



Kilwinning 565 News

From The Chair



Happy New Year!

Greetings Brethren, and Happy New Year!

2015 is shaping up to be an exciting year with our newly installed officers ready and eager to get on with our upcoming events and degree work. I am confident that this year's line-up will bring enthusiasm and energy to our work, and that all of Kilwinning's members will enjoy and benefit from the upcoming year.

Some events to remember and plan for are our Burns night Jan 16/15, our DDGM visit Feb 20/15, and please watch for emails regarding events from other lodges within our temple and throughout the district.

Our emergent Jan 5/15 we will be initiating Mr. Michael Siu into our Ancient and Honorable Society. Please see the degree team email regarding work assignments if you have not already done so.

As you know our Robert Burns night

celebration is being held On January 16 complete with Highland Dancers, Traditional Scottish fare including Scottish pies and Haggis. (who could forget the Haggis)? Additionally we will enjoy a Robert Burns Immortal Memory speech provided by V.W.Bro. John Wolecki of Maple Leaf Lodge #600 Humber Valley District, during our banquet hour. This is always a popular event in the district and we are looking forward to a fun evening.

I know I have been tugging at the cuffs of our brethren and officers to attend the Wardens association Meetings (held on the 1st Saturday of every Month) and it was great to see our Kilwinning officers taking part. Attendance is not limited to the Wardens but is available to all Master Masons. This is a great way to sharpen your own ritual performance and enable you to aid

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Special points of interest:

- *What's been happening*
- *News and reviews*
- *Wisdom*
- *Recipe*
- *What's coming up?*
- *Opportunity for further light*

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and instruct your junior members in their progression through their degrees and beyond.

Future meetings are:

- February 7th, 2015—"Lecture Delivery & Signs"

Hosted by Peel Lodge in Caledon East

- March 7th, 2015—"Officer Responsibilities"

Hosted by - Runnymede Lodge 619

- April 4th, 2015—"Special Meetings/Events & BoC"
Hosted by - Kilwinning Lodge 565

I look forward to seeing you all at lodge .

Sincerely and Fraternaly,

W. Bro. Marc Decorte

Worshipful Master

Book Review

W. Bro. Rob Lund

Esoterism & Symbol

By R. A. Schwaller de Lubicz

This short book (80 pages) is, like most of this author's works, a difficult read. I'm not sure if it is just the translation, or the subject matter. Fortunately each chapter is short, and one can bite into this book a small piece at a time. This is good because each chapter requires some thought.

The author has produced a number of books, mostly short ones, but also a monumental two-volume work called The Temple of Man. I have a copy, but have not been brave enough to tackle it yet. This author is an Egyptologist, who spent 15 years studying the Temple at Luxor, decoding its symbology.

This book, however, is an introduction to the tone, structure and mentality of ancient Egyptian knowledge, which is the root of western mysticism and science.

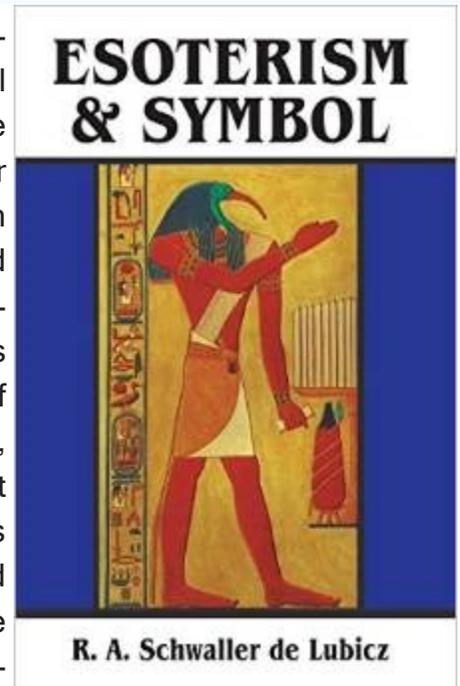
The two principle concepts dealt with are: the "process of becoming", which is related to development of consciousness and is revealed in all of nature; and "intelligence-of-the-heart", which is independent of the senses. Two types of intel-

ligence are compared: cerebral intelligence (which is our physical brain and mind); and innate intelligence, which is independent of the senses and, to the ancient Egyptians is what enabled them to move closer to the Divine.

All esoteric teaching is addressed to this intelligence. This intelligence is our guide to the path of self-knowledge.

There is a lot to learn from this little book and I highly recommend it. I have a soft copy which will appear on the Lodge website library.

Enjoy.



Ancient Wisdom

Natural Law—Part 3

This article continues an introduction to Natural Law - the Cosmic Law - the Law of the Universe.

The general Principles of NATURAL LAW have come to us from ancient Egyptian times, and can be distilled into seven principles (also known as the Hermetic Principles):

1. The Principle of Mentalism
2. The Principle of Correspondence
3. The Principle of Vibration
4. The Principle of Polarity
5. The Principle of Rhythm
6. The Principle of Cause and Effect
7. The Principle of Gender

We will examine each of these principles in the next few issues of this newsletter.

The previous edition covered the Principle of Correspondence and the Principle of Vibration.

The Principle of Polarity

“Everything is Dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled.”

This Principle explains that in everything there are two poles, or opposite aspects, and that “opposites” are really only the two extremes of the same thing.

Take Heat and Cold as an example. Although these are “opposites,” they are re-

ally the same thing, the differences consisting merely of degrees of the same thing. If you look at your thermometer, can you see where “heat” terminates and “cold” begins? The same applies to Light and Darkness, Large and Small, Hard and Soft, Black and White, Sharp and Dull, Noise and Quiet, High and Low, Positive and Negative, Matter and Spirit, etc. The Principle of Polarity explains these paradoxes.

“Everything is Dual; everything has poles; everything has its pair of opposites”

The same Principle operates on the Mental Plane. Take as an example Love and Hate, two mental states apparently totally different. And yet there are degrees of Hate and degrees of Love, with somewhere in-between being Like or Dislike, which merge into each other so gradually that sometimes we not sure whether we “like” or “dislike”. They are still just degrees of the same thing.

It is possible to change the vibrations of Hate to the vibrations of Love, in one's own mind, and in the minds of others. I'm sure that many of you have had personal experiences of the involuntary rapid transition from Love to Hate, and the reverse. You will, therefore, realize the possibility of this being accomplished by the use of the Will, by means of the Hermetic formulas. Good and Evil are the poles of the

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same thing, and Mystics understand the art of transmuting Evil into Good, by means of an application of the Principle of Polarity.

This principle shows that the difference between things, seemingly diametrically opposed to each other, is merely a matter of degree, and the “universal reconciliation of opposites” is effected by a recognition of this Principle of Polarity.

Spirit and Matter are the two poles of the same thing, the intermediate planes being merely degrees of vibration. THE ALL and The Many are the same, the difference being merely a matter of degree of Mental Manifestation.

It is this fact that enables the student of Spiritual Science to transmute one mental state into another, along the lines of Polarization. Things belonging to different classes cannot be transmuted into each other, but things of the same class may be changed, that is, may have their polarity changed. Thus Love never becomes East or West, or Red or Violet-but it may turn into Hate-and likewise Hate may be transformed into Love, by changing its polarity. Courage may be transmuted into Fear, and the reverse.

“To destroy an undesirable rate of mental vibration, put into operation the Principle of Polarity and concentrate upon the opposite

pole to that which you desire to suppress. Kill out the undesirable by changing its polarity.”

In addition to the changing of the poles of one's own mental states by the operation of the principle of Polarization, the principle may be extended to the influence of one mind over that of another. When it is understood that that mental states may be produced by “induction” from others, then we can see how a certain rate of vibration, or polarization of a certain mental state, may be communicated to another person, and his polarity in that class of mental states thereby changed.

Spirit and Matter are the two poles of the same thing, the intermediate planes being merely degrees of vibration.

A knowledge of the existence of this great Principle will enable the student to better understand his own mental states, and those of other people. He will see that these states are all matters of degree and thus he will be able to raise or lower the vibration at will - to change his mental poles, and thus be Master of his mental states, instead of being their servant and slave.



Links

- **Lodge Website:** kilwinning565.com
This site has back issues of the newsletter, and many articles.
- **District Website:** www.torontowestdistrict.com

- Educational articles can also be found on the District web site.
- **Grand Lodge:** www.grandlodge.on.ca

Curried Carrot Soup with apple and ginger

Recipe by W. Bro. Marc Decorte

I have been enjoying reading the recipes provided by our Kilwinning members and have been asked to provide one for this months news letter. As you know our Kilwinning kitchen (under the eyes of Bro. Phil Horrigan and others) has had a great tradition of producing great food for our meetings and events. At Phil's request and at the risk of divulging secrets I will endeavor to provide you with a cherished recipe, Its name I have since only shared with Phil up to now. Although known to him under a different appellation....I give to you....*Curried Carrot with apple and ginger soup.*

Ingredients:

- 1 Tbsp Olive oil
- 1 Large onion- diced
- 4 large carrots, peeled and minced in a food processor to a pulp
- 1Tbsp curry powder
- 2 Tsp minced fresh ginger
- 1 large McIntosh or Granny Smith apple peeled cored and diced
- 1 small bay leaf
- 4 1/2 cups low sodium chicken stock (or veg stock)
- 1 tbsp chopped fresh parsley or coriander for garnish (optional)
- 1/4 cup cream/milk to taste (optional)
- 1small clove grated garlic or (optional)

Method:

Heat olive oil in a large heavy bottomed soup or sauce pan. Stir in onion and cook till softened and translucent. Do not brown.

Stir in curry powder cook 1 minute then add carrots, apple and bay leaf. Cook stirring for 2-3 minutes ;.

Add broth and bring to a boil. Reduce heat and simmer for 20-25 min or until carrot is tender. Remove bay leaf.

Allow soup to cool, then puree with a wand or in a blender until smooth. (Be careful, using a blender if

the soup is hot can be an explosive experience.)

Add cream/milk grated garlic and simmer for 10 min.

Serve into bowls and drizzle 1 tablespoon of cream to each, garnish with parsley, and serve with fresh bread and your favourite cheeses.

Enjoy!

Argentine Chimichurri Sauce

Recipe by Bro. Chef Phil Horrigan

Ingredients

- 2 cups packed fresh Italian parsley leaves
- 4 medium garlic cloves, peeled and smashed
- 1/4 cup packed fresh oregano leaves
- 2 Tbsp picked fresh thyme
- 1/4 cup red wine vinegar
- 1/4 cup lemon juice
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 1 cup extra-virgin olive oil

Method:

Place parsley, garlic, oregano, thyme, vinegar, lemon juice, red pepper flakes, salt, and pepper (to taste) in the bowl of a food processor fitted with a blade attachment. Process until finely chopped, stopping and scraping down the sides of the bowl with a rubber spatula as needed, about 1 minute total.

With the motor running, add oil in a steady stream. Scrape down the sides of the bowl and pulse a few times to combine. Transfer sauce to an airtight container and refrigerate at least 2 hours or up to 1 day to allow the flavors to meld.

Grill Beef to rare / medium rare. (about 125°F) Rest beef for at least 15 mins. Before serving, stir and season as needed. Pour over the meat. The chimichurri will keep in the refrigerator for up to 1 week.

If there is anyone who would like to share a recipe they love, please do so by sending it to Phil at philandsteph@rogers.com

Reflections

The Newsletter of the Committee on Masonic Education is published quarterly. Its goal is to make available articles and presentations written for Masons of Ontario.

The cost of a yearly subscription is only \$ 18.00 for the 2014 Masonic Year and can be ordered by writing to "Masonic Education Newsletter", c/o the Subscription Manager for the Reflections Newsletter: R.W. Bro. Lindsay Reiach, 41 Dunrobin Drive, Caledonia, Ontario, N3W 2N. Lreiachz@shaw.ca. 905 765 8341. Your cheque should be made out to "Masonic Education Newsletter". Please indicate your Lodge's name and number, your District's name, your name and the mailing address where you would like to receive this publication.

Reflections is always seeking articles about Freemasonry written by Freemasons. Please submit them to its Editor, Bro. Andrew Douris, F.C.F., e-mail: deon-fortuna@hotmail.com. Articles are often approximately 1,200 words in length. Articles of special merit might be printed in sections over several issues while short articles provide an excellent resource for a brief Masonic Education moment in Open Lodge. Please adhere to the following deadlines for submissions: Fall issue = August 1, Winter issue = November 1, Spring issue = February 1, Summer issue = May 1.

College of Freemasonry

The Grand Lodge Committee on Masonic Education offers interesting Correspondence Courses on Masonic Education throughout this Jurisdiction which is comprised of nineteen different modules. Any Master Mason may take any module individually for \$10.00 each or they may wish to complete a course of study for a set fee. If a Brother takes an individual module today, and decides to complete a course of study later in time, he will be accredited with the module he has completed prior. In other words, he does not have to pay for or rewrite what he has already completed in the past. There are three courses of study offered by the College of Freemasonry:

1. "The Masonic Arts and Sciences" course (eighteen modules).

2. The "Past Master's course" (eleven modules)
3. The "Worshipful Master course" (eight modules). Any Brother looking to run for the DDGM of their District or Grand Registrar, the course required by the Book of Constitution, Section 50(b), is the "Past Master's Course". This course is also great for those looking to be a District Secretary.

For those who wish to pay by cheque, please send it to W. Bro. George Warner, 4010 Chadburn Crescent, Mississauga, ON, L5L 3X2. For those who wish to pay via credit card, just fill in the application form and send it to masonic.college@gmail.com, and the Brother will be emailed payment instructions through Paypal (an account is not necessary). If any Brother has any questions, they may email R.W. Bro. Rick Cadotte, FCF, Principal, College of Freemasonry, masonic.college@gmail.com.

You may also get information by going to the Grand Lodge Website, sign in, click "Membership", then "College of Freemasonry". There are many electronic books and other resources there.

Heritage Lodge

Heritage Lodge No. 730 G.R.C. was formed to provide an intellectual environment for the pursuit of Masonic knowledge and also to provide a means for receiving and recording historical artefacts to ensure the preservation of our Masonic Heritage without encroaching on the normal functions of Constituent Lodges.

Heritage Lodge accepts, by affiliation in the usual manner, all Masons of like-mind, desirous of working together to fulfil the aims and objectives established by the membership.

The Lodge Secretary is R.W. Bro. Kenneth E. Campbell, e-mail: heritagelod730@xplornet.com. The fee for Affiliation is \$ 55.00 and the annual dues are also \$ 55.00. R.W. Bro. Robert C. McBride is the Heritage Lodge Regional Liaison Chairman for the Ontario, Peterborough and Victoria Districts. He can be reached by sending an e-mail to ddgm2007@nexicom.net.

Upcoming Events

DISTRICT THEATRE NIGHT

THE SOUND OF MUSIC

Thursday, January 22, 8:00 PM

In Support of the District Charity | Tickets now Available @\$20.00

January 2015

Saturday, January 3, 2015 8:00am
Warden's Association Meeting

Monday, January 5, 2015 7:30pm
Installation at Lake Shore Lodge 645

Tuesday, January 13, 2015 7:30pm
Official Visit to Ionic Lodge 229

Wednesday, January 14, 2015 7:30pm
Official Visit to Runnymede Lodge 619

Friday January 16, 2015 7:30pm
Burns Night—Kilwinning Lodge 565

Tuesday, January 20, 2015 7:30pm
Installation at Long Branch Lodge 632

February 2015

Fri Feb 6, 2015 7:30pm - 10:30pm
Official Visit to King Hiram Lodge 566

Sat Feb 7, 2015 8am - 11am
Warden's Association Meeting

Thu Feb 12, 2015 7:30pm - 10:30pm
Official Visit to Connaught Lodge 501

Fri Feb 13, 2015 7:30pm - 10:30pm
Official Visit to Joseph A. Hearn Lodge 685

Tue Feb 17, 2015 7:30pm - 10:30pm
Official Visit to Victoria Lodge 474

Fri Feb 20, 2015 7:30pm - 10:30pm
Official Visit to Kilwinning Lodge 565

Fri Feb 27, 2015 7:30pm - 10:30pm
Installation at Prince of Wales Lodge 630

**Check the District Web Site for more upcoming events,
and for updates, and pictures from past events:**

<http://www.torontowestdistrict.com/calendar.html>