



# Letters from Whatcom Lodge No. 151



F. & A.M. of Washington

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February 2004

## The Master's Trestle-board

Brethren I hope this communication finds you all in good health and looking forward to the birth of Spring. I am so pleased by the turnout for the Sweethearts Dinner. Over 30 Whatcom Members and guests enjoyed a great dinner, fine entertainment and lots of fellowship. Many thanks to Rick Kiene and Blair Thisted, WM's of Bellingham Bay and Fairhaven, for working together with us to make this event so nice. But the greatest thanks goes to all of you who were able to attend and make the night so bright.

At the upcoming Stated meeting we will honor the Past Masters who will take the chairs for the evening. In addition we will host our own VWB John Browne on his first Official Visit to Whatcom Lodge. Sure hope the secretary has the books up to snuff. *Editor's note - The secretary hopes so too!*

As we look into the next few months please consider supporting the youth groups as they prepare for their respective state-wide conventions. To that end, I have invited Chuckanut Chapter DeMolay to demonstrate some of their work at our March Stated meeting. *March 18<sup>th</sup>, at 6:30 pm*

Please relate any reports of sickness and distress to me via phone 671 8218. Many thanks to WB George Quiggle for checking on Bro. Leatherwood who is at Evergreen Rehab on Cordata Parkway.

Sincerely,  
WM Glenn W. Hutchings

## St. Valentine - Friendship & Love

February is associated with St. Valentine's Day and its expressions of love and fellowship. We in Masonry are well acquainted with these sentiments fostered through his name. The Valentine's Day holiday, like Christmas, is a blend of history, legends and a Roman holiday. It is fitting for each of us to take time, on this Saint's holiday, and reflect upon its lore and meaning.

The holiday of Valentine's Day probably derives its origins from the ancient Roman feast of *Lupercalia*. In the early days of Rome, fierce wolves roamed the woods nearby. The Romans called upon one of their gods, Lupercus, to keep the wolves away. A festival held in honor of Lupercus was celebrated on February 15<sup>th</sup>. The festival was celebrated as a spring festival. Their calendar was different at that time, with February falling in early springtime, but the holiday remained in February when the calendar was updated to its present configuration.

There are several legends surrounding the 3<sup>rd</sup> century Christian Priest whose name was Valentine. He was apparently martyred, during the persecution of Christians by the Roman Emperor Claudius II—the Goth, in 269 or 270 AD. It is alleged that Valentine was arrested for secretly marrying Roman soldiers, in violation of an order by Claudius II forbidding his soldiers to marry. Claudius felt the soldiers, if married, might wish to stay home with their families instead of go off to fight his battles. While in prison, awaiting execution, Valentine is said to have sent letters to friends asking them to "remember your Valentine" and telling them "I love you." In another legend, Valentine supposedly made friends with his jailor's daughter and to have cured her of an illness through prayer. This legend contends that on the day of his execution, February 14<sup>th</sup>, Valentine wrote her a note which he signed "your Valentine." Valentine was made a saint by the early church, but his feast day was demoted in 1969.

The execution of Valentine took place one day before the Roman Feast Day of Lupercalia, February 15<sup>th</sup>, which had become a sort of love festival. One of the customs of the young people was *name-drawing*. On the eve of the festival of Lupercalia the names of Roman young women were written on slips of paper and placed into jars. Each young man drew a slip. The young woman whose name was chosen was to be his sweetheart for the year. In 496 AD Pope Gelasius I, disliking this lusty custom, combined Lupercalia with the Feast Day of

St. Valentine. For Roman men, the day continued to be an occasion to seek the affections of women, and it became a tradition to give out handwritten messages of admiration that included Valentine's name. Nature associations developed.

There was also a conventional belief in Europe, during the Middle Ages, that birds chose their partners in the middle of February. Thus Valentine's day was dedicated to love, and people observed it by writing love letters and sending small gifts to their beloved. Legend has it that Charles, Duke of Orleans, sent the first Valentine card to his wife in 1415, when he was imprisoned in the Tower of London. However, the practice of giving Valentine cards did not become common until the 1780's.

Pope Gelasius I was able to turn a pagan love holiday into a Christian observance of love and friendship, while in our modern commercial world, business has found another reason to exhort us to go shopping.

*For holiday information on-line  
visit these two sites:*

[www.holidayfestival.com](http://www.holidayfestival.com) & [www.holiday.net](http://www.holiday.net)

### A prayer for February

**Make us worthy, Lord,  
To serve our fellow-men  
Throughout the world  
Who live and die  
In poverty or hunger.  
Give them, through our hands,  
This day their daily bread,  
And by our understanding love,  
Give peace and joy.**

Mother Theresa



From your:

## Secretary

It is hard for me to express my feelings at the present time as a whirlwind of events has swirled around my life for about a month. The biggest has been the honor bestowed on me by being named as the new DDGM in District Ten. I will do my best to serve our district and the fraternity.

I will gladly listen to any brother who desires to make a contribution to the health and growth of our Masonic Family and/or helping build the relevancy of the Masonic Family for our community. The one thing we must all remember is that one person does not a team make. Each brother and sister needs to do a part and I have observed that many are doing just that—but it would be helpful if more jumped on the ol' bandwagon. I will echo our WM Glenn as regards assistance to local Masonic Youth Groups. All of the local youth groups have staged a return to growth. I commend them in their fine efforts, but more help is needed. Lynden-Nooksack Rainbow could use one or two additional members for their advisory board and I dare say that none of the youth groups will turn your offered assistance away.

Both the Masonic Education Council and our Whatcom sponsored Harold M. Terpenning Educational Scholarship programs are in the application process. If you are looking forward to next year's income tax computation, for charitable donations, these are two good candidates. Before long you will receive a letter regarding the MEC scholarship. To donate to the Whatcom HMT Ed. Scholarship simply make out a check to Whatcom Lodge 151 - HMT Fund and send it to me, the lodge secretary and I will place it into the fun for you.

Fraternally, John F. Browne



### KING S QUOTE'S

**DON T CRY  
BECAUSE ITS OVER;  
SMILE BECAUSE  
IT HAPPENED!**

## Health News you can use!

Buddhists really are happy, calm and serene—at least according to their brain scans.

Using new scanning techniques, neuroscientists have discovered that areas of the brain that indicate positive emotions and good mood light up constantly in Buddhists— even when they are not meditating.

The scanning studies by scientists at the University of Wisconsin at Madison showed activity in the left prefrontal lobes of experienced Buddhist practitioners. The area is linked to positive emotions, self-control and temperament.

Other research, by Paul Ekman of the University of California San Francisco Medical Center, suggests that meditation and mindfulness can tame the amygdale, an area of the brain that is the hub of fear memory.

Ekman discovered that experienced Buddhists were less likely to be as shocked, flustered, surprised or angry as other people.

"The most reasonable hypothesis is that there is something about Buddhist practice that results in the kind of happiness we all seek," said Professor Owen Flanagan, of Duke University in North Carolina, in a report in *New Scientist* magazine.

Seattle PI, Vital Signs, 6/8/2003

## Funny Headlines from 2002 Newspapers!

Police Begin Campaign to Run Down Jaywalkers

Cold Wave Linked to Temperatures

Iraqi Head Seeks Arms

Teacher Strikes Idle Kids

Miners Refuse to Work After Death

Juvenile Court to Try Shooting Defendants

Typhoon Rips Through Cemetery; Hundreds Dead

Astronaut Takes Blame for Gas in Spacecraft

Local High School Dropouts Cut in Half

Red Tape Holds Up New Bridges

## Calendar of Events

**Feb 19<sup>th</sup>** is our Stated Communication, lodge opens at 6:30 PM.

**Feb 21<sup>st</sup>** MFLA meeting hosted by Ferndale at the Ferndale Masonic Hall, starts at 10 AM.

**Mar 4<sup>th</sup>** The Special Communication will be on Monday March 29<sup>th</sup>.

**Mar 18<sup>th</sup>** is our Stated Communication, lodge opens at 6:30 PM.

**Mar 29<sup>th</sup>** Whatcom Lodge will host a meeting of the Long Range Planning Committee at the W. Maplewood Hall, the meeting starts at 7PM.

## Saying Grace:

No ordinary meal -  
A sacrament awaits us,  
On our tables daily spread.  
For men are risking lives  
On sea and land,  
That we may dwell in safety  
And be fed.

- Scottish grace

To contribute to this newsletter please send your letter, comment, historical fact, poem or calendar announcement, by the 2<sup>nd</sup> Monday of each month, to:

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