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 THE QUESTION

What an unusual question to ask. In a recent conversation with Patricia, my wife, she mentioned that one of her patients had stated that he always chewed his food forty to fifty times before swallowing it. This even included his Jello. While this seemed an extreme effort on his part to digest his intake, it raised the question as to how we digest our every day thoughts and actions.

A definition for the verb “ to digest”is to think over or to absorb mentally . We all make decisions each and every day. And sometimes they are ones that really require a lot of attention as they may affect many, which we come in contact with.

But, what about the less complex decisions that we make each and every day? What about the “Jello” in our lies? Those “easy to make” decisions that seem almost unimportant in the daily process. Do we approach them with the same persistence that was required on the more important actions of the day? While they seem to be effortless tasks for some of us, qwe never know when the “ Jello” may become more than we want to cope with.

So, if we approach each of our daily actions with equal tenacity, we can be assured we will be as firm in our Masonic walk, as that “Jello” was after it was chilled.

Fraternally,

Bob