

May 1, 2026, #148

Dear Brethren and Friends,

Special Announcements:

Sickness & Distress:

Continued prayers for W.: Jim Parham. I received a text from April Parham and they were back at Saint Francis ER today. I don't have any additional information at this time. Please remember Jim and April in your prayers.

4th Annual Masonic Jamboree has been moved from Saturday, June 13 to Saturday, July 11, 2026. Still at Chandler Park. Please mark your calendars.

May 2 (Saturday) – Camp Bandage Child ID program. Need volunteers to be there by 11:30 am. Central Park on Main, 1500 S. Main, Broken Arrow, OK.

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

Fist of Fury!

Bruce Lee was a Chinese American martial artist. Born in San Francisco and raised in Hong Kong, he created a new martial arts philosophy called Jeet Kune Do. Dissatisfied with rigid traditional styles, Lee developed his own philosophy he called “The Way of the Intercepting Fist”, focusing on efficiency, speed and adaptability.

He gained fame as an actor in the “The Green Hornet” as the character Kato. He later starred in movies such as Fist of Fury and became an internationally known martial artist. Other movies included “Way of the Dragon” and “Enter the Dragon”.

He died young, at the age of 32 due to a reaction to medication. Even at this young age, he was considered the most influential martial artist of the 20th century.

He combined the physical aspects of martial arts with a mental philosophy which boiled down to these principles:

- **“As you think, so shall you become.”**
- **“Absorb what is useful, discard what is not...”**
- **“Knowing is not enough, we must apply.”**

He also used affirmations to train his mind. Such as:

- **I am the Best**
- **I can do it alone.**
- **God is always with me.**
- **I am a winner.**
- **Today is my day.**

Try saying these affirmations every morning and see how you feel in a couple of weeks about your life.

Studies using brain imaging show affirmations can activate areas like the ventromedial prefrontal cortex which is involved in self-related thinking and reward processing. This type of exercise also influences what you notice during the day. This is the concept of confirmation bias where your brain naturally looks for evidence that supports what you believe.

Also watch the way you speak to yourself during the day:

Instead of saying “This is a disaster”, say “This is tough but manageable”.

Instead of saying “I always mess up” say “I’m learning and improving”.

Harsh or repetitive negative self-talk can reinforce patterns linked to things like anxiety disorders or low mood.

Your brain doesn’t ignore what you say to yourself — it *learns from it*.

Our ritual is a form of self-talk. The memorization we do helps us to instill our teachings in our actions. More than once, I have found myself saying something out of our ritual as part of an everyday conversation. It is the same with reading great books. If you study something long enough, it becomes part of your vocabulary.

Lord, teach us to give ourselves some grace during the day when we are struggling. In His name I pray. Amen.

Lodge Calendar

May 2 (Saturday) – Camp Bandage Child ID program. Need volunteers to be there by 11:30 am. Central Park on Main, 1500 S. Main, Broken Arrow, OK.

May 5 (Tuesday) - Stated Meeting. Dinner at 6 pm, lodge at 7 pm.

May 12 (Tuesday) – Fellowcraft Degree. Dinner at 6 pm, degree to follow.

May 19 (Tuesday) - Stated Meeting. Dinner at 6 pm, lodge at 7 pm.

May 26 (Tuesday) – Master Mason Degree. Dinner at 6 pm, degree to follow.

July 11 (Saturday) – 4th 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.

Grand Lodge Activities – Open to the Public

May 20 (Wednesday) – 50-year pin presentation at Red-Fork Masonic Lodge, 1030 W 51st St., Tulsa

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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