

Hiram's Lighthouse



PROVIDING MASONIC *LIGHT* FROM TORONTO EAST DISTRICT

DDGM:

R.W. Bro. Nick Zarafonitis

ddgm@torontoeastdistrict.com

District Secretary:

W. Bro. John Holmes

secretary@torontoeastdistrict.com

Toronto East District

www.torontoeastdistrict.com

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egoodwin@rogers.com

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Hiram's Lighthouse - November 1, 2023
Grand Lodge Merit Award Winner for District Newsletter 2008



Brethren,

The clock seems to be running faster and faster. The cold November rains are upon us and as the days are getting shorter and our nights together in Lodge seem to be getting longer. October was a month that saw 5 Installations and our first Official Visit. Congratulations to the new Masters and Officers of the District. Your energy and enthusiasm carries throughout the District and this is your time to shine.

The first Official Visit was with Worshipful Master Ken Barr and the Brethren of Doric Lodge. The work of the evening was very well done in spite of last minute setbacks. The Worshipful Master and the Brethren of Doric Lodge have set the "Barr" for the Official Visits to follow.

November is our month of Remembrance and this is the time to honour and pay homage and to give thanks to the Men, Women and Brethren that served and fought to defend our country and our values so that our families can live free of oppression and tyranny.

Lest We Forget.

Fraternally yours,

RW Nick Zarafonitis

...Now here's a Lodge in



**Hartwell Masonic Lodge 101
600 Main St.
Oxford, Alabama
USA
36203**





Masonic Lodge donates to Oxford High's greenpower team

The Hartwell Masonic Lodge No. 101 recently presented a \$1,000 check to the Oxford High School Big O Greenpower racing team.

Trestle Board

Coming Soon...

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Virtual Masonic Library

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[Books and Manuscripts](#)

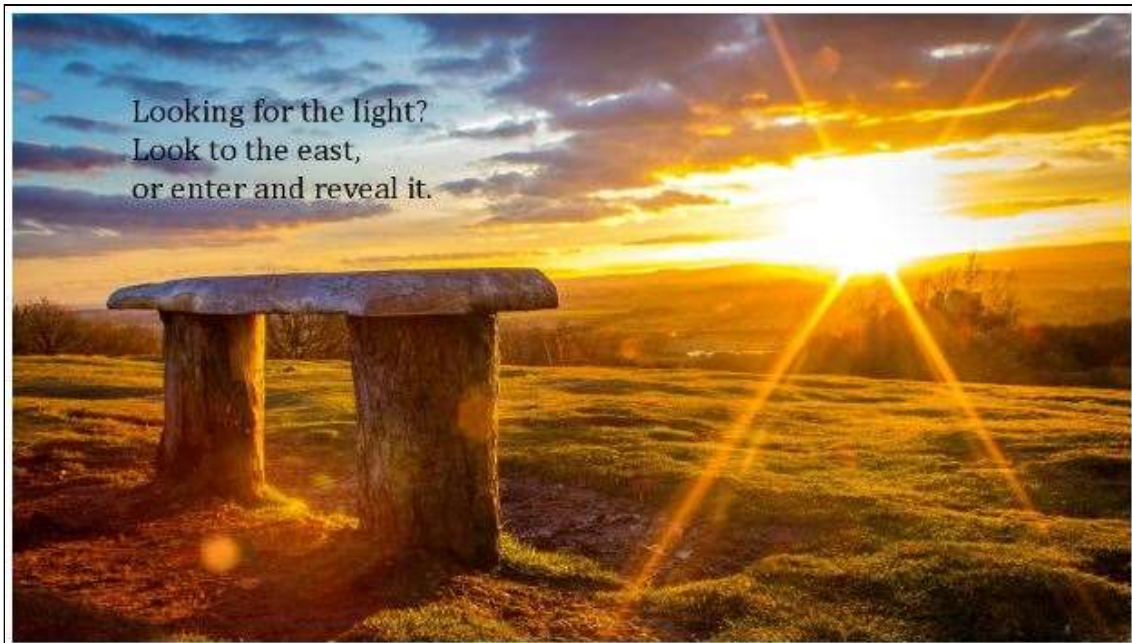
This Month in History



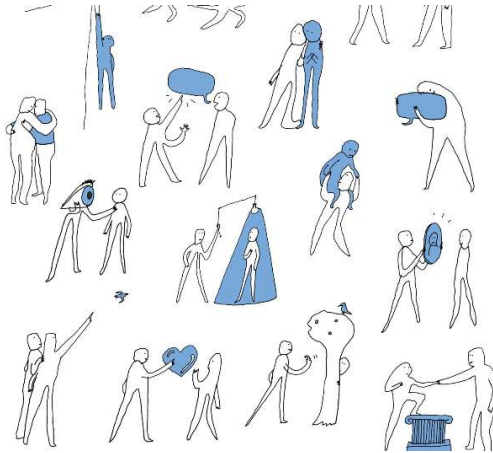
November 1st - All Hallows Day, also known as All Saints Day among Roman Catholics, commemorating those who have no special feast day.

November 2 Birthday - American frontiersman Daniel Boone (1734-1820) was born in Berks County, near Reading, Pennsylvania.

November 4, 1890 - The first electrified underground railway system was officially opened in London.



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



If you ever saw the old movie “Fiddler on the Roof,” you know how warm and emotional Jewish families can be. They are always hugging, singing, dancing, laughing and crying together.

I come from another kind of Jewish family.

The culture of my upbringing could be summed up by the phrase “Think Yiddish, act British.” We were reserved, stiff-upper-lip types. I’m not saying I had a bad childhood; far from it. Home was a stimulating place for me growing up. At Thanksgiving, we talked about the history of Victorian funerary monuments and the evolutionary sources of lactose intolerance (I’m not kidding). There was love in our home. We just didn’t express it.

Whether it was nature or nurture, I grew into a person who was a bit detached. When I was 4, my nursery schoolteacher apparently told my parents, “David doesn’t always play with the other children. A lot of the time he stands off to the side and *observes* them,” which was good for a career in journalism but not for emotional availability or a joyous life.

If you had met me 10 years out of college, I think you would have found me a pleasant enough guy, cheerful, but a tad inhibited — somebody who was not easy to connect to. In truth, I was a practiced escape artist. If you revealed some vulnerable intimacy to me, I was good at making meaningful eye contact with your shoes and then excusing myself to keep a vitally important appointment with my dry cleaner.

Life has a way of tenderizing you, though. Becoming a father was an emotional revolution, of course. Later, I absorbed my share of the normal blows that any adult suffers — broken relationships, personal failures, the vulnerability that comes with getting older. The ensuing sense of my own frailty was good for me, introducing me to deeper, repressed parts of myself. I learned that living in a detached way is a withdrawal from life, an estrangement not just from other people but also from yourself.

I’m not an exceptional person, but I am a grower. I do have the ability to look at my shortcomings and then try to prod myself into becoming a more fully developed person.

I have learned something profound along the way. Being openhearted is a prerequisite for being a full, kind and wise human being. But it is not enough. People need social skills. The real process of, say, building a friendship or creating a community involves performing a series of small, concrete actions well: being curious about other people; disagreeing without poisoning relationships; revealing vulnerability at an appropriate pace; being a good listener; knowing how to ask for and offer forgiveness; knowing how to host a gathering where everyone feels embraced; knowing how to see things from another’s point of view.

People want to connect. Above almost any other need, human beings long to have another person look into their faces with love and acceptance. The issue is that we lack practical knowledge about how to give

one another the attention we crave. Some days it seems like we have intentionally built a society that gives people little guidance on how to perform the most important activities of life.

I see the results in the social clumsiness I encounter too frequently. I'll be leaving a party or some gathering and I'll realize: That whole time, nobody asked me a single question. I estimate that only 30 percent of the people in the world are good question askers. The rest are nice people, but they just don't ask. I think it's because they haven't been taught to and so don't display basic curiosity about others.

I see the results, too, in the epidemic of invisibility I encounter as a journalist. I often find myself interviewing people who tell me they feel unseen and disrespected: Black people feeling that the systemic inequities that afflict their daily experiences are not understood by whites, people who live in rural areas feeling they are overlooked by coastal elites, people across political divides staring at one another with angry incomprehension, depressed young people who feel misunderstood by their parents and everyone else, husbands and wives who realize that the person who should know them best actually has no clue about who they are.

So over the past four years I've been working on a book called "[How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen](#)." I wanted it to be a practical book — so that I would learn these skills myself, and also, I hope, teach people how to understand others, how to make them feel respected, valued and understood.

I wanted to learn these skills for utilitarian reasons. If I'm going to work with someone, I don't just want to see his superficial technical abilities. I want to understand him more deeply — to know whether he is calm in a crisis, comfortable with uncertainty or generous to colleagues.

I wanted to learn these skills for moral reasons. If I can shine positive attention on others, I can help them to blossom. If I see potential in others, they may come to see potential in themselves. True understanding is one of the most generous gifts any of us can give to another.

Finally, I wanted to learn these skills for reasons of national survival. We evolved to live with small bands of people like ourselves. Now we live in wonderfully diverse societies, but our social skills are inadequate for the divisions that exist. We live in a brutalizing time.

I've noticed along the way that some people are much better at seeing people than others are. In any collection of humans, there are diminishers and there are illuminators. Diminishers are so into themselves, they make others feel insignificant. They stereotype and label. If they learn one thing about you, they proceed to make a series of assumptions about who you must be.

Illuminators, on the other hand, have a persistent curiosity about other people. They have been trained or have trained themselves in the craft of understanding others. They know how to ask the right questions at the right times — so that they can see things, at least a bit, from another's point of view. They shine the brightness of their care on people and make them feel bigger, respected, lit up.

Illuminators are a joy to be around. A biographer of the novelist E.M. Forster wrote, "To speak with him was to be seduced by an inverse charisma, a sense of being listened to with such intensity that you had to be your most honest, sharpest, and best self." Imagine how good it would be to offer people that kind of hospitality.

Many years ago, patent lawyers at Bell Labs were trying to figure out why some employees were much more productive than others. They explored almost every possible explanation — educational background, position in the company — and came up empty. Then they noticed a quirk. Many of the most productive researchers were in the habit of having breakfast or lunch with an electrical engineer named Harry Nyquist. Nyquist really listened to their challenges, got inside their heads, brought out the best in them. Nyquist, too, was an illuminator.

Here are some of the skills illuminators possess, the ones that are essential for seeing people well:

The gift of attention.

A few years ago, I was having a breakfast meeting in a diner in Waco, Texas, with a stern, imposing former teacher named LaRue Dorsey. I wanted to understand her efforts as a community builder because of my work with Weave, an organization I co-founded that addresses social isolation by supporting those who connect people. I was struck by her toughness, and I was a bit intimidated. Then a mutual friend named Jimmy Dorrell came into the diner, rushed up to our table, grabbed Mrs. Dorsey by the shoulders and beamed: “Mrs. Dorsey, you’re the best! You’re the best! I love you! I love you!”

I’ve never seen a person’s whole aspect transform so suddenly. The disciplinarian face Mrs. Dorsey had put on under my gaze vanished, and a joyous, delighted 9-year-old girl appeared. That’s the power of attention.

Each of us has a characteristic way of showing up in the world. A person who radiates warmth will bring out the glowing sides of the people he meets, while a person who conveys formality can meet the same people and find them stiff and detached. “Attention,” the psychiatrist Iain McGilchrist writes, “is a moral act: It creates, brings aspects of things into being.”

The first point of my story is that you should attend to people in the warm way Jimmy does and less in the reserved way that I used to do. But my deeper point is that Jimmy is a pastor. When Jimmy sees a person — any person — he is seeing a creature with infinite value and dignity, made in the image of God. He is seeing someone so important that Jesus was willing to die for that person.

You may be an atheist, an agnostic, a Christian, a Jew or something else, but casting this kind of reverential attention is an absolute precondition for seeing people well. When you offer a gaze that communicates respect, you are positively answering the questions people are unconsciously asking themselves when they meet you: “Am I a person to you? Am I a priority to you?” Those questions are answered by your eyes before they are answered by your words. Jimmy is a classic illuminator.

Accompaniment.

Ninety percent of waking life is going about your business. It’s a meeting at work, small talk while picking up your kids at school. Accompaniment is an other-centered way of being with people during the normal routines of life. We’re most familiar with the concept of accompaniment in music: The pianist accompanies the singer. He is in a supportive role, sensing where the singer is going, subtly working to help the singer shine.

If we are going to accompany someone well, we need to abandon the efficiency mind-set. We need to take our time and simply delight in another person’s way of being. I know a couple who treasure friends who are what they call “lingerable.” These are the sorts of people who are just great company, who turn conversation into a form of play and encourage you to be yourself. It’s a great talent, to be lingerable.

Other times, a good accompanist does nothing more than practice the art of presence, just being there. I had a student named Gillian Sawyer whose father died of pancreatic cancer. She was later the bridesmaid at a friend’s wedding. When it came time for the father-daughter dance, Gillian thought of her own dad and excused herself to go to the restroom to have a cry. As she emerged, she saw that all the people she’d been sitting near, many of whom were friends from college, were standing in the hallway by the bathroom door. She gave me permission to quote from a paper she wrote describing that moment: “What I will remember forever is that no one said a word. Each person, including newer boyfriends who I knew less well, gave me a reaffirming hug and headed back to their table. No one lingered or awkwardly tried to validate my grief. They were there for me, just for a moment, and it was exactly what I needed.”

The art of conversation.

If you want to know how the people around you see the world, you have to ask them. Here are a few tips I’ve collected from experts on how to become a better conversationalist:

Be a loud listener. When another person is talking, you want to be listening so actively you’re burning calories. I have a friend named Andy Crouch who listens as if he were a congregant in a charismatic

church. He's continually responding to my comments with encouraging affirmations, with "amen," "aha" and "yes!" I love talking to that guy.

Storify whenever possible. I no longer ask people: What do you think about that? Instead, I ask: How did you come to believe that? That gets them talking about the people and experiences that shaped their values. People are much more revealing and personal when they are telling stories. And the conversation is going to be warmer and more fun.

Do the looping, especially with adolescents. People are not as clear as they think they are, and we're not as good at listening as we think we are. If you tell me something important and then I paraphrase it back to you, what psychologists call "looping," we can correct any misimpressions that may exist between us.

Turn your partner into a narrator. People don't go into enough detail when they tell you a story. If you ask specific follow-up questions — Was your boss screaming or irritated when she said that to you? What was her tone of voice? — then they will revisit the moment in a more concrete way and tell a richer story.

Don't be a topper. If somebody tells you he is having trouble with his teenager, don't turn around and say: "I know exactly what you mean. I'm having incredible problems with my own Susan." You may think you're trying to build a shared connection, but what you are really doing is shifting attention back to yourself.

Big questions.

The quality of your conversations will depend on the quality of your questions. Kids are phenomenal at asking big, direct questions. I have a friend named Niobe Way who was one day teaching a class of eighth grade boys how to conduct interviews. She made herself their first interview subject and told them they could ask her anything. Here's how it went:

Student A: Are you married?

Niobe Way: No.

Student B: Are you divorced?

Way: Yes.

Student C: Do you still love him?

Way: [*Deep gasp of breath*]

Student D: Does he know that you still love him? Does he know?

Way: [*Tears in her eyes*]

Student E: Do your children know?

As adults, we get more inhibited with our questions, if we even ask them at all. I've learned we're generally too cautious. People are dying to tell you their stories. Very often, no one has ever asked about them.

So when I first meet people, I tend to ask them where they grew up. People are at their best when talking about their childhoods. Or I ask where they got their names. That gets them talking about their families and ethnic backgrounds. I once asked a group, "What's your favorite unimportant thing about you?" I learned that a very impressive academic I know has a fixation on trashy reality TV.

After you've established trust with a person, it's great to ask 30,000-foot questions, ones that lift people out of their daily vantage points and help them see themselves from above. These are questions like: What crossroads are you at? Most people are in the middle of some life transition; this question encourages them to step back and describe theirs. Other good questions include: If the next five years is a chapter in your life, what is the chapter about? Can you be yourself where you are and still fit in? And: What would you do if you weren't afraid? Or: If you died today, what would you regret not doing?

Peter Block, who has written books about community, is great at coming up with questions: "What have you said yes to that you no longer really believe in?" "What is the no, or refusal, you keep postponing?" Or "What is the gift you currently hold in exile?," meaning, what talent are you not using? Monica Guzman is

a journalist who asks people: “Why you?” Why was it *you* who started that business? Why was it *you* who ran for school board? She wants to understand why a person felt the call of responsibility. She wants to understand motivation.

Recently at a dinner party I asked a question that would have sounded pretentious to me a decade ago: “How do your ancestors show up in your life?” But it led to a great conversation in which each of us talked about how we’d been formed by our family heritages and cultures. I’ve come to think of questioning as a moral practice. When you’re asking good questions, you’re adopting a posture of humility, and you’re honoring the other person.

Stand in their standpoint.

Whether I intend to or not, I walk into rooms carrying a lot of elite baggage — I write for elite publications. I used to teach at Yale. People on the left and the right may see me embedded in systems that they feel disrespect them or keep them down. There is often criticism, blame and disagreement in our conversations. I used to feel the temptation to get defensive, to say: “You don’t know everything I’m dealing with. You don’t know that I’m one of the good guys here.”

I’ve learned it’s best to resist this temptation. My first job in any conversation across difference or inequality is to stand in other people’s standpoint and fully understand how the world looks to them. I’ve found it’s best to ask other people three separate times and in three different ways about what they have just said. “I want to understand as much as possible. What am I missing here?”

In their book “Crucial Conversations,” Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler point out that every conversation takes place on two levels. The official conversation is represented by the words we are saying on whatever topic we are talking about. The actual conversations occur amid the ebb and flow of emotions that get transmitted as we talk. With every comment I am showing you respect or disrespect, making you feel a little safer or a little more threatened.

If we let fear and a sense of threat build our conversation, then very quickly our motivations will deteriorate. We won’t talk to understand but to pummel. Everything we say afterward will be injurious and hurtful and will make repairing the relationship in the future harder. If, on the other hand, I show persistent curiosity about your viewpoint, I show respect. And as the authors of “Crucial Conversations” observe, in any conversation, respect is like air. When it’s present nobody notices it, and when it’s absent it’s all anybody can think about.

We sometimes think that really great people perform the sorts of epic acts of altruism that might earn them Nobel Peace Prizes. But the novelist and philosopher Iris Murdoch argued that the essential moral skill is being considerate to others in the complex circumstances of everyday life. Morality is about how we interact with each other minute by minute.

My view of wisdom has changed over the years I’ve been working on this project. I used to think the wise person was a lofty sage who doled out life-altering advice in the manner of Yoda or Dumbledore or Solomon. But now I think the wise person’s essential gift is tender receptivity.

The illuminators offer the privilege of witness. They take the anecdotes, rationalizations and episodes we tell and see us in a noble struggle. They see the way we’re navigating the dialectics of life — intimacy versus independence, control versus freedom — and understand that our current selves are just where we are right now on our long continuum of growth.

The really good confidants — the people we go to when we are troubled — are more like coaches than philosopher kings. They take in your story, accept it, but prod you to clarify what it is you really want, or to name the baggage you left out of your clean tale. They’re not here to fix you; they are here simply to help you edit your story so that it’s more honest and accurate. They’re here to call you by name, as beloved. They see who you are becoming before you do and provide you with a reputation you can then go live into.

By now you'd think I'd be a regular Oprah, enveloping people in a warm beam of attention, encouraging them to be themselves. I'm not, and I don't. I enter into a conversation vowing to be other-centered, then I have a glass of wine, and I start blabbing funny stories I know. My ego takes the wheel in ways I regret afterward. But there has been a comprehensive shift in my posture. I think I'm more approachable, vulnerable. I know more about human psychology than I used to. I have a long way to go, but I'm evidence that people can change, sometimes dramatically, even in middle and older age.

I'll close with a final example of one group of people profoundly seeing one another. I came across it in Kathryn Schulz's recent memoir, "Lost & Found." Schulz's dad, Isaac, was apparently a cheerful, talkative man. He was curious about everything and had something to say about everything — the novels of Edith Wharton, the infield fly rule in baseball, whether apple cobblers are better than apple crisps.

Isaac's health gradually failed him during the last decade of his life, and then, toward the very end, he just stopped talking. One night, as he was fading toward death, his family gathered around him. "I had always regarded my family as close, so it was startling to realize how much closer we could get, how near we drew around his waning flame," Schulz writes. That evening, the members of the family went around the room and took turns saying the things they didn't want to leave unsaid. They each told Isaac what he had given to them and how honorably he had lived his life.

Schulz described the scene: "My father, mute but seemingly alert, looked from one face to the next as we spoke, his brown eyes shining with tears. I had always hated to see him cry, and seldom did, but for once, I was grateful. It gave me hope that, for what may have been the last time in his life, and perhaps the most important, he understood. If nothing else, I knew that everywhere he looked that evening, he found himself where he had always been with his family: the center of the circle, the source and subject of our abiding love."

MIT
Technology
Review

BIOTECHNOLOGY AND HEALTH

Biophoton Communication: Can Cells Talk Using Light?

A growing body of evidence suggests that the molecular machinery of life emits and absorbs photons. Now one biologist has evidence that this light is a new form of cellular communication.

One of the more curious backwaters of biology is the study of biophotons: optical or ultraviolet photons emitted by living cells in a way that is distinct from conventional bioluminescence.

Nobody is quite sure how cells produce biophotons but the latest thinking is that various molecular processes can emit photons and that these are transported to the cell surface by energy carrying excitons. A similar process carries the energy from photons across giant protein matrices during photosynthesis.

Whatever the mechanism, a growing number of biologists are convinced that when you switch off the lights, cells are bathed in the pale fireworks of a biophoton display.

This is not a bright phenomena. Biophotons are usually produced at the rate of dozens per second per square centimetre of cell culture.

That's not many. And it's why the notion that biophoton activity is actually a form of cellular communication is somewhat controversial.

Today, Sergey Mayburov at the Lebedev Institute of Physics in Moscow adds some extra evidence to the debate.

Mayburov has spent many hours in the dark watching fish eggs and recording the patterns of biophotons that these cells emit.

The question he aims to answer is whether the stream of photons has any discernible structure that would qualify it as a form of communication.

The answer is that it does, he says. Biophoton streams consist of short quasiperiodic bursts, which he says are remarkably similar to those used to send binary data over a noisy channel. That might help explain how cells can detect such low levels of radiation in a noisy environment.

If he's right, then this could help to explain a number of interesting phenomena that some biologists attribute to biophoton communication.

In several experiments, biophotons from a growing plant seem to increase the rate of cell division in other plants by 30 per cent. That's a growth rate that is significantly higher than is possible with ordinary light that is several orders of magnitude more intense.

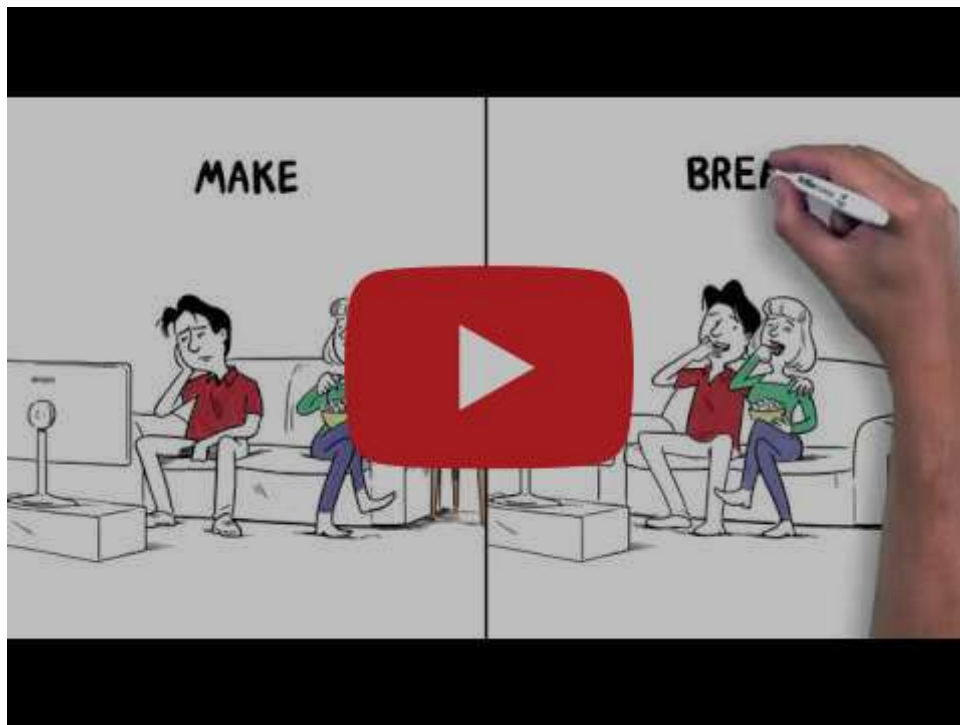
Other experiments have shown that the biophotons from growing eggs can encourage the growth of other eggs of a similar age. However, the biophotons from mature eggs can hinder and disrupt the growth of younger eggs at a different stage of development. In some cases, biophotons from older eggs seem to stop the growth of immature eggs entirely.

Mayburov's work won't end the controversy; not by any means. There are still many outstanding questions. One important problem is to better understand the cellular mechanisms at work—how the molecular machinery inside cells produces photons and how it might be influenced by them. Another is to understand the kind of evolutionary pressures that are at work here—how has this ability come about?

Clearly, there's more work to be done here.



People Are More Generous to a Partner Who Pays Attention to Them



The Gottman Institute

Turn Towards Instead of Away



People report higher levels of well-being while spending time with friends

Reviewed by [Emily Henderson, B.Sc.](#) Sep 17 2020

Think spending time with your kids and spouse is the key to your happiness? You may actually be happier getting together with your friends, said SMU psychology professor Nathan Hudson.

Hudson's research finds that people report higher levels of well-being while hanging with their friends than they do with their romantic partner or children.

In fact, being around romantic partners predicted the least amount of happiness among these three groups, reveals a study published in the *Journal of Personality and Social Psychology*.

Hudson stressed, however, that the finding has more to do with the activity than the person it is shared with. That's because people tend to spend more of their time doing enjoyable activities with friends than they do with family members, who occasionally find themselves together doing unpleasant tasks like chores or caretaking duties.

Our study suggests that this doesn't have to do with the fundamental nature of kith versus kin relationships. When we statistically controlled for activities, the 'mere presence' of

children, romantic partners, and friends predicted similar levels of happiness. Thus, this paper provides an optimistic view of family and suggests that people genuinely enjoy their romantic partners and children."

Nathan Hudson, Professor of psychology, Southern Methodist University

More than 400 study participants were asked to think back on times with their friends or family - identify the activity they shared - and rate whether those experiences left them feeling various emotions, such as happy, satisfied, and with a sense of meaning. Each emotion was rated from 0 (almost never) to 6 (almost always).

This information and other responses about how study participants felt at different times allowed Hudson and his co-authors, Richard E. Lucas and M. Brent Donnellan, to estimate rates of happiness with their friends and family. Lucas and Donnellan are both from Michigan State University.

The activities people most frequently perform while they're with their romantic partners include socializing, relaxing, and eating. People tend to do similar activities when they are with their friends, too.

They just do a lot more of these enjoyable tasks while hanging with their friends and a lot less housework, the study found. For instance, 65 percent of experiences with friends involved socializing, but only 28 percent of the time shared with partners.

Spending time with their children also meant more time doing things that had a negative association, such as housework and commuting.

However, the activity that people reported most often with their offspring - childcare - was viewed positively. And overall, people report feeling similar levels of well-being while in the presence of friends, partners, and children once the activity was taken out of the equation.

There's a lesson here, Hudson said. "It's important to create opportunities for positive experiences with romantic partners and children - and to really mentally savor those positive times. In contrast, family relationships that involve nothing but chores, housework, and childcare likely won't predict a lot of happiness."

Leadership Development



This post is part of TED's "**How to Be a Better Human**" series, each of which contains a piece of helpful advice from people in the TED community; browse through [all the posts here](#).

Just because you don't have a title, that doesn't mean you're not a leader.

But if you want to someday gain that title and a position of team leader or manager, then there's a dilemma you'll have to reconcile. You'll have to be able to demonstrate [leadership at work](#) to the people who make promotion decisions — without having had a leadership role to point to.

Still, working on any team creates leadership moments that you've probably seized upon in the past. You just might not have known about them, or you might not have recognized them.

Too many people try to shift blame and make excuses, but great leaders take ownership of problems and work to find lessons and solutions.

Here, I'll share five ways to demonstrate leadership at work so you can recognize those moments, act on them **and** use them to make the argument on why you're the leader that your organization needs:

1. Take responsibility

Take initiative when new assignments appear, and be the first to volunteer for new tasks that are applicable to your skill set. Note: You don't need to volunteer for everything **and** you shouldn't — just the ones that offer a real chance to either use or further develop your skills.

In addition, take responsibility for your contributions — even when projects go wrong. Too many people try to shift blame and make excuses, but great leaders take ownership of problems and work to find lessons and solutions. That responsibility mentality is also what separates aspiring leaders from inevitable leaders.

2. Include other people

Every organization wants leaders who believe that the success of the team outweighs the success of any individual. The best way to demonstrate that is by making sure [others are included](#) in meetings, brainstorming sessions and key decisions. The level to which you can involve others on your projects or offer to help others with their projects shows the level to which you're ready for leadership.

By collaborating more, you'll also benefit from learning about a more diverse set of experiences and skillsets. And you'll build relationships with people who might just be a part of the team you're one day asked to lead.

The level to which you can involve others on your projects or offer to help others with their projects shows the level to which you're ready for leadership.

3. Speak up

Be willing to share your ideas in meetings, be willing to offer feedback to colleagues and your supervisor, and be willing to champion ideas (yours or others) in meetings when decisions are being made. You don't have to be a loud, extroverted person who is constantly your thoughts, but you do have to get your ideas out there.

If you have trouble getting your voice heard during a group meeting, you can speak up privately with the people you want to hear your ideas — either during a one-on-one conversation or via email. But if you truly believe you've got a great idea to contribute, you owe it to your team to speak up — and doing so will help you get noticed as a potential leader as well.

4. Ask questions

Asking questions isn't just a way to speak up when you don't have an idea to offer — although that can be the reason and it does work. Asking questions during team meetings or conversations with colleagues helps people think through their ideas and find improvements.

Asking questions also shows your dedication and enthusiasm to the team and your ability to see things others may not see. And it provides you with the chance to make a contribution even when you're not submitting an idea. Eventually, asking intelligent questions often leads to you being seen as a source for advice and aid — and maybe even being trusted with a new leadership role.

It's important to be a team player, to speak up and to ask questions. But if you're doing that yet failing at your tasks, then you may not keep your existing role for long.

5. Deliver

Always deliver what you promise. Get your work done on time and to the standard that's expected. When you volunteer for new assignments, make sure you can deliver on them as well.

Most often in organizations, the people who get fast-tracked for leadership roles are the ones seen as high performers. It's important to be a team player, to speak up and to ask questions. But if you're doing all of that yet failing at your assigned tasks, then you may not keep your existing role for long — let alone be considered for leadership roles.

Keep in mind: These five activities aren't just about being noticed during leadership moments, they're also about acquiring new skills for yourself — effectively creating your own leadership development program. Yes, they'll give you something to talk about in an interview, but more importantly they'll give you new tools that will help you work better.

This way, you'll become a leader — even before you're given that title — who is able to help your team do their best work ever.



“Attention, is a moral act: It creates, brings aspects of things into being.”

- Ian McGilcrest

... by the Lighthouse Beam





Which country does the most good for the world? | Simon Anholt

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.

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.

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

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Editor's Desk
Hiram's Lighthouse
hramslighthouse@gmail.com
Toronto, ON, Canada

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