

Hiram's Lighthouse



PROVIDING MASONIC *LIGHT* FROM TORONTO EAST DISTRICT

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Toronto East District

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This Week in Toronto

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Grand Lodge Website

www.grandlodge.on.ca

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Nullius in verba

... by the Lighthouse Beam

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Greetings Brethren,

A new month is upon us and hopefully the beginning of getting back to our labours. March first is a day away at the time I write this and I am expecting a new directive from the Most Worshipful, detailing how we are to move forward once more of the Provincial restrictions are lifted.

The district is still in a very open / fluid state. I know many Lodges are chomping at the bit to get back at it, while others are going to be sitting back and waiting. Whether you choose to open or wait I'm sure you are doing what is best for your Lodge and it's members. Myself, I can't wait to get back at it! I'm glad to hear our Saturday morning classes are starting up again. Thank you V.W. Bro Ranking, the dates for the upcoming meetings are March 12th 19th and 26th at the York Masonic Temple at 1100 Millwood Rd. Starting at 8:30 with coffee and snacks. I know I'll be attending to practice my stuff and I learn something every time I go.

W.Bro Marangos of the Mentorship Committee hosted a wonderful evening with many of the District Chairmen in attendance. It was a spirited meeting with the Committee Chairmen introducing themselves and explaining a little bit about how you District Committees can help Lodges as they get back into the groove of things. Please take advantage of your District Committees they are anxious to help or answer any questions.

W.Bro Cipollone of our Education Committee will be Hosting another of his very interesting nights of education on March the 16th - with Robert Lund the Symbols in the 1st Degree. Being the topic of the evening.

While it seems like we are going to be just starting a new Masonic year, it is in fact nearing the end for this year. On that note it is time to announce that any Brother who has it in their mind to run for the office of DDGM for Toronto East District it is time let it be known. Please contact me directly if this is something that you wish to strive for.

I will be making every effort to visit all our lodges at least once before the end of the year. As there will not be many of the traditional Official Visits this year. I look forward to see you all .

Fraternally,

R.W. Bro. Scott A. Wilson

D.D.G.M.

Toronto East District

Events Calendar

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

EVENTS

[Click Here to Print Calendar](#)

...Now here's a Lodge in



**Полтавская ул., 18,
Москва, Россия, 127287**
<https://russianmasonry.ru>



Around and About
(News & Notices)

Educational Committee
upcoming events

- March the 16th - Robert Lund the Symbols in the 1st Degree
- April the 20th - Robert Lund the Symbols in the 2nd Degree
- May the 18th - Robert Lund the Symbols in the 3rd Degree



Lodge of Instruction Saturday Morning Classes

March 12th, 18th, 26th

April 2nd and 9th

Social 8:30 a.m. - 9a.m.

Class 9:00 a.m. - 12:00p.m

Social following

York Temple 1100 Millwood Road, Toronto

Fee: We request that if you can, a monetary contribution to the coffee fund.

Who can attend....

All Masons are welcome for the Tuesdays and the Saturdays. There will and can be something of 'Profit and Pleasure' for everyone. Yes that means EAs too. Sponsors, Mentors bring he new ones out and enjoy the fellowship that classes offer.

Dress code is casual, no regalia required.

Facilitators: Allister Ttooulias and Dennis Rankin

Topics covered will reflect on the makeup of class members and their needs, but we anticipate that our main focus will be assisting with kicking off the rust and sweeping out the cobwebs.

Until updates happen, presently the 2020 Black Book of the Work, the 2019 Blue Book of Installation and the red 2018 Guidelines for Lodge officers are our primary sources of authority.



Lodge of Instruction Tuesday Evening Classes

2nd Tuesday's

March 8th

April 12th

May 10th

6:30 p.m. - 10:30 p.m.

Thornhill Temple at 30 Elgin Street, Thornhill

Fee: If able please contribute \$10 towards food.

Who can attend....

All Masons are welcome for the Tuesdays and the Saturdays. There will and can be something of 'Profit and Pleasure' for everyone. Yes that means EAs too. Sponsors, Mentors bring the new ones out and enjoy the fellowship that classes offer.

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This Month in History

March 1, 1961 - President [John F. Kennedy](#) established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education and other basic human needs.

March 4, 1681 - King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became Pennsylvania.

March 31, 1991 - The Soviet Republic of Georgia, birthplace of [Josef Stalin](#), voted to declare its independence from Soviet Russia, after similar votes by Lithuania, Estonia and Latvia. Following the vote in Georgia, Russian troops were dispatched from Moscow under a state of emergency.



Please take the time to log in and review the new Grand Lodge website.
www.grandlodge.on.ca

Nature & Science

Emotions and Faith: The Perplexing Relationship Between What We Feel and What We Believe



Matthew Richard Schlimm

Assistant Professor of Old Testament
The University of Dubuque Theological Seminary

Most of us have developed a love-hate affair with the emotions. We recognize, at least in part, that emotions are central to what it means to live life, to be human, and to experience reality. As Robert Solomon puts it, "We live our lives through our emotions, and it is our emotions that give our lives meaning. What interests or fascinates us, who we love, what angers us, what moves us, what bores us—all of this defines us, gives us character, constitutes who we are."¹ When we talk with one another, our conversations often focus on emotions. We ask, "How are you?" Then we share, at least with those close to us, what makes us upset, what brings us joy, what saddens us, and what makes us smile.

Yet, many of us also see emotions as problematic. They impact our lives in ways we cannot control. From an early age, our society has taught us:

Emotions are irrational.

Emotions are childish.

Emotions are a sign of weakness.

Emotions can interfere with getting what you really want.

Emotions are not always reliable.

We know that negative emotions can overtake us and those we love. Sometimes, the cool sphere of reason seems a welcome alternative to the stormy and tumultuous landscape of emotion.

[continue reading...](#)



History of Emotions

Do emotions have a history? And do they make history? These are the questions that the new Research Center “History of Emotions” seeks to answer. To explore the emotional orders of the past, historians work closely with psychologists and education specialists. In addition, they draw on the expertise of anthropologists, sociologists, musicologists and scholars working on literature and art. Our research rests on the assumption that emotions – feelings and their expressions – are shaped by culture and learnt/acquired in social contexts. What somebody can and may feel (and show) in a given situation, towards certain people or things, depends on social norms and rules. It is thus historically variable and open to change.

A central objective of the Research Center is to trace and analyse the changing norms and rules of feeling. We therefore look at different societies and see how they develop and organise their emotional regimes, codes, and lexicons. Research concentrates on the modern period (18th to 20th centuries). Geographically, it includes both western and eastern societies (Europe, North America and South Asia).

Special attention is paid to institutions that have a strong impact on human behaviour and its emotional underpinnings, such as the family, law, religion, the military, the state.

Equally important to the Center's research programme is the historical significance of emotions. Emotions are said to motivate human action and thus influence social, political, and economic developments.

In this capacity, they are and have been a privileged object of manipulation and instrumentalisation. Who appealed to what kind of emotions for what reasons? To what degree did emotions play a part in/contribute to the formation and dissolution of social groups, communities and movements? These and other questions open doors to a new field of research, one which aims to thoroughly historicise a crucial element of human development.




Cultural differences in emotion: differences in emotional arousal level between the East and the West

Nangyeon Lim

Department of Psychotherapy, School of Nursing and Public Health, Kyungil University, 50, Gamasil-gil, Hayang-eup, Gyeongsan-si, Gyeongsangbuk-do, Daegu 38428, Korea.

Abstract

Whether emotion is universal or social is a recurrent issue in the history of emotion study among psychologists. Some researchers view emotion as a universal construct, and that a large part of emotional experience is biologically based. However, emotion is not only biologically determined, but is also influenced by the environment. Therefore, cultural differences exist in some aspects of emotions, one such important aspect of emotion being emotional arousal level. All affective states are systematically represented as two bipolar dimensions, valence and arousal. Arousal level of actual and ideal emotions has consistently been found to have cross-cultural differences. In Western or individualist culture, high arousal emotions are valued and promoted more than low arousal emotions. Moreover, Westerners experience high arousal emotions more than low arousal emotions. By contrast, in Eastern or collectivist culture, low arousal emotions are valued more than high arousal emotions. Moreover, people in the East actually experience and prefer to experience low arousal emotions more than high arousal emotions. Mechanism of these cross-cultural differences and implications are also discussed.



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Culture and Emotion

Jeanne Tsai

Stanford University

Jeanne Tsai is associate professor of psychology at Stanford University and director of the Stanford Culture and Emotion Lab. She has received numerous awards and grants for her work on culture and emotion and on the implications of cultural differences in emotion for mental health, decision-making, and person perception.



How do people's cultural ideas and practices shape their emotions (and other types of feelings)? In this module, we will discuss findings from studies comparing North American (United States, Canada) and East Asian (Chinese, Japanese, Korean) contexts. These studies reveal both cultural similarities and differences in various aspects of emotional life. Throughout, we will highlight the scientific and practical importance of these findings and conclude with recommendations for future research.

[continue reading...](#)



Cultural Psychology



[Anna Schouten](#)^{1*},



[Michael Boiger](#)²,



[Alexander Kirchner-Häusler](#)³,



[Yukiko Uchida](#)⁴ and



[Batja Mesquita](#)¹

¹Center for Social and Cultural Psychology, Faculty of Psychology and Educational Sciences, University of Leuven, Leuven, Belgium

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³School of Psychology, University of Kent, Canterbury, United Kingdom

⁴Kokoro Research Center, Kyoto University, Kyoto, Japan

Cultural Differences in Emotion Suppression in Belgian and Japanese Couples: A Social Functional Model

Emotion suppression has been found to have negative psychological and social consequences in Western cultural contexts. Yet, in some other cultural contexts, emotion suppression is less likely to have negative consequences; relatedly, emotion suppression is also more common in those East-Asian cultural contexts. In a dyadic conflict study, we aim to (a) conceptually replicate cultural differences found in previous research with respect to the prevalence and consequences of emotion suppression, and (b) extend previous research by testing whether cultural differences are larger for some than for other types of

negative emotions. We postulate that cultural differences in suppression are less pronounced for socially engaging emotions (e.g., guilt) than socially disengaging emotions (e.g., anger), because the former foster the relationship, whereas the latter emphasize individual goals. Belgian ($N = 58$) and Japanese ($N = 80$) couples engaged in a 10-min conflict interaction followed by video-mediated recall, during which participants rated their emotions and emotion suppression every 30 s. As predicted, Japanese participants reported more suppression than their Belgian counterparts, but the cultural difference was more pronounced when participants experienced more socially disengaging emotions than when they experienced more socially engaging emotions. These results suggest that the type of emotion should be considered when describing cultural differences in emotion suppression. Finally, and consistent with previous research, emotion suppression was negatively associated with interaction outcomes (i.e., conflict resolution) in Belgian couples, but not in Japanese couples.

“Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways.”

秘すれば花(世阿弥・風姿花伝 “If hidden, it’s elegant”.

By Zeami, Fūshikaden

顔で笑って心で泣く(背中で泣く) “Smiling face, crying heart”

(Common Japanese Proverb)

Is the Universe a conscious mind?

Cosmopsychism might seem crazy, but it provides a robust explanatory model for how the Universe became fine-tuned for life



Philip Goff

*is an associate professor in philosophy at the Central European University in Budapest. His research interest is in consciousness and he blogs at [Conscience and Consciousness](#). His most recent book, *Galileo's Error: Foundations for a New Science of Consciousness*, is forthcoming in August 2019.*

Excerpt...

..."Micropsychism is not to be equated with the absurd view that quarks have emotions or that electrons feel existential angst."...

..."In human beings, consciousness is a sophisticated thing, involving subtle and complex emotions, thoughts and sensory experiences. But there seems nothing incoherent with the idea that consciousness might exist in some extremely basic forms. We have good reason to think that the conscious experience of a horse is much less complex than that of a human being, and the experiences of a chicken less complex than those of a horse. As organisms become simpler, perhaps at some point the light of consciousness suddenly switches off, with simpler organisms having no experience at all. But it is also possible that the light of consciousness never switches off entirely, but rather fades as organic complexity reduces, through flies, insects, plants, amoeba and bacteria. For the micropsychist, this fading-while-never-turning-off continuum further extends into inorganic matter, with fundamental physical entities – perhaps electrons and quarks – possessing extremely rudimentary forms of consciousness, to reflect their extremely simple nature."...

[for full article...](#)

Leadership Development



Executive
Education
Navigator



7 Ways to Create Emotionally Intelligent Teams

When Daniel Goleman released "*Emotional Intelligence*" in 1995, did anyone think that this best-selling book would transform the role of leadership?

After selling more than 5,000,000 copies and being dubbed "a revolutionary, paradigm-shattering idea" by the Harvard Business Review, it's clear that Goleman struck a chord with business leaders.

But, is it possible to create emotionally intelligent teams?

In their landmark research findings published in "[Building the Emotional Intelligence of Groups](#)", Vanessa Urch Druskat and Steven B. Wolff assert that emotional intelligence underlies the effective processes of successful teams and that such resulting processes cannot be imitated; they must originate from genuine emotional intelligence at the team level. Druskat and Wolff use the following analogy to back-up their point: "a piano student can be taught to play Minuet in G, but he won't become a modern-day Bach without knowing music theory and being able to play with heart."

While creating successful teams isn't as simple as mimicking the processes of emotionally intelligent

groups of people, what you *can* do is create the necessary conditions in which team members can develop their emotional intelligence. Those three conditions are: trust among members, a sense of group identity and a sense of group efficacy.

Here are the seven things you can do to foster these three conditions that constitute emotionally intelligent teams:

1. Have a ring leader

Before you can start improving your team's EI, you have to work on yourself by cultivating:

- Self-awareness - leaders aren't only self-aware; they also know how to recognize their emotions.
- Emotional management - leaders are able to maintain their cool.
- Effective communication - leaders are able to clearly express their thoughts.
- Social awareness - leaders can realize what's going on and give valuable feedback.
- Conflict resolution - leaders can effectively handle conflicts and offer a resolution.

On top of these EI traits, leaders should also be respected by their team members. That can be accomplished by working on these five traits of business leaders who are respected:

- Act polite and respectful - leaders treat everyone with common courtesy.
- Show a willingness to change - leaders learn from their mistakes and failures so that you can grow.
- Listen - leaders don't just listen, they ask their employees what's going on and leaders ask for employee feedback.
- Avoid excuses - leaders own up to their own mistakes.
- Help others

2. Identify team members' strengths and weaknesses

Your team members are more than just employees or a job title. They're unique individuals who have great stories to tell. Your employees also have diverse skills, talents, and knowledge that could be beneficial to your overall goals...

When a team member does make a mistake, offer useful feedback so that the leader shows the person that they are more important than the process of merely being reprimanded.

3. Spark passion

Even though you've hired the right individuals, this doesn't mean that they won't run out of passion from time-to-time. To prevent sagging energy from occurring, you can spark passion by doing the following:

- Recognizing the accomplishments and hard work of your team members
- Having a flexible and engaging work environment where teamwork is valued
- Making sure that your company has a mission that you are working toward so that everyone has a sense of purpose

4. Build team norms

"Group emotional intelligence is about small acts that make a big difference. It is not about a team member working all night to meet a deadline; it is about saying thank you for doing so. It is not about an in-depth discussion of ideas; it is about asking a quiet member for his thoughts. It is not about harmony, lack of tension, and all members liking each other; it is about acknowledging when harmony is false, tension is

unexpressed, and treating others with respect.”

5. Develop creative ways to manage stress

To help keep the stress levels of your employees down, try some of the following tactics:

- Stick to schedules: Rushing and extending projects can affect your team's time management habits and skills.
- Encourage team members to disconnect from work and take breaks: Give everyone a chance to rejuvenate by giving them some time to focus on activities that can help them relax.
- Discourage multitasking: The multitasking technique does not work. In fact, it can double the amount of time it takes to complete a task. Encourage employees to focus on one task at a time.
- Resolve conflicts: Not everyone in the workplace is going to get along. However, addressing any issues before they disrupt the office is a great stress reducer.
- Be empathetic: You should be aware of what motivates your team, as well as any challenges, that you're team may be experiencing. For example, if a team member has lost a loved one, then you should be compassionate and understand that their mind is elsewhere and ask how you can be supportive of them.

6. Allow team members to have a voice

Having excellent [communication skills](#) is an absolute must. You can help your team members develop stronger communication skills by having them work on active listening, gaining a better understanding of body language, and giving them a channel to vent their frustrations or concerns. However, don't let those negative emotions drag the entire team down. Instead, use it constructively so that your team can solve a problem together and figure out how to way to address the problem.

7. Encourage employees to work and play together

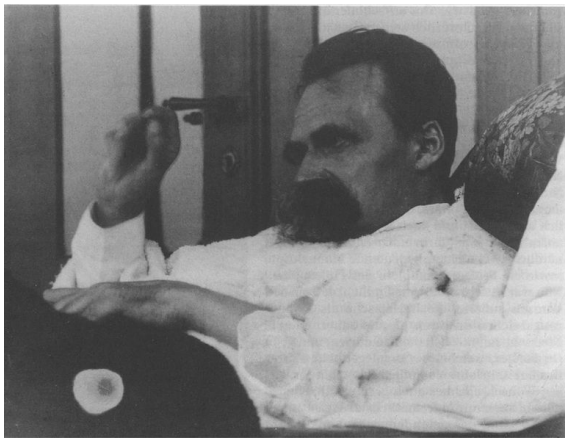
While there can be disadvantages to spending every waking moment together, having employees who spend time with each other outside of the workplace can actually be beneficial to the workplace.

Stephen Ufford from Trulioo tells [SUCCESS](#):

“Team members should definitely hang out outside of work. It makes working together more enjoyable and helps co-workers stay motivated during crunch time. These types of relationships fuel open communication, a good work ethic, flexibility and a better understanding of each person's roles and expectations. If you hire the right professionals, workplace drama will be minimal.”

“One ought to hold on to one's heart; for if one lets it go, one soon loses control of the head too.”

— Friedrich Nietzsche



... by the Lighthouse Beam





You aren't at the mercy of your emotions -- your brain creates them | Lisa Feldman Barrett

Administration

NOTICE: Hiram's Lighthouse is currently looking to expand its Editorial Board, should you or someone you know be a good candidate, please contact the editor at hiramslighthouse@gmail.com with a brief bio.

LODGE CORNERSTONE CEREMONY PHOTO CREDIT:
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ADMINISTRATION:

Hiram's Lighthouse is your newsletter. It is published on the last day of every month. If Hiram's Lighthouse does not have the content you would prefer, it is because the editor does not have that content available. If you want something more, please submit it. Please feel free to offer suggestions, submissions for ... by the Lighthouse Beam, book and film reviews, and topics of Masonic interest.

We also ask all Secretaries and Worshipful Masters to inform their lodge members of the existence of the newsletter and how to subscribe to it.

Anyone wishing to get on the subscription list should personally send a message to hiramslighthouse@gmail.com including your full name, lodge and lodge location with a subject of Newsletter.

To get a notice into the newsletter at least one month before the event, send a message to hramslighthouse@gmail.com with all the information and we'll run it every month until the function is past.

Moving? Changing service providers? Remember to send in your new snail-mail and email addresses to both your lodge secretary and Hiram's Lighthouse - hramslighthouse@gmail.com

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