



## JANUARY 2018

**Officers Ritual Rehearsal**  
*Open to all Master Masons*  
January 2, 2018, 6:30 p.m.  
Alexandria Scottish Rite

### STATED COMMUNICATION

*Reception of the District Deputy Grand Master*  
January 9, 2018

*Fellowship Dinner, 6:30 p.m., All are welcome*  
*Communication, 7:30 p.m., Master Masons*

**Lodge Breakfast**  
*All are welcome*  
January 13, 2018, 9:00 a.m.  
LaCasa Restaurant  
4551 Duke St, Alexandria, VA 22304

**WORK IN THE DEGREES**  
*Entered Apprentice Degree*  
January 16, 2018, 6:30 p.m.  
Alexandria Scottish Rite

**5th Tuesday Lodge Fellowship Dinner**  
*All are welcome*  
January 30, 2018, 7:00 p.m.  
Alexandria Scottish Rite

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When Relationships Change, p.4; January Enlightenment, p. 6

## A MESSAGED FROM THE EAST

Brethren –

I hope you have had a happy and healthy holiday season and are refreshed and recharged as we begin a new year together. Thank you to everyone who was able to attend the December Joint Communication. As you can tell from the Trestleboard on the front page, we are going to start the year early and work diligently to build an engaged and healthy lodge together.

At our January Stated Communication, we will officially receive our District Deputy Grand Master for Masonic District 1A, Right Worshipful Bernard Richard Laaken. I encourage everyone to attend and learn about Grand Master Taylor's outlook for 2018 and how we will begin work on district consolidation for the 2019 merger with Districts 54 and 1B. We should be active participants in the change process.

I am excited about the interest that exists in our Lodge. We have two candidates that have been elected for initiation. We have four candidates working their way through the degrees. We have another three gentlemen actively getting to know us. This interest speaks to our Lodge health and future. I hope you will get to know all of these worthy men and assist in their journey through the Craft by participating in Degree work and volunteering as a mentor or catechism coach.

A limited number of 2018 calendars have been printed and are available to all lodge members. If you are in the area, please join us for a meeting and pick one up. If you are out of the area and would like a calendar, please send me an email and I will be sure to send you one.

The consolidation process was challenging. Varied opinions on the process and outcome were communicated from brothers in both lodges. Please know that your concerns were heard. I am humbled and honored to be chosen to lead us through our next chapter in the Craft. I hope you communicate openly and participate in the lodge. Every brother is a vital part of the whole. We cannot learn from one another if we do not engage. I have included an article in this month's Trestleboard that provides a poignant perspective on the current status of our lodge. I hope you will read it and share your thoughts at the January meeting.



Sincerely & Fraternaly,

**HENRY KNOX FIELD—JOHN BLAIR  
LODGE NO. 349, A.F. & A.M.  
2017 OFFICERS**

Daniel E. Froggett, Worshipful Master

Erik N. Schultz, Senior Warden

Timothy J. Fisher, Junior Warden

Rt. Wor. Michael R. Aulicino, PDDGM

Wor. Patrick A. Wood, Secretary

Wor. Kenneth R. Reynolds, Asst. Treas.

Clayton J. Mitchell, Senior Deacon

Mark A. Boughner, Junior Deacon

Ronald E. Markiewicz, Chaplain

James F. Cordes, Senior Steward

Eric F. Kephart, Junior Steward

Edward R. Wilcox, Marshal

F. Paul Norris, Musician

Wor. Brian M. King, Tiler

Wor. Jaime H. Flores

*In an effort to build the healthiest lodge possible, please read this article and consider it in the context of our relationships with each other and the lodge overall. Please know that every brother is invited to air grievances within the confines and safety of a tiled meeting. We will collectively work toward creating peace and harmony. We are stronger when we are united. We cannot heal if we do not know the pain.*

**When Relationships Change: Growing Together, Not Apart**

*By Terence Stone*

*“Change is inevitable. Growth is intentional.” ~Glenda Cloud*

I got married three years ago right out of college. We had been together since freshman year, and lived together for two years. Still, we didn't fully understand what was coming our way. I remember my parents telling me, “You know, marriage is a lot of work. It requires effort.” I fervently assured them that I understood, because I thought I did. Our first year of marriage was fine. It was more of the same; just a couple of kids having fun.

What I did not know then was that tiny hurts and resentments had begun to creep up on us. I believe these were unspoken, unconscious issues that had been present but overlooked throughout our relationship. The manifestation of these problems was subtle at first. It was just our usual way of operating; little jibes at each other, veiled judgments, and stubborn protests. Nothing new, but something had changed.

My wife took up Tango. I didn't. She started going out more often. I stayed at home more and more. The rift that had already occurred between us had just been unmasked. We started fighting more often. At a certain point we began to “accept” our situation. I decided I would just deal with it and do my best. I stopped protesting to her outings, and she began to spend more and more time away from home.

The resentment built up inside both of us. There was almost no real communication happening. Finally, one night my wife didn't come home. I went to bed alone, as I was wont to do those days, but I woke up in a panic around three in the morning when I realized she still wasn't home. She finally arrived home at 5am. She had been dancing all night. She did it to hurt me, because she was hurt.

The next day, we sat down with each other. I said that we could not go on this way. We both admitted how angry we were at one another. We were not well-versed in this type of conscious conversation, so we talked in circles. Yet, it was a turning point. We began couple's therapy and shortly thereafter realized that we both needed individual counseling. We were dealing with deep-seated emotional issues that we had never before confronted.

The first eight months of counseling were difficult. During that time, we separated twice for a month each time. But once again, something had started to change...for the better this time. Our arguments slowly became less enraged screaming matches, and more constructive, intelligent conversations.

This took months and many little breakthroughs. We started spending more quality time with each other, making the decision and the effort to really be with one another. We resolved to listen and stay present, and to be honest about what we were thinking and feeling.

Now, a year and half later, my wife and I are still in counseling, but our relationship is better than it has ever been. We make it a point to sit down and have a check-in conversation. We have learned to compromise on our social endeavors. She still dances. In fact, she's an incredible dancer. And I go with her when I can (though I'm no good). In turn, she spends more evenings at home with me when time and work permits.

Ultimately, what we learned was that if there was to be communication, we had to speak and listen to one another with intense presence, honesty, patience, and compassion. And above all, we realized that we had to accept that our relationship was changing, that it needed to change.

What I've come to realize is that often we leave things unsaid because we believe broaching the issue will be more trouble than it's worth. In turn, we get defensive when our partner is critical, even in a constructive way. In both cases, we are resisting what is and the opportunity to grow. It is a recipe for resentment, anger, and ultimately, apathy.

I urge you to think of yourself in this light. Whether on a large or small level, how often do you resist what's going on inside of you? No one wants to feel annoyed, hurt, angry, or sad. But if we feel that way, we must accept. Otherwise we suppress and miss an opportunity for self-growth.

Only when we make the decision to acknowledge what is really there can we take the first steps toward healing. Nothing is ever perfect, but we must remember that to live and to love is to change and to grow.

**We can resist it all we want, but change is inevitable. Growth, on the other hand, is conditional. It only happens when we choose to embrace change one moment at a time.**

## MASONRY TUESDAYS

*Erect temples to virtue & dig dungeons for vices.*

Regular Masonic gatherings are the lifeblood of strong lodges. Henry Knox Field – John Blair Lodge will host Tuesday night ritual schools all year (except the 4th week of the month). While ritual schools are a place to learn ritual, they are also a more regular and meaningful contact with your brothers. They assist in building the fraternity necessary to sustain the lodge. Each brother should make Tuesday evenings a priority for Masonic Work. Get in the habit. Plan your work and family life around this weekly connection to the Craft. Let us erect temples to virtue and dig dungeons for vices together.

## JANUARY ENLIGHTENMENT

*This monthly section will explore aspects of the Craft for further thought and consideration. If there is a topic that you would like to share with the brethren in this section, please email it in a Word document to Wor. Froggett at [danielefroggett@gmail.com](mailto:danielefroggett@gmail.com).*



## THE FIRST LIBERAL ART GRAMMAR

The Greeks had *graphein*, to write, or draw (from this we have graphic, engrave, etc.) ; *gramma* was that which was written or drawn. Grammar now refers only to the skeletal framework of language, its parts of speech and their combinations, but formerly it included all forms of learning based on language, such as rhetoric and what is now taught in the schools as English; by the time our Monitor was written, however, grammar and rhetoric had become differentiated, nevertheless the Monitorial portion of the Second Degree makes it plain that a Fellow Craftis expected to be a literate man, knowing something of the arts of language in both speaking and writing. In interpreting the Second Degree this wide meaning of grammar must be kept in mind.

*- Source: 100 Words in Masonry*

One of the seven liberal arts and sciences, which forms, with Logic and Rhetoric, a triad dedicated to the cultivation of language. "God," says Sanctius, "created man the participant of reason; and as he willed him to be a social being, he bestowed upon him the gift of language, in the perfecting of which there are three aids. The first is Grammar, which rejects from language all solecisms and barbarous expressions; the second is Logic, which is occupied with the truthfulness of language; and the third is Rhetoric, which seeks only the adornment of language."

*- Source: Mackey's Encyclopedia of Freemasonry*

The beauty of any language is found in the art of expressing it. The beauty is wasted, however, if the message is weak, absent, misunderstood, or frivolous – and nothing in Masonry is frivolous except to the frivolous mind. But before strength, beauty, and clarity must of necessity come grammar, that we might reject from our message "all solecisms and barbarous expressions." Because just as a strong, beautiful, and useful building requires the correct selection and careful use of the materials of which it is composed, so only by correct and nuanced grammar can a strong and beautiful message be composed and conveyed, and clearly understood by those having the wit and will to do so.

*- Source: Grammar: Key to the Art of Freemasonry (2015), Wor. Steven B. VanSlyck*



### Allegory of Grammar

Laurent de la Hyre  
France, 1650

Walters Art Museum, Baltimore, Md.

This personification of the liberal art of Grammar is engaged in an activity to show how ideas impact real life. To demonstrate how important grammar and clear writing are in making ideas "bloom," the artist metaphorically represents Grammar watering two pots of flowers. Over her arm is a scroll bearing an ancient definition of grammar in Latin: "A literate tongue, spoken in the required manner."

Please submit annual dues of \$60 by January 31, 2018.

If you are a Life Member in Perpetuity, thank you.

Please consider contributing to the programs of the lodge with a donation.

Mail checks payable to Henry Knox Field—John Blair Lodge to:

Wor. Patrick Wood, Secretary, HKF-JB Lodge, No. 349

9704 Manteo Court, Fort Washington, Maryland 20744



### LODGE HISTORY

Henry Knox Field Lodge, No. 349, A.F. & A. M., was chartered in the Town of Potomac, Virginia, on February 12, 1925. It was named in honor of Henry Knox Field, a local businessman and community leader from Alexandria, Virginia, who served as Grand Master of Masons in Virginia, in 1917. Most Worshipful Field was raised to the degree of Master Mason on February 20, 1890, at Andrew Jackson Lodge, No. 120, A.F. & A.M. On June 24, 1893, he was installed Worshipful Master of that Lodge. Most Worshipful Field was born on April 20, 1860 and passed away on August 1, 1917, while serving as Grand Master.

John Blair Lodge No. 187, A.F. & A.M., was instituted on July 31, 1970, and chartered at Henry Knox Field Lodge No. 349 on February 10, 1971. The lodge was named in honor of Virginia's first Grand Master and inaugural United States Supreme Court Justice John Blair, Jr. Jewels, aprons, the bible, and tiler's sword were given by Worshipful Raymond L. Colins. The speakers podium for the Lodge was constructed and donated by Right Worshipful Clarence A. Dains. The brazen pillars were constructed and donated by the Charter Treasurer, John Newton Crawford, and the altar cover was later donated by Most Worshipful Werner Herman Morlock, Grand Master of Masons in Virginia in 1993, who died in office on Saturday, March 5, 1994.

The lodges initiated the consolidation process in February 2017, with the Resolution on Consolidation being adopted in June of the same year. Henry Knox Field—John Blair Lodge, No. 349, A.F. & A.M., officially began work January 1, 2018.

HENRY KNOX FIELD—JOHN BLAIR LODGE, NO. 349, AF&AM

1430 WEST BRADDOCK ROAD

ALEXANDRIA, VIRGINIA 22302

WWW.JBL187.ORG

Stated Communication:

Second Tuesday 7:30 p.m., Fellowship Dinner 6:30 p.m.