

#### From the East

Brethren.

Welcome Back!

This summer brought a lot of Brotherly Love. Some of us attended graduations together, movie nights, concerts, and we even had a karaoke night at the Lodge. Also, let's give a huge shout-out to Wor. Brother Mike Henry for once again hosting us at his home for a nice BBQ in July!

Now it is time for us to return to our Labors!

Your officers will be reviewing the needs of the Lodge and formulating plans to flourish in the upcoming year and beyond. We've seen some great progress in many areas, but we have more to do! The quality of our ritual and education has built the foundation of Ancient York, but we must continue to grow and evolve.

Brethren, Ancient York belongs to all of us, and we are looking for your feedback on how to improve. Your officers are here to ensure that Lodge business runs smoothly; however, if you feel that something is missing or simply isn't working, please let us know.

We want all of our Brothers to be engaged in the life of the Lodge, and its future existence depends in no small measure on your participation and ideas.

Please, as always, if there is something that you'd like to see, let us know. We may ask for some help with it, so be prepared. But we want all of you to feel as though this is your Lodge.

Fraternally Yours, Peter N. LaFauci Worshipful Master

# ANCIENT YORK LODGE Nº 89

### LODGE CALENDAR

### Tuesday, September 9th - Ancient York Lodge Stated Communication

Dinner: 6:00 PM; Meeting Start: 7:00 PM, Opening Entered Appetence

Who: All members of Ancient York Lodge

Dinner: Pizza and Wings

**Dress:** Dark Suit **Education:** TBD

### Saturday, September 13th - AYL Movie Night

Movie: Clue Time: 6:00 PM

**Where:** Nashua Masonic Temple, 4<sup>th</sup> floor back room **Who**: All members of our Masonic Family and guests

### Sunday, September 14th - Masonic Unity Picnic

Time: 1:00 to 5:00 PM

Where: Wellington State Park

614 W Shore Rd

Bristol, NH

Who: All members of the Masonic Family

### Saturday, September 20th - Ladies at the Table Lunch

**Time:** 2:00 PM

Where: Back Room of the 4th floor

Who: Masons and their Ladies

Where: Nashua Masonic Temple, 4th Floor

See attached flier for RSVP Details

## Saturday, October 11 - "State of the Lodge" Meeting

Meeting Start: 10:00 AM

**Where**: 4<sup>th</sup> Floor, Nashua Masonic Temple **Who**: All members of Ancient York Lodge

In a Town Hall format, this meeting will be open to all Brothers to discuss the current state of Ancient York, its future, and what we can do together to improve the Lodge.

# Please RSVP for all meals utilizing the QR Code below, or through ancieintyork89.org

Use the QR code to RSVP for our next Stated Communication



If any Brothers have something to share with the Lodge, please reach out. We love to share our experiences with our Brothers! Peter LaFauci, Master

# ANCIENT YORK LODGE Nº 89

#### Happy Birthday to all our Brothers Raised in July, August & September!

Wor. Robert Baer, PM (August) 70 Years Charles Olander (July) 30 Years Harold Brodell (August) 20 Years Wor. Michael Henry, PM 46 Years Christopher H. Fowler (July) 11 Years

#### From the South

"Take the time to love yourself. You deserve it."

- Avina Celeste.

Masonry promotes a journey of continuous self-improvement and self-development. This includes self-care.

A few years ago, I had forgotten this and had ignored taking care of myself. I was depressed and continuously beat myself up when I was doing badly. I started falling down this hole again recently when things weren't going as planned at work, and my career path was being detoured.

We have to remind ourselves that it's okay to fail. It's okay to have detours. And I know it's easier to say it than to practice it. We're ashlars striving to find perfection. So we work harder to polish that stone, to chip away at the imperfections. And we do that with self-care.

Everyone finds their peace in different ways. They golf, exercise, play music, refurbish a car, read a book, etc. For me, I like to play with Lego, read comic books, and play Dungeons & Dragons (nothing more relaxing than throwing dice with good friends!)

Self-care doesn't mean self-improvement. It's about finding the things that make you happy. Masonically, it can be difficult to focus on ritual when exposed to turmoil. We've all experienced it. You stop working on ritual. Maybe you stop going to Lodge so you can stay home and log out for the night. But what if being in Lodge and being surrounded by friends was another way to find self-care?

I'm not saying learn ritual—but just being there, being with your Brothers. I for one have experienced those nights when I wanted to log out or wallow in my misery. But after I showed up for the evening, I found that what was bothering me slipped away, and I was in my Happy Place.

I'm not saying it would work for everyone. But give it a try when you've had a bad day. Seek out your Brothers. We're here for you!

Fraternally, Bro. Peter Daigle Junior Warden

#### 2025 LODGE OFFICERS

Worshipful Master - W. Peter LaFauci Senior Warden - W. Oliver Frates Junior Warden - Peter Daigle Treasurer - W. Stephen Bahsler, PM Secretary - R.W. Christopher Busby, PM Chaplin - W. Gary Waters, PM Senior Deacon - Andrew Lane Junior Deacon - Chirstopher Fowler Musician - Brian Murphy Historian - W. Edmund Correa, PM





# Ancient York Lodge

presents

The Tadies At the Table



# September 20 2:00 pm - 4:00 pm



Nashua Masonic Temple

> 4th floor 196 Main St



RSVP with Bro. Mike Henry 603-233-0561 Or Wor. Peter LaFauci

603-930-4775



