

Masonic Birthdays –May 2020

Happy Masonic Birthday to the following Brethren

<u>Brother</u>	<u>Years</u>
Mark A. Marden	60
Creighton L. MacKinley	58
John J. McCartney	52
Peter M. Shulkin	31
Kenneth W. Juttner	42
Robert G. Bianchi	34
Albert R. Anctil	33
John W. Jackson	26
Archie S. Mobley Jr.	25
Matthew H. Hoffman	16
Robert P. Cate	14
Gregory R. Hovagim	14
Ryan B. Gartley	12
David O. Hunt	12
Jacob B. Weisberg	12
Brian M. Anderson	9
John B. Burns	7
Michael T. Rhodes	7
Alexander J. Woodrow	7

I wish each of the above Brethren a very happy Masonic Birthday,

Timothy Marotte, W.M.

Attest: Brian J Smith, P.M., Secretary

Elected Officers – Rising Sun 2020

Worshipful Master:	Timothy Marotte
Senior Warden	Richard Johnston
Junior Warden	John Woodrow
Secretary	Brian Smith
Associate Secretary	Larry Gullett
Treasurer	Kevin Bailey
Associate Treasurer	Steve Bahsler
Trustee:	Ed Waible
Grand Lodge Rep:	Michael Tebbetts

Lodge Dues are \$115 for Rising Sun, combined with the Assessments for 2020 totaling \$55 this brings the total to \$170. Note that dues are due prior to the ensuing year. 2020 Dues are due on or before December 31, 2019

Brethren we still have a significant number of members who have not paid their Dues.

If you need assistance, please contact the Master or Secretary

2020 ANNUAL DUES ARE PAST DUE

You may pay via check, or electronically via the Rising Sun Website. You may also make donations electronically for specific funds as well.

www.risingsun39.com



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Timothy Marotte, Worshipful Master
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Rising Sun Lodge #39

F&AM



Making a difference in our community
since 1822

Masonic Trestleboard ~May 2020~

Important Lodge Events

STATED MEETING CANCELLED

AND ALL SPECIALS IN MAY ARE CANCELLED.



PLEASE SEE PAGE 3

From the East

Despite our distance over the last couple of months we have been able to meet as a lodge to discuss Masonry and participate in a lively discussion while we all physically distance from one another. Masonry in Lodges may be on hold but we have many tools at our disposal to meet and practice the tenets of this Fraternity every single day and I encourage everyone to seek out those opportunities as they can. Facebook is a wonderful tool for brothers in isolation, we have scheduled at least one meeting in Rising Sun and more will be coming for us to gather, there are discussions and lectures and meetings happening around the world practically every day and if you ever want to attend one please reach out to me or one of the other officers and we'll try and find someone to attend with you.

It is important to remember that you are not alone, that this will end, and when it does, we will have an opportunity to reflect on the lessons learned and grow from them. Reach out, be present in the lives of your brothers, and take advantage of the opportunities that present themselves to you in this trying time.

Sincerely and Fraternally,

Tim Marotte W.M.

From the West Richard L. Johnston PM SW

As we continue to do our part to alleviate the consequences of the COVID-19 pandemic, do not forget to reach out to neighbors, Brethren, and Special Ladies to ensure that no one goes un-noticed. A short phone conversation, a letter, or even an email, are all that might be needed to brighten someone's day, or provide needed assistance. As we begin our nation's journey to recovery these courtesies will not be forgotten and represent the best of what Masonially is within each of us.

A Masonic thought for the day – Have you reached out to a Brother or Special Lady recently? These are especially frightening times for the elderly members of our Masonic family. Take one minute of every day to call, email, or write someone. Help to brighten their day!

From the South: John C. Woodrow JW

It's a challenging time for all of us regardless of our unique living situations. The physical distancing, we have all been (hopefully) practicing can easily take a toll on us. Everyone is dealing with their different circumstances so I can only share my own experiences in hopes that they may be of some small value to you as we all navigate the current pandemic together.

In life when everything hits the fan I've learned to step back and take inventory of myself. I have found without a plan for my day, without some type of structure or means of measuring and laying out my work, I can easily waste an entire day, consumed by boredom and tiring easily. For me there is only so much TV I can watch, video games I can play, or Facebook posts I can read. And then of course there is the daily onslaught of cable news shows. Truly mind numbing. What's on your daily trestle board?

To stay fit and find balance in my life I stop to consider where I am in three critical areas; mind, body and spirit. I've found that if I can take care of myself in these areas, I am better able to take care of others, in my family, lodge, friends and co-workers.

Mind

During these difficult times I must take care of my mental well-being and be open to learning new things and maintaining a level of intellectual curiosity. I need to step away from the constant barrage of negative news and do something healthy to feed my mind. I've found that, select YouTube videos, Ted Talks, some documentary's and reviewing ritual, and reading keep me mentally agile, engaged and curious. I've found that focusing my mind on the positive is

more richly rewarding than the negative, and that by reaching out to others to lend my support and understanding and share optimism is richly rewarding

Body

One of my favorite quotes is “If I don’t take care of my body, I won’t have a place to live”. During these stay-at-home times, I have found I need to do something other than to sit. I’ve taken to going on long walks each day either by myself or with my wife. I look forward to getting out, getting some fresh air and doing something good to nourish my body. My initial goal was to walk for 20 minutes and then working my way up to something longer. There is no race, and no place to get to, it’s just a personal challenge for myself to do a little more each day. I’ve also found, through the wonders of technology, on-line yoga classes that my yoga studio offers. It’s a different experience but something I try to do a couple times a week both physically as well as to stay connected with my yoga friends. There are many online workout routines available to choose from and then of course there is always yard work. Lots of yard work. I hate yard work, but recognize that by staying active, whether that be through walking, yoga or yard work I sleep better at night. I wake up well rested albeit a bit sore.

Spirit

For many years I have enjoyed the early morning hours before anyone else is awake to sit quietly with a cup of coffee to reflect on life, to write, read and just think. Recently I’ve decided to try meditating, I tried it in the past and couldn’t last 5 minutes, but I took on a 21 Day Meditation Challenge (today was day 15) and found it to be richly rewarding and calming. Regardless of your beliefs, whether you choose to read the bible, pray, meditate or reflect on the universe, taking care of one’s spirituality during these frightening times is something worthy of your consideration.

Hundred Dollar Club

Our 200th anniversary is right around the corner and we are in the middle of identifying several fundraisers to support this auspicious occasion. The Hundred Dollar club is for a donation of \$100.00 toward our 200th anniversary, your name will go on a plaque commemorating your donation.

UPCOMING EVENTS

May 6th Zoom Meeting please see Rising Sun’s Facebook page under events for meeting ID and password.

May 13th FC (postponed)

May 20th Zoom Meeting please see Rising Sun’s Facebook page under events for meeting ID and password.

May 27th 6:00PM

CANCELLED Out of an abundance of caution, we are postponing the NH S.A.F.E. food prep/handling workshop originally scheduled for May 27. We will however, work with UNH to find an appropriate rescheduling date. In the meantime - remember to wash your hands!

June 3rd MM Degree (Postponed)

MM June 10th Degree (Postponed)

June 17th STATED MEETING

At this time, we are still planning on having our annual Hiatus Feast. However, since this will be our 1st meeting back our meeting will likely be longer than usual for June. We invite everyone to join with us for dinner, there will be **NO** social activities after our meeting.

MM Degree June 27th

10:00 1st section Lunch at 12:00 2nd Section 1:00

Bro. Randal Perkins (if entitled)
Bro. Eric Thing (if entitled)
Bro. Lawrence Osborne (if entitled)

FC Degree July 1st 7pm

Michael Ansaldi (if entitled)
Scott Hurley (if entitled)

July 9-12 John Albro lodge # 122 Visit CANCELLED

Grandview Registration

As most of you know Grand Lodge of NH has transitioned to a new member Database called Grandview. Each member is encouraged to create their own member account to be able to update their personal information such as address, phone number, email address, and even put your spouse's information in to enable us to better fulfill our obligations to take care of our widows and orphans.

Registering for Grand View

- Access the New Hampshire Grand View platform
- URL: <https://nh.gvsoftware.com>
- Upper right corner of the page, click-on **Member Portal**. **Do not try to log in before clicking Member Portal**
- The login screen should now appear. Click **Membership Registration** (upper right).
- Fill in the requested information.

- Lodge Number: Do not enter leading zeros. Example: If your Lodge number is 1, just enter the number 1 and not 001, etc.
- Member ID: Enter your current member number from your dues card.
- Last Name: Enter your last name exactly as it appears on your dues card
- Click on the “*Check Membership Status*” button
- A second page will be displayed.
- Enter your PERSONAL email address and any minimum 8-character password. (Remember your password, only you will know what it is.)
- Click o *submit* your information

If having difficulties, watch the following video:

Video link: <https://www.youtube.com/watch?v=Hx-WliihfcM>

Once you've registered, you can log on and find the following at your portal:

My Profile, Lodge Locator, News and Events, My Lodges, Resources, Grand Lodge, Find Meetings, Notification Preferences, Grand View Social, Virtual Card and Seminars.

