



# Kilwinning 565 News

## From The Chair



Greetings Brethren!

Well just like that... Summer has passed. While I'm sure we will all lament the passing of the warm weather, we can rejoice in the knowledge that, with the change in weather, comes our return to our beloved lodge.

I would personally like to thank Bro. Tony Filippi and his lovely wife Shelly, for hosting a joint birthday celebration for myself and R.W. Bro. Bill Bain. An equal debt of extreme gratitude is owed to everyone who organized and provided food and drink for the affair. It was a wonderful time, with wonderful folk.

I have missed you all very much. Robyn is

quite tired of me excitedly talking about bits and pieces I'm intensely looking forward to.

We have an awfully busy few months ahead of us, and I couldn't be more excited. Among the things to anticipate over the oncoming months are; Service pin presentations, a visit from the brethren of Pontiac Lodge (and from Kilwinning 64), our Remembrance service, and as we slide into the new year, Burns Night and the official visit of R.W. Bro. John McLaughlin. DDGM - Toronto West District.

Mentors, Please make some time this month to catch myself, the Mentorship Committee, and my senior officers up on how your

protégés are progressing. This way, we can plan our degree schedule accordingly.

Over the summer, I spent a lot of time in the woods, prepping my little chunk of heaven for homesteading, I had a lot of time for quiet contemplation. I thought about all of the brilliant souls and minds we have in our lodge. I started to wonder if there was any way to draw on these priceless resources. On that note, I would very much like to start hearing some ideas from the brethren as to how we can continue to grow and develop our mentorship program, fundraising efforts, and charitable causes. Be ambitious! Let's see how much mileage we can get out of our unit-

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ed endeavours.

I very much look forward to seeing you all back in lodge!  
Sincerely and fraternally,  
W. Bro. James Low

## Lodge News



Above: Annual visit to Kilwinning Lodge #64 in London, Ontario



**We did this!**

**Again!**

**The Certificate was  
presented at the  
District Meeting.**

## Lodge News



Above: Leading the procession into Grand Lodge.



Above: Wing Night

## Words of Wisdom

*"We know that the aim of all human beings is to perfect ourselves; to become better people. Therefore, constantly endeavor to awaken and express the virtues of the soul that animates you. In doing so, you will contribute to your own evolution while serving the cause of humanity."*

Rosicrucian Manuscript

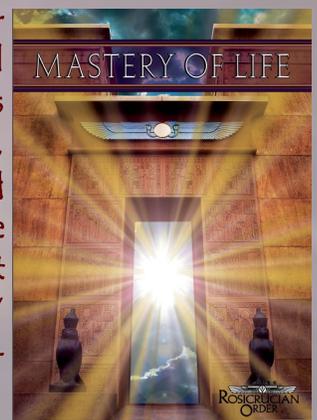
*"There are many names for the source of knowledge—the Absolute, the Cosmic, God, the Divine Spirit, the Transcendent –yet the concept is one; it is the Universal Manifestation, the Spiritual Essence, that pervades all things. And, it is this entity, this Universal Oneness, that the mystic seeks to know."*

Rosicrucian Manuscript

*"We, as humans, have two duties with regard to Universal Love. The first is to love ourselves so that we can love others. The other is to cultivate tolerance, for although it may not be possible to love everyone; it is imperative to hate no one."*

Christian Bernard

Are you seeking the spiritual wisdom necessary to experience their connectedness with the miraculous world around us and to develop Mastery of Life.? The Rosicrucians Order AMORC is a community of mystics who study and practice the metaphysical laws governing the universe. Much of the material in the Rosicrucian teachings cannot be found anywhere else. If you wish to walk the path of the mystic, then contact AMORC at <https://www.rosicrucian.org/rosicrucianism> and



download the free booklet "Mastery of Life" for more information.



### Links

- Lodge Website: [kilwinning565.com](http://kilwinning565.com)

This site has back issues of the newsletter, and many articles.

- District Website: [www.torontowestdistrict.com](http://www.torontowestdistrict.com)

Educational articles can also be found on the District web site.

- Grand Lodge: [www.grandlodge.on.ca](http://www.grandlodge.on.ca)



### SALMON AND ASPARAGUS FOIL PACKS

#### Ingredients

- 2 slices of salmon fillet
- 2 tablespoons vegetable broth or chicken broth
- 1 1/2 tablespoon fresh lemon juice, or to taste
- 1 tablespoon of your favorite hot sauce (we used Sriracha)
- 4 teaspoons minced garlic (4 cloves)
- Salt and fresh ground black pepper, to taste
- 3-4 tablespoons butter, diced into small cubes (or ghee)
- 2 tablespoons fresh chopped parsley or cilantro
- 1 lb (450g) medium-thick asparagus, woody ends trimmed.

#### Method:

1. To prepare the salmon recipe: Preheat your oven to 425°F (220°C). Cut 2 sheets of 14 by 12-inch (35 x 30 cm) heavy-duty aluminum foil then lay each piece separately on the countertop. In a small bowl, combine the ingredients for the garlic butter sauce: broth, lemon juice, and hot sauce.
2. Season both sides of the salmon



on fillets with salt and pepper and divide salmon onto the aluminum foil near the center then place trimmed asparagus to one side of the salmon, following the long direction of the foil.

3. You can adjust salmon seasoning with more salt and pepper, then sprinkle garlic on top. Drizzle the

garlic butter sauce generously over the salmon fillets and asparagus.

4. Divide butter pieces evenly among the foil packets, layering them over the salmon and asparagus.

5. Wrap salmon foil packets in and crimp edges together then wrap ends up. Don't wrap too tight - keep a little extra space inside for heat to circulate.

6. Transfer the salmon foil packs to a baking sheet and bake in the oven, sealed side upward until salmon has cooked through, about 9 - 12 minute.

7. Carefully unwrap the baked salmon foil packets then drizzle with more lemon juice and garnish with fresh parsley or cilantro and a slice of lemon. Enjoy!

(recipe by CHRISTINA CHERIER)

## Architecture Corner

by W. Bro. Rob Lund

### Architectural features and Glossary (contd.)

#### Tile Inset

A panel of clay or ceramic tile.

#### Tower

An exceptionally tall portion of a building.

#### Transom Light

A narrow window, sometimes hinged at the top, positioned over a doorway or larger window.

#### Truss

A rigid framework, as of wooden beams or metal bars, which supports a structure, such as a roof.

#### Turret

A small tower that pierces a roofline. A turret is usually cylindrical, and is topped by a conical roof.

#### Veranda

An open, roofed porch, usually enclosed on the out-

side by a railing or balustrade, and often wrapping around two or more (or all of the) sides of a building.

#### Window Sash

The movable frames in a window in which window panes are set.

#### Wooden Clapboards

Long slats of wood that are nailed to an exterior surface in a horizontal fashion, overlapping one another from top to bottom. Clapboards are a traditional weather-proofing device.

#### Wooden Shingles

Small, rectangular-shaped slats of wood that are nailed to an exterior surface, overlapping one another from top to bottom. Shingling is a traditional weather-proofing method for building.

# 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.

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ou may also get information by going to the Grand Lodge Website, sign in,

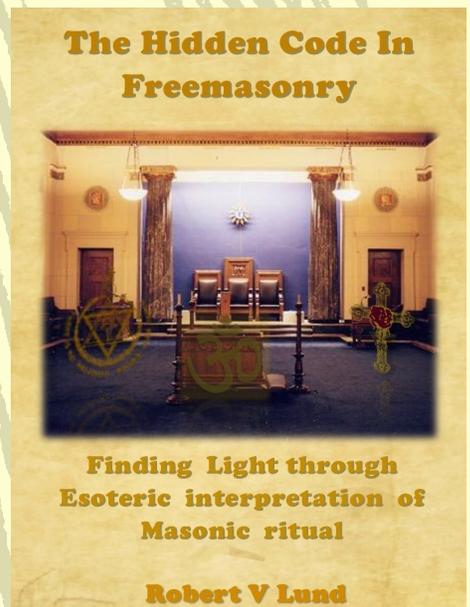
click "Membership", then "College of Freemasonry". There are many electronic books and other resources there.

## 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.



## More Books by W. Bro. Robert V. Lund

### Esoteric Handbook For The Fellowcraft Mason

This book is aimed, primarily, at the Mason who has passed to the Second Degree, but it is also for those older Masons who have not delved into the depth of meaning in Masonic ceremonies.

As Freemasonry is a system of morality, veiled in allegory and illustrated by symbols, this book takes a look at what those allegories and symbols are hinting at.

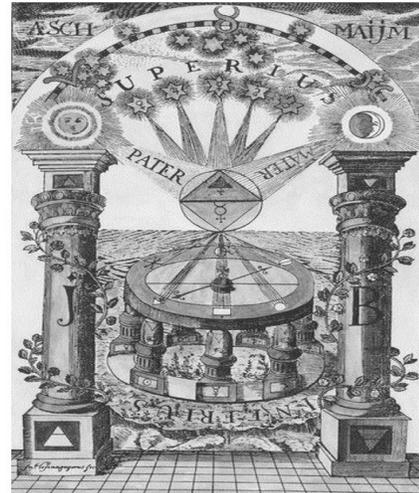
This book delves into the layer of meaning in the ceremony of Passing, beyond the obvious moral lessons, and points the Mason who seeks light towards a more spiritual understanding of himself and the reason for his existence in this world, and an understanding of the true meaning of the hidden mysteries of Nature and Science.

This is the second of three volumes, each aimed at one of the three Craft Degrees.

### ESOTERIC HANDBOOK

For The

### Fellowcraft Mason



Robert V Lund

### Mystic Masonry

Freemasonry is regarded by Masons as the science of knowing oneself. As far back in time as the ancient Greeks, the ancient Egyptians, even to Atlantean times, Mankind has sought to acquire knowledge of

### Mystic Masonry

An esoteric interpretation of the symbols in Freemasonry



Robert V Lund

human nature, and the purpose of human existence. This has always led to an orientation of the seeker of light towards knowledge of the Creator. Freemasonry exists for just this purpose. This may be denied by many Masonic Brothers who

have not meditated on our rituals, who have not heard the messages embedded in them wanting all Brethren to look behind the veil.

There are reasons why every symbol and every allegory in Freemasonry should be deemed important to a Mason. Knowledge can be preserved in symbols and, often, those that preserve them can be ignorant of what they preserve.

For those who continue to search for the deeper meaning behind Masonic symbols, consider yourself more enlightened than those who do not seem to understand the words "veiled in allegory and illustrated by symbols".

The Craft's symbolism is a system of great depth, and only appears simplistic to those who view it superficially. However, when we research industriously, the true light of Freemasonry will unfold.

This book brings to light some of the deeper meaning behind Masonic symbols.

## More Books by W. Bro. Robert V. Lund

### Esoteric Handbook For The Entered Apprentice Mason

This book is intended to make known, to the newly initiated Mason, those esoteric principles that underlie our amazing Masonic Degree rituals.

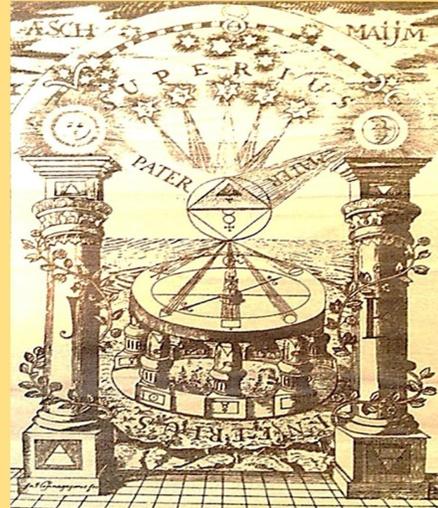
It is the first of a series of three books, each dealing with a specific Degree.

These books are intended to provide a deeper insight to the ceremonies beyond what appears on the surface. Once the moral lessons have been learned and assimilated, the Entered Apprentice Mason can now start peeking behind the veil and delving into the secrets and mysteries of Ancient Freemasonry.

It is hoped that this book will satisfy the craving for knowledge that is being demanded by our younger Brethren, who seek answers to everything within the Craft, and who seek meaning to their existence.

This book also contains extracts from both of my first two books: The Hidden Code in Freemasonry and Mystic Masonry.

### *ESOTERIC HANDBOOK For The Entered Apprentice Mason*



*Robert V Lund*

### A Simple Way To A Spiritual Path

#### *A Simple Way To A Spiritual Path*



*Robert V Lund*

This book is aimed at those who would like to be more spiritual and wish to start on a spiritual path in a simple, easy to understand way but are not sure how to go about it.

I offer this simple guide to the "beginner", without complexity, without new age nonsense, without a lot of words, to help those who are seeking the way.

I have deliberately kept this book as short and concise as possible in order to help the reader to be able to keep the salient points in mind and not be overwhelmed with this knowledge.

Included in this book is the  
**SECRET TO HAPPINESS!**

# Upcoming Events

**It's in your power to give!**



**You too... can save lives!**

**Click here..**

*Ionic Lodge #229 Golf Tournament*  
Sept 21st, 2019, \$150/Person

Full Name:

Email:

Contact Number:

Lodge (optional):

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Celebrating 150 years

**Ionic Lodge #229 Golf Tournament**

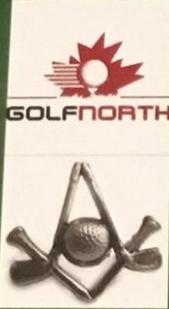
Saturday Sept 21st, 2019

Orangeville Golf Club  
20485 Willoughby Road  
Orangeville, ON L9W 2Z7

**Shotgun start time 1 pm!**

**\$150 per Person**

Your golfing spot is only guaranteed, once your payment has been received.



1PM Scramble Start. Includes draws, prizes, Hole in One event, beat the Jr. Pro, followed by dinner. Limited spots. Contact any Ionic 229 member for tickets or more details.

# Toronto West Wardens Association

**Do you have ???**



**need answers**



**is inviting all Master Masons  
to attend the first Saturday  
of every month Sept. to May.**



**We have the answers...no matter the  
questions**

## **Topics discussed**

**Openings & Closings  
Protocol & Etiquette  
"The WORK"**

**Senior Officers (Wardens & Deacons)  
Junior Officers (Stewards & IG)  
Special Meetings  
Are You Ready?**

**Click here...**

# Upcoming Events



Saturday, September 7, 8:00 am  
Wardens Association

Saturday, Sept. 21, 1:00 pm  
Ionic 229 Golf Tournament  
150th Anniversary Event  
20485 Willoughby Rd, Orangeville

Monday, September 23 6:30 pm  
William Mercer Wilson Reception - Bro. Roman  
Lipovsek,  
Chinguacousy Lodge No. 738

955 Clark Blvd, Brampton

Friday, May. 15, 2020, - 6:30PM  
50-Yr Pin Presentation  
V.W. Bro. Don Cowie  
Kilwinning Lodge 565,  
151 Annette Street, Toronto

**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](mailto:roblund@gmail.com)