



Editorial

Brethren, welcome to the first ever mid-monthly edition of the Alberta Freemason. With the extraordinary situation that is playing out and the correct decision for our meetings to be postponed until the medical crisis averts, we now find ourselves in a masonic void. I find it a very strange place to be. When I consider how many people I met on a daily or weekly basis, my physical contact has now shrunk to four (my goodness four people!) Gill and my three colleagues at work. And my office is at the end of a corridor with my own entrance so I really don't see them either.

It then occurred to me that we have many brethren who will find themselves completely cut off from any masonic contact and perhaps from contact with people as a whole. I therefore decided that it was time for the Alberta Freemason to step forward.

I plan for these mid-monthly editions to go out on the 15th of the month (this one will go out on the 21st because the idea only came to me on the 18th.) They will continue during this period of isolation/social distancing until it's decided safe to resume our meetings.

I therefore have a challenge for you all:

1. If you have a paper that you have been itching to have published, now is the time to send it in.

2. If you have seen an article that you consider may be just the thing for the AF, send it over with the publication and the editor's contact so I can follow it up.
3. Are you reading a book that you consider would be of interest to the brethren? Write a book report and send it in, remember to include a picture of the cover.

Now is the time for us to stand up and look out for ourselves while ensuring we are fulfilling our masonic obligations to our families, friends and society as a whole.

If you are helping anyone with shopping please observe the following guidelines:

1. Get any shopping list by email or take it down over the phone.
2. When you deliver the items place them in a box and put them at their back door, let them know it is there and walk away. Don't stay for a chat, you can do that over the phone.
3. The above will ensure you are being conversant with the guidelines in place.

Remember it is not the crisis that defines us, it is the way we conduct ourselves during it.

Be well Brethren

Steve, Editor AFM

editor@freemasons.ab.ca

“Taking care of our vulnerable brethren (including ourselves)”

In this unprecedented time, please remember, while it is prudent that we **Socially Distance** ourselves, we must not **Socially Isolate** those most vulnerable. Though we may not be able to visit face to face it does not prevent us from picking up the phone and giving people who are shut in a call. The isolation that our senior brethren, widows and even our own families may currently be experiencing can quickly turn to despair and desperation. We have no idea how long, nor how bad the current situation will get with the COVID-19 virus.

In masonry we say we are brothers, now is the time to prove it. Call or text older brethren, neighbours and relatives to check up on them. Since individuals over 60 years old are considered higher-risk, it's recommended that they practice even more stringent social-distancing, but you can still chat with them on the phone or by FaceTime. You could also offer to pick up groceries or run errands. If you're concerned about any contact with these individuals, drop off packages at their doorsteps then call or text after you leave.

Please work with your lodges and/or districts to set up support systems to help those in need. They may wish to set up contact committees to regularly check on the brethren, widows and families. They can circulate a list of local brethren who are willing to be on call to help out.

The text below is from the National Suicide Prevention Website:

- Human beings like certainty. We are hard-wired to want to know what is happening when, and to notice things that feel threatening to us. When things feel uncertain or when we don't generally feel safe, it's normal to feel stressed. This very reaction, while there to protect us, can cause all sorts of havoc when there is a sense of uncertainty and conflicting information around us.
- A large part of anxiety comes from a sense of what we think we should be able to control, but can't. Right now, many of us are worried about COVID-19, known as the "Coronavirus". We may feel helpless about what will happen or what we can do to prevent further stress. The uncertainty might also connect to our uncertainty about other aspects of our lives, or remind us of past times when we didn't feel safe and the immediate future was uncertain.
- In times like these, our mental health can suffer. We don't always know it's happening. You might feel more on edge than usual, angry, helpless or sad. You might notice that you are more frustrated with others or want to completely avoid any reminders of what is happening. For those of us who already struggle with our mental wellness, we might feel more depressed or less motivated to carry out our daily activities.

It's important to note that we are not helpless in light of current news events. We can always choose our response. If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty:

- **Separate what is in your control from what is not.** There are things you can do, and it's helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news (Do you really need to know what is happening on a cruise ship you aren't on?).
- **Do what helps you feel a sense of safety.** This will be different for everyone, and it's important not to compare yourself to others. It's ok if you've decided what makes you feel safe is to limit attendance of large social events, but make sure you separate when you are isolating based on potential for sickness versus isolating because it's part of depression.
- **Get outside in nature—even if you are avoiding crowds.** I took a walk yesterday afternoon in my neighborhood with my daughter. The sun was shining, we got our dose of vitamin D, and it felt good to both get some fresh air and quality time together. Exercise also helps both your physical and mental health.
- **Challenge yourself to stay in the present.** Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.
- **Stay connected and reach out if you need more support.** Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. You don't have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

<p>Provided to Freemasons of Alberta and the Northwest Territories west of the 4th Meridian who are members of</p> <p>The Grand Lodge of Alberta, A.F. & A.M.</p> <p>Ste 210 2816 11 Street NE, Calgary, AB T2E 7S7</p> <p>Tel 403-262-1140</p> <p>www.freemasons.ab.ca</p> <table border="0"> <tr> <td>Grand Master</td> <td>MWBro Ken Cheel</td> </tr> <tr> <td>Deputy Grand Master</td> <td>RWBro Reg Karbonik</td> </tr> <tr> <td>Senior Grand Warden</td> <td>RWBro Terry Murray</td> </tr> <tr> <td>Junior Grand Warden</td> <td>RWBro Chris Uchman</td> </tr> <tr> <td>Grand Secretary</td> <td>RWBro Bill Kostenuk</td> </tr> </table>	Grand Master	MWBro Ken Cheel	Deputy Grand Master	RWBro Reg Karbonik	Senior Grand Warden	RWBro Terry Murray	Junior Grand Warden	RWBro Chris Uchman	Grand Secretary	RWBro Bill Kostenuk	<p>Published each month except July and August by</p>  <p>The Grand Lodge of Alberta, A.F. & A.M.</p> <p>Editor: RWBro Steve Kennard</p> <p>Tel 403-701-4071</p> <p>e-mail: editor@freemasons.ab.ca</p>	<p>The Alberta Freemason</p> <p>Editor: RWBro Steve Kennard</p> <p>Editorial Board:</p> <p>Bro Robin Carson</p> <p>WBro Eric Bumstead</p> <p>Submissions and photos for publication from all Brethren are welcome.</p> <p>Deadline for copy is the 15th day of the month prior to the month of issue.</p> <p>The Editor reserves the right to accept, reject and re-write material submitted for publication.</p> <p>Republication rights are granted to other Masonic Jurisdictions, but acknowledgement is requested.</p>
Grand Master	MWBro Ken Cheel											
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We are in this together, and help is always available. If you're feeling alone and struggling, you can also reach out to Alberta Health's Mental Health Helpline – 1-877-303-2642 or go to <https://myhealth.alberta.ca/pages/emergency-phone-numbers.aspx> for a list of important phone numbers.

Finally, the most effective way to prevent the spread is through **Social Distancing**. Social distancing involves taking steps to limit the number of people into which you come in close contact). It can help reduce your risk of getting sick. This is not the same as **Self Isolation**. You do not need to remain indoors, but you do need to avoid close contact with people.

To protect yourself and others:

- keep at least 6 feet (the length of a bicycle) from others when going out for groceries, medical trips and other essential needs.
- limit the number of times you leave your home for errands (complete a number of tasks with one trip).
- some stores open early for seniors only (check for those in your area).
- shop at less busy times.
- order online to have groceries or other items, delivered if possible.
- go for a walk in your neighbourhood or park, while maintaining distance from others.
- avoid elevators, if possible or other enclosed spaces.
- follow Alberta's recommendations on mass gatherings.
- wash or sanitize your hands after touching communal surfaces.
- if you are feeling ill, please remain home and follow established guidelines.

We look forward to the time when we can meet together in lodge and renew our fraternal bonds but until then, "Stay Safe, Stay Healthy and Stay Connected".

The Officers of Grand Lodge

Brethren, as I write this, the world as we know it is falling apart. Supermarkets are stripped bare. People are panicking due to fear of the unknown. My Grand Lodge here in Illinois, along with a lot of other jurisdictions, are suspending stated meetings and other lodge events for a few weeks possibly months.

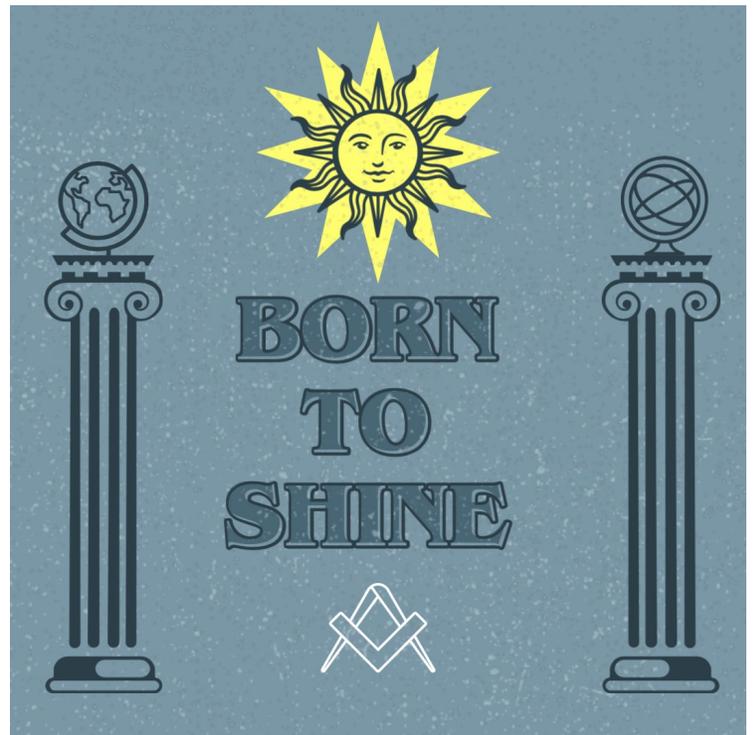
We are witnessing history. We need to be a part of it. All of us once asked for light. It's time for our light to shine.

Our principles have helped guide our Masonic forefathers through other dark times in history. In the United States and around the globe, our fraternity has survived. Many events that threatened to snuff our light out have failed. Our tenets of Brotherly love, relief, and truth have enabled us to survive.

Now more than ever, we need to remember these 3 tenets.

Although we can't have stated meetings together, we need to remember the tenet of Brotherly Love and make sure that we are not only checking in on each other but our widows and orphans. We can still enjoy Masonic education and fellowship together via skype calls and other methods. Most importantly, we need to remember that Brotherly Love extends not only to our Brothers but to all of our fellow creatures, which brings me to my next point.

We are obligated to come to the aid and relief of



not only our brothers and their families that are in need, but we also are taught that we need to act charitably to society, giving as much of ourselves as we can to better the common good. The coming days are going to challenging for all of us.

What we are witnessing is unprecedented in most of

our lifetimes. Very few of us have seen something similar. It is at times like these that we need to remember our tenet of relief. Not only to ourselves but to our communities. We need to remember that of Faith, Hope, and Charity, the greatest of those is Charity.

We will need to set an example for those that need it. Whether it is by volunteering to deliver groceries for those in your community that cannot get them, giving a roll of toilet paper to a neighbor that needs it, or using our monetary resources to help those brothers and non-brothers alike in our community—we can use this crisis as an opportunity to show what our fraternity stands for. We need to lead by example. I believe that if we do this, that if we are a shining light for others in this time of darkness, that we will be living up to our tenet of relief. As we suffer for membership, we can show the men in our local community what we are all about. To paraphrase that quote from Field of Dreams, "If you build it, they will come."

Truth, which is represented by the divine Truth of the Great Architect of the Universe, is going to be an essential tenet to follow in the coming days. If you are ill, be truthful and stay home even if you think that this will hurt you financially. It is at this time that you will need to reach out to your Lodge and Grand Lodge for assistance. Do not hesitate to use the sign of distress we are taught. If you are not ill, be sure to remain true to yourself, family, and your dealings with others. As I stated above, be a genuine person in your transactions with your fellow creatures. You are representing the fraternity, and how you act during this crisis will be remembered. Remain truthful to our teachings, and they will help see you through this. Its up to all of us.

Every single one of us has a role to play in this. I believe though that we are uniquely equipped as men to rise to this challenge.

There is a line in the 3rd degree that I especially love, and I try to remember when faced with a challenge. The line is: "Well, we have truth and justice on our side, let us rush in!" Remember that we do have truth and justice on our side. I would only add, before rushing in, we remember to invoke the blessing of deity first. This is hopefully the only great undertaking that we as Freemasons will ever have to face in our lifetimes. Remember that our light is part of the light of the divine truth of the Great Architect of the Universe.

Stay safe, brothers. Remember our teachings, follow them, and continue to let our light shine for all to see.

~DAL

WB Darin A. Lahners is the Worshipful Master of St. Joseph Lodge No.970 in St. Joseph and a plural member of Ogden Lodge No. 754 (IL), and Homer Lodge No. 199 (IL). He's a member of the Scottish Rite Valley of Danville, a charter member of the new Illinois Royal Arch Chapter, Admiration Chapter No. 282, and is the current Secretary of the Illini High Twelve Club No. 768 in Champaign – Urbana (IL). He is also a member of the Eastern Illinois Council No. 356 Allied Masonic Degrees. You can reach him by email at darin.lahners@gmail.com.

Ed. There are times when an article can wait a while to find itself showing up again, in this case with the extraordinary events I thought it should find itself on the pages of our first mid monthly publication.

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A Dozen Things to Fill Your Time During Social Isolation

Brother Robin Carson

Maintaining most contact with the outside world to a minimum in order to protect ourselves and others from COVID-19 can make it a challenge to fill time, especially if you have been sent home from work. Perhaps there are one or two items on this list that you might not have thought of:

1. Read one book that you have never read but wish that you had.
2. Blow the dust off an actual board-game and play it with your wife or children. Checkers would be just fine.

3. Learn a game of solitaire that is **not** Klondike-- the one the British call 'Patience.'
4. Call one of your Masonic Brothers who might be alone. Then call your Lodge's newest member to see if all is well with him. Neither ought to mind if other Brothers call them, too.
5. FaceTime or Skype someone. If you don't know how to do that, learn.
6. Contact your Lodge secretary for the list of widows and his idea of who might benefit from a telephone call from you.
7. Learn a foreign language. There are free apps such as Duolingo that can teach you one, or the website of your local library might permit free access to the more serious language-learning

- applications such as Rosetta Stone.
8. Learn a new piece of ritual. Or, relearn and polish an old one. Look up any unfamiliar words (such as 'parallelepipedon.')
 9. Telephone an old friend that you have not spoken to for far too long.
 10. Contact a former teacher or professor to say, 'Thank you!'
 11. Begin writing your memoirs, so that your friends and family will know who you really are.
 12. Sing.

Ed. At this time I must correct something in the March issue. I introduced Bro Carson as VWBro. He was quick to get back to me to correct my error. He is one of our brethren who was appointed as the Grand Chaplain while still being a Bro, thus I must apologize to him and you. I will ensure I check my facts in future.

Whence Come You? And Whither Are You Travelling

An address delivered before the Masonic Lodges of Halifax, Nova Scotia, Nov. 15, 1937, by R.V. Harris, K.C., P.G.M.J.

How old is Freemasonry? Nothing strikes so much to the imagination as the story of how travelers have found Freemasonry in darkest Africa, or among ancient peoples in China or Central America, or that evidence has been found that it existed in Egypt 40,000 years ago. It has in times past been attributed to many sources, including the ancient patriarchal religion, the ancient mysteries of the pagan world, the Temple of Solomon and the Temple builders, the Crusaders, the Knights Templar; to the Rosicrucian philosophers of the Sixteenth century; to Oliver Cromwell, for the advancement of his political schemes; to the Pretender, as a means towards the restoration of the House of Stuart; to Sir Christopher Wren, at the building of St. Paul's Cathedral, and to Dr. Desaguliers and his associates.

Some of these theories are today regarded as fantastic and ridiculous and have been long since abandoned. The fact is that Freemasonry owes its origin to no one single source. In the earliest history of mankind, nothing could be said to have been Freemasonry either in ritual or organization, and the same is true in every century until about 1717.

The soul of Freemasonry is its spirit, its principles and its symbols

The soul of Freemasonry is its spirit, its principles and its symbols, and these existed long previously to the recorded history of mankind and have come down to us today from widely different sources.

Our task would be easier if instead of seeking the source of the great river and tracing its later development, we explored it from the present time up the main stream of speculative masonry through its transition period to the operative Masons of earlier days; to the castle and cathedral builders of the Middle Ages; to the guilds of Freemasons in France, Germany, England, Scotland and Ireland; to that famous band of Comacine Masters who built the churches of southern Europe; to the burial societies and colleges of artificers of ancient Rome; to the Dionysian Builders of Asia Minor; to the sacred mysteries of Britain, Rome, Greece and Egypt; to the Phoenician builders of Solomon's Temple; to the worship of the Sun God beside the Nile and in Persia; to the temple builders of Karnak and Memphis, Babylon and Nineveh; to the faint beginnings of the spiritual yearnings of Man.

As we go back up the river, we find here and there a new stream contributing to the ever-growing and ever-broadening volume of waters; a new idea; a new ceremony; an allegory; a tradition; a legend; a landmark.

A whole evening might be given to describing these various sources of our beloved Order. It is a fascinating story, ending in the gradual decline of building, the languishing of the operative lodges, their transition into speculative bodies and the formation between 1717 and 1736 of the three Grand Lodges in the British Isles from which every regular Grand Lodge in the world today derives its origin directly or indirectly.

We have come a long way. Inspirations have come from many sources and a close study of the fascinating story discloses a number of things;

The fraternal idea, comradeship, fellowship among the builders, has always existed and persisted; The idea of building guilds has always existed; The close identification of the Craft with religion, the ancient mysteries, and later with Christianity; The continuity of these ideas from very ancient times, because building and religion have always been factors in civilization; there has always been religion and there has always been building; they have continued side by side; such knowledge was common and was shared everywhere, no nation was ever isolated. Lastly, there was a gradual evolution a flowing together. The many streams from many sources have come together and now flow on in one mighty stream or riv-

er.

We must realize, too, that this Order of ours is still growing. Instead of one Grand Lodge there are now a hundred. Instead of four lodges there are more than 40,000. Instead of the 100 members who formed the first Grand Lodge there are nearly four million.

There are many degrees and branches and orders in Masonry. New influences, social and economic, philosophic and religious, have come in. The Royal Arch blossomed out about 1740; the Knights Templar about 1760; the Scottish Rite about 1785. Benevolence funds were first engrafted on the order about 1800, perhaps earlier, and charitable institutions were established about the same time.

Even the ritual has grown in variety and in beauty. Each jurisdiction decides what ritual it shall use and in many there are several in use. Charges and lectures and floor work are constantly revised and added to. In recent years there have been lodges for the study of our history, our symbolism and our jurisprudence. Past Masters' Associations and District organizations are modern growths, so is much of our Grand Lodge organization with its elaborate ceremonials and regalia and many offices. Lodges met at one time in taverns and later in rented halls and buildings; nowadays many lodges and Masonic bodies have fine temples of their own.

In recent decades there has been a deluge of other orders juvenile and women's orders, claiming affiliation with Freemasonry. Our order is participating in social welfare work, establishing hospitals and scholarship funds, and even service clubs. These all have their influence on the order and affect its growth. Whether we realize it or not, Freemasonry has been constantly changing and adapting itself to the needs of humanity and rendering untold service in new ways.

To the three Grand Lodges of the British isles we in Nova Scotia owe our masonry. There is indeed some evidence to support the claim that Masonry was known among the French while they ruled the Province and among the English at Annapolis Royal as early as 1725. Be that as it may, the first lodge organized on Canadian soil under the authority of a Grand Lodge, was formed at Annapolis royal in June, 1738. The first master of that Lodge was Ensign Erasmus James Philipps, of the 40th Regiment, then stationed at Annapolis Royal. Philipps was initiated as a Mason in the First Lodge in Boston on Nov. 14, 1737, two hundred years ago tonight. His authority to establish a Lodge in Annapolis came from Henry Price, Provincial Grand Master for

Massachusetts, who himself acted under the authority of the Grand Master of England.

Philipps continued as Provincial Grand Master until his death at Halifax in September 1760 while on a visit to Halifax, and is buried in old St. Paul's Cemetery. England, Scotland and Ireland, have all played their part in extending the Order, not only in Nova Scotia but throughout Canada, and it is appropriate that we should next July commemorate the founding of the Craft in Canada and review the progress of the past two centuries.

Visitors will gather here,

Visitors from many jurisdictions will gather here, and every Grand Lodge in Canada will participate in this commemoration. It will make us realize the size of our Masonic family and the strength of the ties of our worldwide Brotherhood. It will give us a new pride in our history and achievements, a new meaning to Masonry, its ideals and mission.

If the coming Bicentenary celebration next July will do nothing more than recall to our attention the marvelous progress of the Craft in the past two centuries, and so inspire us with new hope, new faith in ourselves and our order, and new courage to go forward, it will have been in itself a great achievement.

From that historic day in 1738 Masonry in Canada has moved forward to its present proportions. In place of one Lodge there are now 1300 lodges. Instead of a handful of Craftsmen, there are now nearly 200,000. Instead of there being but one man clothed with authority to propagate Masonry there are now nine sovereign and independent Grand Lodges, all developing the Craft within the borders of their respective jurisdictions.

The story is a long and intensely interesting one, and well worth the study of every Craftsman who loves the Order, full of names of men who have been leaders in the growth of our nation and people and our civilization; men of great distinction in Church and State, in professional and commercial life, in international affairs and community service their names are legion and their work will never be forgotten

Whither are we traveling? What of the future? We have been passing through an economic depression and it has had a sore effect on the Craft as well as on the nation. Let us look at the present situation, and, right here, there are several statements which should be made.

First of all, the Craft today is sound at its heart and is moving forward to greater achievements. It still rests upon the corner stone of all Faiths; and before it stand the two pillars of the Fatherhood of God and the Brotherhood of Man.

Freemasonry has never yet exerted its full strength

Then, let me say, Freemasonry has never yet exerted its full strength or even a fraction of its strength on any occasion. Take the requirement that every petitioner for our mysteries should declare his personal belief in god, the Father Almighty, the Great Architect and Master Builder of the Universe. If we could but really and effectively unite all Freemasons into one vast army, what a tremendous bulwark Masonry would be against atheism, agnosticism, communism and those who would pull down the structure of our civilization and society, which is, in the last analysis, based on this belief in a Supreme and Almighty Being.

Then again, and let us be frank, while there are many members of the Order enrolled in our lodges, few of them are Masons guided and willing to be guided by its principles, living daily according to its precepts and thereby proclaiming to all the world by their very conduct their membership in the Order. If we could all so live, what a profound influence the Order would have not only upon ourselves but upon the community in which we live.

Then there is that thing we call Brotherhood and that virtue we call Charity and Benevolence, which after all is but Brotherhood in action. Masonry has been the inspiration of a thousand other fraternities, and some of them were formed because Freemasonry seemed to be ineffective in its Brotherhood. What a marvelous organization our 4,000,000 members could be if we really went to work at this business of Brotherhood!

Today Freemasonry has been banned and suppressed in Italy and Germany and Russia. Why? Simply because it stands for justice among men, freedom of thought and action and expression. Only under democracies, can Freemasonry prosper. Masonry is, in fact, one of the inspirations for our democracy. If it could be suppressed or if it died out, then a Hitler would arise in our midst.

We need have no fear for Freemasonry. It has survived the centuries, witnessed the rise and fall of kingdoms and Empires, world-shaking revolutions and economic crises without number. It will outlive the Hitlers and Mussolinis and Stalins. Dictators may seem to dominate and triumph for a time but they can never submerge the spiritual forces which govern all peoples, the inborn and universal belief in a Supreme Being, the Architect of the Universe, the Father of all mankind, the reality of the Brotherhood of man, expressed in our desire for equal Justice among men, the feeling of kindred among nations

which emerges when a great crisis threatens and the desire for peace. These will never die and will persist long after all the ,isms,. and vain doctrines and irrational theories of today have been forgotten.

And so, let us look ahead into the years with faith and take courage. Freemasonry will exist as long as free peoples exist. Each needs the other. Freemasonry will continue to exert that spiritual influence on men and institutions which it has always exerted. It will grow and extend its boundaries, working through its lodges and chapters, its various rites, its affiliated organizations, its methods of education and intellectual growth, its avenues of service and benevolence.

In spite of setbacks - and we must realize that they will come - Freemasonry will go on to greater strength and influence, throwing its weight behind the Church, the state, the community, and the forces of right and righteousness.

I make a threefold appeal. I appeal for a deeper and broader knowledge of masonry. Not just the right to wear some trinket or ring or watch fob. Masons who get no more out of Masonry than signs, grips and passwords, make a poor investment of their time and money. The Mason who has nothing but some parrot answers to some questions about the 1st and 2nd degrees, has only a thin veneer. How much of Masonic history and symbolism do you know? How much of it do you live and practice in your daily lives?

Do you live and practice in your daily lives?

Again I appeal to you for a broader service, to ally ourselves with great ventures for humanity, caring for the widow and the aged and the orphan, helping to educate the underprivileged child, building up sane sentiment for the cause of peace, breaking down the attacks of communism, fascism, Hitler-ism, atheism. Freemasons should pledge their support to every national and international effort for settlement of world conditions. International peace, the sanctity of treaties, disarmament, and the adjustment of economic difficulties; guard against the recurrence of the depression, or counteract atheistic and communistic propaganda and the influences of Bolshevism. Statesmen and leaders should be sought out and persuaded to address our lodges, for our Lodge membership is looking for information and counsel.

Lastly, I appeal to you for a truer brotherhood.

If anything can save the world it is this brotherhood which binds us together

If anything can save the world it is this brotherhood

which binds us together as individuals, as communities, as provinces, as nations and empires, and gives the wider vision of life, inspiring us to larger loyalty and greater energy.

Let us be builders and pioneers as were our fathers before us. Let us be Masons who when the day is done can look back on something achieved. What good have I been to others today? Have I done a single thing within this day for a widow or a needy child? Have I kept faith or failed in my dealings with my neighbour? Have I added one worthy thought to my store of knowledge.

They have achieved success when they have lived well, laughed often and loved much; when they have gained the respect of intelligent men and the love of

little children; when they have filled their niche and accomplished their task; when they have left the world better than they found it, whether by an improved poppy, a perfect poem, or a rescued soul; when they have never lacked appreciation for earth's beauty not failed to express it; when they have looked for the best in others and given the best they had; whose work is an inspiration, whose memory is a benediction.

Ed. In my quest to bring articles from across this country and beyond I have recently linked up with the editor of the Ontario Mason Magazine and we have agreed to share our respective pool. This was published in the Ontario Mason in their Spring 2014 edition on pages 35-38. I am looking forward to a long and prosperous partnership.

Advertising Rates for 2020 in the Alberta Freemason

All submissions for advertising should be sent to the editor by the 15th of the month prior to publication. All submissions should be made in Word format, pictures should be of at least 600dpi in JPEG, PNG or GIF format and be attached separately and emailed to editor@freemasons.ab.ca

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If you have any questions contact:

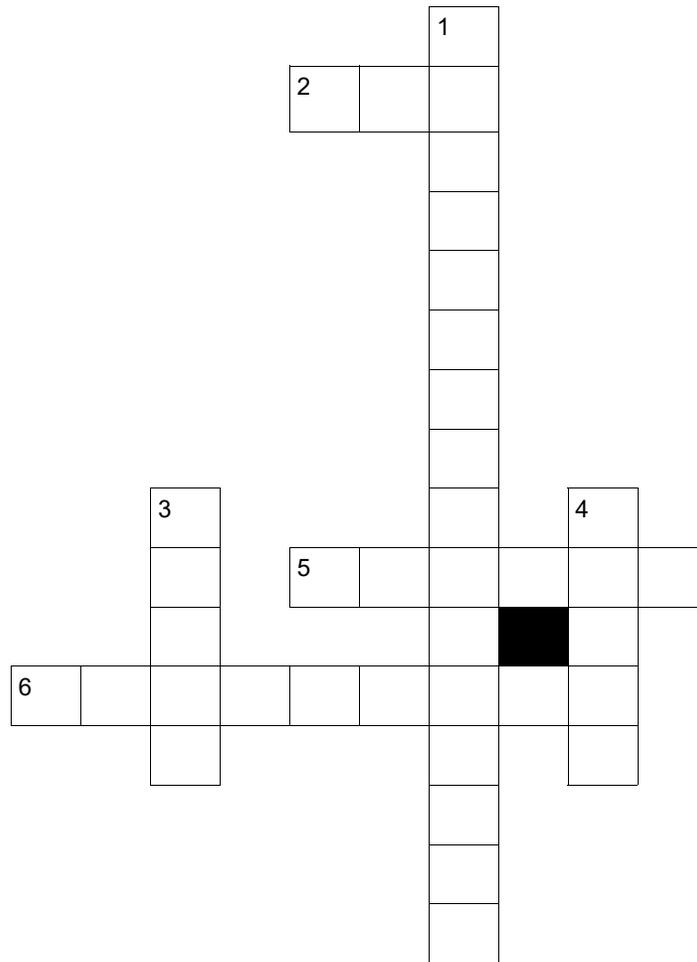
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Ed. There is no advertising in this issue mainly because I was more focused on pulling it together with the editorial team than looking for advertisers. If you are interested in either the Monthly issue or these mid monthly let me know.

Mid March AFM edition

Name: _____



Across

- 2. How many Rites do we have in Alberta
- 5. Name the second grand principle
- 6. On what do we meet

Down

- 1. Who sits in the East
- 3. What is the name of the officer who stands outside the door
- 4. How many make a Lodge Perfect

