

Worshipful Master Lodge Discussion Series

Title: Tyler

Version: 1.0

Purpose: Test what it means to guard your own attention. Find out where you are choosing what enters your awareness, and where you are letting everything in by default.

Keywords: attention, choice, boundaries, the knock on the door, what you allow




Materials Needed:

None

Supporting Content/Guides

PDF - AMW Groundrules

Related Podcast Episodes:

-  The Junior Warden: Noticing Before You Numb
-  The Master Mason Series – Part III: The Workman and the Work
-  The Junior Warden: Noticing Capacity Before It's Gone



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 the Tyler stands at the lodge door. But the real door is inside you. It is the threshold between what the world sends your way and what you actually let shape your thinking. Tonight we are asking: where are you guarding that door, and where have you abandoned it to the loudest noise?

Key questions:

“What does it look like when a man is actually choosing what gets his attention? How do you notice it in someone, in how he talks, in how he spends an hour?”

“Does any of that sound familiar in your own life? Where do you find yourself doing that kind of filtering, deciding what deserves your focus and what does not?”

“When has a request or demand felt so urgent that you realized only after you said yes that you had not actually chosen to say yes? What made you finally see that you had let someone else turn the key?”

“If a visiting brother walked into this lodge and saw the Tyler at work in how we actually pay attention to each other, what would he notice that shows we are choosing our presence instead of just reacting?”

“Did anything from tonight land differently than you expected it to, something about how you keep watch over your own door?”

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? _____

