



Kilwinning 565 News

From The Chair



Brethren,

As a new Masonic year begins, and spring is finally here, I'm sure everyone is as excited as I am to enjoy the warmer weather.

As this is my first message from the East, I'm very excited about the opportunity to be the Master of the Lodge, filled with appreciation for everyone who had a part in our installation and have every confidence in our new officers.

I want to take this opportunity to thank W. Bro. Phil Horrigan, W. Bro. Alex Thomson, Bro James Low, Robyn Bellefleur, and others for the great meal provided on the night of Installation. Thanks also to the Installing Board, and all the members and family of Kilwinning Lodge for all their hard work and diligence in planning and execution of our Installation. Thanks to those who ran the prize draw—

we made some extra income for the Lodge which will help offset the costs of the evening.

I appreciate the continued efforts of everyone and the commitment of the officers towards what I believe will be an amazing year.

Please keep in mind our education night on May 7th, featuring V.W. Bro. Rob Zilles from New Dominion Lodge 205 in Kitchener. He will be giving a talk entitled "Tips to get every Mason through any Lodge meeting with confidence." The benefits that this talk will bring to Kilwinning will be numerous I'm sure. Lodge will open at 7:30 sharp and dinner will follow after closing.

At our regular meeting in May, we will be welcoming Mr. Craig Kodama and Mr. Cameron Hart to the Kilwinning family.

At our Emergent Meeting in June, we will be initiating Mr. Roberto Posadas into Masonry.

As the year unfolds and plans are completed, all members will be informed of events and activities to come. All these will be made more successful with your participation and support.

With sincerest and kind regards,
Fraternally yours,
W. Bro Keith Thomson
Worshipful Master
Kilwinning 565

Installation dinner



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Lodge activities

On the evening of Kilwinning Lodge 565 Installation. No snow!

Pictured are the new Worshipful Master, W. Bro. Keith Thomson, his Installing Master, W. Bro. Alex Thomson, and the Installing Board, with some members and visitors.



Below: Some of the prizes of the draw.

Right: The most recent Wing Night. Enjoyed by members of the local Lodges and their families/partners. Food donations were provided and will go to a good cause.



The Serpent

Presented by W.B. Rob Lund

The clasp on a Master Mason's apron is moulded in the shape of a snake, or serpent.

The serpent is an ancient symbol of wisdom and being on the Master Mason's apron, is symbolical of the wisdom that a Master Mason should have, or is striving for.

I came across this article by Sandra Weaver, which I found to be interesting.

The Serpent is a Powerful Spiritual Symbol or Metaphor

The serpent or snake is revered worldwide. It's shown over and over again as a potent deity. The snake is associated with both negative and positive, or duality, even in Christianity. This is shown in the Bible in the story of Adam and Eve.

Another motif is rebirth or renewal. This creature has the ability to shed its old skin when it grows it. The casting off of this skin metaphorically, represents the release of old ways of thinking that don't work in our lives. The fresh new skin found underneath is rebirth and new beginnings...purification.

To many cultures the power of the serpent is in its representation of vital energy. This energy remains coiled within at the base of our spine in the sacrum, a triangular bone. There it sits dormant until it's ready to move. The movement of the kundalini is the final joining of the masculine and the feminine through the heart. The heart represents balance and cannot be

bypassed or the kundalini energy will bring death instead of freedom.

Suppression and denial of our own feminine side (our own feeling sides or intuition) keeps us from experiencing this balance. It's played out as the reflection in the world by rules, judgments, expectations, guilt and finally denial of these feelings especially against women.

What's happening out there is what's happening within. Movement or acceptance of these long suppressed emotions and inner knowing is being experienced by those getting in touch with their feminine. It isn't always easy to feel these long held feelings but it is necessary. Healthy movement in the kundalini and enlightenment will be the reflection.

The god Quetzalcoatl or feathered serpent is a representation of this kundalini energy within us.

The serpent and its meaning in ancient cultures

The Mound Builders

The "Great Serpent Mound" in Ohio, U.S.A. is one of the largest serpent effigies. The mound is a quarter mile long and five feet



high. It was probably much higher in its day. It shows the serpent with a coiled tail and an egg in its mouth. This egg in mouth motif is representative of the potential of actualization through Second Birth or rebirth.

The Hopi Indians

The Hopis worshiped a horned or plumed serpent called Awanyu, which is pictured all over Pueblo art. Awanyu is the guardian of water a precious resource of the Hopi. It is usually rendered as a zigzag that suggests flowing water or lightning...a giver of life and renewal. This serpent strongly resembles the plumed serpent of the Aztec culture.



Some scholars have noted a resemblance between the Quetzalcoatl legend and the myth of the Pahana held by the Hopis of Northern Arizona. In fact, scholars have described many similarities between the myths of the Aztecs and those of the American Southwest.

The Hopi describe the Pahana as the "Lost White Brother," and they expect his eventual return from the east. Upon his return, the

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true Pahana is prophesied to bring the missing section of a sacred Hopi stone that was possessed by the Fire Clan. It is also said he will destroy the wicked and begin a new era of peace and prosperity. Could this missing piece be our feminine or feeling side?

Hopi tradition maintains that they also considered the Spanish conquistadors as the Pahana. It didn't take them long to realize the Spanish were not their savior when they arrived on the Hopi mesas in the 16th century. The Hopi's didn't suffer the fate of Mesoamerica, because the Spanish couldn't find any gold so they left.

The Hindus

In the Hindu regions of Asia the serpent or naga is considered a nature spirit. It is the protector of springs, wells and rivers. Serpents bring rain and thus fertility. But, they can also bring floods and drought. The Hindus believe that how the naga treats humanity is representative how we treat the snake and its environment. Serpents also carry the elixir of life and immortality...vital energy.

Pictured: Kurma Avatar of Vishnu, below Mount Mandara, with Vasuki wrapped around it, during Samudra manthan, the churning of the ocean of milk.



What is vital energy?

Vital energy is our true essence. It's our pure and perfect spirits...the joining of our masculine and the feminine energy dancing a perfect dance of harmony and balance. Once we close this gap, we will no longer have limitations or need for physical sustenance, because God's Light will then reach us and sustain us.

It's amazing how cultures who never crossed paths can be so similar in their beliefs. Mystics

around the world are familiar with vital energy or kundalini.

This energy is known as prana in Sanskrit, chi in China, ki in Japan,

and gal in Galic. To the Maya coyopa, translated to "lightning in the blood," represents this vital energy.

"The other roots of "KUNDALINI" are KUNDALIN, serpent, and KALA, time or death. The symbol of the snake has many meanings: ignorance, energy, unhappiness or happiness(duality), death, time and change. In Indian mythology Lord Vishnu rests on a thousand-headed snake and sends out the first vibration (Sphurna), from which the entire Universe evolves." Paramhans swami Maheshwarananda, The Hidden Power in Humans, Ibero Verlag



Vibration or movement is the feminine energy. Without it to open the space, there is no creation.

In Sanskrit from India, the serpent power is feminine. She is coiled up three and a half times at the base of the spine. Her mouth engulfs the bottom of the Sushuman nadi or vital force energy channels through which the Shakti energy flows. It's important to realize that this belief is mirrored by many more cultures and religions.

So why did I give you this little history lesson on serpents?

It's the rising upward of this vital energy that was predicted by the Maya for us. This energy rises because our level of consciousness and understanding has risen, causing movement upward through the seven different chakras.

It's time to release this old denied charge that has built up within us, and becoming a whole person, who not only "thinks" but "feels." It's about bringing the masculine and feminine energies together at the heart and closing the gap that separates them. It's realizing we are only complete when we have both energies working together instead of against each other.

"To be Quetzalcoatl or Kukulcan is to know the seven forces (seven chakras) that govern our body - not only know them but also use them and understand their intimate relationship with natural and

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cosmic laws. We must comprehend the long and short cycles and the solar laws that sustain our lives. We must know how to die and how to be born." The Secrets of Mayan Science/Religion, Hunbatz Men.

The Codex Nuttall a Post-Classic Mayan manuscript says, Quetzalcoatl was to return to Earth by way of a break in the heavens. He was to emerge from the cavity of the Earth and be met by four shamans from the East. The East represents new beginnings. The Four shamans could be the four cardinal directions.

The Maya believed the earth itself would rise in spiritual consciousness in 2012. Since humans are part of the earth they could also rise. The changes are still taking place and escalating even though 2012 has past. The chakras of the earth are mirrored by the seven chakras in our own bodies.

"Quetzalcoatl is the nawal or alter ego, counterpart and natural complement of Ometeotl. His mission is to establish communication between Earth and heaven and to unite humanity with God...The essence of his teachings is that human existence must strive to transcend the world of forms that conceals ultimate reality. The means of advancing along the path to spirituality is purification, the only weapon powerful enough to penetrate matter." The Hidden Maya, Martin Brennan

Conclusion:

For years before the beginning of the next Great Cycle and years after, we have been asked to take on the values of new age, also

know as the Age of Aquarius. A lot of pain is usually experienced during this transition, because we fight the change and the emotions that need to be felt.

It's about shedding that "skin" like the snake to experience rebirth or renewal at a different level of consciousness. We are all aware of our present economic, environment and social chaos. This debacle will intensify, till the cleansing or shedding is complete.

The values of Age of Pisces, which has just passed are money, power and control. They don't work in the present age. Rebirth



will come when we internally embrace and practice the values of the new age of love, brotherhood, unity and integrity. The children of today, were born with some of these qualities already in tack.

I see these ancient stories or myths metaphorically. The return of enlightened beings like Quetzalcoatl and Jesus may not be a "physical" returns at all. Instead we may at last become

aware of the vital power within us. It would be OUR rebirth to a higher level of consciousness as predicted by the Maya. It's at this level of consciousness we just may realize...

WE are the saviors we've been waiting for. The power is within us and always has been.

References

The Hidden Maya, Martin Brennan

The Fourth World of the Hopis, Harold Coulander

The Secrets of Mayan Science/Religion, Hunbatz Men

Maya Cosmogogenesis 2012, John Major Jenkins

A Practical Sanskrit Dictionary

Esoteric Astrology Seminar, Dehyana Lim Lee, Anchoring the Light

The Right Use of Will, received by Ceanna DeRohan

Sandra Weaver's web page can be found here:

<http://www.2012-spiritual-growth-prophecies.com/>

Words of Wisdom

"The mystic sees in every human being a real brother and sister, a close kin through every human and spiritual association. The interest of our human relatives and those of all humanity are our interest. All are united and constitute one grand experience for the evolution of the soul. The mystical life opens wide the portals of human understanding, sympathy, and human attunement, and through this comes a closer attunement with the spiritual consciousness that pervades all beings. This is the keynote of the power that comes into the very being of every mystic and enables us to wield an influence for good in the lives of others."

H. Spencer Lewis

"Mysticism, by definition, is the practice of strengthening the bond that unites us with the God of our Heart. It is though this Cosmic Attunement, being of necessity harmonic and harmonious, that we can understand our origin, our nature, and the infinite powers that are conferred upon those who master it. You are therefore encouraged to expend every possible effort to live daily the harmonic rapport that unites you with the Divine so that, through conscious revelation and illumination, you become forever instruments of Cosmic Harmony and Universal Peace."

Christian Bernard

If you are interested in gaining further light through the following:

- The study of comparative Religion, Philosophy and Science
- Investigating the unexplained laws of Nature, and the powers latent in man

Consider joining the Theosophical Society to understand the secrets of nature and science, the true nature of the universe, and your latent powers.

Our motto is: "There is no religion higher than Truth"

For further information, contact:

Rob Lund, President, York Lodge of the Theosophical Society at roblund@gmail.com



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



Creamy Garlic Chicken & Broccoli

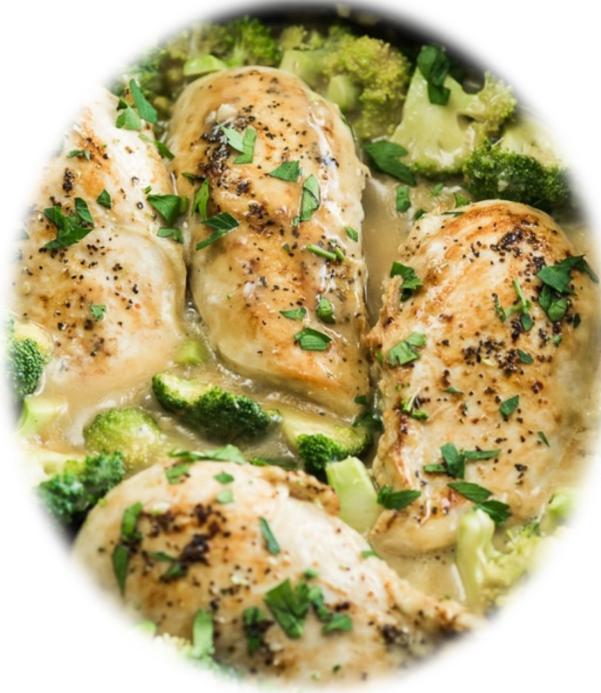
The broccoli adds a wonderful crunch and vegetable to this garlic chicken.

Ingredients:

- 2 Lbs boneless chicken meat (can be breasts or thighs)
- 2 cups Broccoli
- 4 cloves Garlic
- 1 Lemon, wedges
- 1 tsp Parsley, fresh
- 10 oz Cream of chicken soup, Condensed
- 1 Black pepper, fresh cracked
- 1 Kosher salt
- 1/2 tsp Paprika
- 4 tbs Butter
- 3/4 cup Water

Method:

- Season chicken with salt, pepper and paprika. Set aside.
- Heat large pan on medium-high heat. Melt half the



butter (2 tablespoons). Add the chicken and cook for 5 minutes on each side or until the chicken is browned. Remove chicken from pan, cover and keep warm.

- In same pan melt remaining 2 tablespoons of butter, add the garlic and cook until garlic is lightly brown and fragrant. Whisk in the condensed cream of chicken soup and water. Cook until the mixture is hot and bubbly, then turn heat down to low.
- Add chicken and broccoli back into the pan cover the pan with a lid and cook for about another 10 minutes or until chicken is almost cooked through. If you want more firm or al-dente broccoli, add the broccoli after the chicken is almost cooked so that the broccoli is more crunchy.

Serve with rice or pasta and wedges of lemon. Garnish with chopped parsley.

Serves 6.

With thanks to Best Recipe Box.

Architecture Corner by W. Bro. Rob Lund

Architectural features and Glossary (contd.)

Facade

An exterior wall, or face, of a building. The front facade of a building contains the building's main entrance.

Fan Light

A semi-circular or semi-elliptical window, with wedge-shaped panes of glass separated by mullions arranged like the spokes of a wagon wheel. Fan lights are usually found over entrance doors and windows, particularly in Federal and Greek Revival homes.

Flared Roof

A roof with a bell-shaped profile, sloped with concave

curves at the top, and convex curves at the bottom.

Fluting

Shallow, vertical grooves in the shaft of a column or pilaster.

French Baroque Architecture

A form of Baroque architecture that evolved in France during the reigns of Louis XIII (1610-43), Louis XIV (1643-1714), and Louis XV (1714-74). French Baroque architecture melded traditional French architectural forms (such as steep roofs and irregular roof-lines) with classical Italian elements (such as columns, porticos, and segmental pediments), and greatly influenced the non-religious architecture of 18th-century Europe.

Further Light

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.

There is no longer any cost for this magazine as it is included in the Ontario Mason publication, which is emailed to you, and can also be found on the Grand Lodge website. Back issues can also be found there.

Reflections is always seeking articles about Freemasonry written by Freemasons. Please submit them to its Editor, Bro. Andrew Douris, F.C.F., e-mail: deo-non-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 re-write 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 heir 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.

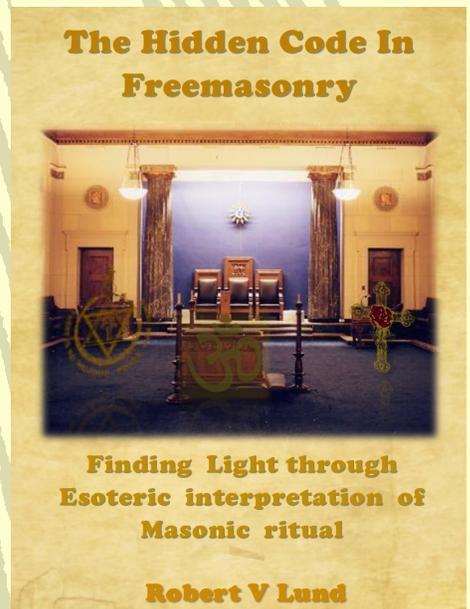
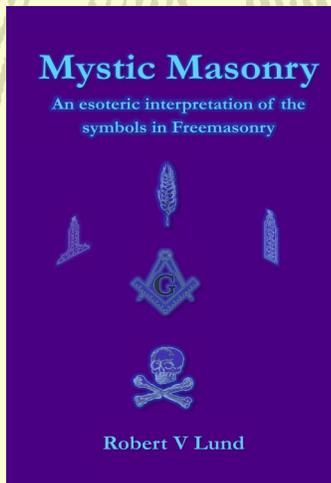
You may also get information by going to the Grand Lodge Website, sign in, click "Membership", then "College of Freemasonry". There are many electronic books and other resources there.

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 V.W. Bro. Arnold (Mac) McCausland, e-mail: secretary@heritagelodge730.ca. The fee for Affiliation is \$ 55.00 and the annual dues are also \$ 55.00.



Upcoming Events

present a

Multifaith Divine Service



*A unique opportunity to meet your Masonic brethren,
their family and friends of many faiths, to give thanks
for the blessings we, as Masons, enjoy.*

✝ CHRISTIANITY ☪ SIKHISM

☾ ISLAM ☆ BAHAI' I

☆ JUDAISM ☸ BUDDHISM

ॐ HINDUISM

Friday, May 4 7:30pm
INSTALLATION: King Hiram No.566

Saturday, May 5 8:00am
Wardens Association

Sunday, May 6 4:00pm
District Divine Service: All Saints Kingsway Anglican Church

Tuesday, May 8
INSTALLATION: Ionic Lodge No.229

Thursday, May 10 6:30pm
INSTALLATION: University Lodge No. 496

Friday, May 11 7:00pm
INSTALLATION: Joseph A. Hearn No. 685

Tuesday, May 15 7:00pm
INSTALLATION: Peel Lodge No. 468

Saturday, May 26 9:00am
Walk-A-Thon for District Charity
Erindale Park 1695 Dundas St W, Mississauga

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

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

This newsletter was compiled and edited by W. Bro. Rob Lund

Any contribution for content, or comments, can be emailed to roblund@gmail.com