



Scottish Rite of Freemasonry

VALLEY OF WASHINGTON, ORIENT OF THE DISTRICT OF COLUMBIA, S.J.



DC SCOTTISH RITE
VALLEY OF WASHINGTON



SCOTTISH RITE PROGRESS

► VOL. 15 NO. 2
AUTUMN 2021

A DC SCOTTISH RITE EXCEPTIONAL EVENT

Tuesday, September 7 at 7:30 p.m. Eastern

Access the Zoom meeting by visiting dcsr.org/rite-at-home

MITHRAS LODGE
OF PERFECTION
VIRTUAL MEETING
WITH SPECIAL GUESTS:

**Rite
@Home**



Ill. James D. Cole, 33°
Sovereign Grand Commander,
S.J. – USA



Ill. David A. Glattly, 33°
Sovereign Grand Commander,
N.M.J. – USA

DC SCOTTISH RITE'S

2021 FALL REUNION

SATURDAY, NOVEMBER 6

For information and
a petition visit:
dcsr.org/forms-and-petitions



DC SCOTTISH RITE
VALLEY OF WASHINGTON

SCOTTISH RITE PROGRESS

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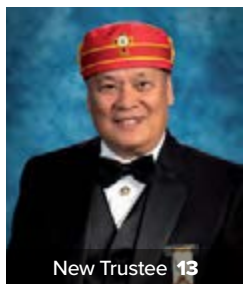
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SCOTTISH RITE CALENDAR

SEPTEMBER 2021 THROUGH FEBRUARY 2022

SPECIAL NOTICE: All events are subject to cancellation or change, based on the status of the COVID-19 pandemic. The calendar on the DCSR website, dcsr.org, will show status of all activities for your Rite.

SEPTEMBER 2021	
6	Labor Day DCSR offices closed
7	Mithras Lodge of Perfection (Virtual, 7:30 p.m.) – Members only
14	Evangelist Chapter of Rose Croix (Temple, 7:30 p.m.) – Members only
17	"Civics and Civic Engagement: a Freemason's Perspective" featuring Academy Award Winner Bro. Richard Dreyfuss, 32° (Virtual, 7:00 - 8:00 p.m.)
21	Robert de Bruce Council of Kadosh (Temple, 7:30 p.m.) – Members only
28	Albert Pike Consistory (Temple, 7:30 p.m.) – Members only
OCTOBER 2021	
5	Mithras Lodge of Perfection (Temple, 7:30 p.m.) – Members only
11	Columbus Day DCSR offices closed
12	Feast of Tishri (Temple, 7:00 p.m.) – Members only RESERVATIONS REQUIRED
19	Robert de Bruce Council of Kadosh (Virtual, 7:30 p.m.) – Members only
26	Albert Pike Consistory (Temple, 7:30 p.m.) – Members only
NOVEMBER 2021	
2	Mithras Lodge of Perfection (Temple, 7:30 p.m.) – Members only
6	DCSR Fall Reunion (Temple) – Casts & Candidates Only
9	Evangelist Chapter of Rose Croix (Temple, 7:30 p.m.) – Members only
11	Veteran's Day DCSR offices closed
16	Robert de Bruce Council of Kadosh (Temple, 7:30 p.m.) – Members only
23	Education & Community Service Awards Program (Temple, 7:00 p.m.) - PUBLIC EVENT
25	Thanksgiving Day DCSR offices closed
DECEMBER 2021	
5	Holiday Concert – Alexandria Harmonizers (Temple, Time TBD) PUBLIC EVENT
7	Mithras Lodge of Perfection (Temple, 7:30 p.m.) – Members only
14	Evangelist Chapter of Rose Croix (Temple, 7:30 p.m.) – Members only
23	Christmas Day (observed) DCSR offices closed
27-31	Winter Break DCSR offices closed
JANUARY 2022	
3	New Year's Day (observed) DCSR offices closed
17	Martin Luther King, Jr. Day DCSR offices closed
18	Joint Meeting – Mithras Lodge & Evangelist Chapter (2022 Officers Elections) – Members only
25	Joint Meeting – Robert de Bruce Council & Albert Pike Consistory (2022 Officers Elections) – Members only
FEBRUARY 2022	
1	Mithras Lodge of Perfection (Temple, 7:30 p.m.) – Members only
5	Installation of 2022 Officers - Valley of Washington PUBLIC EVENT
8	Evangelist Chapter of Rose Croix (Temple, 7:30 p.m.) – Members only
15	Robert de Bruce Council of Kadosh (Temple, 7:30 p.m.) – Members only
21	President's Day DCSR offices closed
22	Albert Pike Consistory (Temple, 7:30 p.m.) – Members only

■ DCSR Body meeting
 ■ DCSR Event
 ■ DCSR Reunion
 ■ Holiday

Public event. Family and friends are welcome.

SGIG Message

We are back! It has been a long year and a half and we await your presence at our building. However, given the daily COVID reports, I am of the opinion that we are not out of the woods yet. I believe it is time for us in the masonic community to continue to exercise great caution. To that end, be advised that all activities/meetings in your Scottish Rite building will require facemasks at all times and temperature checks upon entry. Food and beverage service will not be available and are not permitted in the building. Of course these stipulations are fluid as we monitor the recommendations of the CDC and the D.C. Government/Department of Health and the D.C Grand Lodge.

We are back! Our Tuesday meetings resume on September 7th and this first meeting after the summer break will be conducted via ZOOM. The Zoom platform has allowed us to maintain the continuity of the Scottish Rite here in our nation's capital during the pandemic. Just as importantly it has allowed us to re-establish contact with many of our members who were unable to make a meeting in person. As we resume our in-person meetings on September 14th, our body heads have decided to conduct one zoom meeting each month on a rotating schedule. Check the Calendar on page 2, as it is replete with outstanding events and programs for the Fall. Plan to attend.

Here at the Rite our activities and business have continued without interruption the last 18 months. One activity for which we prepared was the 2021 Biennial Session which was a one-day streamed event sans dignitaries and visitors. It was at this time that the Southern Jurisdiction's Supreme Council met at the House of

the Temple to review and ratify all the happenings and activities that have occurred during the previous two years. All of our reports, membership activities, financial and accounting transactions of the Lodge, Foundation and NATO Club were submitted to the Supreme Council by our General Secretary, Ill. Carroll J. Collins, 33°. Another function of the Supreme Council was the consideration and election of Brethren of our Orient who were nominated for either Inspector General Honorary (33°) for coronating or investiture as a Knight Commander of the Court of Honour (32° KCCH). This process took place in recess and we are pleased to congratulate our Honour Men for 2021 whose names appears on page 15 of this issue.

When you return September 14th, you will see that construction of the apartments (thesilvadc.com) has been completed and valet parking awaits you on 16th Street at the front of our building. Our primary entrance will be the Grand Double Doors at the front of the building. Yes, we are back.

I look forward to greeting you at our first in-person meeting in September, As always, thank you for being a Scottish Rite Mason.



Illustrious Leonard Proden, 33°
SGIG in the District of Columbia

2021 Feast of Tishri

7:00 pm on Tuesday, October 12

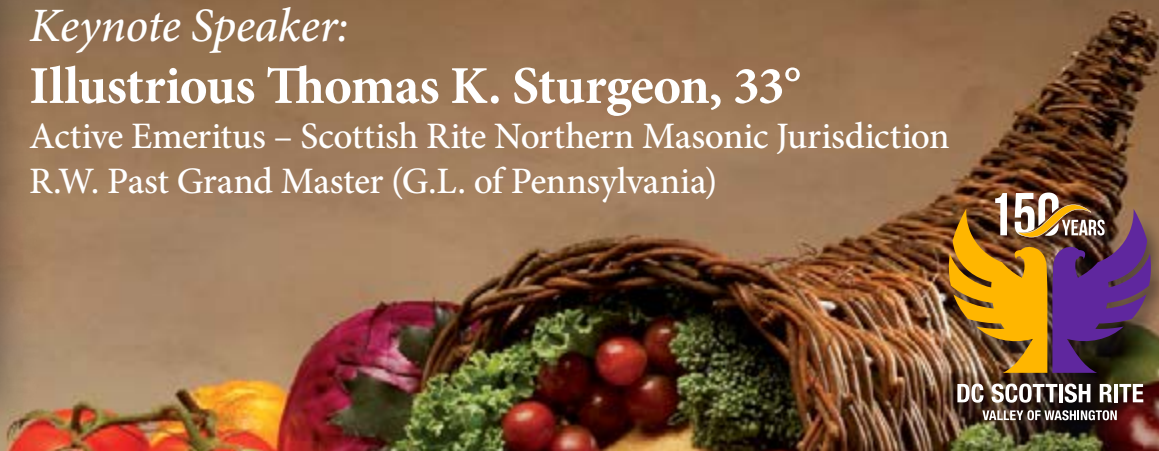
Members only, Limited seating, Advance reservations required by email to reservations@dcsr.org



Keynote Speaker:

Illustrious Thomas K. Sturgeon, 33°

Active Emeritus – Scottish Rite Northern Masonic Jurisdiction
R.W. Past Grand Master (G.L. of Pennsylvania)



Leadership Reconsidered

By Ill. Scott Brown, 33°, Director of Work

I am fascinated by the subject of leadership. I often find myself analyzing the leaders in my life, seeing what works and what doesn't, investigating why one person finds success in the positions they hold, and others do not. I spend time reading books and watching videos on leadership. Why? Because I want to be a good leader. And like any other skill or technique, leadership can be learned and practiced. Everyone has the capacity to become a leader. It doesn't mean that everyone wants to be a leader or that everyone should be a leader. But Freemasonry improves our character and teaches us values that this world needs more of. So, it's my hope that every brother in this fraternity takes on a leadership role in some way. Whether at home, work, our community, or this fraternity, the world needs people like you to make it a better place and lead the way. I want to impart a few basic concepts that will hopefully make you reconsider how you approach your own leadership style.

One of the pioneers on the subject of leadership is Simon Sinek. His books, *Start with Why* and *Leaders Eat Last* have really taught me how to be a better leader and I encourage everyone to pick up his books or check out his TED Talks online. Most of what you are about to read are borrowed directly from him. I've used these concepts in my own life and have witnessed the results firsthand. Whether through the positions I've held, honorary titles I've received, or responsibilities that have been given to me, they've all come my way because of certain leadership principles that I practice every day.

It's about consistency, not intensity.

Simon uses a great analogy in his book. When you make the decision to get physically fit, you go to the gym. After the first day, you come home and look in the mirror and what do you see? No change. You go to the gym again the next day, look in the mirror again, nothing. Many days after that, you continue to not see the results you want right away. It can be discouraging and most people will simply give up. But if you keep at it, one day you will start to see things start to change. You'll find yourself getting stronger and

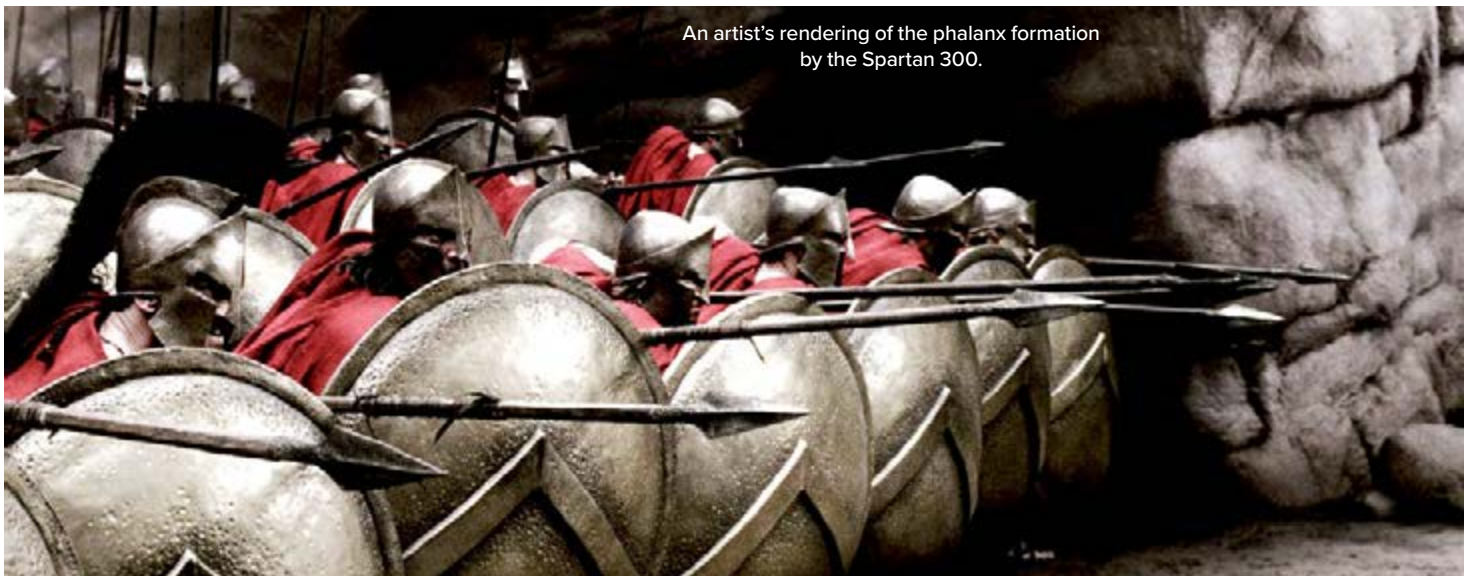
in the physical shape you were looking for. Going to the gym once a month and doing an intense workout for 8 hours is not going to get you in shape. Going 20 minutes a day and staying consistent will start to yield the results you set out to accomplish. Leadership is the same. Many organizations, each year, will put so much time and energy in a few-day intensive leadership workshop and hand you a certificate at the end, but this doesn't mean you are a leader. While these workshops are important to pick up new skills and learn new things (I hope to see everyone at our annual Grand Lodge Leadership Conference), we need to *continue* to learn and practice our leadership skills every single day. How can we do this? Start small. Pick up the phone and call a brother, ask them how they are doing and actually care to listen to their answer. Be there for someone to listen and whisper good counsel, sit with someone at a lodge dinner that you don't know, volunteer for things, find a problem and work hard to solve it, show up. Through these small efforts, you'll be recognized as someone who can be relied on and more importantly, you'll build trust. When people trust you, they will follow you.

The brotherhood mentality.

One of the reasons why I think Freemasonry has succeeded for generations is this brotherhood mentality. Let's face it, we are a group of strangers who come from all walks of life. We have members with different races, religions, economic status, beliefs, etc. But we are all part of a fraternity that we believe in. As a volunteer organization, we put countless hours into this institution because we believe and support the ideals and values it promotes. You are my brother, and I am yours. And just like a family member, we will not agree on everything. We will have different opinions on how a line of code



Ill. Scott Brown, 33°



An artist's rendering of the phalanx formation
by the Spartan 300.

should be worded, how an event should be run, or the direction of a committee. Fight and bicker all we want but if someone threatens my brother, there is a unified front to protect him. If a brother is going through a hard time or is in need, we are there to raise that brother up, to feel protected and cared for. This is the brotherhood mentality. I've been in Masonry long enough to know that this doesn't always happen. Even within our own ranks, not everyone holds true to these values. But I know that the people I look up to the most, that I admire and follow, are those men who live and breathe this brotherhood mentality.

Leadership has nothing to do with rank.

Masonry is filled with many different positions, jewels, caps and titles. But just because you hold a high rank in this fraternity, does not make you a leader. I've witnessed men in this fraternity with the fanciest title that we can offer, yet I would not follow them anywhere. Simon Sinek has another great analogy that he uses where he talks about the impressive Spartan fighting force, the 300. If you know your history or have seen the movie, you can ask yourself, what made this fighting force so great? Most people would immediately think that it was their muscles that made them so effective or their skills in wielding a spear to attack their enemy. But this would be wrong. What made this group of men so effective was their shields. In battle, they would hold a formation called the phalanx, a close unit of troops with their shields locked together. What did this accomplish? This created a barrier from enemy attack and each shield protected the soldier to their left and to their right. The Spartans would say that you come home with your shield, or you do not come home at all, because dropping your shield in battle meant that you were no longer protecting the people next to you. Masonry should be the same way. All of us should make the decision to protect the brother to our left and to our right. You don't need

to hold a fancy title or have a jewel around your neck to do this.

Your position is not a rank, it's a responsibility.

As you continue in your journey in Freemasonry, you may find yourself, over time, receiving new positions and honorary titles. In the Scottish Rite, you might transition from one color cap to another. If you do, I congratulate you and the achievement is worth celebrating. But recognize that your new rank in this fraternity is a higher calling. There's no time to kick your feet up on the desk and say, "I've made it, I'm done". Recognize that you are now called upon to put forth the energy and effort worthy of the new rank you've received. Leadership is not about being in charge, it's about taking care of the people in your charge. If you ever find yourself in a higher position within Freemasonry, know that the eyes and ears are on you. Be the leader that this brotherhood deserves, and we will see this fraternity thrive for generations to come.

Brethren, make a choice. Choose to look after and care for the brethren around you, live that brotherhood mentality, recognize that your rank is a responsibility, and be consistent. Do these things and you will be a leader in this fraternity. Do these things, and I will follow you anywhere. 🐼



Our brotherhood mentality unites and strengthens Freemasonry



Effective leadership has nothing to do with rank

2021 Golf Invitational Raises Funds for DCSR Foundation

The 2021 DC Scottish Rite foundation Invitational Golf outing was held on May 26th at the Golf Club at Lansdowne, VA. 144 golfers had perfect weather and played the challenging Norman course. Our purpose was to generate funds for the Scottish

Rite Center for Communication Disorders. A perfect day as most players were escaping their COVID self-quarantine and the fun, fellowship, food and camaraderie made it a perfect day for golf.

The winner of the Invitational National was the team representing Crescent Cities Charities of Oxon Hill, MD. They will represent our Scottish Rite at the National Finals at the Streamsong Resort in Florida, March 2022. The Lodge winning the SGIG Cup is again, Hiram-Takoma No. 10.

Thank you to the 40 Scottish Rite volunteers who make it all work. The sponsors, the Lodges, the vendors and individuals who contributed made this our most successful Tournament to date. 🏆



Photo information on next page

In and About the Temple

By III. Carroll J. Collins, 33°, General Secretary

As mentioned in the Spring 2021 edition of the *Progress*, we have continued to renovate areas of the Temple that have been showing the wear of years. The most dramatic change is the flooring in the auditorium. We have often been told by both vocalists and musicians who have performed for us here that we

should replace the stage carpeting with hard-surface flooring. So, while the auditorium steps and landing have had new carpeting installed, the stage area surface was done as recommended.

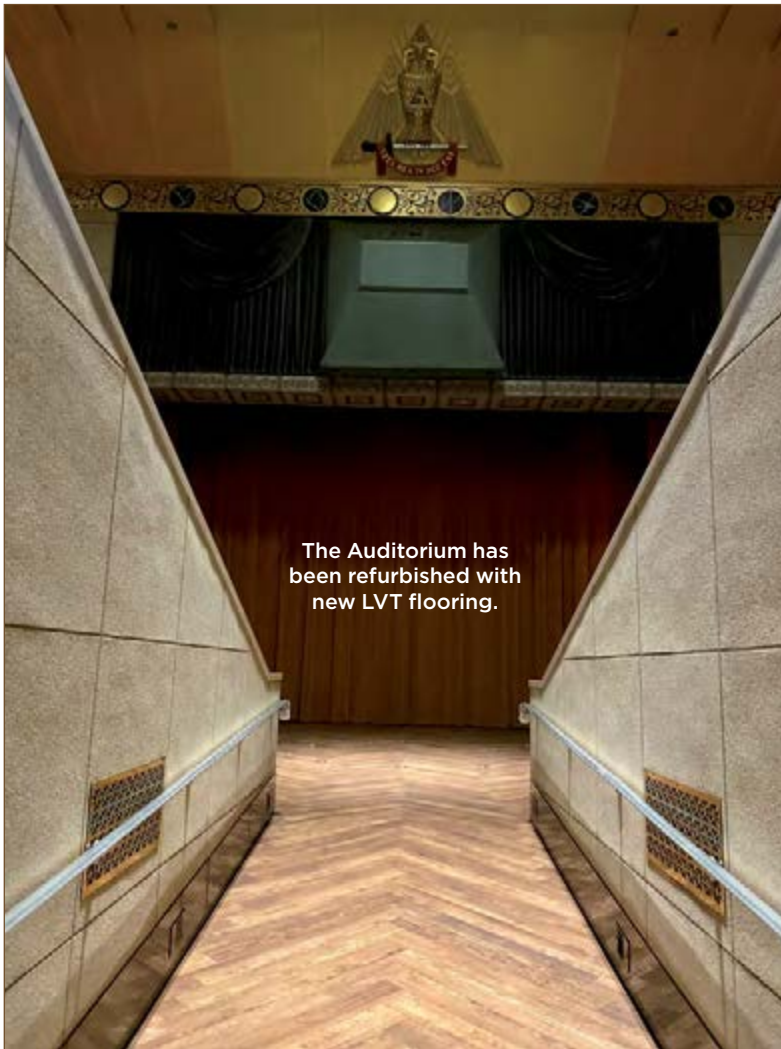
New carpeting also completed the renovation of the organ loft, and the two rooms outside the loft were refurbished and transformed into a private lounge and a greenroom space for the use of our program presenters.



III. Carroll J. Collins, 33°

The renewal work will continue in the immediate future with the restoration of all the handrails, gates, and fencing ironwork on the 16th Street side of the Temple, which will have the existing white paint stripped away and the application of a paint color matching as closely as possible the metalwork of the Grand Entrance.

The impending completion and occupancy of the Silva apartment building within the next month will necessitate expansion of our access control system to include at least the two sets of double doors on the north side of the Temple, and possibly the Grand Entrance. The westward door set will be accessible from the courtyard of the Silva and Columbia Road, and is ultimately anticipated to provide wheelchair access to the Temple. The eastward door set is currently used for access from the church parking lot and will be from the Silva garage. The plan is to install magnetic locks on both sets of doors and operate them with a fob much like the current system controlling the entrance on the south side of the Temple. Also, awnings will be installed over the external access doors to provide a bit of protection from the weather. 🐾



The Auditorium has been refurbished with new LVT flooring.

2021 Golf Invitational Raises Funds for DCSR Foundation

PHOTO CAPTIONS

1. Some practice drives before the shot gun start
2. M.W.B. Alan L. Gordon, Grand Master of Masons and of the Grand Lodge of D.C. (pictured 2nd from left with other Brethren) was a welcome presence supporting this annual fundraising event of the DC Scottish Rite Foundation
3. Happy golfers on the links to benefit the DC Scottish Rite's Communication Disorders Center at Children's Hospital
4. Brothers Chuck Shaw and Bud Michels with the SGIG Cup which was won again by Hiram – Takoma Lodge No. 10
5. After golfing, participants enjoyed a sumptuous afternoon meal served in accordance with pandemic protocols in place at the time

Examining a Presidential Scottish Rite Memorial Service

By B. Chris Ruli, 32°,
Valley Archivist and Historian

September 2nd marks the anniversary of President and Brother James Abram Garfield's death. While Brother Garfield's local Masonic career is well documented, the details around his Scottish Rite memorial service is often overlooked. The public ceremony, conducted by our own Mithras Lodge of Perfection, attracted a large swath of the District of Columbia, and offered Masons and non-Masons alike a rare glimpse into a Scottish Rite funeral service.

Brother Garfield submitted his application to Mithras on April 4, 1871, four months after Grand Commander Albert Pike chartered the lodge and completed the Mithras degrees, 4° through 14° by January 2, 1872. Although he did not advance further, he remained a supporter of the Craft throughout the remainder of his life. On July 2, 1881, a disgruntled office seeker shot Garfield at the Sixth Street Station of the Baltimore and Potomac Railroad in Washington; but while the attempt only wounded the relatively new President, he remained in critical condition for the next two months and succumbed to infection on September 2. Mithras Lodge did not take part in the official state funeral on September 23, 1881, but there was significant Masonic presence at the ceremonies. Garfield's local Knights Templar Commandery, Columbia No. 2, acted as an honor guard over the President's remains. They later escorted his coffin to Ohio and took part in the final burial services alongside the state's Masonic bodies.

Eager to commemorate Garfield's Scottish Rite legacy, Samuel T. Schofield, the Venerable Master of Mithras Lodge, announced that the lodge would hold a public Scottish Rite "lodge of sorrow." Schofield secured the Foundry Methodist Episcopal church for November 10th and extended special invitations to about a thousand Masons and members of Washington society. News spread throughout the District and by the time they arrived at the church that afternoon, over three thousand spectators arrived vying to witness the ceremony. Unprepared

by the response, staff did their best to accommodate and packed over 1,800 into the church. Around a thousand eager spectators, most without tickets, were unfortunately turned away.

Staff draped the church's interior in traditional black crêpe alongside traditional Scottish Rite embellishments. A coffin, like one used during the state funeral, sat on the altar and draped with a similar crêpe. Behind the catafalque stood a vacant chair,

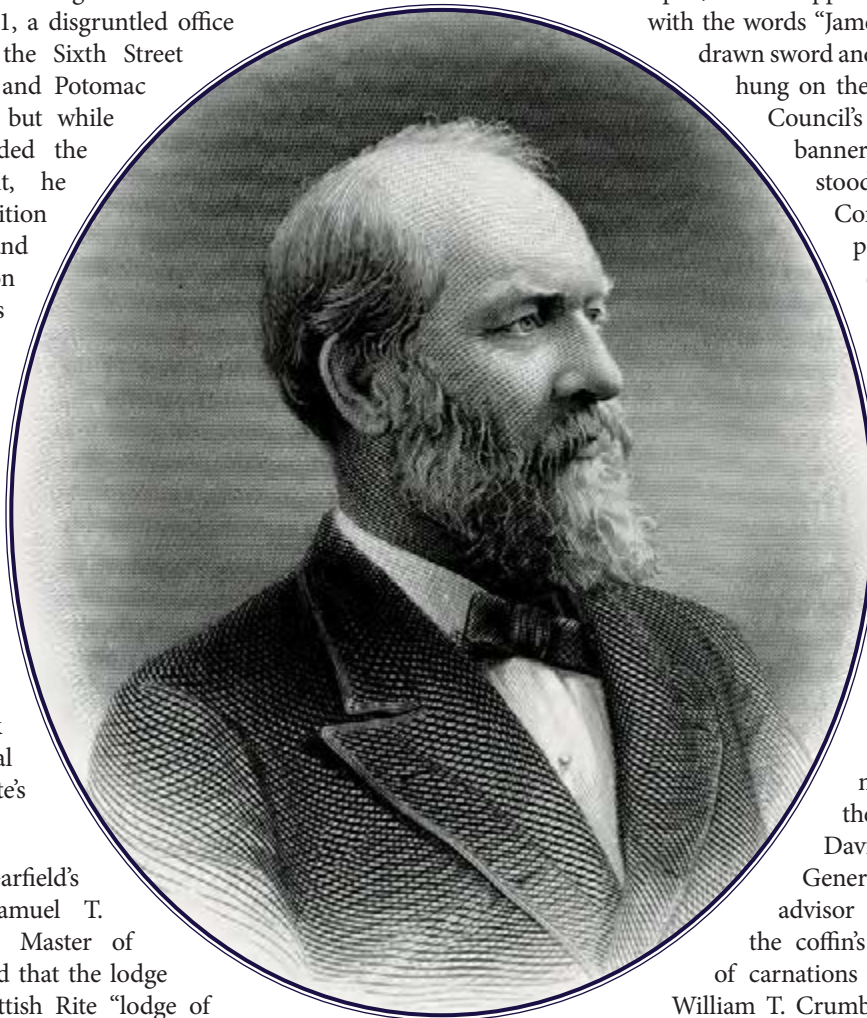
also draped, which supported a white shield inscribed with the words "James Abram Garfield, 14th." A drawn sword and scabbard and laurel wreath hung on the chair's back. The Supreme Council's banner, a tall white silk banner adorned with a gold fringe, stood behind the chair. Columbia Commandery No. 2 donated a portrait of Garfield that hung on the wall just behind the altar along with crossed American flags. Robert Le Bruce Council of Kadosh and Evangelist Chapter Rose Croix's banners stood on the opposite sides of the crossed flags.

Three tall light fixtures surrounded the altar and arranged on the west, south, and east. Garfield's former colleagues donated several floral arrangements that sat on or around the coffin. Brigadier General David G. Swaim, Judge Advocate General of the Army and former advisor to the President, donated the coffin's center floral arrangement of carnations styled as a passion cross.

William T. Crumb, Garfield's personal White House steward and Knight Templar, gifted white flowers arranged as a Maltese cross with a red passion cross in the center. Ohio Senator and Mason John Sherman donated a second Maltese cross floral arrangement while John S. Brown, Garfield's private secretary, gave a wreath and flowers that sat beside the catafalque.



B. Chris Ruli, 32°



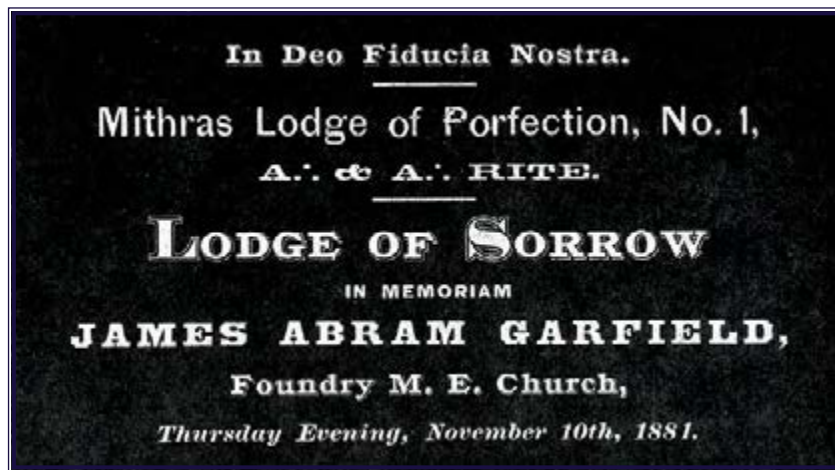
President and brother James A. Garfield

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The memorial service began at 7:30 P.M. when Mithras' officers marched into the church and took their stations around the altar. Crews had erected a special stage up front to seat prominent guests and Masonic leaders. Among those in attendance were John M. Brown, the District's Sovereign Grand Inspector General; William Norton Ireland, Commander of Robert De Bruce Council, Venerable Master of

Albert Pike Consistory, and future General-Secretary of the Supreme Council; William R. Singleton, General Secretary of the DC Scottish Rite; Luther H. Pike, Former Wise Master of Evangelist Chapter and son of Sovereign Grand Commander Albert Pike, and Clement W. Bennett, sitting Wise Master of Evangelist Chapter. Grand Master Noble D. Larner and representatives from the Grand Chapter of Royal Arch Masons, Columbia Commandery No. 2, and Garfield's blue lodge, Pentalpha No. 23, also accepted invitations. John W. Essex, an early Grand Cross recipient, sat next to the coffin as the honor guard.

Following a musical introduction and scripture readings, the junior warden extinguished the southern altar light while the Masonic chorus sang *Miserere*. The senior warden extinguished the west light following a second reading from scripture. The Masonic chorus then sang "Ho! Reapers of Life's Harvest," one of Garfield's favorite hymns. Edwin B. MacGrotty, the Master of Ceremonies and another early Grand Cross recipient, then extinguished the east light. Schofield next introduced future Grand Master Matthew Trimble, who eulogized on Garfield's Masonic legacy. "We, following our ancient Masonic custom...do now pay these last honors and they show to the world that the ties and sympathies and obligations of Masonry cannot be snapped asunder by the hand of death." According to Trimble, Garfield remained an active and enthusiastic devotee of the order and with "every page in his eventual career was an exemplification of the sublime truths and mysteries taught in the lodge room." William F. Ward, the Foundry Church's reverend and fellow Freemason next took the stage to provide a



Venerable Master of Mithras Lodge of Perfection Samuel T. Schofield's announcement of the Scottish Rite's "Lodge of Sorrow" in memory of Garfield

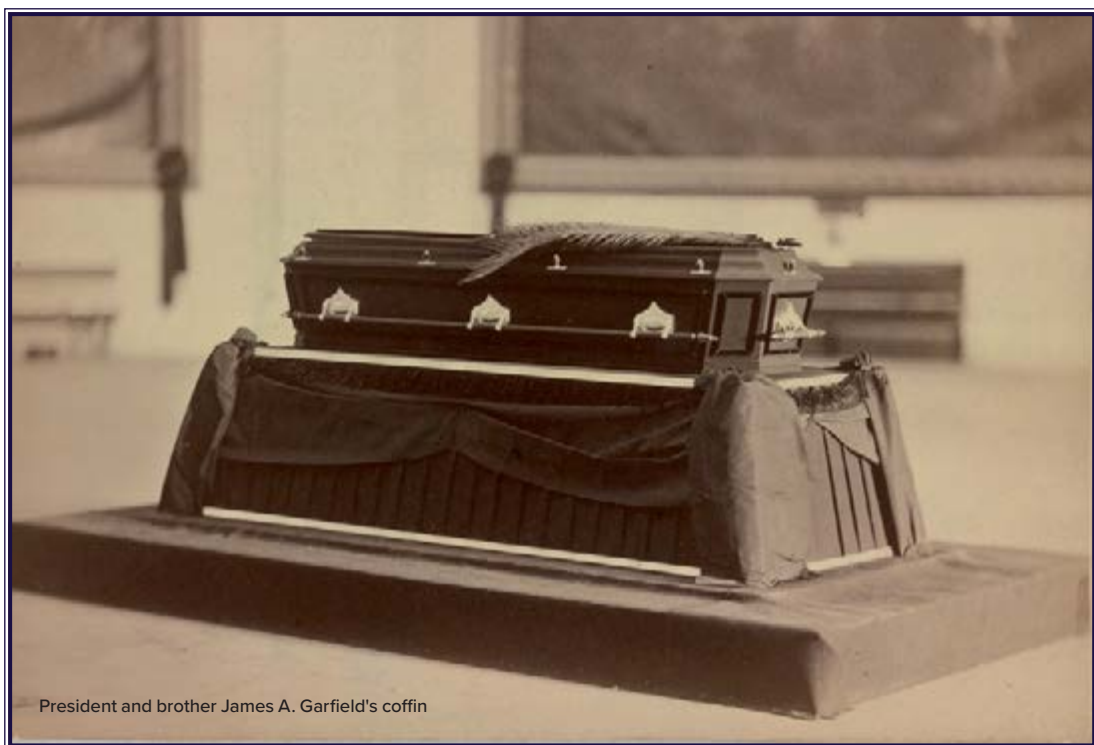
prayer on behalf of the church.

As Ward returned to his station, Schofield rose from his seat and addressed a group of Masons selected to perform the next exercise. "Come with me, my brethren, round this coffin, which represents that wherein the body of our brother reposes, and aid me in paying the last honors of Masonry to his memory." While

solemn music filled the air, a procession formed and slowly circumambulated the coffin. When Schofield completed the first pass, the procession halted and turned inward with their hands folded onto their chest. "May all the influences of our brother for good that do survive him," Schofield said, "be continually expanded and increased to benefit his fellow men; and may Our Father, who is in heaven, in His wisdom counteract and annul all those that tend to evil." The procession then responded: "So mote it be. Amen! Farewell, farewell, farewell!"

The procession made a second pass and repeated the action. "May we not forget," Schofield said during the second stop, "the lesson taught us by our brother's death. But, remembering the uncertainty of life, and the little value of those things for which men most strive, may we more earnestly endeavor to obey the laws of God, avoid dissensions, hatreds and revenges, and labor to do good to our fellow men. May we be true and faithful and live and die loving

continued on page 11



President and brother James A. Garfield's coffin

Does an Immune-boosting Diet Exist?

Eating enough nutrients as part of a varied diet is required for the health and function of all cells, including immune cells. Certain dietary patterns may better prepare the body for microbial attacks and excess inflammation, but it is unlikely that individual foods offer special protection. Each stage of the body's immune response relies on the presence of many micronutrients. Examples of nutrients that have been identified as critical for the growth and function of immune cells include vitamin C, vitamin D, zinc, selenium, iron, and protein (including the amino acid glutamine). They are found in a variety of plant and animal foods.

Diets that are limited in variety and lower in nutrients, such as consisting primarily of ultra-processed foods and lacking in minimally processed foods, can negatively affect a healthy immune system. It is also believed that a Western diet high in refined sugar and red meat and low in fruits and vegetables can promote disturbances in healthy intestinal microorganisms, resulting in chronic inflammation of the gut, and associated suppressed immunity.

The microbiome is an internal metropolis of trillions of microorganisms or microbes that live in our bodies, mostly in the intestines. It is an area of intense and active research, as scientists are finding that the microbiome plays a key role in immune function. The gut is a major site of immune activity and the production of antimicrobial proteins. The diet plays a large role in determining what kinds of microbes live in our intestines. A high-fiber plant-rich diet with plenty of fruits, vegetables, whole grains, and legumes appear to support the growth and maintenance of beneficial microbes. Certain helpful microbes break down fibers into short chain fatty acids, which have been shown to stimulate immune cell activity. These fibers are sometimes called prebiotics because they feed microbes. Therefore, a diet containing probiotic and prebiotic foods may be beneficial. Probiotic foods contain live helpful bacteria, and prebiotic foods contain fiber and oligosaccharides that feed and maintain healthy colonies of those bacteria.

- Probiotic foods include kefir, yogurt with live active cultures, fermented vegetables, sauerkraut, tempeh, kombucha tea, kimchi, and miso.
- Prebiotic foods include garlic, onions, leeks, asparagus, Jerusalem artichokes, dandelion greens, bananas, and seaweed. However, a more general rule is to eat a variety of fruits, vegetables, beans, and whole grains for dietary prebiotics.



A deficiency of single nutrients can alter the body's immune response. Animal studies have found that deficiencies in zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E can alter immune responses. These nutrients help the immune system in several ways: working as an antioxidant to protect healthy cells, supporting growth and activity of immune cells, and producing antibodies. Epidemiological studies find that those who are poorly nourished are at greater risk of bacterial, viral, and other infections.

Eating a good quality diet, as depicted by the Healthy Eating Plate, can prevent deficiencies in these nutrients. However, there are certain populations and situations in which one cannot always eat a variety of nutritious foods, or who have increased nutrient needs. In these cases, a vitamin and mineral supplement may help to fill nutritional gaps. Studies have shown that vitamin supplementation can improve immune responses in these groups. [8-10] Low-income households, pregnant and lactating women, infants, and toddlers, and the critically ill are examples of groups at risk.

The elderly is a particularly high-risk group. The immune response generally declines with increasing age as the number and quality of immune cells decreases. This causes a higher risk of poorer outcomes if the elderly develops chronic or acute diseases. In addition, about one-third of elderly in industrialized countries have nutrient deficiencies. Some reasons include a poorer appetite due to chronic diseases, depression, or loneliness; multiple medications that can interfere with nutrient absorption and appetite; malabsorption due to intestinal issues; and increased nutrient needs due to hypermetabolic states with acute or chronic conditions. Diet variety may also be limited due to budget constraints or lower interest in cooking for one person; poor dentition; mental impairment; or lack of transportation and community resources to obtain healthy food.

A general multivitamin/mineral supplement providing the recommended dietary allowances (RDA) may be used in these cases, unless otherwise directed by one's physician. Megadose supplements (many times the RDA) do not appear justified and can sometimes be harmful or even suppress the immune system (e.g., as with zinc). Remember that vitamin supplements should not be considered a substitute for a good diet because no supplements contain all the benefits of healthful foods.

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Examining a Presidential Scottish Rite Memorial Service


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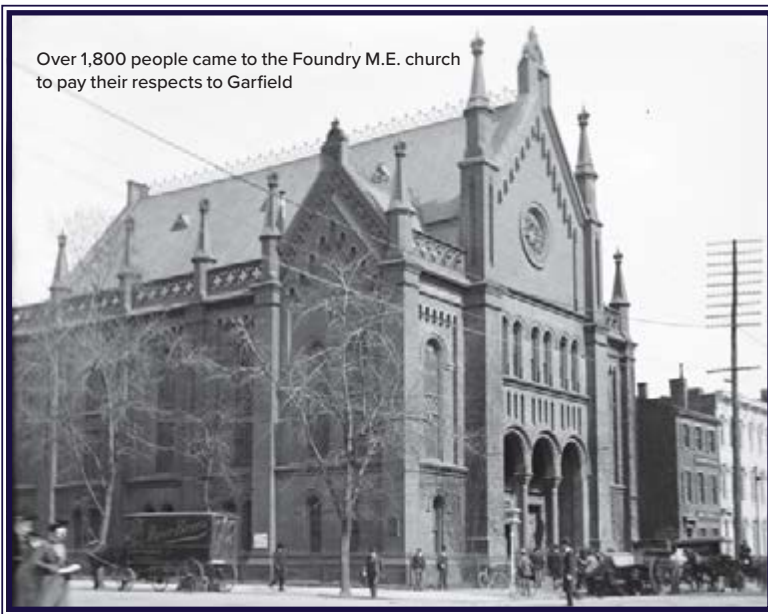
our brethren all.” The procession circumambulated a third and final time around the coffin. “May the relatives of our brother be consoled in their great affliction and sustained in all the trials and hardships which they may have to encounter in the world.” An officer relit the three ceremonial lights while the Masonic chorus rendered another musical selection.

Brother Schofield next introduced the Commissioner of Agriculture, George B. Loring, 32°, who eulogized Garfield's early life, career, and his legacy in the House of Representatives. Loring concluded his remarks with a brief nod to the fraternity: “I need not remind you that in all [Garfield's] life he accepted the emblems of our order, significant of deep religion, high morality and well organized and

well rewarded toil... the keystone of the arch, the plumb, the level, the trowel - the pot of incense as the emblem of a pure heart. As we plant the rosemary and the acacia on his grave, we may thank God for the rich record he has given us, and for the example he has left to all who would serve their country faithfully and bravely.” The Reverend and Brother F. D. Power, of the Vermont Avenue Christian Church where the President and his family worshipped, then led the congregation in prayer.

Schofield addressed the congregation for the last time: “My brethren, the duty we owed the dead is performed. It remains that we who are alive should so live, and by our actions attend the coming of the day of fate, that we neither be surprised nor leave our duties imperfect, nor our sins uncanceled, nor our persons unrec-onciled, nor God unappeased; but that when our bodies in their turn descend to their graves, our souls may ascend to the regions of eternal light, wherein is the Holy House of the Heavenly Temple of the Lord. Amen!” The funeral services concluded following a closing prayer by the Reverend and Brother William A. Harris.

Brother Garfield's Masonic funeral exemplifies the intimate connection between Scottish Rite principles and ceremony. Instead of organizing a private service within the confines of their temple, DCSR leadership deliberately selected a public space to showcase the fraternity's prominence and communicate their values. They leaned into Garfield's career as a public servant and connected his legacy with his experience as a Scottish Rite Mason. By exemplifying the special ritual in public, and communicating its importance, the ceremony ultimately strengthened the DC Scottish Rite's reputation with the community. 




Over 1,800 people came to the Foundry M.E. church to pay their respects to Garfield

Your Good Health Tip

continued from page 10

8 Steps to Help Support a Healthy Immune System

1. Eat a balanced diet with whole fruits, vegetables, lean proteins, whole grains, and plenty of water. A Mediterranean Diet is one option that includes these types of foods.
2. If a balanced diet is not readily accessible, taking a multi-vitamin containing the RDA for several nutrients may be used.
3. Do not smoke (or stop smoking if you do).
4. Drink alcohol in moderation.
5. Perform moderate regular exercise.
6. Aim for 7-9 hours of sleep nightly. Try to keep a sleep schedule, waking up and going to bed around the same time each day. Our body clock, or circadian rhythm, regulates feelings of sleepiness and wakefulness, so having a consistent sleep schedule maintains a balanced circadian rhythm so that we can enter deeper, more restful sleep.
7. Aim to manage stress. This is easier said than done but try to find some healthy strategies that work well for you and your lifestyle—whether that be exercise, meditation, a particular hobby, or talking to a trusted friend. Another tip is to practice regular, conscious breathing throughout the day and when feelings of stress arise. It does not have to be long—even a few breaths can help.
8. Wash hands throughout the day: when coming in from outdoors, before and after preparing and eating food, after using the toilet, after coughing or blowing your nose.

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HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH

AMSRB NATO Club News

By Ill. James Barrett, 33°, Secretary, AMSRB NATO Club and Personal Representative, Germany


Great news coming out of the AMSRB. Due to the reduction in the incident rate of the Corona virus, we have begun to move forward in our physical contact with the Brethren. This past Saturday we were able to come together with our families with and share our experiences during the lockdown and our plans for the future. I have included a photo of those who attended our BBQ this past Saturday. We netted a total of \$150. For charity.



discussed on awarding the coin. The coin can be presented as an award for achievement or excellence by nomination by any Brother, or under “the discretion” of Ill Brothers Ron Reynolds or myself. We also added that Brethren who do not reside within the normal traveling area, and may not have an opportunity to “earn” one, we may purchase a coin for 15€ each, of which, the proceeds go to Charity.



Ill. James Barrett, 33°

Looking forward to Pisa – Due to lodges not being able to meet and perform ritual work, Candidates are very hard to come by. Currently we are at around 10 candidates for Pisa. 



NATO Club Brethren enjoyed a BBQ while raising funds for charity

Another photo shows our new handmade club banner. We were without one since 2015. Thanks to the “go ahead” from our SGIG, Ill Brother Len Proden, and the Valley graphics department in creating the new logo Our President Brother Anthony Ward, 32° took the lead and we were finally able to get it done.

We also took it a step further and had some “excellent performance” coins produced. During our last meeting the criteria was



The obverse and reverse of the Club's new challenge coin



The Club's new banner featuring the updated emblem

Looking to 2022 and Beyond

By Chetin Durak, 32°, Chairman, Sesquicentennial Committee

Greetings, Brethren! As we take a moment to rest from our labors this summer, we are grateful and excited at the prospect of meeting in person once again. We also take the opportunity to revisit our SGIG's sesquicentennial priorities and reflect on the year's masonic lessons and how we might act upon those ideals now and in the future.

The first half of the year focused on the philosophy presented in the Scottish Rite degrees thanks to the great efforts of our body heads and presenters. The summer offers us the occasion to reflect on these lessons and the ensuing contributions of the Scottish Rite to a more enlightened society. We must challenge ourselves to continue to improve ourselves in Freemasonry and recognize the relevance of these lessons to our nation's system of governance. In this way, we can ensure that we are transforming ourselves to a more enlightened and engaged citizenry while producing future Scottish Rite masons in the same manner.

We hope to be together in person during the second half of the year and hopefully the entirety of 2022, not only for our regular meetings but also for our public events and activities. This will allow us to fulfill the second goal of building solid, lasting community partnerships to further the human condition in our nation's capital. Let us use this as inspiration to appropriately position our efforts and resources to make the

greatest impact on our community as men of service.

Brethren, your committee and body heads have been hard at work to ensure that we did not skip a beat while the world was closed and to prepare for the District's reopening. Thanks to your engagement, we experienced some of the highest levels of participation in recent history despite residing in a virtual environment. We are

counting on your continued energy and enthusiasm as we come back together in person. We ask that you use this summer's reflection and meditation to recharge your batteries and come back inspired as we are finally able to fully execute on our SGIG's sesquicentennial vision. It starts with every single one of us as we walk our daily lives. As Illustrious Brother George Adams, 33° Grand Cross, says, "Freemasonry is my philosophy of life." Let us all keep this in mind throughout our respite, labors, and travels that we as a group of friends and brothers may continue to embody the noble mission of our illustrious institution and be a force for good in our community, nation, and the world at large. 🦅

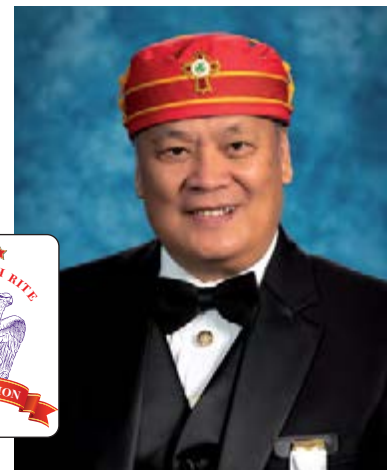


Chetin Durak, 32°



FOUNDATION WELCOMES NEW TRUSTEE

Our SGIG, Illustrious Leonard Proden, 33°, is very pleased to announce the installation of Brother Miguel P. "Mike" Banagan, 32° KCCH as the newest Trustee for the DC Scottish Rite Foundation. Brother Banagan, a member of Camp Springs Lodge No. 227 in Maryland, joined the DC Scottish Rite in 1981 and was invested as a KCCH in 2019. He fills the seat left vacant by the recent passing of Brother Weldon Jackson "Jack" Campbell, 32° KCCH. 🦅



Miguel P. "Mike" Banagan, 32° KCCH
Foundation Trustee


MARK YOUR CALENDAR

FRIDAY, SEPTEMBER 17 @ 7:00-8:00 PM

Civics and Civic Engagement: A Freemason's Perspective

Marking the 222nd Anniversary of the U.S. Constitution, the Scottish Rite of Washington, D.C. invites you to a virtual webinar featuring Academy Award Winner, Brother Richard Dreyfuss, 32°.

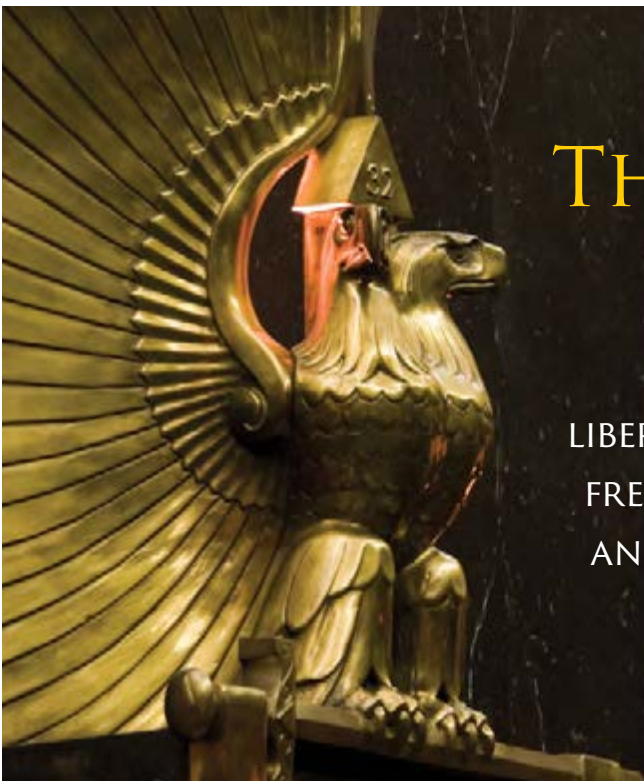
Brother Dreyfuss who received his Scottish Rite Degrees in our Valley in 2011 will discuss with us the importance of civics and citizen engagement in the United States as America approaches her 250th Anniversary in 2026.

The conversation with Brother Dreyfuss will take place virtually on Constitution Day - Friday, September 17 at 7:00 p.m. Eastern. Details on joining the webinar will be posted on the Scottish Rite website. Stay tuned! 



THE SCOTTISH RITE CREED

HUMAN PROGRESS IS OUR CAUSE,
LIBERTY OF THOUGHT OUR SUPREME WISH,
FREEDOM OF CONSCIENCE OUR MISSION,
AND THE GUARANTEE OF EQUAL RIGHTS
TO ALL PEOPLE EVERYWHERE
OUR ULTIMATE GOAL



2021 HONOURMEN

The following Valley of Washington Brethren have been elected to receive Honours for the 2021 Biennium. Congratulations, Brethren!

33°, Inspector General Honorary, Elects

Peter W. Brusoe
Alan L. Gordon
Anthony M. Lanier
Paul D. Litteral
Richard L. Mendez
Sylvanus J. Newstead



Patrick N. Nnaji
Philip J. Palmer, Jr.
George E. Perez
Edgar A. Tillman

32°, Knight Commander of the Court of Honour, Elects

Carpenter Y. Arpa IV
Beresford Auber
Luis A. Baez Delgado
Carl G. Butler
Chetin Durak
Assaad N. El Feghali
Reef S. G. Farah
Elias M. Feghali
Andrew U. Hammer
Elias G. Hindy
Jose-Luis Izursa
Aubrey S. Johnson
Jerry P. Keilsohn



Kevin S. Matthews
Jorge C. Molina
Patrick C. Naimeh
Hector Ramirez
Roy D. Reynolds, Jr.
B. Chris Ruli
Timothy A. Schilling
David F. Soliven
Juan J. Tassano
Steven J. Tipton
Irving A. Ward
Mark Steven Weeks



Change

By III. James Barrett, 33°, Secretary, AMSRB NATO Club and Personal Representative, Germany

It is not always easy to accept change. Change in one's life is caused or created by good and bad patterns in our behavior and habits. The patterns most people personally focus on, and want to change, are mostly the bad habits, the ones we do not want to see in ourselves.

Another category of patterns are those which occur by the world around us, such as COVID, and technology being the major changer. One great metaphysical truth is that change is the only thing that remains constant, it is inevitable, and cannot be deterred. Adapting to changes can be quite a challenge for many of us.

Masonry is also a changer while paradoxically maintaining a tradition handed from generation to generation. It gravitates one to examine himself, in relation to his good and bad patterns or habits and opens the way to inner change and/or positive change. When we change, our life changes for better or worse. Sounds like a simple concept, but change is not so easy. Change is a challenge and sometimes to a certain degree stressful, although not invincible with the right tools. Life itself is a building process, what you do today creates tomorrow's results, and how you formulate your decisions makes all the difference.

When one first becomes a Mason, it is important to form a foundation and look within, but before one could do that one needs to identify his values. Honesty, Integrity, Loyalty, Duty, Selfless Service, Trust, Tolerance, respect for self and others, and consciously and sub-consciously applying these values in daily life.

Anyone who wishes to improve themselves, the persons around them, and to become a better leader, needs to succumb to the willingness to improve oneself, and must work continuously on maintaining a positive and healthy self-image, positive thinking, and a progress-based mindset. Ask yourself, what have you learned in the last year, and what can you do this year to improve further? What parts of your rough ashlar need further refinement or are visible to your own eyes?

As one progresses in Masonry he develops quality leadership skills. Leadership is the process of providing purpose, direction, and motivation, by "Developing and Communicating a Vision". Thus, you begin "Leading Change", which requires continual coaching and leading

by example to inspire and breathe a strong spirit in Lodge. Additionally, by the forming of a vision, it becomes internalized long after the leader is gone especially if there is participative exchange between the members in forming the Vision and Goals. This was famously elicited by Bro Albert Pike in his famous quote, "*What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal*" which is valid inside the Lodge, and in day to day life. A second example of changing is by using unconven-



III. James Barrett, 33°

tional strategies. Out of the box thinking, as well as drawing ideas from fellow Brethren and making special effort in listening and drawing ideas out of new and younger members. Many leaders tend to be too busy to take the time with new members and do not have good on boarding systems in place to capture the important information that new members bring with them into Masonry.

Most recently, Covid has caused the entire Masonic World to make a dramatic change in the way we maintain communication and idea flow through the Zoom Platform, utilizing proper Masonic tradition and balancing it to maintain some sort of "Socialization" with our members, to continue building commitment and internalization of the values and attitudes with our members. This was an important example of how change and tradition met and how technology helped us Brethren of the Scottish Rite to keep our bonds close and the flame of our Rite alive despite distances and difficulties.

It is necessary that the Brethren remain filled with the spirit of Freemasonry and believe in, as well as understand its purpose and ideals. The sheer beauty and consummate wisdom of Masonic philosophies, all-encompassing and yet non-partisan, have been self-evident to all who have taken time to read and listen. If we sincerely attach any value to the basic tenets of freemasonry: Brotherly Love, Relief, and Truth, then the change to improve oneself is inevitable. 🦋

To improve is to change; to be perfect is to change often.

- Winston Churchill



Change is beautiful.
The metamorphosis of a butterfly from pupa to adult.

Masonic Regularity

(From the Scottish Rite Ritual Monitor and Guide)

By Ill. Arturo de Hoyos, 33° Grand Cross, Supreme Council's Grand Archivist and Historian

Regularity of origin is just as important in the high degrees as it is in the Grand Lodge. Regularity refers to legitimate descent from lawful authority and the right to bestow and / or confer the degrees and honors of a given system or rite. This means that no person or body of persons, including (former) members, has the right to usurp the authority of a Masonic system or rite. Regularity thus acknowledges the intellectual property and heritage rights of the bodies which created and / or lawfully inherited a system of Freemasonry, and thus ensures a legitimacy of origin for its members. Like a lawful heir to a throne who legitimately claims the right of succession by lineage and birthright, the authority to Masonic degrees and offices passes by lawful acts of succession. A pretender to the throne, on the other hand, may dress in royal garb and even wear a crown, but it will never make him a true king.

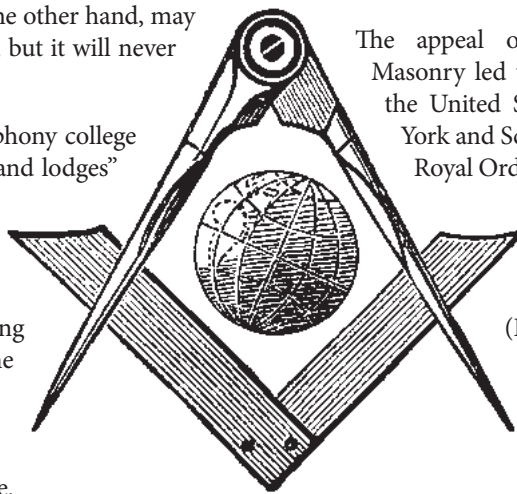
Just as there are "degree mills" which sell phony college and medical diplomas, there are bogus "grand lodges" and other fake "Masonic" organizations. But wearing a lambskin apron doesn't make someone a Mason any more than wearing a crown makes him a king. Some of these bogus groups have impressive looking websites which are designed to fool the general public and even deceive Masons. The sham groups do their best to mimic true Freemasonry, just as a fake Rolex watch is intended to resemble a true one.

But bogus groups are merely hijackers who filch the rich history and traditions of Freemasonry in order to peddle their wares. They may hijack our symbols, quote from our books, and assert that they believe in our philosophy. They may claim to support real Masonic charities or secular humanitarian causes, and some bogus groups are brazen enough to claim that Freemasonry has

abandoned its principles and assert that they are (somehow) "restoring" or "preserving" the true traditions. But these are tricks of their trade, merely intended to deceive. Examples of such charades, which are resurrected from time-to-time, are the defunct Rites of Memphis and Misraim (also Mizraim) and the Cerneau Rite, which unlawfully attempted to confer the Scottish Rite's Degrees, but were roundly denounced by competent Masonic authorities.




Ill. Arturo de Hoyos, 33°, Grand Cross



The appeal of high degree

Masonry led to the creation of many regular systems. In the United States, for example, we have the American York and Scottish Rites, the Allied Masonic Degrees, the Royal Order of Scotland, the Red Cross of Constantine, the Grand College of Rites of the USA, the Masonic Rosicrucians, the Knight Masons, and others. Foreign Masonic orders include the Rectified Scottish Rite (Rite Ecossais Rectifié), the Swedish System, and others. These members of the Masonic family work in harmony with each other. With so many types of Masonry available, it may be confusing or difficult, at first blush, to tell the difference between true Freema-

sonry and its imitators. If in doubt, you should ask your Grand Lodge if they recognize the group in question. The Conference of Grand Masters of Masons in North America, which represents some two million Masons, has established a Commission on Information and Recognition which sets standards that must be maintained to receive recognition. 

Regular vs. Recognized

The term "regular" is a popular way for grand lodges to proclaim their adherence to certain standards that set them apart from other grand lodges. ...It was with something of a wry sense of humor that on March 5, 2005, the "Regular Grand Lodge of England" was created in London – a grand lodge which is universally acknowledged to be neither "regular" nor "legitimate" by most grand lodges in the world. ...In the world of international Masonic relations the term "regular" is often confused with "recognized." But the two terms are not synonymous although they are related. Grand lodges "recognize" one another when they enter into some type of mutual relationship that allows members from their respective lodges to intervisit in one another's lodges. This reciprocal arrangement may or may not include the right affiliate with a lodge in another jurisdiction, but the principle of intervisitation is the primary value of recognition of one grand lodge by another. The basis for such recognition is an acknowledgement that the grand lodge recognized by another grand lodge practices the same kind of Freemasonry as the grand lodge granting the recognition, and the term "regular" is used in Freemasonry to describe the belief that the Masonic practices of the other grand lodge are sufficiently like those of the recognizing grand lodge so as to permit intervisitation.

[Excerpted from the paper: *Into the Maelstrom: The Issue of Masonic Regularity, Past and Present* by Ill. John L. Cooper III, 33°, Past Grand Master of California]



In Memoriam ROSE CROIX NOTICE

*"Not silent are these hallowed dead; a richer eloquence survives.
We have from those who've gone ahead the inspiration of their lives."*

NAME WITH DEGREE	DATE OF BIRTH	DATE OF 14°	DATE OF DEATH
James W. Adams, 32°	7/4/1925	4/19/1969	5/11/2021
Weldon "Jack" Campbell, 32° KCCH	7/12/1958	10/4/1980	4/1/2021
William Donald Hines, 33°	7/2/1938	5/1/1992	5/7/2021
Nicholas J. McIntosh, Sr., 32° KCCH	8/9/1946	5/13/2011	7/9/2021
Calvin J. McMillion, 32°	7/12/1923	2/28/1967	6/19/2021
Joe Frank Mills, 32°	4/7/1935	4/26/1975	2/6/2021
Donald D. Showalter, 32°	12/27/1963	11/17/2000	6/11/2021
Herman Zeitchik, 32°	4/19/1924	10/2/1956	4/30/2021


IN MEMORIAM:

WILLIAM DONALD HINES, 33° JULY 2, 1938 - MAY 8, 2021

Illustrious William D. Hines "Bill", 82 of Dunkirk, Maryland passed away on Saturday, May 8, 2021. He was born and raised in Aliquippa, Pennsylvania to the late William E. and Florence B. Hines. He was preceded in death by his son, Clark W. and four brothers and sisters: Samuel, Edwin, Marion and Flora Bell. Bill moved his family to Maryland in the early 1960's where he went to work for Western Electric. He is survived by his wife of 61 years, Janet G. Hines of Dunkirk, Maryland and his daughter, Gale L. Hines of Chesapeake Beach, Maryland. He is also survived by his sister, Irma Kotun of Aliquippa, Pennsylvania as well as many nieces, nephews, and cousins.

Brother Bill was a member and Past Worshipful Master of Patuxent Lodge No. 218 and Prince Frederick Lodge No. 142, both under the Grand Lodge of Maryland, A.F. & A.M. He also was a longtime member of the Almas Shriners and an active member of Smithville United Methodist Church in Dunkirk.

Illustrious Bill was initiated a 32° Scottish Rite Mason on May 1, 1992, invested as a 32° KCCH and coroneted as a 33°, Inspector General Honorary on October 6, 2009. He served the Rite for many, many years as master of the wardrobe, outfitting our degree casts for every Reunion. Bill was also a longtime active member and participant with the Rose Croix funeral service committee.

Memorial Contributions may be made to the "DC Scottish Rite Foundation", 2800 16th Street, NW Washington, D.C. 20009, in support of the DC Scottish Rite's Communication Disorders Center, which provides hundreds of local children with much-needed care as part of Children's National Hospital. 



A NEW SCOTTISH RITE COLLEGE of PHILOSOPHY

A New Era of Masonic Knowledge

The S.R. College of Philosophy is currently undergoing a reorganization. Our former Dean, Ill. Pierre Gaujard, 33°, has retired and moved to Paris, France. He now holds Emeritus status at our Rite. Assuming new leadership is Ill. George Adams, 33°, G.C. and Ill. Messanvi Adjogah, 33°, who will serve as co-Deans. An executive group has been created to assist in curriculum development and implementation. They are: Jacob Bressman, 32°, KCCH; Khaled Derbas, 32°, Ziad Sahab, 32°, and Ill. Walter Benesch, 33°.

The current operating mindset is:


The degrees of the Scottish Rite are the most comprehensive map ever created for the achievement of divine wisdom, self-transformation and enlightenment of the individual. For these lessons to be meaningful, however, they need to be integrated into the daily life of the Scottish Rite member. In response to this need, the Washington D.C. Valley has established The **Washington D.C. Scottish Rite College**.

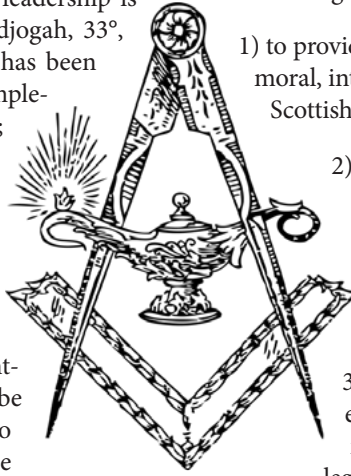
The first step in this process is to reflect upon the meaning of these degrees and thereafter incorporate the lessons of the degrees into the consciousness of the member. Thanks to the genius of Illus-

trious Brother Andre Salmon, 33°, the foundation has been built upon which to accomplish this goal...

The initial goals of the Scottish Rite College are:

- 1) to provide a forum for the inspiration and unfoldment of the moral, intellectual and spiritual development of the individual Scottish Rite Freemason.
- 2) to encourage the Scottish Rite member to communicate and reflect upon the deeper lessons of the Scottish Rite degrees through a broad range of communication vehicles including panel presentations to the bodies of the Scottish Rite and a periodic publication.
- 3) to assist the Body Heads in our Valley to provide enhanced programming and support for their weekly meetings that involve degree presentations of history, legend, ceremony and philosophy.

Regular meetings of the College will be held 6:45 pm on the 4th Tuesday of each month in the Conference/TV Room. If you have an interest in serving the College as a fellow or otherwise, please communicate your interest to Co-Dean, Illustrious Messanvi Adjogah, 33°. (madjogah@yahoo.com). 



LITTLE BY LITTLE, BY DEGREES

Courtesy of Furney C. Morris, 33°, Valley of Tampa

I said to the World: "I would understand
How you became fertile land,
When torn from the Rocks by the thaw and the freeze?"
It said: "Little by little, by degrees."

I said to the Hills: "Supplier of strength
How did your greatness extend its length;
How cooled you yourselves in Heaven's breeze?"
They answered: "Little by little, by degrees."

I said to Mithra – "Dispeller of Night;
How appears the Dawn with its ray of light;
How awakens the Sun – To kiss the trees?"
He said: "Little by little, by degrees."

I said to the Ice Cap: "I would want to know
How did your vastness come to grow:
How formed you yourself in the arctic breeze?"
It said: "Little by little, by degrees."

I said to a Mason – "Seeker of Light,
How found you your strength for freedom's fight?
Was it at God's altar – on bended knees?"
He smiled: "Yes – little by little, by degrees."





DC SCOTTISH RITE TEMPLE

2800 16th Street NW, Washington, D.C. 20009

Tel: 202-232-8155 Website: dcsr.org

THE DC SCOTTISH RITE INVITES YOU TO A

Holiday Concert

FEATURING THE



Alexandria
HARMONIZERS

SAVE THE DATE!

Sunday, December 5, 2021
DC Scottish Rite Auditorium

Advance online reservations will be required for this ticketed special event.
Please visit DCSR.org for details and ticketing information.



FOLLOW US on Facebook!

Please text DCSR to 80123 to
join our SMS group.

