



HENRY KNOX FIELD JOHN BLAIR LODGE

NO. 349 - A.F. & A.M. - VIRGINIA

TRESTLEBOARD

MAY 2023

Tuesday, May 9
Stated Communication
The Rise and Fall of the
Knights Templar
1830 Dinner
1930 Opening of Lodge

Tuesday, May 16
1830 Degree / Ritual School

Saturday, May 20
0800 William Hiram Wood
School
Elmer Timberman Lodge, No.
54

Tuesday, May 23
1830 Degree / Ritual School

Tuesday, May 30
Community Builders Award
Presentation
Friends and Family Night
More details to come

A MESSAGE FROM THE EAST

Brethren,

Spring has sprung, and we have great new things on our horizon! On the 29th of April we participated in the combined Districts One-Day Conferral and were able to raise two HKF-JBL brothers to the sublime degree of Master Mason. Brothers Melendez and Stickler will have a little work to complete prior to the issuing of their dues card, so I'll ask anyone with a little length in their cabletows to offer up some time and assistance as these brothers matriculate into their next chapter of Masonic life.



I would also like to offer particular thanks to Brothers Froggett, Mariscal, McNeal, and Mitchell for their parts in the cast(s) throughout the one-day conferral and for showing that our ritual execution is among the best in NoVA!

Our efforts to pursue the possibility of getting a more permanent location to call our own has started to gain some momentum, and I thank those who have stepped forward to engage this opportunity. Those of you with a little more length in your cabletows, I think we could still use some assistance in jumpstarting each of the subcommittees – Strength, Beauty, and Wisdom. The committee lead for Strength is our Senior Warden, Bro. JD Summers and will focus on membership growth, revitalization, and member retention. The Beauty committee will be led by our Junior Warden Bro. Steven Aguillar,



and will focus on aesthetics and technology integration for the space. Finally, Wisdom will be chaired by me as your Worshipful Master and will monitor the entire project as well as focusing on our older lodge members and the collection of historical photos and historical activities of the Henry Knox Field and John Blair lodges that must be preserved and may possibly be integrated into our evolving proposal.

Those of you that are interested in engaging with any of the noted subcommittees, please reach out to the above identified committee lead. Anyone that is interested in what this project is about, please reach out to me.

And finally, in closing, I wanted to focus on this month's stated communication that will happen on 09 May. We will have an official visit from our Brothers at Andrew Jackson Lodge No. 120 in which they plan to offer a presentation by Wor. Dave Williams on the Rise and Fall of the Knights Templar that will highlight Jacques DeMolay. Additionally, I'm to understand that a few brothers from Dale City Lodge No. 319 are planning to join us. All that to say, we look to have a full house this week, and a great meeting, which will be made all the better if we can show up in force to welcome our visitors.



Sincerely & Fraternaly,

Mark A. Boughner
Worshipful Master (Elect)
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The Demoralizing Effects of Sitting in the East and Feeling Alone

After each of us knocked at the door, we set goals for ourselves, we did so with a sense of excitement and motivation. We envisioned a future in which we would achieve our goals and feel fulfilled and proud of ourselves; while traversing that long and difficult path and progressing through the line. However, the reality of achieving our goals can sometimes be quite different from our initial expectations. The journey to reach our goals can be long and arduous, and when we finally arrive at our destination, we may find that the view from the East is not as rewarding as we thought it would be. This is particularly true when we feel alone in our achievements and find ourselves lacking the feedback and support, we anticipated.

The experience of feeling alone in our success can be deeply demoralizing in your Masonic journey. We may have put in countless hours of hard work and made significant sacrifices to achieve our goals, only to find that those around us are indifferent or even unsupportive of our accomplishments. This can leave us feeling empty and unmotivated, wondering if all our efforts were for naught or if the sacrifices were worth it.

One of the most challenging aspects of feeling alone in this success is the lack of validation that comes with it. When we achieve a goal, we often crave a level of recognition and praise from those around us. We want our friends, family, and brothers to be proud of us and celebrate our achievements. However, when we find ourselves alone in our success, this validation is often absent. We may feel like we are shouting into the void, with no one to hear or acknowledge our accomplishments. This can be particularly difficult when we expected to receive positive feedback, support, and engagement, from those around us.

In addition to the lack of validation, feeling alone in our suc-

cess can also lead to feelings of isolation and loneliness. We may feel like we are on an island, separated from those around us who cannot understand our experiences, relate to our struggles, or recall the challenges they themselves met and overcame. This can be particularly challenging when we are navigating new territory, such as learning new ritual, maintaining historical traditions, or endeavoring to launch a new initiative. Without the support of those around us, we may feel overwhelmed and uncertain about our ability to succeed, or our desire to even try.

The demoralizing effects of feeling alone in our success can also lead to feelings of imposter syndrome. Imposter syndrome is the feeling that we are not deserving of our accomplishments and that we have somehow fooled those around us into believing we are more capable than we really are. When we feel alone in our success, we may be more susceptible to these feelings of inadequacy and self-doubt. We may wonder if we really deserved to achieve our goals, or if we simply got lucky. These feelings can be incredibly demoralizing and can even lead us to self-sabotage, as we try to prove to ourselves that we are not worthy of our election as Worshipful Master.

Another challenge of feeling alone in our success is the pressure to maintain our position. When we achieve a goal, we may feel like we have reached the pinnacle of our success. However, without the support of those around us, we may also feel like we are standing on shaky ground. We may worry that we will not be able to maintain our position or that we will be exposed as frauds. This pressure can be incredibly demoralizing, as we struggle to find the confidence and motivation to continue pushing forward.

So, what can we do when we find ourselves feeling alone in our success? The first step is to recognize that these feelings are normal and valid. It is natural to crave validation and support from those around us, and it can be challenging when that support is absent. Acknowledge that the length of a brother's cabletow varies over time and through life's events. However,

it is also important to remember that our worth and value are not determined by the opinions of others. We can find validation and meaning in our accomplishments, even if those around us do not understand or seem to acknowledge them.

Another important step is to seek out a support system, even if it is not the one we expected or hoped for. This could mean reaching out to other Worshipful Masters, or mentors, who share our goals and passions; or seeking out new connections through networking events or Masonic communities. By building a network of like-positioned individuals, we can find the support and encouragement we need to continue pushing forward.

In addition, we can also take proactive steps to communicate our needs and seek out assistance from those around us. Sometimes, team members may not realize that we are struggling or feeling unsupported. By speaking up and asking for help, we can open the lines of communication and give our colleagues the opportunity to re-engage and offer their support. This can be a difficult step, but it is essential for our own well-being and success.

In conclusion, feeling alone in the East can be a demoralizing experience. It can leave us feeling empty and unmotivated, wondering if all our efforts were for naught. However, by recognizing the normalcy of these feelings, seeking out a supportive network, and communicating our needs to the brethren, we can find the validation and support we need to continue pushing forward. So, to you my Brothers, I ask that you please re-engage and offer your support and assistance as we navigate the ups and downs of our journey together. Let us work together to achieve our goals and celebrate our successes as a lodge.



May Masonic Birthdays

- Bro. George Michael Kavros , May 31, 1960, 63 years
- Rt. Wor. Douglas Monroe Woodley , May 4, 1971, 52 years
- Bro. Stanley William Pittelkow Jr., May 16, 1974, 49 years
- Wor. Alton Levern Miller Jr., May 14, 1975, 48 years
- Bro. Richard Loy Jennings , May 30, 1978, 45 years
- Bro. Larry Laroche Labossiere , May 19, 1981, 42 years
- Bro. Carl Clifford Hatton , May 19, 1987, 36 years
- Wor. Arturo De Hoyos , May 16, 1988, 35 years
- Bro. Gary Alan Dodd Jr., May 16, 1989, 34 years
- Wor. Donald Lee Kirby Jr., May 14, 1991, 32 years
- Bro. Leonard Figueroa , May 20, 2017, 6 years

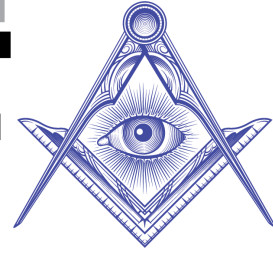
IN MEMORIAM



Bro. Gene Arden Noll was born January 2, 1937. He was initiated in Henry Knox Field Lodge on January 3, 1967, passed March 21, 1967, and raised to the Sublime Degree of Master Mason on May 30, 1967. He laid down his working tools on August 28, 2011.

Bro. Clarence Eugene Williams was born March 5, 1936. He was initiated October 31, 1972, in Henry Knox Field Lodge, passed March 20, 1973, and raised to the Sublime Degree of Master Mason on May 29, 1973. He laid down his working tools on June 30, 2022.

henry knox field



2023 OFFICERS

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