

January 23, 2026, #134

Dear Brethren and Friends,

Special Announcements:

Sickness and Distress: We lost three brothers within the last week:

Eric Nathaniel Helveston – 64.6 years old, 26.5 years of service (Died Saturday 1/17/2026)
Funeral service as today at 5 pm. <https://www.hayhurstfuneralhome.com/obituaries/eric-helveston-2/#!/Obituary> Survived by his wife Marcy.

W.: Ralph F. Rider – 85.9 years old, 53.8 years of service (Died Sunday 1/18/2026) No service scheduled. <https://www.dignitymemorial.com/obituaries/oklahoma-city-ok/ralph-rider-12713916>

Billy Joe Parker – 88.5 years old, 37.6 years of service (Died Monday 1/19/2026) Funeral scheduled for Jan 28 at 1 pm at First Baptist Church of Tulsa.

<https://www.moorefuneral.com/obituaries/billy-parker-27/#!/TributeWall> Survived by his wife Jerrie.

At this point we have not been notified of any Masonic Funeral requests.

Jan 27 (Tuesday) – Fellowcraft Degree. Dinner at 6 pm, degree to follow.

My Ramblings by W.: Scott A. MacDonald © 2026

30 Days

Change can occur slowly or quickly. We are seldom in charge of the exact timing.

While we don't control the timing, we are responsible for attempting change.

Earl Nightingale (March 12, 1921 – March 25, 1989) was an American radio personality, motivational speaker, author, and pioneer in the personal development and self-improvement field, often called the "Dean of Personal Development."

He was born in Los Angeles, CA into poverty. At age 12, his father abandoned the family during the Great Depression. He was a survivor of Pearl Harbor in 1941 as a US Marine aboard the USS Arizona. He began a career on radio during his service. After the war, he voiced the hero on the popular radio adventure series, "Sky King" and hosted other programs on WGN in Chicago, where he voiced his most notable audio message, "The Strangest Secret".

Given his life experience, we might expect that Earl would have been a failure in life. But he wasn't. He found a way to rise above his upbringing.

Throughout his career he was always seeking answers to life's big questions about success and meaning. It is not clear whether he was a freemason, but there are some isolated Freemason posts that refer to him as "Brother".

One of his famous principles was his "30-Day Challenge".

1. Write down your single, clearly defined goal on one side of a small card. Be Specific what you want more than anything else.
2. On the other side of the card, write a positive affirmation or biblical verse for reinforcement. Nightingale often recommended “Ask, and it will be given you. Seek, and ye shall find. Knock, and it shall be opened unto you”.
3. Carry the card with you EVERYWHERE! Look at it several times a day and think about your goal as if you already have it or are in the process of achieving it. Visualize it vividly and feel the positive emotions.
4. Cut out all negative thinking about lack, failure or obstacles.
5. Act on opportunities that arise toward your goal.
6. Pay the price by putting in consistent effort, service to others and positive action.
7. If you slip up with negative thoughts or break the focus, start the 30 days over from day 1.
8. After 30 days, evaluate your progress. If you haven’t fully achieved it, repeat the process.

This isn’t magic. It helps your mind focus on positive thinking and building momentum. Nightingale taught that your mind is fertile soil – it returns what you plant. This is covered in his audio recording titled “The Strangest Secret”. You can find it here: https://archive.org/details/lp_the-strangest-secret_earl-nightingale_4 It is also available on YouTube and Spotify and other audio archives.

Rising above our upbringing, improving ourselves, and finding meaning are what we talk about in Freemasonry. The trick is to stop talking and take action.

I hope to see everyone with a small card in their pocket for the next month. I’ll have mine.

Philippians 4:13 ESV I can do all things through him who strengthens me.

1 Corinthians 10:13 ESV No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Romans 12:2 ESV Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Ephesians 4:22-24 ESV To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

2 Timothy 1:7 ESV For God gave us a spirit not of fear but of power and love and self-control.

Lord, give us the motivation to take action to improve ourselves. Remove those roadblocks that keep us frozen in our development. In His name I pray. Amen.

Lodge Calendar

Jan 27 (Tuesday) – Fellowcraft Degree. Dinner at 6 pm, degree to follow.

April 14 (Tuesday) - Student and Teacher of Today. 7 pm Kirkland Theatre.

April 25 (Saturday) – Master Builder School – 8 am.

See you at Lodge!

Sincerely,

W: Scott A. MacDonald, Treasurer and Membership Calling Chairman

PS – I will be posting the weekly newsletter on our website at <https://ba-mason.org/newsletter>

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