TRESTLEBOARD

MOHAVE VALLEY LODGE #68 MAR2026

From the East



We Freemasons are taught to practice charity and to care, not only for our own brothers, but for all of humanity. This year we are going to donate to a different charity each month. For February we chose to support a local charity that help support our local community, River Fund. They are a non-profit based in Bullhead and Laughlin who provides emergency and crisis assistance to individuals & families in the Tri-State region with unexpected hardships such as utility bills, rent, medical/prescription costs and disaster relief. River Fund also runs specific programs for veterans, cancer patients, and those needing memory care.

We welcome our newest EA, Jeremy Sellers to Mohave Valley #68.

We do have practices just about every Wednesday at 6:00pm on non-stated meeting nights. If you hold a position in the lodge, please try your best to make it to practice.

Robert Stewart
Worshipful Master

From the West

In the symbolic geography of the Lodge, the West Gate holds a unique and vital significance. While the East represents the source of light and wisdom, the West is where the sun sets — it is the point of transition between the sacred space of the Lodge and the profane world outside.

To "guard the West Gate" is more than a literal duty; it is a profound Masonic metaphor for discernment, integrity, and protection.
We are tasked with ensuring that only those who are "worthy and well-qualified" pass through. This isn't about elitism; it's about preserving the harmony of the craft. A single stone that is not "true" can weaken the entire structure. On a personal level, the West Gate represents the senses. As Masons, we must guard what we allow to enter our minds and hearts. Just as we wouldn't admit a disruptive influence into the Lodge, we should not admit vice, prejudice, or malice into our character. In our daily lives, guarding the West Gate means being mindful of our associations and our actions. We are the representatives of the Craft in the public eye. If we fail to guard our own conduct, we effectively leave the gate wide open for the world to disparage the institution we profess to love.

By standing firm at this threshold, we ensure that the light emanating from the East is never extinguished by the shadows of the West.

God bless brethren and may we govern ourselves accordingly.

Fraternally,
Howard Martin

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Southern Skies



Brethren,
A Masonic lodge is more than a place where we meet; it is a place where we improve. Within these walls we are reminded that the work of a Mason is never truly finished. Each meeting, each lesson, and each act of brotherhood is another stone carefully shaped for the temple we are building within ourselves.
Freemasonry calls us to live with integrity, to practice charity, and to seek light through knowledge and reflection. In a world that often moves quickly and forgets the value of character, our fraternity stands as a reminder that true strength is found in virtue, wisdom and compassion for others. The lessons of the square teach us to act with fairness, and morality, while the compass reminds us to keep our passions within due bounds.
Let us continue to support one another as brothers, remembering that the strength of the lodge is not found in its walls, but in the unity and commitment of the men who gather within it. Every kind word, every helping hand, and every moment of mentorship strengthens the bond we share and honors the traditions passed down through generations of Masons.
May we leave each meeting better than we arrive more thoughtful in our actions, more generous in our service, and more dedicated to the pursuit of truth. As we walk our individual paths, let us always remember that we are laborers together in a great and noble work. May the Great Architect of the Universe guide our steps, strengthen our fellowship, and continue to inspire the light of Masonry in our hearts.

Fraternally,
Charlie Smith, Jr Warden

From the Desk of Chuck Probst

Secretary's Report
Feb 1, 2026
91 Master Masons
4 FellowCraft
2 Entered Apprentice
1 Cadidate
1 Prospect



ANNIVERSARIES

Robert Goble - 3/2 - 18 years
Issa Deebes - 3/8 - 29 years
Joey Merrigan - 3/9 - 15 years
Marvin Morrison - 3/9 - 32 years
Trevor Long - 3/13 - 2 years
Ronnie Cole - 3/15 - 3 years
Garrett Prado - 3/20 - 2 years
Donald Rice - 3/20 - 65 years
Michael Partipilo - 3/22 - 8 years
Robert Stewart - 3/25 - 11 years
Wendel Saye - 3/26 - 18 years

BIRTHDAYS

Marcus Hensley - 3/11
Lawrence Mullins - 3/12
Charles Smith - 3/19
James Rexroad - 3/21
Ishmill Lett - 3/23
David Lipinski - 3/25
Dennis Harps - 3/27
Trevor Long - 3/31

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Ladies of Mohave

The Ladies of Mohave had a full and exciting month as we held our annual officer elections. We are pleased to announce our upcoming officers:

President Jessica Tary, Vice President April Stewart, Secretary Barb Zarzycki, and Treasurer Megan Lindemanis.

We look forward to continuing our work, strengthening our sisterhood, and moving steadily toward our goal of becoming our own Mohave Court. We also recently hosted our annual Fairy Garden Tea Party, which was our largest yet and a wonderful success. Thank you to everyone who came out to support the event and to those who continue to encourage our efforts.

A special shout out to Rickey Jacobson, who proudly represented the gentlemen and was the only one who attended in support of the Ladies this year — we appreciate you!

Looking ahead, March will be another busy and exciting month. On March 27th, we will host a Ladies Night Beauty Bingo. This event is designed to bring women together for a fun evening while learning more about the Ladies Oriental Shrine and our mission, as we continue working toward the formation of Mohave Court.

On March 28th from 1:00–4:00 PM, we will host our 3rd Annual Easter Lunch Social. All Masonic Families are invited to join us for an afternoon of fellowship, food, and fun. There will be an egg hunt for the young and the young at heart. Potluck sign-ups are available on BAND, and we are currently accepting donations of candy and small prizes for the egg hunts. Please RSVP on BAND so we know how many to plan for.

Our next meeting will be held on March 31st.

As always, we are grateful for the continued support and camaraderie within our building. Together, we strengthen our Masonic family and continue making a meaningful impact in our community in support of Shriners Children's.

Ladies of Mohave President Jessica Tary

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MOHAVE SHRINE CLUB

GOOD EVENING MY MASONIC FAMILY,

AS MOST KNOW WE HAVE STARTED A MORE BUSINESS APPROACH TO THE SHRINE BUILDING. WE HAVE A TEAMUP CALENDAR TO ENTER IN ANY EVENTS, OVS, SPECIAL OCCASIONS, RENTALS, OR OTHER BUILDING EVENTS. WE HAVE INSTALLED A COMPUTER SYSTEM FOR OUR REGISTER THAT WILL MONITOR LABOR, SALES, COSTS, MEMBERSHIP, FOTS, AND A LOT MORE WE ARE FINDING OUT.

WE ARE IMPLEMENTING A BUDGET TO BE ADHERED TO FOR THE SHRINE TO ENSURE WE ARE CREATING THE FINANCES TO KEEP OUR DOORS OPEN FOR YEARS TO COME.
WE ARE ESTABLISHING MORE EVENTS ON FRIDAYS TO BRING IN MORE CUSTOMERS AND HOPEFULLY MORE BROTHERS/SISTERS. WE HAVE MORE EVENTS IN THE PROCESS INCLUDING 70S NIGHT, FOOD TRUCK EVENT, AND OF COURSE OUR EXCLUSIVE MEMBERS ONLY POKER NIGHT FOR BROTHERS, SISTERS AND FOTS MEMBERS ONLY!

WITH ALL OF THAT IT IS IMPERATIVE THAT EVERYONE LOOK AT TEAMUP CALENDAR **BEFORE** MAKING ANY PLANS OR SCHEDULING AN EVENT. IF THERE IS SOMETHING ALREADY POSTED, **IT IS UP TO YOU TO DISCUSS WITH THE ENTITY THAT HAS THAT DATE**.
NO DATES CAN BE CHANGED WITHOUT MUTUAL CONSENT OF BOTH ENTITIES. KEEP IN MIND MONEY MIGHT HAVE ALREADY BEEN SPENT; ADVERTISING MIGHT HAVE ALREADY GONE OUT. THIS IS TRULY TO KEEP HARMONY AMONGST ALL.

A LETTER EXPLAINING IN MORE DETAIL WILL BE SENT OUT TO ALL SECRETARIES TO BE READ AT YOUR NEXT STATED MEETINGS.

THANK YOU FOR YOUR ATTENTION IN THIS MATTER AND I LOOK FORWARD TO CREATING A BETTER / LONG LASTING PLACE FOR OUR PRESENT/FUTURE MASONIC FAMILY.

SINCERELY,

JOHN KEARNS – MOHAVE SHRINE CLUB PRESIDENT 2026

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The Quarry

Masonic Integration Pt. 2: Benefits of Group and Cohesion



When it comes to understanding the benefits of group cohesion within Masonry, harmony is the strength and support of all societies, especially our beloved fraternity. When Masons gather, we do so with a purpose which drives us to act in a manner worthy of the honors conferred upon us and the responsibilities we have taken upon ourselves. Group cohesion, however, takes time and effort, and the dynamics of group relationships are fluid and nuanced. When viewed through this kind of mental health lens, one aspect of Lodge that is often missed by Masons is that in many ways, Lodge is akin to group counseling, and because of this, prone to receiving some of the same benefits of attending group therapy sessions. The point of group counseling, for example, is to achieve personal growth and transformation while building relationship skills and bringing more purpose and meaning into an individual's life. Masonry,like group counseling, also promotes growth and wellness through the tenets of truth, relief, and brotherly love. When a Lodge is convened, those attending leave behind their personal grievances and enter a state of good fellowship and peace, to better pursue their labor in the Craft. A blessed month to all my brothers in Masonry and to all those in our Masonic appendant bodies. This month, the Quarry continues its journey to "Know thyself" through integration of Masonic wisdom into health and wellness.

So, in our endeavor to do just that, and holding the opening statement above to be true, how can a Mason than maximize the mental health benefits of attending lodge?

According to Gladding (2020) the positive benefits of group dynamics are instillation of hope, universality, imparting of information, altruism, corrective recapitulation of the primary family group, development of socializing techniques, imitative behavior, interpersonal learning, cohesiveness, catharsis, and existential factors. When one looks at these dynamics, it is easy to see that Masonic group meetings offer many, if not all these same benefits. Group Dynamics Installation of Hope with every accomplishment within the group, hope is instilled within the individuals. A Masonic lodge is in many ways a monthly review of past, current, and on-going accomplishments, made possible through the hard work of the group. Universality When an individual in a group recognizes that others in the group have had similar experiences. This can help individuals to feel less isolated and alone in their struggles. As Mason's reflect each meeting on those who are sick and distressed, we are reminded that we are not alone in our hardships. Imparting if Information Dissemination of information which can assist an individual with good mental health practices. Masons are given educational materials during meetings, and our sacred allegorical teachings are in fact geared toward enhancing an individual's life.

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Altruism"The sharing of experiences and thoughts with others, helping them by giving, and working toward the common good (Gladding, 2020, pg.45)". The work done by Masons is always done to the benefit of mankind and to support communities on local and state levels. Corrective Recapitulation of the Primary Family Group. This step, which involves re-visiting conflicts within an individual's family structure is a step that is not directly addressed or practiced within a lodge per se, however, while not directly practiced within lodge meetings, brothers are encouraged to reach out to one another in times of need, to help one another reflect upon that which ailsthem.

Development of Socializing Techniques

When an individual embeds themselves into a social environment, and partakes in socializing with others around them, they begin to naturally build social skills and increase their ability to discern the nuances of social behaviors and how to interact in an acceptable manner amongst a diverse set of peoples. Masons meet each other on the level and engage in brotherly love, honesty, and with a desire to help one another. This open-hearted technique of building comradery promotes trust and good fellowship among brothers.

Imitative Behavior

This step involves Imitating positive actions of other group members. Masons are classified in a way where neither envy nor discord are suffered to negatively affect the tranquility within a lodge. At the same time, Mason holds themselves to high ethical standards in life and makes concerted efforts to live in exemplary ways which are worthy of imitation. In this way, Masons promote a lifestyle amongst one another which is in tandem with a higher moral code.

Interpersonal Learning

Gaining insight or wisdom through past and present experiences.

Cohesiveness

Overtime, groups begin to align thoughts and values, working toward the betterment of self and each other. Masons gather for many common causes and in doing so, we align ourselves in motive and action.



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Catharsis Catharsis is the experiencing and expression of emotions.
The Masonic journey is a life-long endeavor full of opportunities and different avenues of growth and learning. Masons are taught to live, serve, and love, and in doing this we become prone to expressions of joy and comradery.

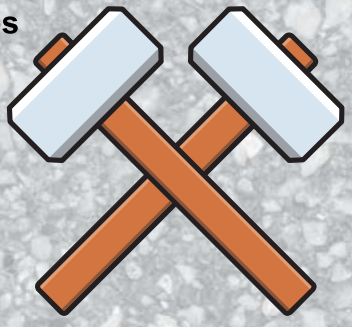
Existential Factors

Accepting that everyone is on their own journey that they alone are in control of, and that personal responsibility, personal sacrifice, and mortality are all a part of existence. Masonry, in general, embraces existentialism as a philosophy and many of our symbols elude the wisdom found within existential psychology and phenomenology. Gladding (2020) also pointed out that there are some negative habits which can begin to form in groups are avoidance of conflict and psychic numbing where members anesthetize themselves to contradictions within the group.

This can ultimately lead to the development of group narcissism. Masons, however, have addressed this issue through a hierarchical structure where a certain number of Masons within a lodge are given a position of responsibility rather than power and with a one-year term.
The system is put in place to ensure that all lodges are conducted in peace and harmony and are protected from outside forces which may negatively impact that atmosphere. Also, while it is hoped that each member who desires will eventually move their way through the various positions, it is likewise hoped that the individuals will move their way back down through the positions to help mentor and raise up others which promotes humility and conflict resolution.

Breaking of Bread and the Communal Meal

Another difference between traditional group therapy and a Masonic Lodge is the communal meal. While studies on communal eating are limited, one study done on patients who were in hospital care from a stroke had increased healing times and more positive mind sets amongst patients who took part in communal eating versus those who isolated themselves (Stockbridge, et. al., 2023). We can also read, in the sacred text, that Abraham hosted and prepared a meal for three men who were later revealed to be divine messengers and that this act of kindness set into place a reaffirmation of God's promise to Abraham, regarding his son Isaac(NIV Genesis 18:1-15). We also read, after Passover, yearly meals took place to commemorate the Israelites deliverance from Egypt, underscoring their shared identity and unity (NIV Exodus12). As one moves



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from the Old Testament to the New Testament, and meals become a time for reflection, prayer, healing, and the revelation of the Kingdom of God (NIV Luke 22:19, NIV Acts 2:42-47). Masonry, which posits the Sacred Text is a light for all Masons, begins each Lodge with a communal meal meant to promote comradery and fellowship. A place where Masons can enjoy a meal and put themselves into a mind set conducive to the work Masons do.

Putting it all together

By being aware of the interplay between group counseling and Masonic Lodge, Masons can maximize the benefits of Lodge and recognize them when they occur. Also, brothers can be more aware of the roles they can play within a lodge to promote growth and peace of mind amongst the members. Lastly, by understanding the good mental health practices which can be nurtured through positive group experiences and combining them with other Masonic and non-Masonic teachings and self-care techniques, the individual Mason can learn to live their best lives and find purpose and happiness in all they do.

Thank you and blessings to all.

Garrett Prado
Jr. Deacon, Mohave Lodge 68.

