

Master's Message

Brethren—

Hello and Happy New Year to everyone! I hope you had a wonderful time with your friends and loved ones throughout the holidays. As you know, we had our installation of officers a few days ago on December 27 and I am very proud to be addressing you today as the newly installed Worshipful Master of Alexandria-Washington No. 22. I would like to convey a thank you, on behalf of the newly installed officers, to all who were able to attend the installation. To all of you Brethren, who were unable to attend, I hope we get to see more of you in the months to come.

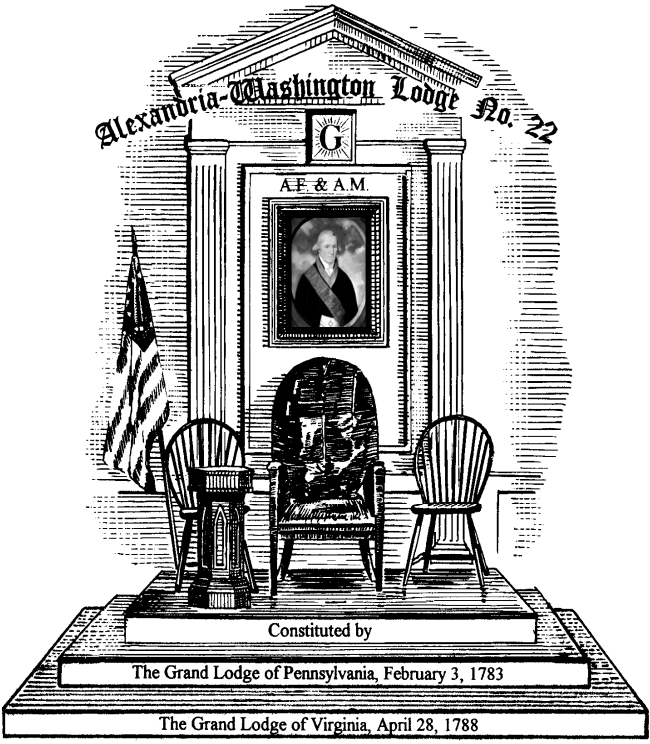
Our January stated is approaching fast and I look forward to seeing you all there. Although the Grand Master has extended the COVID guidelines for our meetings, I am grateful that we are at least allowed to meet in person. I do hope that things will continue to normalize in the months to come and we will have the opportunity to get together and enjoy each other's company without fear of putting each other in danger.

With the new year, I look forward to a strong start of many Masonic activities. Our lodge ritual schools and catechism schools are starting on January 6th and unless otherwise specified, will be held every Thursday with the exception of our stated dinner date. I encourage all of you to attend these as much as you can. There are many new masons that took the one-day conferral classes, some of whom would like to learn the catechisms. Others have expressed interest in becoming catechism instructors, of which we need many more. During the catechism schools we will be working with anyone and everyone, so long as they are willing to put in the work.

I look forward to seeing you soon Brethren!



Sincerely & Fraternaly,
Denislav V. Dantev
Worshipful Master
Master@AW22.org
703-649-1509



WWW.AW22.ORG

Lodge Bulletin

JANUARY 2022



JANUARY 2022

January 1
Happy New Year!

January 6
6:30 p.m. Lodge Ritual School, MM

January 13
6:30 p.m. Fellowship Dinner
7:30 p.m. Stated Communication

Mental Health

The tiled meeting will follow the public program.

January 17
Martin Luther King Jr. Birthday

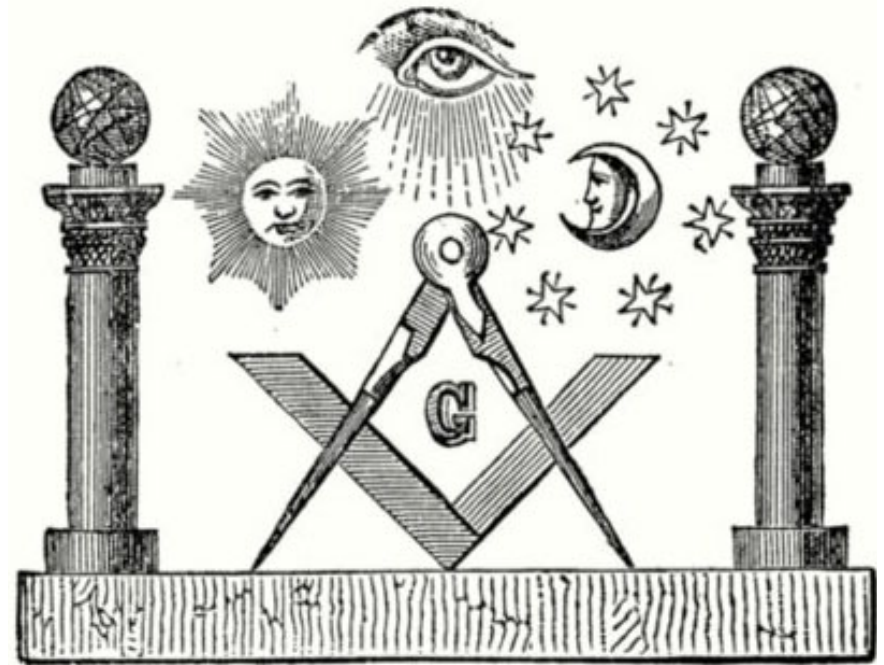
January 20
6:30 p.m. Lodge Ritual School

January 24
7:00 p.m. Esoteric Corner

January 25
6:30 p.m. Masters and Wardens Association Meeting, hosted by
Henry Knox Field – John Blair Lodge, No. 349, at the Alexandria
Scottish Rite

All Master Masons welcome.

January 27
6:30 p.m. District Ritual School
Location will be announced via email.
All Master Masons are encouraged to attend.



Bill of Fare

JANUARY 13, 2022

SPINACH STUFFED CHICKEN BREAST

Chicken stuffed with spinach and provolone cheese topped
with a creamy parmesan sauce

GRILLED SALMON FILLET

WITH LEMON-BUTTER CAPER SAUCE

Grilled salmon fillet with lemon-butter sauce

GARLIC ROASTED BROCCOLI

Oven roasted broccoli with garlic and olive oil

ROAST RED POTATOES

Over roasted red potatoes in olive oil and sea salt

Suggested Donation \$10.00

Please RSVP to Reservations@AW22.org

Happy Birthday

Happy Masonic Birthday to the following brethren!

- Brother Billy Gene Blazer
January 6, 1966 - 56 years
- Worshipful James Berkley Stone
January 30, 1967 - 55 years
- Most Worshipful Donald Maynard Robey
January 29, 1968 - 54 years
- Right Worshipful Michael Jean King
January 30, 1973 - 49 years
- Brother Jonathan Solomon Ruskin
January 3, 1974 - 48 years
- Most Worshipful William Edward Hershey Jr.
January 30, 1976 - 46 years
- Right Worshipful Daniel Martin Clark
January 18, 1980 - 42 years
- Brother John Stephen Ryan
January 15, 1986 - 36 years
- Brother Thomas Jefferson Penn Jr.
January 12, 1988 - 34 years
- Brother Mete Yilmaz
January 27, 1992 - 30 years
- Worshipful James McHenry Stevenson
January 12, 1998 - 24 years
- Brother David Brainard Crist
January 22, 2001 - 21 years
- Brother Dimitar Plamenov Petrov
January 16, 2010 - 12 years
- Brother Matthew Dean Russell
January 16, 2010 - 12 years
- Worshipful Michael Thomas Huff
January 24, 2012 - 10 years
- Brother Matthew Charles Ziegler
January 24, 2012 - 10 years
- Brother Konstantin Victorovich Boyko
January 4, 2018 - 4 years

Mental Health Awareness



Mental Health Awareness Month has been observed every May since 1949, which reminds us that mental health is an important part of overall health and well-being. But what does the term “mental health” really mean? Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is

important at every stage of life, from childhood and adolescence through adulthood.

One of the most rewarding aspects of my job as a mental health professional is to see the expression on the face of a client when they realize that they are not alone in what they are struggling with. This can be upon learning how common their diagnosis is from their therapist, while talking to a support group member, or simply after a loved one shares that they too have had similar struggles. It makes them feel more normal and less alone, which makes them feel more comfortable delving into how they’re really doing psychologically. Safety in numbers if you will.

It can be harder to “see” when someone is struggling with a mental health disorder. This is why people of all ages need to feel safe and supported in sharing that even though they may seem to be “okay” on the outside, they are, in fact, struggling on the inside. They need to know that it doesn’t make them weak, rather, it makes them courageous to ask for help. The American psychologist Carl Rogers once said, “True empathy is always free of any evaluative or diagnostic quality. This comes across to the recipient with some surprise. If I am not being judged, perhaps I am not so evil or abnormal as I have thought.”

According to the National Institute of Mental Health, mental health disorders account for several of the top causes of disability in established market economies, such as the US. An estimated 26% of Americans ages 18 and older – about 1 in 4 adults – suffers from a diagnosable mental disorder in a given year, and many people suffer from more than one mental disorder at a given time. Depressive illnesses tend to co-occur with substance abuse and anxiety disorders, women are nearly twice as likely to suffer from major depression than men, and men and

women are equally likely to develop bipolar disorder. Approximately 18% of people ages 18-54 have an anxiety disorder in a given year. Anxiety disorders include: panic disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), generalized anxiety disorder (GAD), and phobias (social phobia, agoraphobia, and specific phobia).

When I was looking up statistics for this article, I was startled to learn that according the average delay between the onset of mental illness symptoms and treatment is 11 years (National Alliance on Mental Illness). 11 years! The first symptoms of OCD and Social Phobia often begin during childhood or adolescence, and the risk of GAD is highest between childhood and middle age. Panic disorder typically develops in late adolescence or early adulthood (hopkinsmedicine.org). It's clear to see the necessity of early intervention and prevention in these circumstances to foster wellness and mitigate the chances that a diagnosable mental health disorder develops.

Social support is important when you're learning how to cope with mental illness. We are social creatures, and need to feel seen, included, understood, and accepted. It hurts to feel rejected, shamed, or judged for what we are struggling with. Unfortunately the stigma that is often tied to a mental health diagnosis can be a big hurdle in this regard. People self-medicate with drugs or alcohol, they suffer in silence, or try to pretend they're okay when they're not. "Stigma" can be defined as "a mark of disgrace associated with a particular circumstance, quality, or person." In modern use the scar is figurative: stigma most often refers to a set of negative and often unfair beliefs that a society or group of people have about something. Most people who commit suicide have a diagnosable mental disorder — most commonly a depressive disorder or a substance abuse disorder. Four times as many men than women commit suicide, though women make more attempts (Johns Hopkins Medicine). The highest suicide rates in the U.S. are found in Caucasian men over age 85, and suicide is also one of the leading causes of death in adolescents and adults ages 15 to 24.

It can be incredibly difficult for an individual to acknowledge that they are in need of treatment for a mental health condition, and even more so to ask for help. I advocate that no matter the struggle, that we view each other through a lens of compassion, understanding, and acknowledgment that sometimes, it's okay to not be "okay."

Face your fears. Live with uncertainty. Take control of your life.

Jen Powell, LPC

Licensed Professional Counselor

Staff Therapist, Anxiety Specialists of Atlanta

2022 LODGE OFFICERS

Wor. Denislav Valeriev Dantev.....	Worshipful Master
<i>Mobile: 703-649-1509 Email: Master@AW22.org</i>	
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
<i>Phone: 703-549-9234 Email: Secretary@AW22.org 101 Callahan Dr., Alexandria, Va. 22301</i>	
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



BOARD OF TRUSTEES

Wor. Daniel M. Clark, PM.....	2022
Rt. Wor. Mark W. Underwood, PDDGM.....	2023
Bro. Jeffrey W. C. Conn.....	2024
Wor. James Berkely Stone, PM.....	2025
Wor. Jesse T. McMahan, V, PM.....	2026



LIVING PAST MASTERS ON THE ROLLS

1975	Donald M. Robey, PGM	2004	Frank S. Skwirut
1976	James B. Stone	2005	Jesse T. McMahan, V
1988	William A. Jones	2006	Thomas G. Little
1991	Earl C. Million	2007	Robert G. Watkins, PDDGM
1992	Granville C. Canard, JR, PDDGM	2009	Heber C. Willis, III
1995	George D. Seghers, PDDGM	2011	John P. Olson
1996,18	Mark W. Underwood, PDDGM	2012	Michael L. Bailey
1997	Walter L. Margeson, II	2013	Joshua D. Adler
1998	Philip J. Hays	2014	Robert T. Weston
1999,17	Michael P. Bible, PDDGM	2016	Stephen J. Pezzetti
2000	Terry L. Gigure	2019	Nikola N. Nikolov
2001	Brent N. Campbell	2020	Daniel E. Froggett
2002	Daniel M. Clark	2021	Michael T. Huff
2003	James M. Stevenson		