

T.F.S.

Three, five, and seven

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#203

Resilience

We need to be able to face the stress and losses that life places before us and maintain a sense of emotional steadiness and calm. Masonry can help us to feel better, more alive and more engaged during times of stress.

As Masons we do several things that can help us deal with the inevitable stresses and anxieties in our life and to respond in a skillful and effective way.

- *Because of the deep connections and sense of belonging we have with our brothers, we develop the capacity to be open and share our concerns.*
- *Masonry gives us an opportunity to understand our own meaning and purpose which can help us through difficult times.*
- *Masonry encourages us to cultivate a good heart and to hold ourselves and each other with a greater degree of kindness and compassion.*
- *We learn to subdue our passions which can help us to remain emotionally steady when confronted by overwhelming feelings.*
- *We increase our self esteem and self acceptance when we help our brothers or the community or when our different opinions are respected by our brothers.*
- *We have a regular experience of the sacred and are encouraged to practice our religion.*
- *We are taught to divide our time for sleep, activity and service to God and others.*

Other things we need to practice when dealing with stress include:

- *Managing our energy with exercise, diet and nutritional supplements.*
- *Using breathing, mindfulness meditation and self awareness exercises to calm our mind.*

If you have any comments, suggestions, or questions, please send them to shapiro.stanley@gmail.com

The Education Videos by our education committee can be viewed at:
<http://www.youtube.com/glmned>

The latest Masonic Monday Question, and some of the past questions, can be viewed at www.Lodgebuilder.org and at www.mn-masons.org