

Trinity Lodge #694

Calendar for May

2008

May 13th – 7:00 PM – Master’s Degree
for Adam Owings with the
meal to begin at 6:00 PM.

May 17th - Family Night at with Arkansas
Travelers at Dickey Stephens
Field in NLR.
Tickets provided by the
Worshipful Master.
For tickets, email or call the
WM at 501-749-5741

May 20th – 7:00 PM – Practice
The Lodge will travel to
Big Rock Lodge in NLR and
Assist them with their
Master’s Degree.

May 27th – 7:00 PM – Dark

June 3rd - 7:00 PM – Stated Meeting

From the East

Bretheren,

In dealing with life’s comedic and sometimes
sad reality, I have made a decision as to what I
want to do on a daily basis. I want to make
coffee! Below is a copy of an email I received
about the choices we make. Hopefully this
can help in with the search for inner light.

Carrots, Eggs, & Coffee!

A young woman went to her mother and told
her about her life and how things were so hard
for her. She did not know how she was going
to make it and wanted to give up, She was
tired of fighting and struggling. It seemed as
one problem was solved, a new one arose. Her
mother took her to the kitchen. She filled three
pots with water and placed each on a high fire.
Soon the pots came to boil. In the first she
placed carrots, in the second she placed eggs,
and in the last she placed ground coffee beans.
She let them sit and boil; without saying a
word.

In about twenty minutes she turned off the
burners. She fished the carrots out and placed
them in a bowl. She pulled the eggs out and
placed them in a bowl. Then she ladled the
coffee out and placed it in a bowl. Turning to
her daughter, she asked, ' Tell me what you
see.

'Carrots, eggs, and coffee,' she replied.

Her mother brought her closer and asked her
to feel the carrots. She did and noted that they
were soft. The mother then asked the daughter
to take an egg and break it. After pulling off
the shell, she observed the hard boiled egg.
Finally, the mother asked the daughter to sip
the coffee. The daughter smiled as she tasted
its rich aroma.

The daughter then asked, 'What does it mean,
mother?'

Her mother explained that each of these
objects had faced the same adversity: boiling
water. Each reacted differently. The carrot
went in strong, hard, and unrelenting.
However, after being subjected to the boiling
water, it softened and became weak. The egg

had been fragile. Its thin outer shell had
protected its liquid interior, but after sitting
through the boiling water, its inside became
hardened. The ground coffee beans were
unique, however. After they were in the
boiling water, they had changed the water.

'Which are you?' she asked her daughter.
'When adversity knocks on your door, how do
you respond? Are you a carrot, an egg or a
coffee bean?'

Think of this:

Which am I? Am I the carrot that seems
strong, but with pain and adversity do I wilt
and become soft and lose my strength?
Am I the egg that starts with a malleable heart,
but changes with the heat? Did I have a fluid
spirit, but after a death, a breakup, a financial
hardship or some other trial, have I become
hardened and stiff? Does my shell look the
same, but on the inside am I bitter and tough
with a stiff spirit and hardened heart?
Or am I like the coffee bean? The bean
actually changes the hot water, the very
circumstance that brings the pain. When the
water gets hot, it releases the fragrance and
flavor. If you are like the bean, when things
are at their worst, you get better and change
the situation around you. When the hour is the
darkest and trials are their greatest, do you
elevate yourself to another level? How do you
handle adversity? Are you a carrot, an egg or a
coffee bean?

May we all be COFFEE!!!!!!

Anthony Francis, Worshipful Master