

May 2021

438 Skyline Vista Drive  
Front Royal, VA 22630

www.Unity146.org

# Unity Lodge No. 146

Chartered March 1870

## Trestleboard



*Behold how good and pleasant it is for Brethren to dwell together in Unity!*  
- Psalms 133.1 -

### UPCOMING DATES

**05/05** – Unity 146 Stated Communication @ 730p. **NO MEAL WILL BE SERVED**

**05/12, 05/19 & 05/26** – Blue Lodge Ritual Practice @ 630p

**05/29** – Unity Lodge Breakfast @ 8a – **CANCELLED**

**05/04** – Luray Commandery #19 – @ 730p **Virtual Meeting**

**05/07** – Order of the Eastern Star #6 @ 7p

**05/21** – RAC Hiram #45 @ 730p **Virtual Meeting**

**05/11 & 05/25** – Shenandoah Valley DeMolay @ 630p – **TBD**

**05/29** – Sojourners Meeting @ 8a – **TBD**

### TRAVELING MAN

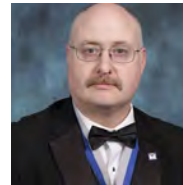
TBD

As we are beginning to come out of this Pandemic, I couldn't help but think of all those Brothers which have had problems coping with the lock downs, loss of work, volatile political climates and general unrest which plagues our Country. To this end, I read this article and wanted to bring it to your attention.

If you need me Brother, I am here.

God Bless,

Charles



Masonic education is not being prioritized, I wanted to instead focus on something else that is closer to home. The issue that I wanted to focus on is Mental Health. One in five people in the United States are affected by some form of mental health issue. (<https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>). According to afsp.org (<https://afsp.org/suicide-statistics/>), the below suicide statistics bear out that a main demographic of our members (falling in the middle-aged white men category), are at risk for death by suicide.

- The age-adjusted suicide rate in 2019 was 13.93 per 100,000 individuals.
- The rate of suicide is highest in middle-aged white men.
- In 2019, men died by suicide 3.63x more often than women.
- On average, there are 130 suicides per day.

- White males accounted for 69.38% of suicide deaths in 2019.

- In 2019, firearms accounted for 50.39% of all suicide deaths. 93% of adults surveyed in the U.S. think suicide can be prevented.

My concern is that we belong to a majority male-based organization, and that it is important to convey that we should in the exercise of brotherly love start treating Mental Health Awareness as a priority for our membership. Why? You might ask. The answer is simple, we have for the most part been conditioned as men to believe that we are not supposed to show weakness. This idea has been ingrained in us through our socialization, and the media we consume. We need to start to promote the idea that in the exercise of our brotherly love towards one another that it is okay for us to show emotion.

Continued —>

### Mental Health Awareness and Freemasonry

By **WB Darin A. Lahners**

One of the tag lines that we hear time and time again about Freemasonry is that it takes good men, and it makes them better. While I would normally launch into a diatribe about why that is not happening because

Hiram Royal Arch Chapter

No. 45



Order of the Eastern Star

No. 6



Unity Lodge No. 146  
AF & AM

Shenandoah Valley Chapter  
of the DeMolay



Luray Commandery

No. 19



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We need to promote the idea that the lodge should be a sacred space where we should be able to talk about our feelings and our mental health and be able to lean on each other for support. While our charities in Illinois through the Illinois Masonic Outreach program (<https://ilmasonicoutreach.org/>) do have wonderful programs, their website does not show any resources to assist our membership with any mental health issues they might be having. In fact, a quick google search engine search with the term: Illinois Freemason Mental Health brought up the Behavioral health resources available at the Advocate Illinois Masonic Medical Center, but scrolling through page after page of results, there was not a mention of the Illinois Grand Lodge. I suspect that many Grand Lodges also do not have resources in place to deal with what I feel is a health issue that directly impacts its membership.

I am one of these members. I have depression and some anxiety. I have dealt with depression for most of my life. Like others that struggle with depression, I have good days and I have bad days. I have been on anti-depressant medication for the past ten years, but it is only recently that after a long break, I again pursued behavioral cognitive therapy with the assistance of a Licensed Clinical Social Worker. Being a private person and being one of the men that had a false belief that showing my emotions or talking about my feelings was not being masculine; I went without seeking help for longer than I should. Recently, I reached a point where I realized that I needed help to deal with the emotions that I was feeling. Essentially, I reached a point where I decided that I could not truly use the common gavel to chip away at my rough ashlar if I was not using it in all areas of my life.

My hope in writing this article is to reach that one brother out there who might be feeling similar, and to show courage to them in saying: "You are not alone." You have brothers you can reach out to, or if you are uncomfortable with reaching out to people you know, I want to say, I am here. Email me ([darin.lahners@gmail.com](mailto:darin.lahners@gmail.com)) if you need someone to talk to. If you are truly in a dark place, having thoughts of self-harm; pick up the phone and call 800-273-8255 or visit <https://suicidepreventionlifeline.org/>. I would challenge the rest of the brethren out there to not be afraid to ask your brothers how they are doing, and if you suspect something is going on with them to encourage them to open up to you. If they cannot, then encourage them to seek help and support them in that endeavor. My point is that if we are truly going to practice brotherly love, then we need to be able to use our in-

structive tongues to speak to one another about our emotions and use our attentive ears to listen to those that need it.

~DAL

**WB Darin A. Lahners** is our co-managing Editor. He is a Past Master of and Worshipful Master of St. Joseph Lodge No.970 in St. Joseph. He is also a plural member of Homer Lodge No. 199 (IL), where he is also a Past Master. He's a member of the Scottish Rite Valley of Danville, a charter member of Illinois Royal Arch Chapter, Admiration Chapter No. 282 and is the current Secretary of the Illini High Twelve Club No. 768 in Champaign – Urbana (IL). You can reach him by email at [darin.lahners@gmail.com](mailto:darin.lahners@gmail.com)



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*Unity Lodge No. 146*

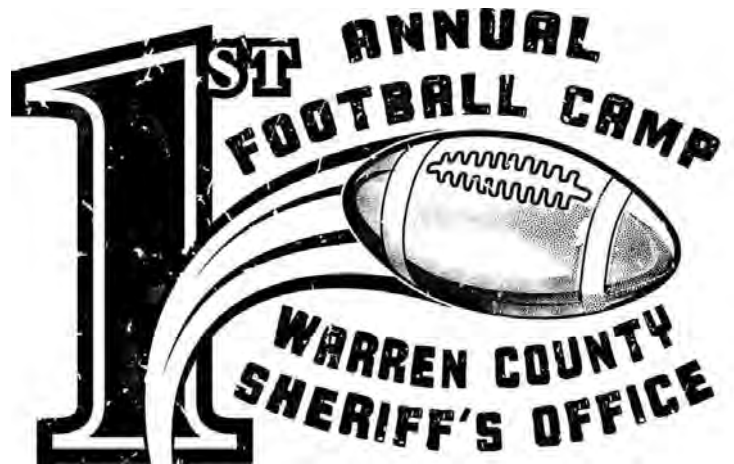
*Chartered March 1870*

*Trestleboard*



I would like to thank everyone that came out on April 17th to support the Warren County Sheriff's Office for, what I hope to be, their first of many events for the youth of our community. We have come a long way in a very short time from when Brother Butler "threw down the gauntlet" in Lodge and asked what we could do for our youth.

I agree with him that it is essential that we provide our boys outlets in an effort to keep them on the straight and narrow path. We must provide them with strong positive male role models, and I can't think of a better group of men for the task.



**On Cue**



**FROZEN TREATS**





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### 2021 Unity Lodge Officers

#### Teddy Bear Fund

This year we will attempt to implement a Teddy Bear fund for the First Responders in Warren County. This charitable campaign uses our donations to purchase teddy bears which will be given to children in crisis by our Sheriff Deputies, Police and Fire Fighters within our community. This project has been very successful for Winchester-Hiram Lodge as well as other Lodges in the area, and I know that it will do well here with your generosity. We will have a jar dedicated to the fund in Lodge, or you can send a check to our PO Box made out to Unity Lodge No. 146 with "TEDDYBEAR" written in the memo line.

Unity Lodge No. 146 AF&AM  
P.O. Box 1855  
Front Royal, VA 22630



Worshipful Master -	Charles William Taggart
Senior Warden -	William Allen Bryan
Junior Warden -	Robert Fred Nickols, Jr.
Treasurer -	Harry Wesley Hammack, Jr.
Secretary -	Kevin Paul Walek
Senior Deacon -	Raymond Christof Noughra
Junior Deacon -	Alan Scott Truax
Chaplain -	Richard Allen Baker
Marshal -	Junior Franklin Griffith
Tiler -	Edward Neal Powell, Jr.
Senior Steward -	Mark Butler
Junior Steward -	Cole Hasse



**Grand Lodge, A. F. & A. M., of Virginia  
Masonic Community Blood Program**

Units Collected	% of Membership Strength
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180

144%