### **Cambridgeshire Freemason**

# The Second Rising



#### What's in a word? Namaste

Regardless of culture, humans seem to have a universal need to greet one another upon meeting and parting. Bowing in Japan, hand-clapping variations in African countries, and saying hello and shaking hands or hugging in English cultures – are just a few of well-known salutations. While customs and traditions vary, there does seem to one greeting that is becoming more popular worldwide – that of Namaste, says WBro. Bharat Khetani.

There's something about the universal recognition and the spiritual energy that accompanies the essence of Namaste that makes it a truly remarkable greeting. Namaste is a customary, non-contact form of Hindu greeting. It is usually spoken with a slight bow and hands pressed together, palms touching and fingers pointing upwards, thumbs close to the chest.

The Meaning of Namaste: It's a Spiritual Connection

In Sanskrit, the word 'namah' means bow, 'as' means I, and 'te' means you, translating into "I bow to you." Or explained more fully meanings of the word Namaste include:

- The Divine light in me acknowledges the Divine light in you.
- The God in me greets and meets the God in you.
- I honour the spirit in you that is also in me.
- The Diving wisdom in me recognizes and acknowledges the Divine wisdom in you.
- I honour the place in You in which the Entire Universe dwells, I honour the place in You which is Love, of Truth, of Light and of Peace. When you are in that Place in You and I am in that Place in me, We are one.

Regardless of the language you speak, the word simply invokes a sense of sharing a spiritual connection and creates a sense and feeling of oneness and balance. Essentially, it's a way that all humans can connect.

Incidentally since Namaste is a non-contact form of greeting, Israeli Prime Minister Benjamin Netanyahu suggested using the gesture as an alternative to hand shaking during the 2020 Coronavirus pandemic to prevent the spread of the virus.



### Your Questions for the ProvGM



The Provincial Grand Master/Grand Superintendent and his Deputies will appearing in a Q&A video next month and we invite your questions for consideration.

Send your questions, together with your name and Lodge or Chapter number, to <a href="mailto:comms@pglcambs.org.uk">comms@pglcambs.org.uk</a> by Wednesday 30th September.

#### Web Survey Results

A big thank you to all brethren who filled in the recent Web Survey about the new-look Provincial website. There was a very positive response to the new design.

The comms team is collating your answers and will use them to inform our development strategy on the site over the next few months.

Comments are always welcome (to comms@pglcambs.org.uk), as are expressions of interest from brethren with web-editing experience, preferably using Joomla.



#### **Engine driver or oily rag?**

WBro. Mike Hinton describes his first year as Provincial Communications Officer



Strangely enough, when the Provincial Grand Master asked me to take the role of Provincial Communications Officer in 2019, he made it clear he wanted me to communicate less myself and focus instead on managing our fantastic Communications Team.

As I'm still in post a year later, I guess I'm heading in the right direction – and please read my report on page 69 of the latest Provincial yearbook to see who's really doing the work. My natural tendency to communicate

My natural tendency to communicate has been developed through my day job at the Babraham Institute. I spent fifteen years working in a lab, telling the public about our research into animal behaviour, memory formation and face recognition. I then moved into the prize-winning public engagement team for another fifteen years helping other scientists talk about their own work, particularly in schools. I've done a lot of design work and web development as part of both those roles.

I first became involved with communications for the Province in 2010. When the first edition of 'The Cambridgeshire Freemason' was published. I suggested that I would be able to help by laying out the content. It's a process I particularly enjoy, and I was sad to pass on the responsibility last year after eighteen editions and two different editors.

I took a second step when my predecessor, WBro. Stuart Lingard, noticed that WBro. Kim Sheldrick and I were active in both Twitter and Facebook, open about our Freemasonry, and at least vaguely sensible in what we posted.

He signed us up straight away and our social media presence hasn't been the same since.

Moving into my new role has meant

greater contact with the excellent UGLE Communications Team, which provides a huge amount of guidance and support. This has been complemented by the sage advice and experience from the PCOs in other Provinces, most of whom I met at the PCOs Forum in January. To have such a wealth of experience on tap is invaluable. One of the key aims is to normalise Freemasonry in the eyes of the public and, especially following the 'Enough is Enough' campaign in 2018, it's been great to see how much effort is being put into increased openness.

As a final thought, I was greatly encouraged recently by a brother who sent me this quote by George Bernard Shaw: "The single biggest problem in communication is the illusion that it has taken place". So please keep your stories coming in – our new-look website, our social media accounts, our two newsletters and our increasing positive media presence rely on you sharing examples of what makes our ancient institution so wonderful and how much you enjoy being part of it.

#### Centenary memory for Brother

Seeing the story about the centenary of St Andrew Lodge No. 4087 in Whittlesey prompted happy memories for WBro. Nick Garner, who also poses a question.

"I was particularly interested in the proposed, but unfortunately cancelled, centenary of St Andrew Lodge because this is my Mother Lodge, to which I belonged from November 1992 to October 1998.

"At my Raising on 12th April 1994 I was given a Ritual Book, which includes a page suitably hand scribed by the then Secretary showing the dates of my Initiation, Passing and Raising," said WBro, Garner, who is organist at Fenland Farmers Lodge No. 9933.

However, the page raises a query. "I believe this page is unique as the lodge name is shown incorrectly as St Anrew Lodge No. 4087. Does any other Brother have a similar, improperly, completed page in their book of Emulation Ritual?

WBro, Garner still has the book and regularly refers to it to continue learning the Ritual.

### **Kynaston Chapter continues to meet!**

Over the past few months, members of Kynaston Chapter No. 5810 have continued to meet monthly, albeit by the ever-popular video conferencing methods in such widespread use during these trying times which dominate our lives now.

The regular monthly social gatherings, organised and hosted by EComp. Charlie Brown, on Zoom has become a popular way for companions of the Chapter to keep in touch, particularly to hear of the ongoing work of the Chapter Almoner, EComp. Bob Wordsworth.

## Fundamental Lodge gets its number

One of the Province's planned new lodges has been granted its warrant by the MW, The Grand Master. Fundamental Lodge will be numbered 10002 in the list of lodges in the UGLE.