



DERBYSHIRE CIRCLE

ISSUE 1 – EARLY JUNE 2020

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Foreword

It's back! After a longer than anticipated absence it is a great pleasure to see a revised Derbyshire Circle back in circulation (no pun intended!).

We owe a huge thank you to the communications team for bringing this publication back to life particularly at this crucial time in our history and bearing in mind the tremendous amount of work they have been doing already.

I understand the intention is to publish this fortnightly so the contents are fresh and up-to-date and will provide the Province with a high-quality news outlet.

Take the time to read this first edition and I am sure the Editorial team would value any constructive criticism.

Steven Varley
Provincial Grand Master

Cameras at the ready for the 2020 Provincial photo competition

What a great opportunity to practice your skill as a photographer, have a bit of fun and send your best "shot" to our Provincial photographic competition.

Joe Royle (Charity Steward for Beauchief Abbey Lodge No. 3793, pictured above) has devised this initiative which will raise funds for the 2025 Derbyshire Festival. Starting on June 1st 2020 the competition will feature a monthly 'theme' commencing with '**HAPPINESS**'.

Just send Joe any photograph at photocomp2025@icloud.com bearing in mind the theme at the time (it doesn't have to feature Freemasons) and make a donation by visiting <https://fest2025.everydayhero.com/uk/photo-competition-2020>.

There will be a £50 prize for the winner. The 12 winners of the year will then be circulated amongst the members who will have the chance to vote for their favourite – there will be a £250 grand prize for the winner. Joe has asked that everyone entering will consider a donation of at least £5 for each photograph – please don't forget to click the gift aid section if it applies to you. The photos should be landscape, taken by the entrant and not manipulated in any way.



Derbyshire Circle is published by the Provincial Grand Lodge of Derbyshire Communications Team

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Contributions and suggestions are always welcome and should be submitted to derbyshirecircle@derbyshiremason.org



Square Meals for vulnerable people provided by Derbyshire Freemasons during coronavirus crisis

Hundreds of isolated and vulnerable local people are having 'Square Meals' prepared in Masonic Halls and delivered by Derbyshire Freemasons, as part of the response to the coronavirus pandemic.

The scheme has become extremely popular, with several thousand meals being delivered so far from a varied menu. Costs are being subsidised by a £6,000 grant from the MCF. The idea has been replicated by Freemasons in other parts of the country.

A team of 30 Freemasons are delivering the meals, operating out of the Halls in Chesterfield and Burton on Trent. The scheme is keeping the catering staff at the Halls employed during the lockdown.

In response to the extraordinary need created by the coronavirus pandemic, Freemasonry is providing special funding of £2.75 million for projects helping those who are particularly affected by the virus. This extra money comes on top of the estimated £45 million given to charity every year by Freemasons.

Steve Jones from Derbyshire Freemasons said *"We're really pleased to be able to help meet local needs in difficult circumstances whilst at the same time supporting the staff at our halls who would otherwise have no source of income. By delivering ready-made meals straight to the door we're helping isolated and vulnerable people to stay safe."*



Derbyshire Freemasons have supplied thousands of items of PPE to needy organisations

Hundreds of people in Derbyshire have benefited from PPE which has been donated by the Freemasons of Derbyshire.

It's often said that Charity is in a Freemason's DNA – that would certainly seem to be the case as Derbyshire Freemasons are undertaking a huge task to support the community during the current coronavirus crisis in a number of ways including donations of PPE to those in need.

Over 76 organisations have already received deliveries of many thousands of pieces of PPE such as gloves, face masks and hand sanitiser – disposable aprons will soon be added to the list. The equipment is destined to help people stay as safe as possible. The PPE has been donated freely by members or purchased using funds from the Derbyshire Freemason's Provincial Grand Charity fund. Some members have even started manufacturing face visors using modern 3D printers. Individual Lodges have also made substantial monetary donations to keep the initiative going.

Deliveries are being made from a central distribution point organised by Bro James Blake at Freemason's Hall in Belper and have been made to care homes, medical centres, pharmacies, and hospitals – Derbyshire Police were given 250 face masks. The distribution

has been undertaken by volunteer members of the Derbyshire Freemason's Motorcycle Lodge who are giving up their time to make speedy deliveries.

Michael Hitchcock (Provincial Grand Charity Steward) said *"Freemasons have always been concerned with supporting the community and doing nothing during this terrible pandemic was simply not an option. I'm so grateful for the donations made by our members and the dedication of those involved in getting this equipment to where it is most needed – the items we are distributing may well help save lives."*

Steven Varley, Provincial Grand Master said: *"Freemasonry has a long history of donating to charitable causes. Last year nationally, we donated over £40 million*

to a wide range of community groups in this country and abroad. Derbyshire members have really excelled themselves in responding so quickly during this pandemic by giving their time, supplying equipment, and desperately required funding to those in need. We have more initiatives in the pipeline. I have never been prouder of our organisation than I am today."

Derbyshire Freemasons are undertaking a huge task to support the community



Derbyshire Freemasons – helping to feed the hungry at Gussie’s Kitchen

Gussies Kitchen in Chesterfield is hoping to extend its help to people suffering from food poverty in deprived areas of Chesterfield thanks to a donation from a Derbyshire Freemason’s Lodge.

Gussies Kitchen has been open for four years and is normally a social eating café cooking three course meals on Tuesdays for about 45 to 60 people in return for a small donation to help cover costs. Those unable to contribute were not charged. With the outbreak of the Coronavirus, the cafe was closed and the service was converted within a week to a provision of food bags using the food they have delivered on Tuesday’s from FareShare. The pandemic has also prevented Gussies Kitchen from accepting any cash from the public and this has caused further financial pressure.

The donation of £2,500 was made by the Spencer Lodge No 8773 who meet at Littleover in Derby with all the money coming from the generosity of their

own members. The money donated by Spencer Lodge was desperately needed to help with the increased costs of buying extra food to meet with the surge in demand from the community.



Gussies Kitchen said, "We are overwhelmed by such an amazing amount of money at this critical time, with so many people needing help! It will be put to good use in this deprived part of Chesterfield. We cannot thank them enough for the difference it will make.

It will help us to meet the challenges of this Pandemic, by enabling us to buy additional food to deliver our 'New Food Scheme' which is aimed at gradually supporting households in food poverty to independence.

'The scheme will, we believe also help maintain and improve health and well-being by working with a variety of agencies to assist with other challenges such as energy poverty, benefit issues, debt management, accessing training, returning to work and rent arrears'.

For further information from Gussies Kitchen please contact: Jenny Flood, Volunteer Coordinator and Administrator on 07540069505 or by email mallard1@btinternet.com



Isolation Opening Ritual – just for fun!

Situation of the Tyler?

Outside the door of the lodge.

His duty? Armed with a 2m sword to see off all coughers.

Situation of the Inner Guard?

Within the entrance. **His duty?** To admit the uninfected on proof, receive the candidates duly masked and obey commands of the Junior Doctor.

Situation of the Junior Deacon?

2m away from the SW.

His duty? To carry all soap of the WM from the SW to the JW, and see their hands are punctually cleaned.

The situation of the Senior Deacon?

2m to the right of the WM.

His duty? To bear the soap of the WM to the SW and await the hand washing of the JD.

Bro JW – your place in the Lodge?

The South.

Why are you there? To mark the position of the soap. To call Brethren from soap to sink, and sink to towel, that clean hands are the result.

Bro SW, your place in the lodge?

The West.

Why are you there? To ensure that brethren are masked, tested, and regularly clean the lodge by the command of the WM, having seen that everyone remains exactly 2m apart from each other.

Bro IPM, the WM's place?

The East.

Why are you there? As the virus sprung from the East, leading us to isolation, so the WM is placed there to make sure all vulnerable masons are duly shielded, commanding them to remain at home, protect our temples and save lives.

Brethren, the isolation lodge being duly sanitized, let us, remain 2M apart, duly isolated and wait for a vaccine to arrive.

So mote it be.



Join Bradelei's next zoom meeting and claim the "Travelling Headset"

Since our regular meetings have all been suspended for the time being, the Travelling Gavel will be staying put for the duration, but Andy Glaves of Amadeus Lodge has come up with an alternative!

It's not a travelling gavel but it's a "virtual" travelling headset. Log in to a zoom meeting for the Lodge currently holding it (Bradelei at this time) and you can claim it if your Lodge has the most visitors. If your Lodge is successful you claim the right to use the background graphic which Andy has designed.

Bradelei's next zoom meeting is on Thursday 11th June at 6:30pm – if you fancy your chances of claiming the prize you can register your interest now with Bro Mark Jones – his e-mail address is mark@wytech.co.uk.

For more information and to have a look at the rules for claiming it please visit <https://www.amadeus9539.org.uk/travellingheadset>

There's even a video on how to use backgrounds for zoom meetings.



The Provincial Almoner is so proud of his daughter!

This (above) is Claire Louise Dalton, George Frost's daughter who works at the Heartwood Medical Centre in Swadlincote surgery wearing a face mask donated by Derbyshire Freemasons.

Claire has just acquired a good pass in sign language and is a scout leader with 1st Hartshorne Scouts at Swadlincote. George sent the photo to the communications team to use in our media feeds. It was such a striking photograph that UGLE have used it in their press releases nationally – and no wonder, a lovely photo of a young lady selflessly working hard to help others. George might say "a chip off the old block".



Save the date – 23rd June 2020 at 17:00 hours

Freemasons without borders invite you to a 'zoom' lecture from W Bro Tony Harvey (above) entitled "The historic links between the Craft, Mark and Royal Arch".

This group has already staged, or is in the process of staging, lectures from two Heads of an Order, a Provincial Grand Master, the Grand Secretary / Scribe E of UGLE / SGC and the Grand Secretary of Mark. Attendances go into the hundreds with people signing in from all around the world.

The talk outlines the facts behind the development of the degrees and makes a case for their adherents to work together to promote a better understanding of the degrees that lie at the core of Freemasonry.

Save the date – you'll need the following information:

Meeting ID: 986-118-5386

Password: 19842001



Dr Tom Tait of Cestrefeld Lodge describes a mindful approach to helping you through the current global pandemic

As the number of COVID-19 cases continues to rise across the globe, stress and anxiety around the virus have risen right alongside them. Concern about the virus and its risks is becoming palpable in many communities. Anxiety and worry about health is exacerbated by economic concerns related to financial stability and employment status.

This increase in a person's stress and anxiety also has a hefty cost in both maintaining their optimum physical health and psychological equilibrium.

During times of uncertainty and high stress, it's helpful to remember that you're not alone in how you feel. Everyone will deal with this situation differently, so in the context of recent events, organisations such as Freemasonry with a membership of both young and older brethren can encourage members to make decisions around their own health that best suit them once Lodges re-open.

It's important to keep in mind that while we're all in this together, each person has unique life circumstances that may cause more or less acute concern. For example, we cannot know who has vulnerable family members who may be at greater



risk, or who already suffers from anxiety and experiences the uncertainty and fear more acutely. Leading with compassion and empathy is more critical than ever. It is comforting that lodges have implemented various mentoring initiatives to help support their brethren and remain 'connected' through this extended period of social isolation. Practicing self-compassion too during this time is also important. Be honest about how you're truly feeling.

Research shows that mindfulness meditation can reduce symptoms of stress, anxiety, and depression. However, when we experience chronic stress, stress from which we experience no break, it can tax our immune system and cause more severe problems like anxiety, depression, and sleep disturbance. Meditation helps deactivate the emotional centre of the brain which is responsible for emotional reactivity that keeps us hooked to news cycles and fuels chronic stress.

"When we help our brains stay grounded we are better able to engage the rational part of our brains. This can help us understand information and make decisions from a place of fact versus panic." says Megan Bell Jones, Chief Science Officer at Headspace. She adds that meditation works by *"helping people regulate emotions, changing the brain to be more resilient to stress, and improving stress biomarkers."*

Moments of uncertainty tend to leave room for many contradictory — and sometimes unsettling — stories. It's important that people receive frequent, clear, and reliable information. Be aware of bias and fear mongering in both digital and print media. It is important to take care of yourself by taking moments to pause and check in

with yourself will help you to be intentional in every interaction and make better decisions from a place of awareness and clarity. You may wish to try the following during moments of pause.

Six steps to mindfulness

1. Connect to your senses to bring you into the moment – notice what you can see, hear, smell and feel.
2. Take three mindful breaths, focusing on how it feels when you breathe in and out deeply.
3. Be aware of your body, how it feels and any movements you're making.
4. Notice the emotions you're feeling. Pause to name them, without judging or criticising yourself.
5. Notice the type of thoughts in your mind, rather than specific thoughts. Name the types – are they memories, worries, past conversations or future plans?
6. Find somewhere to sit or stand to do a three-step breathing practice:
 - Awareness: notice how your body feels and what you're thinking.
 - Your breath: become aware of which parts of your body move when you breathe in and out and how this feels.

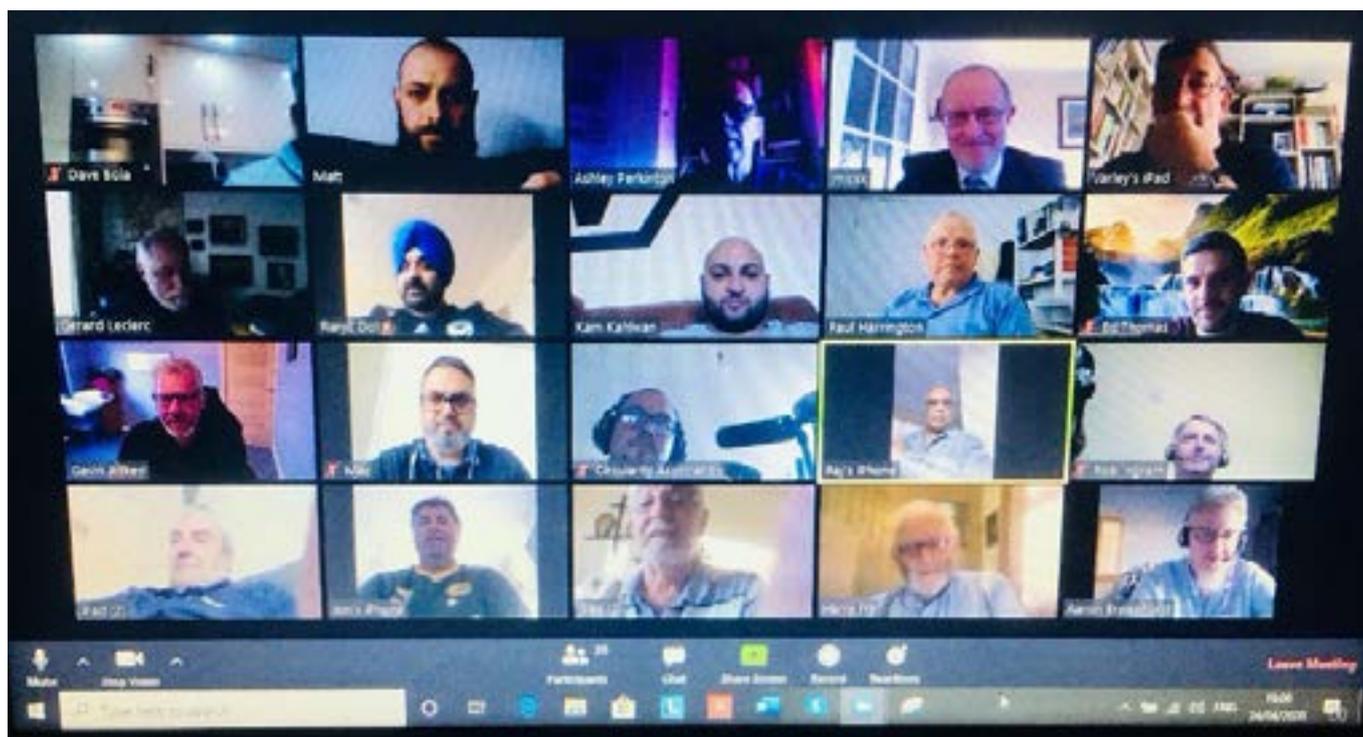
By practicing these mindfulness exercises we can develop an ability to better regulate our emotions, decrease stress, anxiety and depression with resulting better mental health.

“ZOOM” – a way of bringing us together during lockdown

Many Lodges throughout the Province have adopted this free online video conferencing tool to hold 'meetings' during the lockdown. This is a free service (limited to 40 minutes and 100 participants per meeting which can be extended by purchasing the full system) and has proved invaluable over the last few weeks. For details visit <https://zoom.us/>

For anyone new to this – everyone participating is visible on screen (if they choose to be) and can see and hear all the other people. The system works well with most devices (iPads, tablets, laptops etc) but your device does need a camera and microphone.

Please be aware that under UGLE rules we are of course not allowed to hold actual Lodge meetings or to conduct ceremonies, but lectures are permitted.



A message from the Communications Team

Firstly, we hope you have found this publication interesting and thank you for reading it! It is our intention to publish this fortnightly (providing we get enough material!) and we would welcome articles of interest to be sent into us from all members. If your Lodge or a member of your Lodge has anything you think would be of interest – please e-mail the details to derbyshirecircle@derbyshiremason.org and we will do our best to get it into print.

Please include photos but make sure you have the relevant permissions to use them, especially if they are of the public.

Inevitably we will not be able to use everything we receive and the editor's decision will be final.

Many thanks from all of us in the Communication's Team – we're standing by!