



Images of Architecture from Bulgaria

The background pictures used throughout this booklet are of buildings throughout Bulgaria. Cathedrals, homes, government buildings, and monuments; the images have been stylized to highlight light and architectural lines.

Alexandria—Washington Lodge No. 22, AF&AM
George Washington Masonic National Memorial
101 Callahan Drive, Alexandria, Virginia 22301

Stated Communication, Second Thursday, 7:30 p.m.

www.AW22.org



2022 Calendar Program of Work

Denislav Valeriev Dantev, Worshipful Master
Magnitudine Fidem



2022 Lodge Officers

Wor. Denislav Valeriev Dantev.....Worshipful Master
Mobile: 703-649-1509, Email: Master@AW22.org
 Bro. David Gabriel Bella.....Senior Warden
 Bro. Nelo Allen Hamilton, Jr.....Junior Warden
 Wor. Michael Lee Bailey, PM.....Treasurer
 Wor. Daniel Elias Froggett, PM.....Secretary
101 Callahan Drive, Alexandria, Virginia 22301, Secretary@AW22.org
 Rt. Wor. Granville Clayton "Jack" Canard, Jr., PDDGM.....Secretary Emeritus
 Bro. Phillip Adam Smartt.....Senior Deacon
 Bro. Jonathan Joseph Siudmak.....Junior Deacon
 Bro. Abdullah Khodadad.....Chaplain
 Bro. Ronald Earl Craft, Jr.....Senior Steward
 Bro. Pascal Bussiere.....Junior Steward
 Bro. Christopher Gared Sterbling.....Marshal
 Bro. Sean Phillip O'Shea.....Musician
 Wor. Pablo Alejandro Rocha, PM.....Tiler



December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6:30 p.m. Ritual School	2	3
4	5	6	7	8 6:30 p.m. Dinner 7:30 p.m. Stated	9	10
11	12	13	14 8:00 a.m. Wreath Laying at Mt. Vernon	15 6:30 p.m. Ritual School	16	17
18	19	20	21	22	23	24 Christmas
25	26	27 7:30 p.m. Officer Installation	28	29	30	31

WASHINGTON'S MEMORIAL SERVICE

December 26, 1799, the House of Representatives convened in its chamber in Congress Hall in Philadelphia, before somberly proceeding to the city's German Lutheran Church to attend a memorial Joint Session for former President George Washington who had died of a throat infection on December 14 at his Mount Vernon home in Virginia. Major General Henry Lee—Washington's military protégé and a Member of the House from Virginia in the 6th Congress (1799–1801)—delivered a spirited oration to an audience of 4,000 mourners, which included President John Adams and his wife, Abigail.

"Where shall I begin in opening to your view a character throughout sublime?" Lee said. "Shall I speak of his warlike achievements, all springing in obedience to his country's will—all directed to his country's good?" He then traced Washington's military accomplishments in the French and Indian War and the Revolutionary War, and his service to his nation out of military uniform—culminating in eight years as the first U.S. President. Washington, Lee intoned, had been "First in war, first in peace, and first in the hearts of his countrymen." At the conclusion of the service, Members of the House returned to their chamber where they adjourned for the remainder of the day.



Henry Lee of Virginia, known as Light Horse Harry, served in the 6th Congress (1799–1801). Lee, who served under then General George Washington as a famed cavalryman in the Continental Army, delivered Washington's eulogy before a Joint Session of Congress.
Picture courtesy of Stratford Hall.



DENISLAV VALERIEV DANTEV

161st Master of Alexandria - Washington Lodge, No. 22

"Magnitudine Fidem - Fidelity and Magnanimity"

Fidelity means faithfulness to a person, cause, or belief demonstrated by continuing loyalty and support. The foundation of Freemasonry is the fidelity of its members. Fidelity also means the degree of exactness with which something is copied or reproduced. As a Craft we seek to reproduce the tenets and characteristics of good Masons in more men every year, but in an even more literal sense, as a strong believer and supporter in our ritual, fostering fidelity in its perpetuation is important to me.

Magnanimity summarizes many of the excellent tenets of our craft better than most. That quality, or combination of qualities, in character which enables one to encounter danger and trouble with tranquility and firmness, to disdain injustice, meanness and revenge, and to act and sacrifice for noble objects. Magnanimity is being generous, either literally or in spirit. Charitable generosity is something our institution is well known for, but being magnanimous goes beyond that, it means to be forgiving. When you rise above your anger and forgive someone who may not deserve to be forgiven, this generosity of spirit is an especially Masonic example of magnanimity.

There are many aspects of our ritual and obligations which encourage us to be magnanimous. We are taught to discipline ourselves to listen rather than argue, to give freely rather than questioning how a recipient will use our gift, and, most importantly, to seek to find those similarities among us that draw us together rather than focus on the differences which drive us apart. These actions are magnanimity. It is a hard word for many people to grasp or even say, but that is fitting, because living magnanimously is equally challenging.

Throughout 2022, the Lodge will provide educational presentations around health and wellness to teach us to be better able to take care of ourselves and be a resource to each other. To exude fidelity and magnanimity, we must keep our vehicles in good working order – mentally, physically, and spiritually.

FRATERNAL AFFILIATION & MENTAL HEALTH

As we continue to navigate a world in pandemic, research shows that members of fraternal organizations are reporting higher levels of positive mental health and decreased rates of depression and anxiety. You may be thinking, "How are those results happening in the fraternal realm when most of the rest of the world is struggling?"

THE PANDEMIC'S TOLL ON MENTAL HEALTH

According to the Centers for Disease Control and Prevention, the COVID-19 pandemic has created challenges for all of us that can be stressful, overwhelming, and can cause strong emotions. Public health actions like social distancing can make us feel isolated and lonely and can increase stress and anxiety.

HAVING A FRATERNAL AFFILIATION CAN HELP

Fraternal organizations provide members with opportunities for growth and development, including personal and professional support as well as meaningful and impactful connections. Those connections and opportunities are the kinds of things the experts are touting as ways to cope with the stress and anxiety brought on by the pandemic. Our engaged members report higher levels of positive mental health because of the built-in support systems and ways to engage with one another. We also have an opportunity to partner with our Lodges to improve our local communities.

The pandemic has taken a great deal from all of us, but as we come out on the other side, can we not use our existing organizations to make things better?



November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 <i>Grand Annual Communi- cation</i>	4 <i>Grand Annual Communi- cation</i>	5 <i>Grand Annual Communi- cation</i>
6	7	8	9	10 <i>6:30 p.m. Dinner 7:30 p.m. Stated</i>	11	12
13	14	15	16	17 <i>6:30 p.m. Ritual School</i>	18	19
20	21	22	23	24 <i>Thanksgiv- ing</i>	25	26
27	28 <i>7:00 p.m. Esoteric Corner</i>	29	30			

THANKSGIVING PROCLAMATION OF 1789

by the President of the United States of America, a Proclamation.

Whereas it is the duty of all Nations to acknowledge the providence of Almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor— and whereas both Houses of Congress have by their joint Committee requested me to recommend to the People of the United States a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many signal favors of Almighty God especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness.

Now therefore I do recommend and assign Thursday the 26th day of November next to be devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be— That we may then all unite in rendering unto him our sincere and humble thanks—for his kind care and protection of the People of this Country previous to their becoming a Nation—for the signal and manifold mercies, and the favorable interpositions of his Providence which we experienced in the course and conclusion of the late war—for the great degree of tranquility, union, and plenty, which we have since enjoyed—for the peaceable and rational manner, in which we have been enabled to establish constitutions of government for our safety and happiness, and particularly the national One now lately instituted—for the civil and religious liberty with which we are blessed; and the means we have of acquiring and diffusing useful knowledge; and in general for all the great and various favors which he hath been pleased to confer upon us.

and also that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech him to pardon our national and other transgressions—to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually—to render our national government a blessing to all the people, by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed—to protect and guide all Sovereigns and Nations (especially such as have shewn kindness unto us) and to bless them with good government, peace, and concord—To promote the knowledge and practice of true religion and virtue, and the encrease of science among them and us—and generally to grant unto all Mankind such a degree of temporal prosperity as he alone knows to be best.

Given under my hand at the City of New York the third day of October in the year of our Lord 1789. — George Washington



January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Year's Day
2	3	4	5	6 6:30 p.m. Ritual School	7	8
9	10	11	12	13 6:30 p.m. Dinner 7:30 p.m. Stated	14	15
16	17 Martin Luther King Jr. Day	18	19	20 6:30 p.m. Ritual School	21	22
23	24 7:00 p.m. Esoteric Corner	25 6:30 p.m. Masters & Wardens Association	26	27 6:30 p.m. District Ritual School	28	29
30	31					

Right Worshipful Daniel Martin Clark is serving as the 2022 District Deputy Grand Master for Masonic District 1A. A Past Master (2002), Treasurer, and Marshal of the Lodge, Rt. Wor. Clark is also currently serving as a Trustee.



The celebration of George Washington's 290th Birthday will begin Monday, February 21, 2022, with participation in the Alexandria George Washington Birthday Parade. Festivities will continue on the February 22:

- * Wreath Laying at Washington's Tomb. Arrive at the Mount Vernon traffic circle by 7:45 a.m., ceremony at the Tomb will begin at 8:00 a.m.
- * George Washington Birthday Dinner. Featuring a to be announced guest speaker, the dinner will begin at 6:00 p.m. and tickets will be \$40. Open to friends and family.
- * Friends and Family Entertainment, following dinner, entertainment will be provided for those attending who are not Master Masons.
- * George Washington Birthday Stated Communication will be held in the Lodge room following dinner.

The George Washington Masonic National Memorial Association will hold its annual gala February 26, 2022.



October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 6:30 p.m. Ritual School	7	8
9	10 Columbus Day	11	12	13 6:30 p.m. Dinner 7:30 p.m. Stated	14	15
16	17	18	19	20 6:30 p.m. Ritual School	21	22
23	24 7:00 p.m. Esoteric Corner	25 6:30 p.m. Masters & Wardens Association	26	27 6:30 p.m. District Ritual School	28	29
30 GLOVA Founder's Day	31 Halloween					

GRAND LODGE OF VIRGINIA HISTORY

The Grand Lodge of Virginia was established on October 30, 1778. There were nine chartered Lodges known to have been invited to participate in the organization of the Most Worshipful Grand Lodge, A.F. & A.M., of the Commonwealth of Virginia. How long these Lodges have been functioning has not been established. They had been chartered by the Grand Lodges of Scotland, England, and Ireland. That Masonry almost certainly was operating in Virginia prior to the establishment of any chartered Lodge seems very probable, though documentary proof is wanting.

Responding to a proposition from Williamsburg Lodge suggesting that the officers of the Lodges, or their deputies, meet in Williamsburg, for the purpose of choosing a Grand Master for the State of Virginia, delegates met in Williamsburg on May 6, 1777. It was the unanimous opinion of the convention that a Grand Master ought to be chosen to preside over the Craft in Virginia. A committee was appointed to prepare a statement giving the reasons for such action. It was recommended that His Excellency, General George Washington, was a proper person to fill the office of Grand Master. However, if the individual Lodges should prefer some other person, they were to notify Williamsburg Lodge. If no selections had been made by June 1, 1778, a convention, to be called by the Master of Williamsburg Lodge, should proceed to elect a Grand Master.

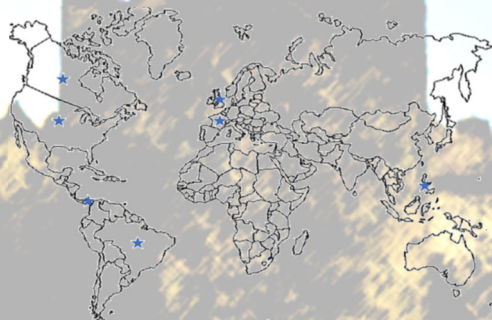
Right Worshipful James Mercer called the convention for the 13th day of October, 1778. The meeting was held agreeably to the call. After its organization, the convention proceeded to the election of a Grand Master. The installation of Grand Lodge Officers occurred on October 30, 1778, at which time there was a good attendance of Brethren from the several Subordinate Lodges.



February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 6:30 p.m. Ritual School PA Warrant 1783	4	5
6	7	8	9	10 6:30 p.m. Dinner 7:30 p.m. Stated	11	12
13	14	15	16	17 6:30 p.m. Ritual School	18	19
20	21 Alexandria George Washington Birthday Parade	22 8:00 a.m. Wreath Laying at Mt. Vernon 6:30 p.m. Dinner 7:30 p.m. Stated	23	24 6:30 p.m. District Ritual School	25	26 GWMNMA George Washington Birthday Gala
27	28 7:00 p.m. Esoteric Corner					

Masonry is a universal language that encircles the globe. The greatest demonstration of fidelity and magnanimity is the hospitality that one Mason affords another at any Lodge room in the world. Recognizing the international roots of the Worshipful Master and the global membership of Alexandria—Washington Lodge, it is our hope to have an international Grand Master join us for Stated. The ongoing pandemic has impeded these plans, but the speaker will be announced at a later date.



Our Lodge has averages about 300 members. While our Lodge does display a great diversity in thought, traditional metrics for defining diversity would consider us homogenous. The membership of the Lodge includes members of African American, Latino, and Asian descent, but most are of Caucasian European descent. Religiously, some members practice Islam, Judaism, and Buddhism, but most members are Christian. The vast majority of members (70%) live in Virginia, but AW22 has members in at least 31 states and seven countries on four continents.



September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6:30 p.m. Ritual School	2	3
4	5 Labor Day	6 Lafayette's Birthday	7	8 6:30 p.m. Dinner 7:30 p.m. Stated	9	10
11	12	13	14	15 6:30 p.m. Ritual School	16	17
18	19	20	21	22 6:30 p.m. Ritual School	23	24
25	26 7:00 p.m. Esoteric Corner	27	28	29 6:30 p.m. District Ritual School	30	

WHAT DOES "SPIRITUAL WELLNESS" MEAN?

Spiritual Wellness means making time to contemplate your purpose in life and achieving greater mindfulness. Contemplating your purpose in life helps put you in touch with your potential to create, to affect change, and to proliferate good things in the world. For Freemasons, connecting with a greater purpose strengthens morale and encourages unity. Achieving greater mindfulness is necessary in order to locate yourself as a member of a community. No man is an island, which means every person has significance and importance to others, including family members, friends, peers, your neighbors, and beyond. Spiritually well individuals sense their connection to others within and without their sphere of influence.

Spiritual wellness means achieving harmony with one's surroundings and balancing one's personal needs with the needs of others. Harmony with one's surroundings is achieved when one's actions align agreeably with the environment to the benefit of all within it. Considering the impact of your actions on your world can expand your perspective and inspire acts of kindness, compassion, tolerance, and altruism. Balancing one's personal needs with the needs of others is part of fostering healthy relationships. Spiritually well individuals consider the needs of others in relation to their own needs so that they are neither acting only in self-interest nor draining themselves.

Spiritual wellness means having personal values and beliefs and acting compassionately in accordance with those values. Acting compassionately is the physical expression of spiritual intention. Examples of compassionate action include prayer, efforts to find understanding in the midst of conflict, mentoring a peer, expressing love and affection, and other acts that cultivate mutual respect and nurture unity.



March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 6:30 p.m. Ritual School	4	5
6	7	8	9	10 6:30 p.m. Dinner 7:30 p.m. Stated	11	12
13	14	15	16	17 St. Patrick's Day	18	19
20	21	22	23	24 6:30 p.m. District Ritual School	25	26
27	28 7:00 p.m. Esoteric Corner	29	30	31 6:30 p.m. Ritual School		



August 2022

GEORGE WASHINGTON ESSAY CONTEST

Wor. Nikolov started the George Washington Essay Contest in 2019 to engage Masonic Youth in the study of Washington. This year, the program will expand, including students from across the region. The leadership lessons and moral character of Washington are important for every student to learn, regardless of Masonic affiliation. Essay winners will receive a cash prize and be invited to read their winning works to the Lodge previous to the April Stated Communication.

CHARTER MONTH

Our Lodge celebrates many birthdays! We received our initial Warrant from the Grand Lodge of Pennsylvania February 3, 1783. The Lodge later joined the Grand Lodge of Virginia, receiving its charter April 28, 1788. George Washington was asked to be Charter Master of the Lodge and agreed to serve in the post. It is notable that he had previously turned down the role of Grand Master of Masons in Virginia, feeling he had not the credentials nor time. His accepting the role of Worshipful Master at AW22 demonstrates his firm attachment to the Alexandria Community and an understanding of the credibility his name lent to the Craft. While his duties in the burgeoning nation kept him from being physically present in Lodge for the majority of his life, he always maintained contact with the brethren. Following his death, the Lodge requested that Washington's name be included in its title, which was ultimately granted for a third Lodge birthday in 1805.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 <i>6:30 p.m. Ritual School</i>	5	6
7	8	9	10	11 <i>6:30 p.m. Dinner 7:30 p.m. Stated</i>	12	13
14	15	16	17	18 <i>6:30 p.m. Ritual School</i>	19 <i>Reid J. Simmons Academy</i>	20 <i>Reid J. Simmons Academy</i>
21	22 <i>7:00 p.m. Esoteric Corner</i>	23	24	25 <i>6:30 p.m. District Ritual School</i>	26	27
28	29	30	31			

The George Washington Masonic National Memorial Association Board of Directors is comprised of Past Grand Masters selected from those Grand Jurisdictions who contribute annually to the Memorial, the Memorial's Executive Director, and a representative from AW22. Those Grand Jurisdictions include:

- Grand Lodge, F&AM of the District of Columbia
- Grand Lodge, AF&AM of North Dakota
- Grand Lodge, F&AM of Michigan
- Grand Lodge, F&AM of Alaska
- Grand Lodge, AF&AM of Virginia
- Grand Lodge, AF&AM of Maryland
- Grand Lodge, F&AM of Washington
- Grand Lodge, AF&AM of Massachusetts
- Grand Lodge, AF&AM of Nebraska
- Grand Lodge, F&AM of New Jersey
- Grand Lodge, F&AM of New Hampshire
- Grand Lodge, AF&AM of Oklahoma
- Gran Logia Soberana de Libres y Aceptados Ma-sones de Puerto Rico
- Grand Lodge, F&AM of Wisconsin
- Grand Lodge, F&AM of Utah
- Grand Lodge, AF&AM of Oregon
- Grand Lodge, AF&AM of Wyoming
- Grand Lodge, F&AM of Rhode Island and Providence Plantations
- Grand Lodge, F&AM of Indiana
- Grand Lodge, AF&AM of Idaho
- Grand Lodge, F&AM of Nevada
- Grand Lodge, AF&AM of Delaware
- Grand Lodge, AF&AM of Connecticut
- Grand Lodge, AF&AM of Maine
- Grand Lodge, F&AM of Kentucky
- Grand Lodge, F&AM of Louisiana
- Grand Lodge, F&AM of California
- Grand Lodge, F&AM of Hawaii
- Grand Lodge, F&AM of Arizona
- Grand Lodge, F&AM of Pennsylvania
- Grand Lodge, F&AM of Tennessee
- Grand Lodge, AF&AM of Missouri
- Grand Lodge, AF&AM of South Dakota
- Grand Lodge, AF&AM of North Carolina
- Grand Lodge, F&AM of Ohio



April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 6:30 p.m. Ritual School	8	9
10	11	12	13	14 6:30 p.m. Dinner 7:30 p.m. Stated	15	16
17 Easter	18	19	20	21 6:30 p.m. Ritual School	22	23
24	25 7:00 p.m. Esoteric Corner	26 6:30 p.m. Masters & Wardens Association	27	28 Virginia Charter 1788 6:30 p.m. District Ritual School	29	30

THE GEORGE WASHINGTON MASONIC NATIONAL MEMORIAL

The groundbreaking ceremony took place on June 5, 1922. Louis A. Watres, President of the Memorial Association and Past Grand Master of Pennsylvania, and Charles H. Callahan, Past Master of Alexandria-Washington Lodge № 22, and a future Grand Master of Virginia participated in the ceremony. Despite the great expense, the Memorial Association was determined not to borrow money. Construction only proceeded as money was collected for each stage of the project.

On November 1, 1923, the Memorial's cornerstone was dedicated in a Masonic ceremony. President Calvin Coolidge, former President and Chief Justice William H. Taft and numerous other dignitaries performed the ceremony before a crowd of thousands of Freemasons from around the nation. The onset of the Great Depression did not stop work on the Memorial. For over 10 years, Freemasons steadily and faithfully contributed to the construction of the Memorial. On May 12, 1932, the bicentennial year of George Washington's birth, the dedication of the Memorial took place with President Herbert Hoover participating.

After World War II, work on the Memorial's interior began in earnest. By 1970, the George Washington Masonic National Memorial was completed. In 1999, the large Square and Compasses emblem was added to the front lawn, a visible sign to the Masonic nature of the Memorial.



July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>American Independence Day</i>	5	6	7 <i>6:30 p.m. Ritual School</i>	8	9
10	11	12	13	14 <i>Bastille Day 6:30 p.m. Dinner 7:30 p.m. Stated</i>	15	16
17	18	19	20	21 <i>6:30 p.m. Ritual School</i>	22	23
24	25 <i>7:00 p.m. Esoteric Corner</i>	26 <i>6:30 p.m. Masters & Wardens Association</i>	27	28 <i>6:30 p.m. District Ritual School</i>	29	30
31						

PRINCE HALL MASONRY IN ALEXANDRIA

Prince Hall Masonry originated in Massachusetts in 1775 when a Lodge attached to the British Army initiated Prince Hall and 14 other free Black men as Freemasons. Universal Lodge No. 1, the first Prince Hall Lodge in Virginia, was established in Alexandria on February 5, 1845. According to tradition, founders William Dudley, Benjamin Crier, and Sandy Bryant were seamen who had become Masons in Liverpool, England, in the 1830s. They later joined Social Lodge No. 1 in Washington, DC, and worked to charter a new Lodge across the Potomac River. Before the Civil War, Universal Lodge No. 1 met secretly in a house on South Royal Street in Hayti, a Black enclave in the City of Alexandria.

BASTILLE DAY AND LAFAYETTE

When the Bastille was stormed in the French Revolution, July 14, 1789, there were supposed to be about 400 keys. As Bastille Day is revered as a day of French independence, the keys that once locked the notorious prison are considered emblems of freedom. The final destination of many of those keys is uncertain. However, two are in Alexandria, Virginia. The first was a gift from the Marquis de Lafayette to George Washington in 1790. This key is prominently hung in the central passageway of Mount Vernon to this day. The second was gifted from Lafayette to Alexandria—Washington Lodge. Lafayette became a member of the Lodge and participated in at least two dinners with its members during his tour of the United States that began in 1824.



May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 6:30 p.m. Ritual School	6	7
8 Mother's Day	9	10	11	12 7:30 p.m. Stated Memorial Tour, din- ner follows	13	14
15	16	17	18	19 6:30 p.m. Ritual School	20	21
22	23 7:00 p.m. Esoteric Corner	24	25	26 6:30 p.m. District Ritual School	27	28
29	30 Memorial Day	31				

PHYSICAL WELLNESS & MARTIAL ARTS

presented by Wor. Alton Miller

Yuen Kay San (YKS) Wing Chun, also known as Canton Wing Chun, is a practical fighting system which focuses on rapidly destabilizing and disabling an opponent. Unlike karate or many other martial arts, wing chun is both an “internal and external system” which relies on technique, reflexes, body positioning, and rapid strikes to critical points rather than strength. While strength can be helpful in most situations, finesse, not force, is the focus. Wing Chun was initially established over 300 years ago by a woman to defeat larger and stronger male opponents through redirection and precision strikes to vulnerable areas. Wing Chun is an art and science, which relies on mental and dynamic capacity, and can be pursued and improved upon over a lifetime. Because wing chun was developed to apply body structure and positioning to overcome a larger and stronger opponent’s strength, it is ideal for self-defense, regardless of gender, strength, or size. Practitioners train in various positions to develop structure, balance, posture, centeredness, and an ‘explosive’ spring which powers short, fast, yet powerful strikes. There are no set combinations for an opponent to anticipate; everything is in the moment. Every movement made by an aggressive opponent determines how and when the wing chun practitioner’s body responds to protect itself from potentially life-threatening harm.



June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 6:30 p.m. Ritual School	3	4
5 GWMNM Ground- breaking Centennial	6	7	8	9 6:30 p.m. Dinner 7:30 p.m. Stated	10	11
12	13	14	15	16 6:30 p.m. Ritual School	17	18
19 Father's Day	20 Juneteenth	21	22	23 6:30 p.m. Ritual School	24 7:00 p.m. St. John's Day Table Lodge	25
26	27 7:00 p.m. Esoteric Corner	28	29	30 6:30 p.m. District Ritual School		