

Masters Message



Brethren:

Meditation and Freemasonry

Freemasons know that they should never enter upon any great or important undertaking without first invoking the aid of deity. The question worth asking is, "How am I currently invoking the aid of deity, and how can I get better at it?". One sure fire way to improve how we connect with a higher power is through meditation.

Most people, especially in the west, have all kinds of preconceived notions about meditation. Many people have a hard time seeing how meditation might improve their spiritual connection. Before going on, I'd like to ask anyone who is reading this to stop reading, ask yourself "what is meditation?", close your eyes and allow your mind to picture the answer to that question. Go ahead. I'll wait!

Did you picture someone sitting down cross-legged making a circle with their fingers and thumbs? Was the person chanting? Or maybe just saying "OMMMMMMMMM"? Most people picture something like this. While meditation can certainly look like this, it's not the only way to accomplish a successful meditation. Meditation can be done in a myriad of different ways. There really aren't any rules to it. In fact, if you actually took the time to do what I asked earlier and closed your eyes and pictured the answer to that question, you were doing a form of meditating. [\(cont.\)](#)

Schedule of Communications

Saturday April 3, 2019

6:30 PM Dinner—Dining Room

7:30 PM Stated Communication

[\(cont.\)](#)

Some meditations don't require your eyes to be closed.

Others are walking meditations or standing meditations. Many people consider yoga or tai chi to be a form of meditation in motion. How can this help us to invoke the aid of deity though? Well, there are many ways to incorporate meditation into your spiritual practice that can improve your connection to a higher power. For example, mindfulness meditation is the practice of focusing on your breathing. By focusing your attention to your breathing, you become more present and less distracted by thoughts of the past and future. By practicing this directly before prayer, you become more present and therefore more open to a channel of communication between yourself and deity. Other forms of meditation can benefit prayer also. In fact, meditation itself can be viewed as a form of prayer. It's like prayer without words. A prayer of simple presence.

Thomas Duffy  
Worshipful Master  
Mt. Rose #40

Freemasonry's Lesson for Today

THE IRISH CONNECTION :

In Ireland we have evidence of skilled Operative Masons very far back in time. We can state with pride that Irish Freemasons were involved before "Warranted Masonry", and subsequently, in promoting and developing the Craft in, what were then styled, "The Colonies". Irish Lodges were warranted in many "British" Regiments, though often mainly manned by Irishmen. The 1st Irish or Blue Horse, later the 4<sup>th</sup> Royal Irish Dragoon Guards had its Warrant issued by Grand Lodge on 24<sup>th</sup> June, 1758. This Warrant is still held in the 4<sup>th</sup>/7<sup>th</sup> Royal Dragoon Guards and the Lodge is working in West Germany, where the Regiment is stationed as part of the NATO Defense Forces.

The Grand Lodge of Pennsylvania we may almost claim as a child. Leaving aside the obscure early Masonic History of this State, when it would appear that English and Irish Masons held meetings by Time Immemorial right, the foundation, in 1759, of the Provincial Grand Lodge after the Ancient forms, which subsequently budded into the Independent Grand Lodge, "was primarily due to an Irish Mason who had been made in a Belfast~ Lodge.

I leave you with a few words of Irish: "Com'beannaigh Dhia dibh, go n'eiri an t-adh is an bothar libh, agus go m'beirimidh beo ar an am seo aris"—which translates as "God bless you, may your good fortune increase and your way be made easy, and may we all be alive this time next year".

The desk of;  
Ken N. McKim, Sr., PM<sup>2</sup>

**LODGE OFFICERS  
2019**

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Junior Deacon **Simon Bradbury**

Marshal **David Baba, PM**

Tyler **Frank Jones, Jr.**

**Trustees:**

|                       |      |
|-----------------------|------|
| Robert C. Rueckl, PM  | 2019 |
| Brian Fleischer, PM   | 2020 |
| Craig C. Callahan, PM | 2021 |

Visit the Lodge's Website:  
[www.mtrose-lodge.org](http://www.mtrose-lodge.org)



April Birthdays

|                          |    |
|--------------------------|----|
| Walter C. Gehlert        | 07 |
| Geoffrey A. Bueschen, PM | 13 |
| Wayne M. Lund            | 21 |
| Lloyd R. Bretthauer      | 26 |
| Lloyd E. Larson          | 27 |
| Virgil B. Ballard, PM    | 27 |

COMMITTEES

Cognizance

Daniel Furth, SW

Sickness & Distress

Joey V. Rueckl, PM

Refreshments

Delinquency

Ken N. McKim, Sr. PM<sup>2</sup>  
Joey V. Rueckl, PM

High Twelve

Craig Callahan, PM<sup>2</sup>  
J.J. Ballard, PM  
Thomas V. Hultin, PM

Education

J.J. Ballard, PM  
Carl R. Rueckl, PM<sup>2</sup>

MOUNT ROSE LODGE NO. 40 F. & A. M.  
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Return Service Requested



**Mount Rose Lodge  
No. 40 - F. & A. M.**

**Lodge Chartered  
June 8, 1950**

*Trestle Board for  
April 2019*

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*Stated Communication  
First Wednesday of Each  
Month except Dark in  
July & August  
40 West First St.  
Reno, NV.*