

**GRAND LODGE OF A.F. & A.M. OF CANADA
IN THE PROVINCE OF ONTARIO**

Georgian South District

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Brethren of Georgian South District;

I sincerely hope that this message finds you and your families well and in good spirits.

We are living through events unprecedented in modern times. I myself am in my second week of quarantine.

Though it is important for each of us to keep informed with the evolving state of the COVID-19 pandemic, especially as it relates to new regulations and health advice, it is easy to get overwhelmed with information overload and hype/hysteria. This can lead to a variety of negative psychological and emotional concerns. Insufficient and/or contradictory information may aggravate these reactions. I therefore recommend:

- Use reliable/trustworthy sources of information, such as the World Health Organization, the Centers for Disease Control Prevention and Federal, Provincial and Municipal Public Health departments.
- Be wary of sensationalist news reports and pay them no heed. Rely on officially recognized sources.
- If you feel stress, anxiety, depression, etc., then limit the time taken to seek information about COVID-19 and its consequences.

On the positive note, many of us have now been granted the gift of time. This is a gift we are rarely given and rarely have the ability to enjoy. This is a precious commodity and is something that must not be wasted. We should embrace this opportunity to focus on our family, our friends and our community, even if much of this time must be at a distance.

In regards to Social Distancing, Star Trek fans will know this quote "the needs of the many outweigh the needs of the few", well, this is one of the times that we should be practicing that, and those thoughts are applicable to us today. Let us be examples for others to emulate.

If the length of your cable tow allows, by the safest means possible, please check in on elderly neighbours, or others you think might be struggling. I know that several brethren from a Lodge in our District are delivering groceries to the elderly and shut-ins. I applaud these brethren for their community minded



actions. If possible, offer assistance in whatever form you can. A caring human voice can brighten the darkest day.

Remember to take time for yourself! Recharge YOUR batteries, so you can be a source of strength should others need you. Conversely, don't be afraid to reach out and ask for help yourself should you need it.

And when time permits, make a daily advancement in Masonry: through reading, or studying the work, or perhaps just living the ideals we hold dear. We need to exercise faith, hope and charity at every turn.

Being a social person myself, one who loves personal interaction; this is truly a challenge for me as I assume it also must be for most of you. I am SO looking forward to being able to visit soon and see all of you in again person.

Above all else, I urge you all to think positively, to be as happy as you can be, and to convey that happiness to others. Sorry to part, and you all know that I will be very happy to meet again!

Sincerely and Fraternaly

A handwritten signature in blue ink that reads "Jeff Johnson".

R.W. Bro. Jeffery L. Johnson
District Deputy Grand Master
Georgian South District