

# Worshipful Master Lodge Discussion Series

## Title: Junior Warden

Version: 1.0

Purpose: Examine what it means to hold a rhythm in your own life and in the groups you belong to. The Junior Warden teaches us that rest and work are not opposites, they are partners in a cycle that has to function well for anyone to last.

Keywords: rhythm, capacity, renewal, balance, tempo




### Materials Needed:

None

### Supporting Content/Guides

PDF - AMW Groundrules

### Related Podcast Episodes:

-  The Junior Warden: Noticing Before You Numb
-  The Worshipful Master: Space Creation and Barrier Removal
-  Rest, Reflect, Recharge The Junior Warden's Ways to Well-Being



### 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 of us treat rest as something we earn after we are done. We also treat our capacity as if it never runs out. The Junior Warden knows better. He watches the rhythm of work and restoration, in himself and in others. Tonight we look at what that actually means in a life that matters.

### Key questions:

“When someone has found a good rhythm between work and rest, what does that look like from the outside? How do you notice it in a person, in how they show up, in how they make decisions?”

“Does any of that sound familiar in your own life right now? Where do you see yourself managing that rhythm well, and where is it off?”

“Tell us about a time when you kept pushing past the signal that you needed to stop. What did that cost you, and how did you finally know you had crossed a line?”

“If a man truly inhabited the Junior Warden role in his own life and in this lodge, what would change about how we work together and how long we can sustain it?”

“Did anything shift in how you think about the rhythm you are actually in right now, this week, in this season of your life?”

### 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? \_\_\_\_\_

