

Worshipful Master Lodge Discussion Series

Title: Chaplain

Version: 1.0

Purpose: Examine what it means to be the man in the room who restores his own steadiness first, so others can find theirs. Help brothers see that composure is not detachment, it is the foundation that makes right action possible.

Keywords: steadiness, pause before response, meaning under pressure, emotional anchor, centeredness




Materials Needed:

None

Supporting Content/Guides

PDF - AMW Groundrules

Related Podcast Episodes:

-  The Gavel and the Temptation to Settle
-  The Junior Warden: Noticing Before You Numb
-  From Stone to Ashlar: Softening the Hardened Heart



Setup:

WM Time Needed:

2-3 minutes

Member Time Needed

None

Considerations:

Individuals in the lodge will participate in different ways. Challenging a member to participate in a way that is uncomfortable for them should only be done with a skilled facilitator and a high-trust group.

Messaging:

Most men think a chaplain is someone who handles the sad moments. That is not what this is. A chaplain is the man who remembers what matters when everything around him is coming apart. He restores his own balance first. Then others can find theirs. Leave tonight able to name what steadiness actually looks like when it is working.

Key questions:

“What does steadiness look like when you see it in another man? How would you recognize it in the way he moves, listens, or speaks when things are tense?”

“Does any of that sound familiar in your own life? When have you found your own way back to calm in the middle of pressure, and what did that actually take from you?”

“When have you had to restore your own balance before you could help someone else, and how did you know that the pause was worth the time it cost?”

“If a visitor came to this lodge and watched how we handle a conflict or a setback, what would tell him that meaning matters here as much as solving the problem?”

“Is there something about what steadiness actually asks of a man that landed differently for you tonight than you expected?”

Wrap-up:

Touch on the key points and highlights of the discussion. Pay special attention to discoveries or immediate learnings by the participants. Personalize positive feedback with “I really valued Brother [John’s] point about X, or Y”

DISCUSSION

Date of Meeting:

Rating? ☆ ☆ ☆ ☆ ☆

Key Points

Takeaways

The Best Part:

Thing's I'd do differently next time:

Do this again? Y N

If so, how often? _____

