

March 27, 2026, #143

Dear Brethren and Friends:

**Special Announcements:**

March 31 (Tuesday) – 5<sup>th</sup> Tuesday. Trivia night. Bring friends and family for a fun night. Lodge will provide the protein, please bring a dish to share.

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

**Out of Control**

We all find ourselves getting angry. I thought I would outline five things to think about to help us control our anger. So, here are 5 practical pointers for a people who tends to lose their temper, each paired with a simple, repeatable exercise you can start doing immediately. These are drawn from proven emotional-intelligence and anger-management techniques that actually work in high-pressure leadership environments.

1. **Catch the anger before it spikes**
  - Most people don't explode out of nowhere—there's a 5–10 second window where your body gives you warning signs (tight chest, rising voice, clenched jaw).
  - Exercise: Do the "10-Second Body Scan" every time you feel irritation start. Silently ask yourself: "Where is the tension in my body right now?" Rate your anger 1–10. If it's 4 or higher, you must pause before speaking. Do this 5 times a day (even when you're not angry) so it becomes automatic.
2. **Create a mandatory 90-second cooling-off rule**
  - Neuroscience shows it takes roughly 90 seconds for the initial adrenaline surge to pass if you don't feed it with more thoughts.
  - Exercise: When you feel yourself about to snap, say out loud (or in your head): "I need 90 seconds." Step away, set a timer on your phone, and walk to the nearest window or restroom. No phone, no email—just breathe. After 90 seconds, decide if you still need to address the issue or if you can respond calmly. Use this rule at least once per week; it breaks the habit of instant reaction.
3. **Replace blame with curiosity**
  - Temper often comes from the story you tell yourself ("They're incompetent / lazy / disrespecting me"). Curiosity kills that story.
  - Exercise: Use the "Three Curiosity Questions" script before any tough conversation:
    - What might they be seeing that I'm not?
    - What pressure are they under right now?
    - What would I want if I were in their shoes?
  - Write these three questions on a sticky note on your monitor or phone. Before every 1-on-1 or team meeting, read them once. After two weeks you'll notice your default tone changes.
4. **Rehearse the calm version of yourself**
  - Top leaders practice difficult conversations the same way athletes practice plays.
  - Exercise: "Future-Self Role Play" (5 minutes, 3 times a week).

- Pick one situation that usually triggers you.
- Stand up, close your eyes, and literally act out the calm, confident version of yourself handling it perfectly—tone, posture, words.
- Then sit down and write the two most important sentences you want to deliver.
- This rewires your brain so the calm response becomes the default instead of the explosion.

**5. Build a weekly “temper audit” habit**

- Self-awareness compounds over time. High-performing leaders track their emotional performance the same way they track KPIs.
- Exercise: Every Friday at 3 pm (put it in your calendar), spend 7 minutes answering these three questions in a private note:
  - How many times did I raise my voice or use harsh language this week?
  - What was the trigger each time?
  - What would I do differently next time?
- At the end of the month, look back. You’ll see clear patterns and measurable improvement.

**Quick-start tip: Pick just one of the five points and exercise for the next 7 days. Don’t try to do all of them at once—consistency beats intensity. Most people who commit to even two of these see a noticeable drop in their temper within 3–4 weeks.**

**James 1:19-20 “Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.”**

**Ephesians 4:26-27 “Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”**

**Proverbs 14:29 “Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.”**

**Lord, help us to control our anger. Help us to allow grace to our friends and brothers the way you extend grace to us in our failings. In His name I pray. Amen.**

**Lodge Calendar**

**March 31 (Tuesday) – 5<sup>th</sup> Tuesday. Trivia night. Bring friends and family for a fun night. Lodge will provide the protein, please bring a dish to share.**

**April 7 (Tuesday) - Stated Meeting. Dinner at 6 pm, lodge at 7 pm. Education by W.: Scott A. MacDonald.**

**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. Lodge building will be closed.**

**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.**

**June 13 (Saturday) – 4<sup>th</sup> Annual Masonic Jamboree. 10 am to 3 pm. Location is Chandler Park, 6500 W 21st St, Tulsa, OK 74107. Masons, family and friends are welcome. No charge. Lots of activities for adults and children.**

**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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