

A Message From the VENERABLE MASTER

Brethren,

Is [our] your world under stress? Keys to managing it. What has caused your stress?

Insecurity- financial or otherwise A demanding routine Interpersonal conflicts A traumatic experience

How has stress affected you?

Health disorders• Emotional exhaustion• Sleep problems.• Depression• Deteriorating relationships.

"The best start" To relieving stress. " Making certain lifestyles changing is the best start" To relieving stress, says the National Institute of Health. " Start with eating a well-balanced, healthy diet as well as sleep and exercise. Also, limit caffeine and alcohol intake and don't use nicotine or other types of drugs. The NIH also suggests taking breaks from work, spending time with family and friends learning to make things with your hands or learning to play a musical instrument. Stress activates an amazing system in your body-your emergency response system.

So learning how to deal with stress is important to both your physical and mental well-being. Many people have been able to manage life's stresses by applying the practical advice found in the Bible. Could its tried and tested wisdom help you?

Consider the question in the light of your common causes of stress. Remember none of us have total security. As the Bible states, "time and unexpected events overtake [us] all." (Ecclesiastes 9:11) How can we cope with feelings of insecurity?

Try these suggestions.

Confide in a trusted family member or a friend. Studies show that the support of loved ones confers protection against stress-related disorders. Yes, a true friend shows love at all times and is a brother who is born for times of distress. " Proverbs 17:17

Do not continually focus on worst case scenarios. Such thinking does little more than drain emotional reserves. The Bible says. Never be anxious about the next day, for the next day will have its own anxieties," Matthew 6:34. Throw all your anxiety on [God], because he cares for you, " says Peter 5:7 God shows his case by giving us inner peace and by assuring us that he will never abandon those who sincerely turn to him for comfort and support in times of need." Hebrews 13:5; Philippians 4:6,7.

A relentless routine of commuting, working, studying, or caring for children or elderly parents can keep stress levels high. Moreover stopping these activities may be out of the question (Timothy 5:8) What, then, can you do to cope?

(Continued on page 4)

A SAN JOSE SCOTTISH RITE PUBLICATION HOME OF THE ANCIENT & ACCEPTED SCOTTISH RITE BODIES OF THE VALLEY OF SAN JOSE





<u>" JULY DONATIONS "</u>

God Bless all who have graciously donated! Thank you!

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♥ <u>" In Memory Of</u> <u>Bro. Robert D. Rowan 32° KCCH</u>♥ <u>to the Clinic By:</u>

Bro. Robert L. Laws

<u>" In Memory Of</u> <u>Mrs. Mary Ellen Fisher</u>

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2014 Honor Roll Board

Make your contribution to the <u>San Jose</u> <u>Scottish Rite Bodies</u> and have your name included on the "<u>Honor Roll</u>".

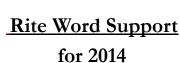
Your annual gift of \$100.00 or more will help the San Jose Lodge of Perfection, Chapter Rose Croix, Council of Kadosh and Consistory reach the level necessary to provide quality events for our future success.

<u>2014</u> HONOR ROLL

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We, the San Jose Scottish Rite Foundation (TIN 94-2541623), hereby certify that all funds received on the behalf of the San Jose Scottish Rite Foundation, The Children's Language Disorders Clinic, and/or the San Jose Scottish Rite Scholarship funds are used for charitable purposes only and the donor receives no goods or services in return for their donation.*





Your donations for the Rite Word are Instrumental in helping make a meaningful communication!

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VOLUME 8, ISSUE 8

<u>San Jose Scottish Rite Bodies</u> Ancient & Accepted Scottish Rite of Freemasonry

2014 - Lodge of Perfection

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The Bodies of the Ancient and Accepted Scottish Rite, sitting in the Valley of San Jose, in the Orient of California, acknowledge and yield all allegiance to the Supreme Council (Mother Council of the World) of the Inspectors General, Knights Commander of the House of the Temple of Solomon of the Thirty Third Degree of the Ancient and Accepted Scottish Rite of freemasonry for the Southern Jurisdiction of the United States of America. From the Clíníc!

THE RITE WORD



S amanta "Samy" has been seen once a week at our clinic to receive help for an articulation disorder. She is a sweet and endearing five year old girl. A friend at Samy's preschool recommended our clinic to her mother.



Samy's parents had been concerned about her speech and language development from an early age. Samy has a twin sister, and as it happens with many twins, they were born a little early. When children are born prematurely, they will often exhibit delays in development. Samy also experienced many ear infections during her first year, which can sometimes negatively impact speech and language development. Samy was enrolled in early intervention services for speech and language therapy until she was 3 years old. At that time, her mother had her tested at the school district but she did not qualify for speech and language services.

Prior to starting therapy, her mother reported, "Samy's speech needed to be clearer so other people could

understand her better. She would try to speak and when others (aside from Mommy) did not understand, she got frustrated." Since starting treatment, "She is more aware of what she can do with her mouth and tongue to make the sounds clear to others."

Therapy has been focused on improving Samy's /s/ sound. She produces a lateralized /s/ sound, which means the air does not flow in a straight path out of her mouth. Her airflow moves out of the sides of her mouth, creating a lisp like quality. She is currently working on /s/ words in phrases.

When children have speech delays and disorders, it can sometimes cause frustration for both the child and family. Samy's mother shared that her treatment has had a very positive impact. She stated, "Samy is more confident when she speaks to us. She does not get frustrated anymore because she knows how to correct herself and does not cry like she used to when we could not understand her. It fills my heart to see that Samy is so dedicated and persistent to speak better and that she can speak by herself without my help."

Samy's mother described her experience at the clinic as great. She shared that "Her therapist has been very supportive, patient and caring. I will always be thankful for the clinic services that otherwise we could not have afforded."

If a family's medical insurance does not cover speech therapy, they then have to pay out of pocket, which is a major expense that most families would struggle to cover. We hear this from so many of our clinic parents. They often express gratitude for the services provided here. Samy's mother stated, "Thank you for helping my child and so many other's kids to get better communication skills and build up their confidence. Your input will positively impact their future and we will always be thankful."

A Message From the VENERABLE MASTER, Continued....

Try to give yourself some downtime and get adequate rest. Set sound priorities, and adopt a modest lifestyle. (Philippians 1:10) Consider simplifying your life perhaps by reducing expenses or time spent at work. Luke 21:34, 35

Conflicts with others, can be very stressful. If you experience such difficulties, you have a number of options that might help.

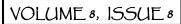
When someone upsets you, try to stay calm. do not add fuel to the fire. A mild answer turns away rage, but a harsh word stirs up anger," says Proverbs 15:1

Try to settle differences privately and respectfully thus dignifying the other person. - Matthew 5:23-25.

Try to gain insight into his or her feelings and viewpoint. Such insight " Slows down [our] anger' because it puts us in the other persons shoes. (Proverbs 19:11) It can also help us see ourselves through the other persons eyes. Try to forgive. Forgiveness in not only beautiful. It is also good medicine. As reported in a 2001 study," unforgiving thoughts" result in significantly high blood pressure and heart rate., whereas a forgiving attitude reduced stress.- Colosseum 3:13. A genuine hope and wisdom to cope with life's many stresses are both priceless, and both can be found in the pages of the Bible. Millions have already benefited from this remarkable and unique book. You can too.

For the day: ' Better is a handful of rest than two handfuls of hard work."

Joseph DaSílva, 32° KCCH Venerable Master





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THE RITE WORD

Shut Ins

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Please remember those brothers that are shut in. A friendly call or note from a fellow brother would be a warm and appreciated gesture. Though, they cannot always be present, they are certainly not out of mind. We wish them all the best. God Bless.



We are not always contacted in a timely manner. Scottish Rite is here to assist! Please feel free to call anytime! (408) 978-7483



From the Commander:

In the warm summer months, when many Masonic organizations go dark, and we busy ourselves with vacations and outdoor activities, we sometimes forget that Masonry goes on, and in some cases has some of its most important events. Our Scottish Rite Valley is no exception. In August, we welcome our Most Worshipful Grand Master, John L. Cooper III, at a formal reception and festive board. As in years past, it will be a fun and exciting event, filled with good food, toasting, a few laughs, and an important message from our Grand Master. Make sure to get reservation in as soon as you can for this event.

Our Fall Reunion is coming up very soon, so it is definitely not too early to start bringing in petitions from prospective new members. Talk to your lodge brothers, and let them know the benefits of Scottish Rite Masonry – that further light in Masonry is just around the corner for them, and that our social times are not to be missed.

Please come out and support the many activities that your Scottish Rite officers are working had to produce, and take advantage of your membership in the Valley of San Jose.

I hope to see you in August.

Randy Downey, 32° KCCH Commander Council of Kadosh

The Personal Representative and

The Venerable Master

of the Valley of San Jose

Invite all Masons (Entered Apprentices, Fellow Crafts, Master Masons), their ladies, families and friends to

San Jose Scottish Rite Grand Master's Reception and Festive Board Banquet

> Tuesday, August 12, 2014 6:30-9:00 PM

San Jose Scottish Rite Center 2455 Masonic Drive San Jose, CA 95125

6:30 p.m. - Social Gathering 7:00 p.m. – Festive Board Banquet

Cost \$25.00

Requested dress is tuxedo or dark suit for men, formal dress or pantsuit for ladies

NOTE:

Reservations are required Please call the SJ Scottish Rite @ 408-978-7483 or visit the office to make your reservations Payment must accompany reservation. Reservations not cancelled by August 8 must be honored. Cash, personal check or credit card



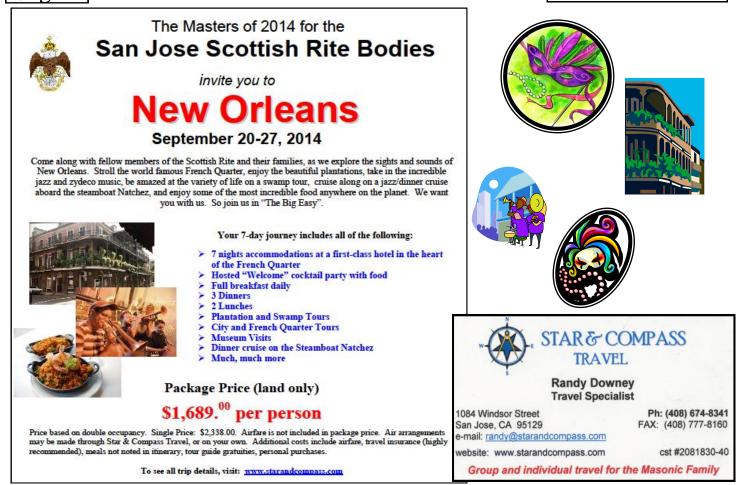
SPECIAL NOTICE!!

The Aug 12 Stated Mtg will begin at <u>5:45pm</u>, not the usual 6pm, so we can start the Festive Board on time!! Please note this change and

BE ON TIME!!

Tage 8





Charitable Giving Made Easy!

Generate income for you and your family and help the charity of your choice through a Charitable Gift Annuity.

When you make a donation of \$5,000 or more to our Charitable Gift Annuity program, you will receive quarterly income based on your age and the corresponding rate as set by the American Council on Gift Annuities. You can choose which Scottish Rite charity you want your gift to benefit, like the Rebuilding the Temple Campaign, Scholarships, and the California Scottish Rite Foundation.



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This chart is for illustrative purposes and is not intended as legal advice. Please consult your attorney or financial advisor. A Gift Annuity is an irrevocable gift, not an investment. It is not insured by the federal or any state government, but is backed by the assets of the Scottish Rite.

Example: \$10,000 Gift Annuity

To learn more about the Gift Annuity Program, please contact Major Donor Officer Donald W. Heath, 32°, KCCH, CFP[®] at 1-858-335-2070 or dheath@scottishrite.org.

Tuesday, Aug 12

First Course—Onion Soup

Second Course—Greek Salad

Third Course---Chilled Prawns

Fourth Course---Filet Mignon with Bernaise Sauce &

garlic mashed potatoes

Fifth Course---Rainbow Sherbet

Call Office or Angela or email: adathans@gmail.com

or aathans@sanjosescottishrite.org

(408) 978-7483 office



<u>\$25.00 per person -Reservations Only!</u> <u>\$30.00 Per Person Without!</u> <u>Please Pay in Advance: Mail in check or call in with Credit Card!</u>

From the Secretary's Table.....

My Brothers,

I want to thank all of you for the support you have given me during the trying times of the last few months. I have had some big shoes to step into and it has been rough a few times. With your continued support, I will do my best to be worthy of the confidence you have placed in me to be your new General Secretary. Feel free to come by my office anytime if you have a question, need or just want to chat.

First off, please get your reservations in to the Secretary's Office TODAY for the Grand Master's Reception and Festive Board on August 12. This will be a very special catered affair and we need to get an accurate count as soon as possible. Check the flyer on page 7 for details and we'll see you there.

Now to the big request. We are into August, and 140 Brothers have still not paid their dues for 2014. These were due and payable on Jan 1, and it puts a stain on the finances and ability of the Bodies to pay our bills when so much money is outstanding. If you haven't yet paid your dues, please contact the Secretary's Office immediately and do so. If you are in financial need or distress, contact me and we can work something out. Don't risk being suspended by doing nothing. We're here to help. Thank you.

Fraternally, Hank Vlcek, General Secretary



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From the Wise Master....

ummertime, travel time! I hope everyone had a nice dose of "time off from the daily chores", to recharge.

I had about a week at one of my favorite places, Mendocino. For those that have a chance to visit downtown Mendocino, it is one of the preserved, 'no-growth towns', full of nice, Victorian style old buildings from the late 1800 to early 1900. One of the key, outstanding buildings is the Masonic Lodge building. The Lodge is active, but had sold the building to the bank that

occupies the first floor. From almost everywhere in Mendocino you will be able to see the statue on top of the Lodge building, known under the names of "Time and the Maiden", or "Weeping Virgin".

The bank often receives questions about the building, so they created a little flyer. Here is what the bank has to say about the about 10 feet high statue, which was carved by Brother Albertson in the early 1870s out of a single piece of redwood: "The redwood statuary atop the Temple depicts Father Time, the Hourglass of Transience, the Weeping Maiden, the Anointment of Her Hair, the Acacia Branch and the Sacred Urn, the Sundered Column and the Book of Light – all of which is symbolic within the Masonic Order."

The California Freemason Magazine of June/July 2013 also features the building and statue, and summarizes it's meaning to represent the credo that "time, patience and perseverance will accomplish all things."

For those interested in some of the deeper meaning, information is publicly available at

http://www.phoenixmasonry.org/masonicmuseum/father_time_and_the_weeping_virgin_statue.htm

The Lodge room itself also has beautiful wood carving decorations, statues and pillars - A feast for the eye for every Mason! If you get a chance to go to Mendocino, give the Lodge Secretary a call ahead of time. He was very accommodating and gave us a tour through the building and Lodge room. His phone number can be obtained via the Grand Lodge.

Well, back to speculative travel, and our normal lives. Soon we will be starting our preparations for the Fall Reunion, and we will be looking for new candidate applications. If you have someone in mind, please make sure they are being tuned in to allow for proper planning. If in the past they had said "probably some time in the near future", remember that that time, patience and perseverance will accomplish all things.

Fraternally,

Wolfgang Lochner

Wise Master

From the Master of Kadosh,

know that I have briefly mentioned it in the past, but it appears that a large number of our members are unaware of the Master Craftsman Program. There are currently 3 different programs. The first delves into the Scottish Rite Degrees. It is fairly high level and is multiple guess, very short answers and a short essay about what you found most interesting during that particular test. The second program delves much deeper into the Scottish Rite degrees. It has a few multiple guess and short answer questions, but the kicker is you must write an essay of 500-1000 words of the practical application of each degree. You must have completed the first to work on the second.



The third program focuses on the first three degrees of Masonry It is multiple guess, short answer and short essays. You can take this course without having completed the first 2. You do not even have to be a Scottish Rite Mason to take the course, so you could bring this to your blue lodge as well. I know of at least one active DeMolay that has taken the course and passed.

Information can be found at <u>http://scottishrite.org/members/masonic-education/srmc/</u> The costs of the course are modest and when you complete each one you receive a certificate and pin recognizing your accomplishment. So far I have seen a handful of the awards presented to those few that have completed courses. In fact, one of our most recently initiated members received his for the first course last month.

I heartily recommend them to your attention. I personally have completed #I and #3 and am about half way done with #2, so please ask me about them. For those of you that are also members of the York Rite, there is a similar program called the Companion Adept of the Temple, which is presented by the Sovereign York Rite College of North America. It is a deep dive into the Blue Lodge, Chapter, Council and Commandery. Information on this program can be found here http://www.yrscna.org/forms/YorkRiteenrollmentform.pdf

I hope that some of you will take advantage of these great educational programs.

Fraternally,

Gregg Hall

Master of Kadosh

DLUME 8, ISSUE 8	Membership is always important :	Page 1
	Replace the ' <u>U</u> ' with ' <u>YOU'</u> ! Join with your Brothers at the Fall Rev October 17-18 / Oct 31-Nov 1 / Novembe Support San Jose Membership by sponsoring a new member ! Application can be downloaded from our w Sanjosescottishrite.org	<u>míon!</u> er 4, 201 4
•	PROPOSITION/PETITION ORIENT OF SAN JOSE NCIENT AND ACCEPTED SCOTTISH RITE BODIES Office of the Secretary (408) 978-7483 455 Masonic Drive – PO Box 18220, San Jose, CA. 95158-8220 Fee: \$150.00 (must accompany this petition) (Please print or type)	
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Recommended by:		
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Future Scottish Rite Events

Sunday August 10th ~ Grand Master's Golf Tournament, Moffett Field Golf Course ~ 9: 30am -6: 00pm

Tuesday August 12th ~ Stated Meeting @ 5:45 PM

Followed by Festive Board and Reception for MW JOHN. L. COOPER III, Grand Master of Masons in CA

<u>Tuesday August 26th</u> ~ *SJSR Foundation Board of Directors Meeting @ 5: 30 PM* <u>Tuesday August 26th</u> ~ *All Officer Meeting @ 7: 00 PM*

> <u>Tuesday September 9th</u> ~ *Stated Meeting @ 6: 00pm* Dinner after the Meeting

<u>September 20th—27th</u> ~ Scottish Rite Bodies Trip to New Orleans

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