

Worshipful Master Lodge Discussion Series

Title: Moon

Version: 1.0

Purpose: Test what renewal actually looks like when a man is still carrying his load. Help brothers name the difference between rest and avoidance, and find the natural rhythm that keeps effort sustainable.

Keywords: cycles, pacing, recovery, clarity, rhythm




Materials Needed:

None

Supporting Content/Guides

PDF - AMW Groundrules

Related Podcast Episodes:

-  The Junior Warden: Noticing Before You Numb
-  Rest, Reflect, Recharge The Junior Warden's Ways to Well-Being
-  Crafting Strength: Masonic Rituals for Personal Growth



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 rest means stopping. But the Moon teaches something different. Rest is part of the work, not a break from it. By the end of tonight, you should be able to name one place in your life where the rhythm has gotten stuck, and what restoring it would actually require.

Key questions:

“What does sustainable effort look like? How do you recognize it in a man, a team, or a project that is running well over time?”

“Does any of that sound familiar in your own work or home life? Where do you see yourself maintaining that kind of pacing?”

“When has rest or stepping back from something actually made you clearer about it, not just postponed the work? What did you notice when you came back?”

“If this lodge moved through its work with real cycles of effort and integration built in, what would a visitor see that he does not see now?”

“Is there something about the rhythm of your own effort that became visible to you tonight?”

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? _____

