

The Trestleboard

Acalanes Fellowship Lodge #480 ☉ February, 2018

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From the East - *Worshipful Michael Roberts, PM, Master* master@acalanesfellowship.com

Greetings fellow Brethren and friends. Acalanes Fellowship Lodge is already in full speed ahead. We held our first degree of the year on Tuesday January 23rd for Mr. Reynold Barzaga Dandan who was elected to receive the 1st degree of Masonry in our lodge at the January Stated Meeting. The degree began at 6:30pm, and it was wonderful to watch our core of excellent ritualists perform the first degree of the year and welcome our newest member to our lodge and fraternity.

I am looking forward to seeing you all at our annual Crab Feed at the Lafayette Community center on Saturday 27th. We have an exciting lineup of exciting silent auction of donated items. This event is the largest fundraiser for the year! I am also excited to report that Job's Daughters and the Order of the Eastern Star are going to be serving our guests and we will be taking up a collection for them that night.

Our Junior Warden Adam Hanin will be making a presentation at our upcoming [February Stated Meeting](#) on how to use this RSVP system for our lodge. Once you all see how easy it is to use I'm confident you will all want to embrace this new RSVP technology. As in the past, anyone who wants to send in check or cash payments for this and future events, please direct them only to our lodge Secretary Fred Lezak at our lodge PO Box 1, Lafayette CA 94549 and indicate in the check memo what the payment is for.

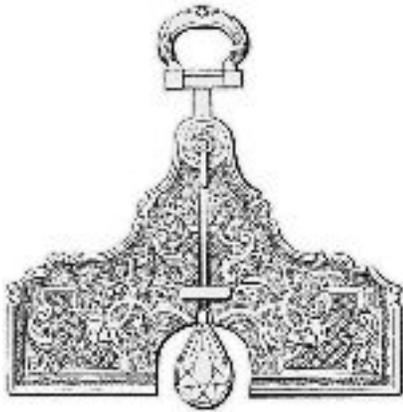
Our upcoming [February Stated Meeting](#) will take place on Tuesday, February 6th and I look forward to seeing you all then. Finally, please save the date of Tuesday, February 27th for our first monthly lodge potluck and social night.

Fraternally,

Michael Roberts, Master AFL



From the West *Robert Strohmeier, Senior Warden srwarden@acalanesfellowship.com*



Masonry is often described as a journey from darkness to light. In this series of short commentaries over the coming months, I will explore the concept of darkness and light, and its relevance to Masonry and life. In the January edition, we considered the meaning of darkness in Masonic thought. This month, we contemplate the light.

The symbolism of light is so prevalent in Masonry, and in Western thought generally, that any of us could be forgiven for failing to contemplate it deeply. Even children's cartoons depict the sudden appearance of an idea by placing a lightbulb over the thinker's head. How much attention, then, should a grown man give to meditation on its meaning? This question may carry more weight for Masons than for the general population.

The experience of illumination, both literally and figuratively, is common to all Masons. Our Craft has for centuries described itself as a journey from darkness to light. The presence of candles and, more recently, electric lights in a Lodge room has always been more than a mere practical consideration. While the customs and regulations of Masonic lodges can vary considerably from one jurisdiction to the next around the globe, this emphasis on light is common to us all.

What, then, is light to a Mason? Our symbolism is rich and varied, and tells us enough that it's worth our while to continually consider it throughout our lifelong journey – particularly in times of personal darkness.

Principally, of course, light lets us see. The experience of being literally brought from darkness to light, especially after a long period of darkness, can bring both discomfort and relief. Discomfort from the sudden change forcing our eyes to adjust, and relief from the uncertainty of darkness, that state in which we can neither foresee nor avoid danger. In being brought to the light, we not only see what we had not seen before, but the very experience of sudden sight can prompt a sense of seeing more fully, or at least differently, than we saw before.

Still on the literal level, light is a fascinating phenomenon. It travels faster than any other thing in the universe, compelled through the darkness of space as both a particle and a wave. When we see a star in the night sky, the light we are seeing has traveled to our eyes over the course of many years. When we gaze at the nearest star to our own solar system, Alpha Centauri A, the light we see has traveled more than four years to reach our sight. The light of the farthest star we can see without a telescope, V₇₆₂ Cas in the Cassiopeia constellation, travels more than 16,000 years to meet our stare. In contemplating the great spans of time it takes these tiny specs of light – billions of them scattered through the sky each night – to close the distance to our world, we can't help but realize

the vast proportions of our observable universe. It is enough to render awe in anyone, but especially in a Mason.

Figuratively, light is much more than a facilitator of sight. It is the radiance of divine thought. It is the impulse given by the Great Architect of the Universe to His creation, that impulse reason, to learn, to design, to build, and to pass on the learning from one generation to the next.

Contemplating this meaning, we may keep ourselves engaged in a fulfilling cycle of continual revelation throughout our Masonic travels, and throughout our lives.

Next month, I will conclude this series of commentaries with some thoughts on the meaning, purpose, and experience of the journey from darkness to illumination.

From the Secretary's Desk *-Fred Lezak, Secretary*

secretary@acalanesfellowship.com

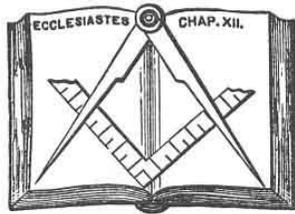
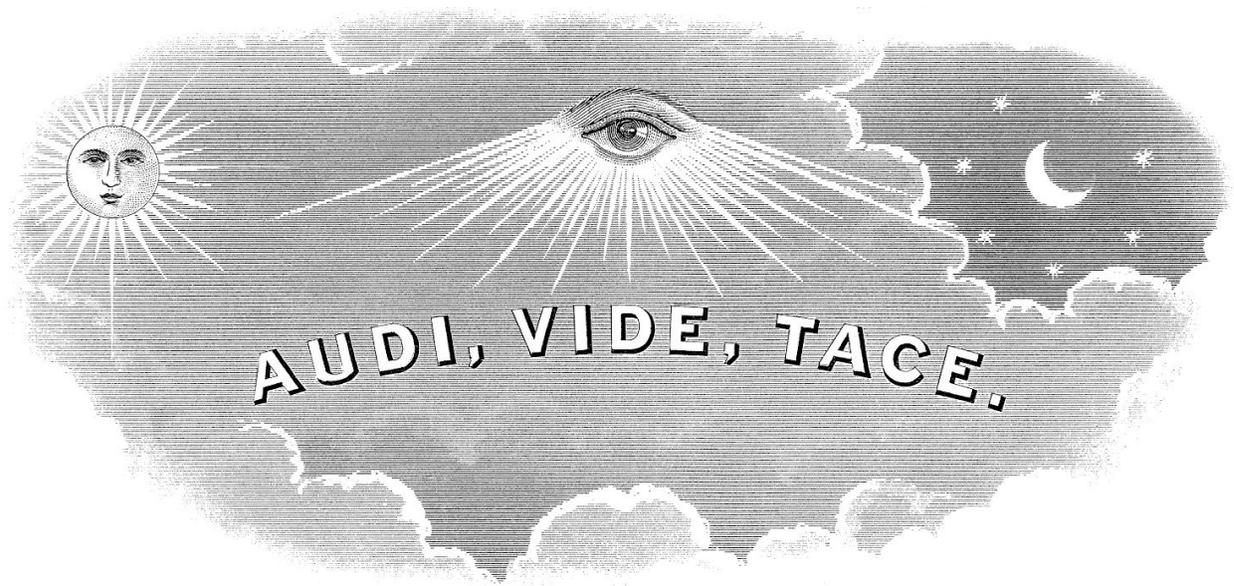
February is the month when the new year becomes real with new plans and new events. The crab feed is behind us. We have already conferred one Entered Apprentice degree. Our Treasurer, David Kreutzinger, and I will have attended the annual Secretary and Treasurer Retreat. It looks like a full and good year to me.

Thank you to those who have already paid dues. There are still a few who have not paid. It is very important that dues be paid on time. You are considered not in good standing until your dues are paid. This affects your rights as a mason including entrance to our lodge and other lodges as well your ability to access other masonic benefits such as Masonic Outreach and the Masonic Homes for you or your family. If you feel that you are unable to pay promptly for any reason, please call either me at (925) 360-4328 or Worshipful Michael Roberts.



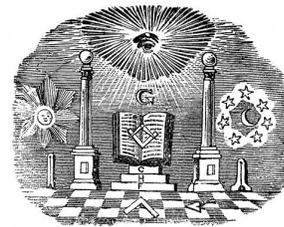
For several years now, there has been an unofficial coffee klatch at the Lafayette Peet's Coffee shop. Frank Shoffner and Don Hoskins started this little soiree and it now has four regulars. We meet every Tuesday and Friday from 9:30 to about 10:30 am. All of you are invited. In January, the coffee klatch was expanded to a lunch time at the lodge. It will be very informal ---bring your own lunch. We will be able to just hang out together as friends and brothers. Watch for more news on this.

As always, you are invited to attend our stated meeting dinner and meeting on the first Tuesday of any month. The feeling of brotherly love and good fun continues to abound. Our ritual work is solid and getting better. This is the time for you to return to lodge if you haven't been for a while. Don't feel embarrassed or shy. We want you back and I can guarantee you will be welcomed. You will thank yourself for attending. If you need a ride, please call me at (925) 360-4328. I'll see you in Lodge!



3rd Degree Anniversaries

Name	Raised	Years a MM
Thomas W. Frutiger	2/23/1960	58
Chandler S. Eason, Jr.	2/16/1961	57
Gerald W. Walker	2/28/1989	29
Brian O. James	2/25/2003	15
Michael P. Kenny	2/16/2010	8
Terry R. Killgore	2/18/2017	1



Birthdays

Please join us in wishing our brethren very happy birthdays this month.

George R. Peck	February 4
Russell S. Kennedy, PM	February 5
John R. Osborne	February 8
Edward E. Stack	February 9
Harvey A. Uhl	February 12
Ralph W. Runckel	February 14
Daniel M. Argueta	February 14
Lawrence W. Strohmeyer	February 17
Gary G. Charland, PM	February 18
James H. Chamberlain, PM	February 20
Jack Heinz	February 25
Robert J. Knebel	February 27
Kevin W. Moore	February 28

Musical Moment - *John Minagro, Junior Deacon*

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Throughout my life I have felt inspiration from the words of various scriptures, but I've also been profoundly moved by the words and music of songs, even Broadway songs.

Included below is a link where you can go online to listen to the piece and enjoy the marriage of word and music, which always deepens its spiritual message. I would also encourage you to read, or better yet listen to each song at least 3 times – all at once, or over the course of the month – allowing the words, music, and their effects of inspiration and joy to sift upon your mind and being.

February's song is one of my favorites called "Anyone Can Whistle" from the 1964 Broadway musical of the same name, by Stephen Sondheim. Everyone has things they are great at, and things they're not so good at. Sometimes though, the simplest things elude us for some reason, be they intellectual, or simply social.

Anyone Can Whistle

Music & Lyrics: Stephen Sondheim

Anyone can whistle, that's what they say – Easy
Anyone can whistle, any old day – easy
It's all so simple
Relax, let go, let fly
So, someone tell me, why can't I?

I can dance a tango, I can read Greek – easy
I can slay a dragon, any old week – easy
What's hard is simple
What's natural comes hard
Maybe you could show me
How to let go, lower my guard, learn to be free
Maybe if you whistle, whistle for me

Whistle at a dragon down it will fall – easy
Whistle at a hero trumpets and all – easy
What's hard is simple
What's natural comes hard
Maybe you could show me
How to let go, lower my guard, learn to be ... free
Maybe if you whistle, whistle for me.

You can listen to David Kernan singing it here: <https://www.youtube.com/watch?v=RMscAhtcYDc>



ACACIA CREEK RETIREMENT COMMUNITY

Imagine Living The Dream



Finding Success at Every Age!

Residents at Acacia Creek are remarkable. So much so that their efforts and lifestyle have been recognized as a Certified Center for Successful Aging — the only one in Northern California.

Acacia Creek residents are social. More than 80% rarely feel lonely and more than 70% socialize with friends every day. In addition to mental health benefits, regular social contact can lengthen lifespan.

Acacia Creek residents stay challenged more than peers in similar communities. More than 70% participate in group intellectual pursuits. More than 77% use computers frequently — compared to 60% of their peers.

Acacia Creek residents have a sense of purpose — a trait that has been shown to reduce the risk of memory loss and Alzheimer's disease. More than 65% volunteer for meaningful causes, compared to just 22% of Californians aged 75 and older.

Acacia Creek residents are strong. And getting stronger! More than 39% of women at Acacia Creek strength-train on a regular basis, significantly higher than 11% in the general public.

Discover more about successful aging at acaciacreek.org or call (877) 902-7555 to schedule a tour of our spacious, light-filled apartments and villas.

  RCFE #015601302 | COA #246



Acalanes Fellowship Sweethearts Luncheon

Saturday, February 17, 2018

Zio Fraedo's
611 Gregory Ln. Pleasant Hill, CA

Come celebrate our sweethearts and widows!

***NOTE: THERE IS NO FEE FOR PURCHASING
WITH CREDIT CARD***

**Meal includes appetizers, salad, choice of
entrees, soft drinks and dessert. Cash Bar
available.**

**MEN: \$30
SWEETHEARTS: Free!**

**ADVANCE PURCHASE REQUIRED,
SO ORDER YOUR SEATS TODAY!**

[Click and Register](#)

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The Trestleboard

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AcalanesFellowshipLodge.com

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Upcoming Events at Acalanes Fellowship Lodge #480

February 6

Stated Meeting

Reception at 5:30 pm

Dinner at 6:30 pm

Meeting at 7:30 pm

February 17

Sweethearts' Luncheon

Zio Fraedo's Restaurant

Pleasant Hill, CA

12:00 pm

[Click and Register](#)

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