

Excelsior Echo



The Official Publication of the Excelsior Grand Chapter, Order of the Eastern Star, TN Jurisdiction, Prince Hall Affiliate

Excelsior Echo
Spring Summer Edition
2012



**Grand Worthy
Matron**

**Sis. Rubye B. Meeks
Editor-in-Chief**

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**Honored Grand
Publicist**

**Sis. Kathleen Evans
Executive Editor**



Spread the News!

**Send your chapter
news & photos to the
Grand Publicist for the
next edition.**

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Shine Diligently for the Order.

Warm Greetings this Hot Season!

I warmly extend greetings to all of you after having the pleasure of completing Visitations throughout our fine jurisdiction. I am appreciative to have been warmly received by all Districts and encouraged by the demonstrated activity and involvement of the many Districts we visited.

In my continued endeavor to better educate our Chapters, and in the process of growing in membership numbers, we should go forth with an awareness of the potential of hazing. We should introduce our Order to new members with Christian love and avoid any unwarranted activity not prescribed in our doctrine. And, in our zeal to grow in numbers we should carefully and diligently follow all steps required in investigating potential members, to afford membership opportunity only to those so entitled and not compromise our longstanding legacy in any way.

With a number of changes in progress, Chapters should give necessary attention to conducting the business of the Order with all due diligence, using proper forms and providing current dues cards to members and ensuring all forms and dues cards are requested from the Grand Secretary and other supplies as specified in the Official Circular. And, as we advance in the use of technology, members should exercise caution in the use of Facebook and Twitter, understanding that use of the social media exists in the public domain, that all who have access are not entitled to information exchanged between members of the Order of the Eastern Star.

Lastly, but not least, let us continue to communicate with each other in a civil manner, with respect and love. Remembering always the lessons of fidelity, constancy, loyalty, faith and love that were learned at the onset of our introduction into the Order, that these lessons should continue to be evident in our interactions with each other, and that for us to shine without and grow in knowledge and numbers, we must first shine from within.

I take a great deal of pride in the many benevolent and service endeavors that have been evident by information published in recent editions of the **Echo**, that Chapters be encouraged to use it as a communication vehicle to promote our beautiful Order, because the Chapter you uplift can be your own.

I am excited in anticipation of seeing all of you at Grand Session in Memphis.

2 Peter 1:5-6 (KJV): *And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness*

Rubye B. Meeks

Rubye B. Meeks

Grand Worthy Matron



An Excerpt of the Stewardship Report from Our Grand Worthy Patron



Look good, be good, do good, God created you! This is certainly the sentiment I have been greeted with across the state. What a wonderful organization to be affiliated with, THE ORDER OF THE EASTERN STAR, that STAR being JESUS. We Have Seen His Star in

the East and Have Come to Worship Him. Why would anyone not want to join? It has brought me much pleasure to be a prime advocate of our Order. The benefit to women may be obvious, but the benefit to men and Masons may be greater, yet more subtle. The lessons of family in the officers of the Chapter and the organizational support to the Lodge make affiliation an undeniable asset to any man who truly wishes to live by our Masonic creeds.

I am proud to report that Excelsior is progressive and vital; however, we need more recognition of responsibility from our Brothers in some areas in order for us to continue to the next level. Our chapters are extensions of our lodges and the Patrons are officers of the lodge who owe a responsibility to the Worshipful Master to see that peace and harmony prevail across the gender lines.

It has been a productive year serving with Grand Matron Meeks and members of Excelsior. Past Grand Worthy Matron Jones and Past Grand Worthy Patron Foster passed along a well governed body blessed with anointed former leaders on whose shoulders we stand. The commitment of Grand Master Glass for his fervent support of the Adoptive Rite has been a springboard for my tenure.

Abroad, I represented Excelsior at the Southeastern Conference of Grand Masters and Grand Matrons and Patrons and the National Conference of Grand Masters and Grand Matrons and Patrons, and am humbled to report I have been elected Patron for the Southeastern Conference. Past Tennessee officers have set the bar high and I am committed to render the highest level of support! I was also able to visit with Royal Grand Chapter, Order of the Eastern Star, Jurisdiction of Arkansas and was treated with great respect as your Grand Worthy Patron.

I commit my continued fidelity to the Masonic body and pray for strength and wisdom to be an effective leader to our PHAmily.



With Agape Love,
Cedric J. Bailey
Cedric J. Bailey Sr.
Grand Worthy Patron

Shining Star Wellness in 2012...

Walking may be the single best—and easiest—exercise you can do to improve your health in 2012. Not only will going for a daily walk help you feel better now, it will help you maintain your independence and ability to do daily tasks as you age, says Barbara Bushman, a health professor at Missouri State University who has helped older, sedentary men and women start a walking routine. Research also has shown that walking regularly can help protect the aging brain against memory loss and dementia, help cut the risk of heart disease, and reduce the change of developing type 2 diabetes in high-risk adults by a whopping 60 percent. We're not talking marathon walking, the peak benefits comes from 30 minutes of exercise several times a week, say experts.



Most of us do need to move more: only 30 percent of people ages 45 to 64 say they engage in regular leisure-time physical activity, and that drops to 25 percent for those 65 to 74, according to the National Institute on Aging, which has launched a “get off your duff” campaign called Go4Life.

Walking has been shown to improve memory. Scientists know that the hippocampus inevitably begins to shrink as we age, leading to impaired memory and an increased risk of dementia. Now for the first time, researchers have shown that aerobic exercise can reverse the shrinkage and improve memory, a finding that builds on the past evidence pointing to a relationship between fitness and brain function.. Beyond just saying that exercise is good for older people, this research verifiably links exercise to a way in which aging affects the brain and clearly establishes a means to ameliorate the onset of age-related memory decline.



Spreading Leadership Across Tennessee During Grand Visitation



District 7B was the first to welcome Grand Worthy Matron Rubye B. Meeks and Grand Worthy Patron Cedric Bailey to convene for Grand Visitation this year at South Fulton on March 31, 2012. Sis. Maria Starks, Honored Grand District Deputy was seated in attendance with Sis. Peggy Tribble, Worthy Matron (presiding), Jacksonville #85, was the Host Chapter. Grand Worthy Matron Meeks was accompanied by Past Grand Worthy Matron June E. Jones.



Awards were presented during a dinner program at Greater Antioch Baptist Church, and two members, Sis. Olga Hart and Sis. Ida Royster were recognized for their faithful service to the District as co-Easter Stars of the Year. Ms. Beatrice Wilcox was recognized as Citizen of the Year.

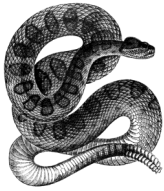


District 4 completed this year's Visitation for our Grand Worthy Matron Rubye B. Meeks and Grand Worthy Patron Cedric Bailey. Visitation was hosted by (Chapter name and #) in Springfield on June 9, 2012 Sis. Cassandra Osborne, Honored Grand District Deputy, Sis. Mary E. Wade, Honored Grand District Deputy Emeritus and Harold Evans Jr., Honored Grand Associate Patron were seated in attendance with Sis. Annetta Green-Pickett, Worthy Matron (presiding). Grand Worthy Matron Meeks was accompanied by Past Grand Worthy Matron June E. Jones. Our esteemed leadership members (as well as other Grand Officers present) were greeted Grand Honors. District 4

had the pleasure of a very substantive study and critique session by Past Grand Worthy Matron Jones with very informative advice on the opening ceremony, proper positioning fez on the , and Grand Worthy Matron Rubye Meeks and Grand Worthy Patron Cedric Bailey provided a wealth of very thoughtful-provoking information. Grand Worthy Matron Meeks strongly advised that chapters frequently engage in study sessions, that we "should not be a part of something that is a secret to us. Advising that we should always take the opportunity impart knowledge to our members.



The Rattlesnake and the Hypocrite



If I should make a selection
To choose between the two:
The rattlesnake or the hypocrite,
I know what I would do.

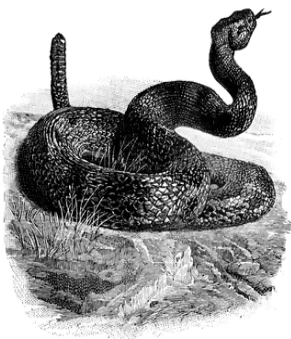
It takes no time of thinking
What choice I would make.
I would always take the rattler,
For I know it is a snake



It wouldn't come up to you grinning,
Just to pretend that it is a friend.
It just crawls on its belly,
For that rattler doesn't pretend.



But a hypocrite will talk so lovely
As he gives you a pat on your back.
He has so many faces
Underneath that same old hat.



He has the friendliest conversations,
And a voice with the sweetest sound.
While you are talking, he is thinking
How to smear your name around.

A rattlesnake's bite is poisonous,
But it warns before it bites.
The rattler is a dangerous reptile,
And has no sense of right.

But in it you will find no false pretending,
No two faces it has to make.
It just goes on about its business
For its only a rattlesnake.



I've already made my selection
And will always stick to it.
I would rather deal with a rattlesnake
Than to deal with a hypocrite.

~ Author Unknown ~

Presented at Grand Visitation, District 4 on June 9, 2012
by Sis. Racine Stinson, HGAD

Litany: Praying with Women in Scripture



We pray in the name of the
women in the Old and New
Testaments,

- ★ In the name of Esther, who spoke out
to save her people,
- ★ In the name of Hagar, who was
forced to leave her home and
wandered in the desert before God
spoke to her,
- ★ In the name of Rachel, who died in
childbirth with her son, Benjamin,
- ★ In the name of Ruth, who cared for
her mother-in-law Naomi, we pray
for all women caregivers,
- ★ In the name of the Pharaoh's
daughter, who rescued Moses from
the river,
- ★ In the name of Miriam, the sister of
Moses, who celebrated the liberation
of her people,
- ★ In the name of Deborah, one of the
Judges of the Old Testament who
governed wisely,
- ★ In the name of Martha, who worked
without ceasing.

Source:

http://www.sistersofstjosephorange.org/images/resources/Litany%20of%20Women%20in%20Scripture_0.pdf

Matthew 25:45 (NIV) "...Truly I tell you,
whatever you did for one of the least of these
brothers and sisters of mine, you did for me."



Nashville Remembers...



A Long Time Star...Gone But Not Forgotten



Sister Edna Shannon, joined Golden Star Chapter #74, Order of The Eastern Star, Nashville, around 1970 and served as treasurer for over fifteen years. She was very active in the Order along with her husband William L. Shannon.

During World War II, Sister Shannon, then Edna Earle Young joined the WAVES (Women Accepted for Voluntary Emergency Services) and on July 7, 1948 became the first Black female and one of the **first six enlisted women to be sworn into the regular United States Navy**. The WAVES did not initially accept African-American women into the division. With the passage of the Women's Armed Services Integration Act (Public Law 625) on June 12, 1948, women gained permanent status in the armed services. Her assignments included tours of Duty at Pearl Harbor, Hawaii, and SHAPE Headquarters, Paris, France, which were also “first” for Black women. Sister Shannon served her country proudly for more than 22 years, retiring in 1967, after attaining the rank of Chief Petty Officer.

Sister Shannon was also known in Masonic community for her rum cakes, cookies and other baked goods. Sister Shannon's earthy tour of duty ended February 23, 2012, at the age of 97, she was one of our oldest living Eastern Stars.

Newspaper clipping below where Sis. Edna Shannon is pictured, fifth from the left near the center, during the historic swearing in ceremony on July 7, 1948, among the first Black women to break the color barrier in the United States Navy.



The first six women to be sworn into the Regular Navy took the oath of enlistment July, 7th, in Washington D.C. from Rear Admiral George L. Russell, judge advocate general of the Navy. The women transferred from the Navy Reserve WAVES to the Regulars under the new setting up a permanent women's corps in the Navy.

Left to right are: Secretary of Navy John L. Sullivan; Kay Louise Langdon, of Burton, Wash.; Wilma Marchal, Tell City, Ind.; Francis Devney, Baltimore, Md.; Edna Young, Springfield, Mass.; Doris Robertson, Ord, Nebr.; Ruth Flora, Bowling Green, Ky.; and Rear Admiral Russell.

"...And that Impressions should be for Good."

Eclipse Chapter No. 220, Nashville, Making a Positive Impression in the Community Our Chapter is still moving forward by becoming a significant factor and making a positive impression in our community. Our Worthy Matron Sister Cecily Wiseman has continued to lead us in many Community Service Projects.

This year in February we did **"Boxes of LOVE"** at the Bordeaux Nursing Home where many people are often forgotten on Valentine's Day. We give them a box full of LOVE filled with small toiletries and candies. Each box also included a note or card to the patient. We delivered the boxes on Valentine Day.

In April we held a **"Health Fair and Round Table"** on **WORLD HEALTH DAY** at the McFerrin Community Center. This Center mainly serves the underprivileged population. Persons who attend this health fair had the opportunity to receive their diastolic/systolic blood pressure reading, glucose levels,



circulation, weight, height, BMI, Aids test, to try health eating alternatives, participate in a basketball game, obstacle course or zumba for cardio fitness, as well as receive various spa treatments and take home vital information.

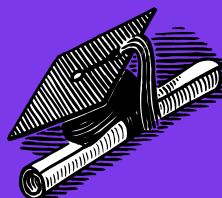
We also provided a healthy snack to everyone. This was done in conjunction with our brothers, Prince Hall Lodge No.1 and Metro Parks and Recreation. Thinking outside of the box and being visible in the community, has enabled our Chapter to raise awareness of the Masonic family in the community as well as offering much needed services.



Members of the Memphis District

at the Annual Holy St. John's Day Service held June 24, 2012 at New Life Baptist Church. Memphis District OES show support as they share with The Memphis District Past Masters Council headed by RW President Bobby C. Pearson, Sr. and others. Rev. Bro. Lee Wilkins delivered a dynamic sermon a wonderful historical lesson relating St. John to the Masonic Order.

More Star Plaudits



Ways & Means at Work

Pictured (left to right): Past Grand Worthy Matron June E. Jones, Dr. Wesley McClure, University President and Honored Grand Secretary Sis Gwendolyn Ragland..

The Aid to Black Colleges donation was presented to Lane College on Thursday, June 28. President Wesley McClure expressed his sincere gratitude to the Order for all we have done over the last 30+ years. He hopes that we will continue to help young people pursue their dream of a college education.

Lookout Chapter #144, Chattannooga

Our Day at the Community Kitchen Feed the Homeless



Sis. Marva McGee, Sis. Harriet McNeal, Sis. Patricia Brown, Sis. Dianne Hicks and Sis. Deborah Norris. (Pictured from left to right)

TLC DAY AT FRIENDSHIP HAVEN ELDERLY HOME



Sis. Patricia Brown, Sis. Dianne Hicks & Sis. Wanda Moon

2011 Matron Council Rainbow Tea of Colors



Sis. Marva McGee - PWM, Sis. Harriett McNeil, Sis. Wanda Moon, Sis. Dianne Hicks-WM, Sis. Patricia Brown, Sis. Resheema Taylor, Sis. Deborah Norris, PWM, and Sis. Joyce Bridges, PWM (Pictured from left to right)

...full steam ahead!

