason’s quest for truth (which Masons often identify as “light”).

To benefit from the various meanings and lessons we find hidden within Masonic symbols requires study, association, and application. The study of and meditation upon Masonic symbolism is an important aspect of personal spiritual growth in Freemasonry, and also a way to implement the moral lessons inculcated in those same symbols into our daily lives and thereby demonstrate Masonic values to our family, friends, community, and country.

You are enjoined to remember that the main focus of a Mason’s intellectual, spiritual, and philosophical development should be on applying the teachings of Freemasonry in his daily life. Freemasonry helps teach the importance and benefits of personal honor, integrity, duty, and service. If every Mason works hard and takes responsibility in all they do, then Masonry will thrive. As a new Mason, you should never lose sight of the fact that in a very real sense, we, your brothers and/or sisters, have placed the future of Freemasonry in your hands. Furthermore, Masons are expected to attend as many stated meetings, degree nights, and other activities of their lodge as their time and abilities permit. The bonds that unite Masons together grow stronger with each shared moment, event, and discussion.

Officers of a Masonic lodge serve in their respective offices as a privilege and not as a right. It is intended that all Masons work toward and eventually attain positions of responsibility after having demonstrated their good faith, ability to make a serious time commitment, and sincere desire to properly perform the necessary duties of the office elected or appointed to.

## The Masonic Secret

While Freemasonry is an organization that has rules, regulations, archives, and minutes, only the transmission of Masonic traditions, through the proper ritual forms and ancient ceremonies, can communicate the personal, philosophical, spiritual, ethical, and moral

end-state which is the fundamental purpose of Freemasonry.

An uninitiated, or “profane,” person, who somehow discovered all our Masonic ritual from having read their descriptions in books and on the Internet would still not be initiated in any way—for the personal, meaningful influence inherent in those sacred and properly conducted rites would in no way have been transmitted to him.

## THE THREE GREAT LIGHTS OF MASONRY

The Three Great Lights of Masonry are the Holy Bible, the square, and the compass.

The open Bible signifies that we should regulate our conduct according to its teachings because it is the rule and guide of our faith. The square is a symbol of virtue, morality, truthfulness, and honesty. The compass signifies the propitious use of action and is a symbol of restraint, skill, and knowledge. The Three Great Lights are also consistent with the three-tier system of modern craft Masonry. One way of interpreting this triple symbolism is to observe human nature as being divided into three parts—body, intellect, and soul—with a Masonic degree for each part.



## Masonic Degree of the Fellow Craft

Many Masons believe that the second degree (degree of the Fellow Craft) is the most beautiful and moving, if not the most enlightening, of the Masonic degree trilogy.

The Fellow Craft degree symbolizes the period of adulthood and responsibility during a man's life on earth, following youth and preceding old age. In this stage, man's task is to acquire knowledge and apply it to the building and refining of his moral character and to improve the society in which he lives. The first degree encompasses the body and the faculties of physical action. The second degree addresses the mind and its faculties.

The symbolism of the Entered Apprentice degree emphasizes beginnings, the first steps, youth, and orientation to the light, which are all consistent with initiation into the fraternity. The second degree of Fellow Craft symbolizes the methods of developing the mind and progressing in the craft and, in a larger sense, the emergence into symbolic manhood, maturity, and its commensurate responsibilities.

The working tools of a Fellow Craft Mason—the plumb, the square, and the level—are now applicable to these new tasks and responsibilities. With them we learn to develop the faculty of judgment: to ascertain what is valuable, what is true, and what is real. You will also notice that these same three instruments are also the jewels of office of the three principal lodge officers—the Worshipful Master, the senior warden, and the junior warden.

The Plumb is a symbol of moral rectitude, of uprightness of conduct, of living an ethical and “good” life, and of acting on the straight and narrow path of truth, justice, and mercy. The Square is the symbol of morality, truthfulness, and honesty. The direction of the two sides of the square form an angle of 90°

or a right angle, so called because this is the angle which stones must have if they are to be used to build a stable and upright wall. It symbolizes accuracy, not varying by even a single degree.

The Level is a symbol of equality. Each person is endowed with worth and dignity which is truly spiritual, and should not therefore be subject to man-made distinctions. Masons are encouraged to “*meet on the level*” with their Masonic fellows and with all others as they journey through this world together, realizing that, in His eyes, we are all equal.



## The Pillars and The Porch

Two great bronze pillars which were placed at the entrance to King Solomon's Temple and are now symbolically represented within every Masonic lodge. These pillars are symbolic of strength and establishment—and by implication, power and control. One must remember that power and control are placed before you, so that you might come to realize that *power* without *control* is anarchy, or conversely, that control without power is futility. Man must have both power and control if his life is to be successful.



These two great pillars were designed and cast by Hiram Abiff, a widow's son from the tribe of Naphtali (I Kings 7:13–14). The globes on the capitals of the columns are said to represent the celestial and terrestrial spheres of heaven and earth. The two pillars also correspond to the Three Great Supports of Masonry—Wisdom, Strength, and Beauty.

The columns of wisdom and strength are emblematically represented by the pillars in the south and north, respectively, and the candidate, as he is brought into the lodge, is caused to represent the third column—that of beauty, or balance—three legs being infinitely more stable than two.

### *Three Theological Virtues*

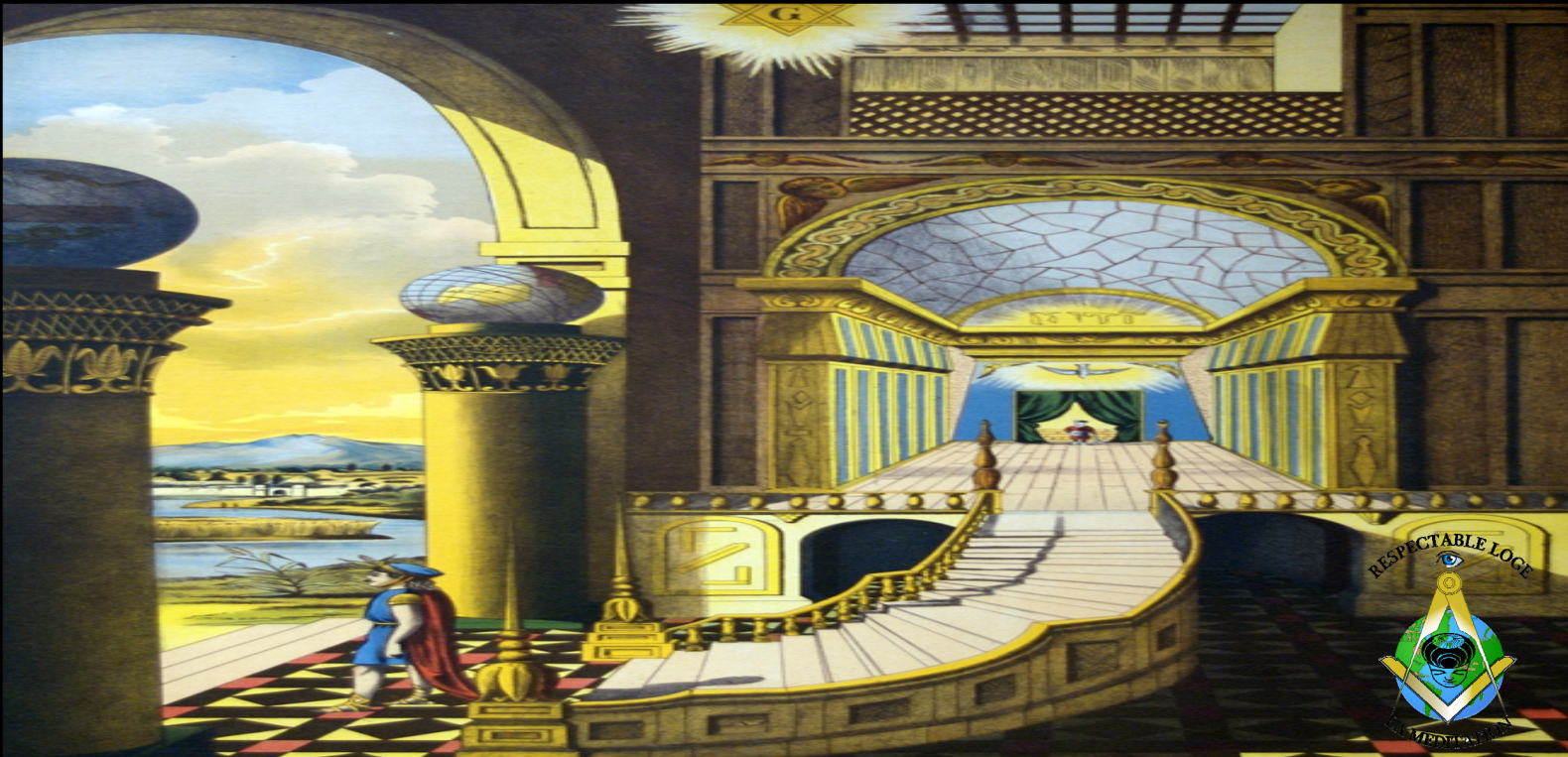
It should be clear by now, that the number three is highly significant in Freemasonry. There are three degrees, Three Great Lights, three columns, three principal tenets of Freemasonry (brotherly love, relief, and truth), and three theological virtues: faith, hope, and charity.

### *The three precious jewels*

The three precious jewels of a Fellow Craft Mason—the *attentive ear*, the *instructive tongue*, and the *faithful breast*—all remind the newly made craftsman that the time-honored and valuable method of instruction is one on one, master to student, by word of mouth to the ear of the student, and always held in strict confidence from the profane. The jewels also signify the necessity to learn and apply Masonic instruction, and to develop a lifelong devotion to the teachings of the craft and to demonstrate those teachings outside the lodge.

## *NUMBER, ORDER, SYMMETRY, AND PROPORTION*

The great teachings of the Fellow Craft degree revolve around the importance of the Masonic study of *numbers*, *order*, *symmetry*, and *proportion*. The Masonic use of the term geometry includes all of these. The ancient philosophers considered geometry to have the power to lead the mind from the world of outward appearances to contemplation of the divine order. Proper proportion is very important in architecture, and some of the most beautiful buildings of antiquity were designed and constructed using proportional formulae which have not been improved upon to this day. The Parthenon in Athens, Greece, is an excellent example of proper proportion and the use of symmetry to achieve a beautiful design.



# Masonic Degree of The Master Mason

## Master Mason

The third degree of Master Mason is the crown jewel. It is the culmination of all that has been taught and revealed to you, the candidate, in the two preceding degrees. As you began your Masonic journey, you were initiated into a new and unique philosophical life via the Entered Apprentice degree.

After working to subdue your passions and learning silence and obedience and demonstrating your proficiency, you were passed to the degree of Fellow Craft. After having symbolically mastered the intellectual and philosophical arts and sciences and crossing the threshold from the outer to the inner, from the material to the intellectual and spiritual, you became ready to be raised to the sublime degree of Master Mason. Regardless of your pace through the degrees of Masonry, as a Master Mason, you should continually review your personal progress and take appropriate and positive action to improve yourself in Masonry. You should never be satisfied with simply taking the three degrees and then considering yourself to be a whole and complete Master Mason. Both operative and speculative Masonry are active, not passive activities. Just as the master stonemasons of old continually searched for improved designs to put on their trestleboards, which resulted in the erection of some of the most beautiful buildings in the history of the world, so also must we, as speculative Masons, continually look for ways in our daily lives where we can positively apply the lessons taught us within Masonry and seek always to add to our knowledge of the craft.



In a certain sense, he was regarded as the father of the workmen on the Temple and their primary supervisor and chief architect of the work. Hiram in another sense may also be looked upon as the philosophical *father* of speculative Masonry, whom we strive to emulate in his morality, determination of character in keeping his obligations, and his unflagging loyalty to his fellow Masons.

## High twelve and low twelve

High twelve corresponds to noon, with the sun at its zenith on the meridian at any particular latitude, while low twelve denotes midnight, the blackest time of the night from which point it begins to become lighter with the rotation of the earth towards the east and the rising of the sun.

## The Degree and the Lecture of Hiram Abiff

The historical Hiram Abiff that is recorded in the King James Bible was a skilled artificer and the son of a widow of the Tribe of Naphtali. The earlier accounts of Hiram are recorded in I Kings 7:13–14. His coming to work on the temple at Jerusalem is mentioned in a letter written to King Solomon by Hiram, the king of Tyre, and recorded in II Chronicles 2:13–14. The word Abiff is variously translated, but can mean “his father,” and the name is often explained as “*Hiram, my father.*”



## The Sprig of Acacia

Acacias are also known as thorn trees or wattles. There are over 1,300 species of acacia worldwide. Both the Jews and Egyptians believed that because of its hardness, its evergreen nature, and its durability, the acacia signified immortality. Ancient Hebrew people traditionally planted a sprig of acacia at the head of a grave to mark its location and to show their belief in an afterlife. It is believed by some Masonic scholars that acacia wood was used to construct most of the furniture and the tabernacle in King Solomon's Temple.



## Rights & Responsibility of a Master Mason

The constant and incontrovertible duty of every Master Mason is "to preserve the reputation of the fraternity unsullied." Leading a good life is the best means of carrying through the individual Mason's responsibility to his lodge and the craft. The conduct of each Master Mason is his own responsibility, and he must always strive to choose that course of moral action which will bring credit to himself and honor to the craft.

In his actions toward his fellow brothers/sisters, Master Masons must always practice love. If your brother/sister in Freemasonry should stumble or slip, offer your hand to him/her without judgment or harsh criticism, and remember that if tempted in the same way, you yourself might have fallen. A Master Mason is also responsible to educate, guide, and mentor his Fellow Craft and Entered Apprentice brothers in the ways of the craft. Master Masons are expected to be exemplars to the younger members in both an ethical as well as a moral sense. One great benefit of teaching is that the teacher very often learns as much or more as the student from the unique synergy of the student/teacher relationship. Master Masons are expected to provide the same moral and ethical leadership in their families, their communities, and to the nation.

## Lodge attendance

There are no mandatory attendance requirements as there were in ancient craft lodges and no specific penalty for not attending (short of ignoring a formal summons from the master as you swore to observe in your various obligations). However, every Master Mason has a moral obligation to be loyal to, and support by his active participation, the lodge which gave him Masonic light.

You should attend your lodge as often as possible and join in the fellowship that is a significant part of Freemasonry. One extremely important part of Freemasonry is your participation in the degree work of the lodge. Many Master Masons seem to believe that if they are not a part of the actual degree team their presence is unimportant on degree nights. Nothing could be further from the truth! Having a large number of members on the sidelines to witness and assist in the initiation, passing, and raising of new Masons makes the experience all the more meaningful for them.







The word **chakra** is one of seven basic energy centers in the body that correspond to nerve ganglia branching out from the spinal column, as well as states of consciousness, developmental stages of life, archetypal elements, body functions, colors, sounds, and much, much more. Together they form a profound formula for wholeness and a template for transformation.

### Seven Chakra Tumbled Stones



Clear Quartz  
Crown



Amethyst  
Third Eye



Solidate  
Throat



Citrine  
Solar Plexus



Rose Quartz  
Heart



Hematite  
Root



Carnelian  
Sacral



Crown Chakra



Third Eye  
Chakra



Throat Chakra



Heart Chakra



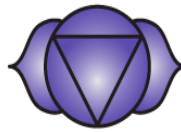
Solar Plexus  
Chakra



Sacral Chakra



Root Chakra



**Chakra Seven: Sahasrara**  
Thought, Universal identity, oriented to self-knowledge  
This is the crown chakra that relates to consciousness as pure awareness.

**Chakra Six: Ajna**  
Light, Archetypal identity, oriented to self-reflection  
This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively.

**Chakra Five: Vishuddha**  
**Sound, Creative identity, oriented to self-expression**  
This is the chakra located in the throat and is thus related to communication and creativity.

**Chakra Four: Anahata**  
Air, Social identity, oriented to self-acceptance  
This chakra is called the heart chakra. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity.

**Chakra Three: Manipura**  
Fire, Ego identity, oriented to self-definition  
This chakra is known as the power chakra, located in the solar plexus. It rules our personal power, will, and autonomy, as well as our metabolism.

**Chakra Two: Svadhishthana**  
Water, Emotional identity, oriented to self-gratification  
The second chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement.

**Chakra One: Muladhara**  
Earth, Physical identity, oriented to self-preservation  
Located at the base of the spine, this chakra forms our foundation. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane.



# What You Can Do to Maintain Your Health

## Habits and health

Habits do affect your health. Most major causes of death can be prevented by your lifestyle and choices one make.

## Refrain from smoking or using tobacco products

Smoking and using tobacco are very dangerous habits. Smoking causes 440,000 deaths in the United States every year. The sooner you quit, the better.

## Limit your alcohol intake

This means no more than 2 drinks a day for men and 1 drink a day for women. One drink is equal to 1 can of beer (12 ounces), a 4

ounce glass of wine or a jigger (1 ounce) of liquor. Too much

alcohol can damage the liver. Alcohol also contributes to deaths from car wrecks, murders and suicides.

## Eat healthy

A healthy diet has many health benefits and by eating healthy, you can also lower your cholesterol and lose weight.

## Check your breasts

Breast cancer is the second most common cause of death for women. Have your doctor check your breasts every 1 to 2 years until you're 40. After age 40, you should have a yearly clinical exam and a mammogram.

## If you are overweight lose weight

Many people are overweight. By being overweight, you increase your risk for high blood pressure, high cholesterol, diabetes, heart disease, stroke, gallbladder disease and arthritis in the weight-bearing joints (such as the spine, hips or knees). A high-fiber, lower fat diet and regular exercise can help you lose weight and keep it off.



## Exercise

Exercise can help prevent heart disease, high blood pressure, diabetes, osteoporosis and depression. It can also help prevent colon cancer, stroke and back injury. You'll feel better and keep your weight under control if you exercise regularly. Try to exercise for 30 to 60 minutes, 4 to 6 times a week, but remember that any amount of exercise is better than none.

## Get regular Pap smears

Cancer of the cervix in women can be detected by regular Pap smears. Start having them when you begin having sex or by age 18.

## Control your cholesterol level

If your cholesterol level is high,

keep it down by eating right and by exercising. You can also decrease your cholesterol level by eating oats regularly.

## Practice safe sex

The safest sex is between 2 people who are only having sex with each other and who don't have a sexually transmitted infection (STI) or share needles to inject drugs. Use latex condoms and a spermicide (a product that kills sperm) gel or cream.

Talk with your doctor about being tested for STIs.

## If you are overweight lose weight

Many people are overweight. By being overweight, you increase your risk for high blood pressure, high cholesterol, diabetes, heart disease, stroke, gallbladder disease and arthritis in the weight-bearing joints (such as the spine, hips or knees).

A high-fiber, lower fat diet and regular exercise can help you lose weight and keep it off.

## Exercise

Exercise can help prevent heart disease, high blood pressure, diabetes, osteoporosis and depression. It can also help prevent colon cancer, stroke and back injury. You'll feel better and keep your weight under control if you exercise regularly. Try to exercise for 30 to 60 minutes, 4 to 6 times a week, but remember that any amount of exercise is better than none.





## *Sweet Savories for the Summer*

### **Banana Bread**

**Five-Minute” banana bread-Prep Time: 5 Minutes**

**Cook Time: 1 hour \* Serves 16**

#### **INGREDIENTS:**

**4 large eggs**

**1 (2-layer size) package yellow cake mix**

**1 cup water**

**¼ cup canola oil**

**1 (4 serving package) vanilla flavor instant pudding mix**

**3 Ripe medium bananas, mashed (1 cup)**

**½ cup chopped walnuts**

**¼ cup brown sugar**

**1.Preheat oven to 350°F. Grease and flour a 13x9x2-inch baking pan. Set aside 2.In a large bowl beat eggs with electric mixer on medium speed 1 minute. Add cake mix, water, oil and pudding mix; beat until just combined. Stir in bananas and walnuts. Pour batter into baking pan. Sprinkle with brown sugar. 3.Bake 1 hour or until a wooden tooth pick inserted into the center comes out clean. Cool completely on a wire rack.**



### **Strawberry-Pineapple frozen bars**

**Prep Time: 20 Minutes**

**Freeze Time: 2 hours**

**Serves 4**

#### **INGREDIENTS:**

**2cups chopped pineapple and strawberries**

**1tsp. lemon juice**

**1tbsp. sugar (optional)**

**1.Place pineapple and strawberries in a blender. Pulse to puree; add 1 or 2 tablespoons water if needed. Add sugar, if desired, and lemon juice; blend. Pour fruit mixture into bar molds or small cups and insert sticks. Freeze until solid.**





## Easy Cooking



### Garden eggplant bake

Prep Time: 15 Minutes

Cook Time: 50 minutes \* Serves 6

#### INGREDIENTS

2 tsp. olive oil

2 Garlic cloves, minced

1 medium onion, chopped

1 tbsp. tomato paste

1 medium eggplant peeled, cut into  $\frac{3}{4}$  inch cubes (about 1lb.)

2 medium tomatoes, cored and chopped

1 tbsp. chopped fresh basil

1tsp. dried oregano

$\frac{1}{4}$ tsp. salt

1 tbsp. grated Parmesan cheese

1 tbsp. Italian breadcrumbs

1. Preheat oven to 400°F. Coat a 1  $\frac{1}{2}$  quart casserole dish with nonstick cooking spray; set aside. 2. Heat oil in a small nonstick skillet over medium heat. Add garlic and onion; cook and stir 1 minute. Stir in tomato paste and 1 tablespoon water.

Combine onion mixture, eggplant, tomatoes, basil, oregano and salt; mix well. Pour into casserole dish. Cover and bake 30 minutes; stir. Bake 10 minutes more; stir. Top with Parmesan and breadcrumbs. Reduce heat to 375°F. Bake, uncovered, 10 minutes or until eggplant is tender.

### Romaine Lettuce Classic Caesar Salad

Prep Time: 25 minutes | Cook Time: 10 minutes | Serves 6

3 (1/2-inch-thick) slices French bread, cubed

$\frac{1}{3}$  Cup freshly grated Parmesan cheese

$\frac{1}{4}$  Cup mayonnaise

2-tsp. anchovy paste

1-garlic clove minced

1-1/2 tbsp. red wine vinegar

1-1/2 tbsp. fresh lemon juice

$\frac{1}{2}$ tsp. Worcestershire sauce

2tsp Dijon mustard

$\frac{1}{4}$ cup olive oil large head romaine lettuce, torn into bite-size pieces

1. Preheat oven to 350°F. Coat a baking sheet with nonstick cooking spray. Arrange bread cubes on baking sheet and bake 10 minutes. Remove and let cool.

2. For dressing, combine cheese, mayonnaise, anchovy paste, garlic, vinegar, lemon juice, Worcestershire, mustard and oil in blender; blend until smooth. Season to taste with salt and pepper. 3. Mix romaine and baked bread cubes together in a large salad bowl. Toss with enough dressing to coat. Serve with any remaining dressing and additional grated Parmesan.



# Brain Teasers

## Apprentice Puzzle

I N N U M B E R S Y M N Z N A  
 M O O O N G I S R S O K O A F  
 M I M H I V E O I I P T J I F  
 O T O R Y T G H T O A E G D I  
 T C O T L E I E M E O R I R I  
 A I S L T T G A L R E O B E A  
 L D A A I R R S A F Y C L M T  
 I E C N A G Y N O M E R E C E  
 T D I N A E C I T N E R P P A  
 Y U A R F E L L O W C R A F T  
 O T T Q U A D R I V I U M U E  
 E E T A D I D N A C A C I A A  
 T O L L A B C O M P A S S E S  
 C O L U M N O S A M E E R F T

- ACACIA
- AFFILIATE
- ALL
- ALLEGORY
- ALTAR
- APPRENTICE
- BALLOT
- BIBLE
- CANDIDATE
- CATECHISM
- CEREMONY
- COLUMN
- COMPASSES
- CORN
- DEDICATION
- EAST
- EYE
- FELLOW-CRAFT
- FREEMASON
- HIVE
- IGNORANCE
- IMMORTALITY
- INITIATION
- JEWELS
- MERIDIAN
- NUMBERS
- OIL
- POMEGRANATE
- PRENTICE
- QUADRIVIUM
- REFLECTION
- SIGNO
- SOLOMON
- TETRAGRAMMATON

- ADONAI
- CEMENT
- CHAMBER
- CHISEL
- DEACON
- DEGREE
- DUES
- ESOTERIC
- FAITH
- GAUGE
- GEOMETRY
- GLASS
- GLOBES
- HAIL
- HAT
- HOUR
- JAH
- KADOSH
- LIGHT
- MALLET
- MYSTIC
- NEOPHYTE
- NORTH
- NORTHEAST
- OATH
- OBELISK
- PILLAR
- PLUMB
- PROFANE
- REFLECTION
- SHEKINAH
- SHITTIM
- TALITH
- TASSELS
- TRIANGLE
- VERITAS
- VEXILLUM
- WORSHIPFUL
- YOD
- ZION

## Master Mason Puzzle

Y N E D T S H H H S E C M V E  
 U R U N E A A O L W T E Y E E  
 R E T B A N L E U O Y M S X R  
 S E O E I F S I N R H E T I G  
 A L F K M S O O T S P N I L E  
 G D E L A O R R C H O T C L D  
 M H O T E T E H P I E P O U O  
 S A W N H C I G G P N I A M Y  
 F I L E A S T A H F P L T C M  
 A L A L E I U I Z U L L H G I  
 I S N L E G P I O L U A G L T  
 T C I R E T O S E N M R I A T  
 H T R I A N G L E B B J L S I  
 K S I L E B O V E R I T A S H  
 N O C A E D E R K A D O S H S



# Test Your Knowledge

## Apprentice

- 1) Freemasonry is:
  - a) A secret society
  - b) A religious society
  - c) An initiatic society
- 2) The top three officers of the lodge, ranked highest to lowest are:
  - a) Senior deacon, junior deacon, and junior warden
  - b) Senior warden, junior warden, and senior deacon
  - c) Master, senior warden, and junior warden
- 3) What are the Three Great Lights of Masonry?
  - a) Holy Bible, square, compass
  - b) Holy Bible, Volume of the Sacred Law, square and compass
  - c) Square, compass, lambskin apron
- 4) What are the two working tools of the apprentice's degree?
  - a) Square and compass
  - b) Twenty-four-inch gauge and the common gavel
  - c) The common gavel and the square
- 5) The lecture of the Entered Apprentice degree discusses which virtues?
  - a) Temperance, truth, and justice
  - b) Fortitude, truth, and patience
  - c) Temperance, fortitude, and love
  - d) Fortitude, temperance, justice, and prudence

## Fellow craft's Questions

- 1) In the Fellow Craft, what does the term "passed" refer to?
  - a) Being promoted to the next degree
  - b) Having advanced an achievement
  - c) The act of passing through a long aisle way or porch
- 2) What are the principal working tools of a Fellow Craft Mason?
  - a) Wine, corn, and oil
  - b) Square, plumb, and level
  - c) Twenty-four-inch gauge, square, and compass
- 3) What makes a lodge "just and legally constituted"?
  - a) All the working tools of this degree are present
  - b) If the Three Great Lights of Masonry are properly displayed on the altar
  - c) If the Three Great Lights of Masonry are properly displayed on the altar and the charter of the lodge is present in the lodge
- 4) What are the three theological virtues of this degree?
  - a) Brotherly love, relief, and truth
  - b) Faith, hope, and charity
  - c) The Three Great Lights of Masonry

## Master Mason's questions

- 1) Where is the traditional meeting place of a Master Mason?
  - a) Sanctum Sanctorum
  - b) The steps of Solomon's Temple
  - c) Harold's Temple
- 2) What are the working tools of this degree?
  - a) Square, setting maul, plumb, level
  - b) Square, level, and especially the trowel
  - c) All tools
- 3) What is the meaning of the phrase "Low Twelve"?
  - a) Midnight
  - b) Morning
  - c) Afternoon
  - d) Dusk
  - e) Noon
- 4) How often should a Master Mason attend lodge?
  - a) Monthly
  - b) Bimonthly
  - c) Annually
  - d) As often as possible
- 5) Name the three hieroglyphic emblems of this degree:
  - a) All Seeing Eye, camera, square
  - b) All Seeing Eye, Anchor and Ark, the 47th Problem of Euclid
  - c) All Seeing Eye, setting maul, and birch tree
- 6) How often should a Master Mason attend lodge?
  - a) Monthly
  - b) Bimonthly
  - c) Annually
  - d) As often as possible





## *From the editor's desk*

“Only by zealously guarding the rights of the most humble, the most unorthodox and the most despised among us, can freedom flourish and endure in our land.”

-United States Supreme Court, Justice Frank Murphy

Once you become a free-mason, you have but one choice: to fight for justice, and uphold the undeniable rights of man. We have to continue advocating for the less fortunate and dedicate ourselves in the ever evolving of the self.

◆ As I ponder and look back, I have realized that one of the hardest lessons that life has taught me, was accepting who I was. Before, I realized that obscurity would not have existed if it was not for the light and how would we have seen the light if not for the darkness, I, daily went about complaining about the things, I could not have and even the things that I did not possess. These wanting to have and the not having blinded me, to the point that I could no longer enjoy the things that I had and could have. You see when you can realize and accept where you are, you will be able to move forward and achieve all that is possible.

There are some, who chose the path, hoping to find out “the secret” that surrounds the order. I am sure that they are bound to grow of old age without ever coming to an understanding of the true purpose. Nonetheless, there is a secret.

These secret seekers who only look at the craft to be all about the words that were whispered, the handshakes, and the various signs or that they have reached the secret by obtaining higher degrees are deeply mistaken. A person may come to an understanding of what masonry is only by taking educated guesses and surely by reading, attending lodge meetings and thinking. Personally, masonry has been more about changing me, rather than changing others.

Lyonel E. Woolley



“Would you tell me, please, which way I ought to go from here?”

‘That depends a good deal on where you want to get to,’  
said the Cat.

‘I don’t much care where-- said Alice.

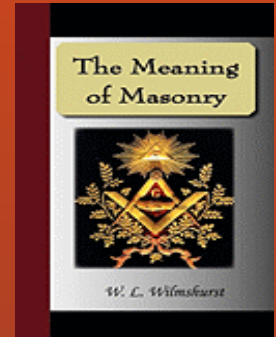
‘Then it doesn’t matter which way you go,’ said the Cat.”

### RECOMMENDED READING FOR THE ENTERED APPRENTICE

“Meaning of Masonry”

By W. L. Wilmshurst (Gramercy 1980)

ISBN 0517331942

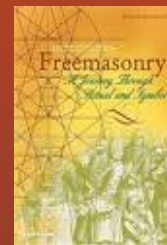


### RECOMMENDED READING FOR THE FELLOWCRAFT

“Freemasonry: A Journey Through Ritual and Symbol”

By W. Kirk MacNulty (Thames & Hudson 1991)

ISBN 0500810370



### RECOMMENDED READING FOR MASTER MASON

“New Encyclopedia of Freemasonry”

By Arthur E. Waite (Wings 1994)

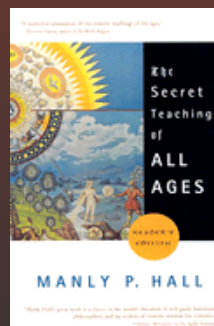
ISBN 0517191482



“The Secret Teachings of All Ages”

By Manly P. Hall (J. P. Tarcher 2003)

ISBN 1585422509







674 North West 62 Street  
Miami Florida 33128  
[www.1lameditation.org](http://www.1lameditation.org)