

February 13, 2026, #137

Dear Brethren and Friends:

**Special Announcements:**

**February 24 (Tuesday) – EA Degree.** Dinner at 6 pm with degree to follow. We will not do the explanatory lectures this time, as we have 2 more petitions outstanding. We hope to be able to do two more EAs in March and we will do the lectures at that time.

**March 7 (Saturday) – Chili Cookoff.** \$10 to enter your chili, \$10 to taste and vote. Starts at 11 am. Fundraiser for Rainbow Assembly #74. Rainbow will also have a Bake Sale. We have a very active Assembly, and they need funds for travel expenses. You can make donations online to them as well at <https://balodge243.square.site/> .

Continue to pray for W.: Jim Parham. He can accept visitors, but you need to call his wife April to make sure he is having a good day. If you need her number, let us know. He is improving daily but has a long rehabilitation to go.

We always have brothers who have a need for prayer, even if they haven't let us know. Please hold a spot in your devotions to God for them.

**Membership Update:** If we want to see our lodge grow, our current brothers and friends need to be looking for men who we think might be interested. For our current brothers, if you have a friend who you think might make a good Mason, invite him to have dinner with us. We don't invite them to join, but we give them the opportunity to find out what we are all about. All you have to do is ask them.

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

**Are you feeling lucky?**

Today is Friday the 13<sup>th</sup>. Depending on where you grew up, that date can have different superstitions attached.

The fear of the number 13 is called triskaidekaphobia. The fear of Friday the 13<sup>th</sup> is paraskevidekatriaphobia. An estimated 17 to 21 million Americans suffer from the full version.

This fear has an economic impact. It is estimated that businesses lose \$800 to \$900 million in the US on each Friday the 13<sup>th</sup>.

In any given calendar year, the maximum number of Friday the 13ths is 3. 2026 is one of those years that has 3, February 13, March 13 and November 13.

The origins of Friday the 13<sup>th</sup> are mixed. Here are few you might find interesting:

- **Norse Mythology's Mischief Maker:** One popular origin ties to Norse lore: 12 gods dined in Valhalla when Loki (the trickster god) crashed as the uninvited 13th guest. He tricked

the blind god Höðr into killing Balder (god of light and joy) with mistletoe, plunging the world into grief and making 13 unlucky.

- **Biblical Connections:** Many link it to the Last Supper, where Jesus and his 12 apostles made 13 guests—Judas (the betrayer) being the 13th. Jesus was crucified the next day: Friday. This combo of 13 people at a meal and Friday's crucifixion helped fuel the superstition in Christian traditions.
- **Knights Templar Arrests:** A dramatic historical event often cited: On Friday, October 13, 1307, King Philip IV of France ordered the mass arrest of the Knights Templar on charges of heresy. Many were tortured or executed, cementing the date's dark reputation in European folklore.
- **Not Documented Until the 19th Century:** Despite ancient roots for Friday and 13 separately being unlucky, the specific "Friday the 13th" combo wasn't widely written about until the 1800s in France (e.g., in literature like Le Chateau de Carini in 1834). It gained traction in English-speaking cultures later.
- **Economic Impact:** Businesses reportedly lose \$800–900 million in the US on each Friday the 13th due to people avoiding travel, shopping, or work out of superstition. (So if your productivity dips today, blame the calendar!)
- **The Thirteen Club Defied It:** In the late 1800s, the Thirteen Club in New York challenged superstitions by hosting dinner parties on Friday the 13th—with 13 members, 13 courses, walking under ladders, spilling salt, and more. They even invited the US president once!
- **Not Unlucky Everywhere:** In Spain, Tuesday the 13th is the dreaded day. In Italy, it's Friday the 17th (because Roman numeral XVII rearranges to "VIXI," meaning "I have lived"—i.e., I'm dead).

**What superstitions do you have? Are they limiting the way you live? Are they limiting your success?**

Our minds and beliefs mold our world. Positive thoughts bring positive results. Negative thoughts bring negative results. This is the law of attraction. Positive thoughts and optimism can have significant impacts on your health as well. According to the Mayo Clinic, positive thinking can:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

- **Increased life span**
- **Lower rates of depression**
- **Lower levels of distress and pain**
- **Greater resistance to illnesses**
- **Better psychological and physical well-being**
- **Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke**

- Reduced risk of death from cancer
- Reduced risk of death from respiratory conditions
- Reduced risk of death from infections
- Better coping skills during hardships and times of stress

The Mayo Clinic provides the following ways to identify negative self-talk:

- **Filtering.** You magnify the negative aspects of a situation and filter out all the positive ones. For example, you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. That evening, you focus only on your plan to do even more tasks and forget about the compliments you received.
- **Personalizing.** When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is canceled, and you assume that the change in plans is because no one wanted to be around you.
- **Catastrophizing.** You automatically anticipate the worst without facts that the worse will happen. The drive-through coffee shop gets your order wrong, and then you think that the rest of your day will be a disaster.
- **Blaming.** You try to say someone else is responsible for what happened to you instead of yourself. You avoid being responsible for your thoughts and feelings.
- **Saying you "should" do something.** You think of all the things you think you should do and blame yourself for not doing them.
- **Magnifying.** You make a big deal out of minor problems.
- **Perfectionism.** Keeping impossible standards and trying to be more perfect sets yourself up for failure.
- **Polarizing.** You see things only as either good or bad. There is no middle ground.

**Psalm 139:13-14 (NIV):** "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made."

**Philippians 4:8 (NLT):** "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

**Lord, give us the guidance and strength to break out of our self-imposed prisons. Give us discernment to know what is of You and your Kingdom. In His name I pray. Amen.**

#### **Lodge Calendar**

**Feb 17 (Tuesday) - Stated Meeting, Dinner at 6 pm, lodge at 7 pm.**

**Feb 24 (Tuesday) – EA Degree. Dinner at 6 pm with degree to follow.**

**March 3 (Tuesday) - Stated Meeting. Dinner at 6 pm, lodge at 7 pm.**

**March 7 (Saturday) – Chili Cookoff. \$10 to enter your chili, \$10 to taste and vote. Starts at 11 am. Fundraiser for Rainbow Assembly #74. There will also be a Bake Sale.**

**March 10 (Tuesday) – Fellowship night. Dinner at 6 pm.**

**March 17 (Tuesday) - Stated Meeting. Dinner at 6 pm, lodge at 7 pm.**

**March 24 (Tuesday) – District 12 meeting at Broken Arrow Lodge. Dinner at 6 pm, meeting to follow. Meeting is open to all, including family and friends. Door prizes drawing for the Ladies.**

**March 31 (Tuesday) – 5<sup>th</sup> Tuesday. Activity to be determined.**

**April 7 (Tuesday) - Stated Meeting. Dinner at 6 pm, lodge at 7 pm.**

**April 14 (Tuesday) - Student and Teacher of Today. 7 pm Kirkland Theatre. 808 E College St, Broken Arrow, OK 74012. We need Brothers to work the event. Please be there by 6 pm to get set up. We will also need to pick up trash after. Dress is coat and tie with Apron.**

**April 21 (Tuesday) - Stated Meeting. Dinner at 6 pm, lodge at 7 pm.**

**April 25 (Saturday) – Master Builder School – 8 am breakfast, 9 am start.**

**April 28 (Tuesday) - Fellowship night. Dinner at 6 pm.**

**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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