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LET IT REALLY SINK IN.....THEN CHOOSE.

John is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a natural motivator. If an employee was having a bad day, John was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

He replied, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or...you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or...I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or...I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested.

"Yes, it is," he said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life."

I reflected on what he said. Soon hereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard that he was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, he was released from the hospital with rods placed in his back. I saw him about six months after the accident.

When I asked him how he was, he replied, "If I were any better, I'd be twins...Wanna see my scars?"

I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place.

"The first thing that went through my mind was the well-being of my soon-to-be born daughter," he replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or...I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.

He continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man'. I knew I needed to take action."

"What did you do?" I asked.

"Well, there was a big burly nurse shouting questions at me," said John. "She asked if I was allergic to anything. 'Yes, I replied.' The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Gravity!' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'"

He lived, thanks to the skill of his doctors, but also because of his amazing attitude...I learned from him that every day we have the choice to live fully.

Attitude, after all, is everything... Therefore do not worry about tomorrow, for tomorrow will worry about itself.

Each day has enough trouble of its own.' Matthew 6:34

I received this e-mail and it made me think of my Life. Uncanny story... I have always endeavored to see the good in everything and everyone. Getting upset or stressed out over the little things; even losing an arm, takes too much energy out of you. Don't get me wrong, its work. But, once you've chosen to live a positive life, the rest is easy. I thank God every day for letting me continue my Life in this world. I am so lucky to be able to enjoy all the Love and Affection from my Family and Friends.

Thank you All

John Shaughnessy

One Nation Under God

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Rainbow	3	4 7pm trip to Pleasanton Lodge	5 6:30 Dinner and stated meeting	6	7
8	9 OES 6:45 trip to Tracy Lodge	10 Demolay	11 Practice 2 nd Degree 7pm	12 2 nd Degree 7pm	13	14 Demolay installation
15	16 Rainbow	17 OSI 7pm	18 6:30 Sweetheart dance	19 Practice 7pm	20 Foyer painting	21 Inspectors seminar Final Painting of Foyer
22 Rainbow TNT	23 OES	24 Demolay	25	26 Practice 7pm	27	28

Upcoming Events: March 14- Tyrian trip to Jackson Rancheria, May-June Golf Tourney

Officers of the Lodge

Worshipful Master: Bob Monroe (Mary)

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Trestle Board

Tyrian Lodge #439 F&AM February 2009

Worshipful Master's Word



Faith Hope Charity

Hello Brethren,

Once again our Crab feed was a success. Thanks to Brother Alex Schmidt's careful planning, and the execution of the set-up, cooking, serving, bar, silent auction, and clean-up crews. Naturally thanks to everyone that bought tickets and helped with donations. The proceeds from this will help us help our community.

Nothing turns me off more, than an organization constantly asking for financial support. In these hard times, I will have to ask for help also. Our facility is in desperate need of some repairs and upgrades, and we do not have the rental income of the past. I am planning some activities, where we will hopefully realize a profit while delivering something in return. You will also notice a "Building Fund Donation" can or jar at all functions. If you able to help please do so, if not, please continue to offer you fellowship, that is the greatest gift you can give the fraternity.

We had a double degree on the 15th of January. Bill and Codi Hutchins, father and son, received the second degree of Masonry.... Congratulations Gentlemen!

February 18, 2009 at, 6:30pm, is the Sweetheart Dinner. This is open to everyone and honors our "Special Ladies". Please make reservations early with Katie Lacy. The Golf Tournament date is in question... something about them moving the 18th hole. More info will follow; the tournament still should be in May or June. Keep talking it up, we need golfers. If you feel lucky, please keep March 14th open, for a trip to Jackson Rancheria. We will visit Pleasanton Lodge February 4th. We will car pool from the Lodge at 7:00pm. We will also visit Tracy Lodge on February 9th. We will car pool from the Lodge at 6:45pm.

Once again the great cooks of Tyrian #439 have come through, we only need cooks for Public Schools Night, April 16th, Constitutional Night, September 24th, and the November Stated meeting on the 6th. Stephen Pearson will be cooking up some of his wonderful Gumbo for the February Stated meeting on the 5th, please come and join us.

Fraternally,

Bob Monroe

Worshipful Master, Tyrian Lodge #439