

Worshipful Master Lodge Discussion Series

Title: Doric

Version: 1.0

Purpose: Test what disciplined form actually looks like when it is working. Help brothers see the difference between real strength and the appearance of strength.

Keywords: essential structure, underlying discipline, reliable under load


Materials Needed:


None


Supporting Content/Guides

PDF - AMW Groundrules

Related Podcast Episodes:

 The Junior Warden: Noticing Before You Numb

 The Master Mason Series – Part II: The Stillness of Motion

 Daily Wins on the Level of Time



Setup:

WM Time Needed:

2 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 of us assume that strength means doing more, pushing harder, or looking solid. But the Doric teaches something different. Real strength comes from removing what does not matter and reinforcing what does. By the end of tonight, you should be able to say where you are confusing effort with actual structure.

Key questions:

“What does real strength look like when you see it in a person or a system that is holding up under pressure? What are you actually noticing?”

“Does any of that sound familiar in your own work or life? Where do you see yourself relying on solid structure instead of just trying harder?”

“Tell us about a time when you realized that something you thought was strong was actually just complicated. What made you finally look at it straight?”

“If a brother in this lodge was truly practicing this kind of discipline, what would a visitor notice that suggests he has real staying power, not just intensity?”

“How did this conversation shift what you are now noticing about where your own effort is actually landing?”

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? _____

