

Worshipful Master Lodge Discussion Series

Title: Compasses

Version: 1.0

Purpose: Test how the compasses work in your own life. Learn to recognize when desire has grown beyond what you can actually sustain, and what it takes to set a boundary that holds.

Keywords: restraint, proportion, boundary, impulse, capacity


Materials Needed:


None


Supporting Content/Guides

PDF - AMW Groundrules

Related Podcast Episodes:

 The Gavel and the Temptation to Settle

 The Compasses — Episode 3: Boundary Dignity and the Conditions for Trust

 The Junior Warden: Noticing Before You Numb



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 think restraint means saying no to things we want. That is not what the compasses teach. They teach us to shape what we want so it actually works. That means setting a line, and honoring it, not because we have to but because the work matters more than the impulse.

Key questions:

“What does it look like when someone has set a real boundary and is actually holding it? How do you notice it in how they work, how they talk about their time, or how they move through a day?”

“Does any of that sound familiar in your own life? Where are you already doing something like this, shaping what you want to fit what is actually possible?”

“Think of a time when you set a boundary and it cost you something to keep it. What made you stick with it instead of backing away?”

“If a brother in this lodge applied this kind of proportion to his own ambitions and his commitments to the lodge, what would change about how we grow?”

“Is there something from this conversation that landed differently than you expected it to?”

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? _____

