



Suffolk Lodge No. 60 F&AM

GOING FORWARD

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www.suffolk60.com

secretary@suffolk60.com

THE QUINTESSENTIAL LODGE

A Journey Through the Origins and Philosophies of Quinta Essentia Lodge No. 500



In the heart of Connecticut lies a unique, historic institution: Quinta Essentia Lodge No. 500. Established in April, 2011, this Masonic lodge has woven a fascinating story, combining the rich tapestry of Freemasonry's past with modern interpretations and values. In this article, we will delve into the origins, formation, founding philosophy, and principles of this extraordinary organization.

Quinta Essentia Lodge No. 500 was founded upon the European Model of Freemasonry, which is characterized by a focus on intellectual pursuits, a more intimate and exclusive membership, and an emphasis on social and philosophical discussions. This model deviates from the more common American lodge structure, which tends to prioritize charitable activities and community outreach. By adopting the European Model, the founders of Quinta Essentia Lodge sought to create a space where members could engage in deeper intellectual exploration, foster closer bonds with fellow brethren, and delve into the philosophical underpinnings of Freemasonry. This unique approach has resulted in a lodge that unites the time-honored traditions of Freemasonry with contemporary ideas and innovations, creating a truly distinctive Masonic experience.

At the core of the lodge's founding philosophy is the concept of the "quinta essentia," or "fifth essence." Drawing inspiration from ancient Greek philosophy and medieval alchemy, the fifth essence represents the purest and most essential aspect of existence. The lodge's founders believed that by striving to embody this quintessential essence, they could create a space for personal transformation and the pursuit of higher knowledge.

THE QUINTESSENTIAL LODGE

Quinta Essentia Lodge No. 500's principles are built upon six key tenets, which serve as the foundation for the lodge's philosophy and practices:



Fellowship: The lodge emphasizes the importance of camaraderie and fellowship among its members, fostering a sense of belonging and unity.

Service: Quinta Essentia Lodge No. 500 is dedicated to giving back to the community through philanthropic initiatives and acts of kindness, both on a local and global scale.

Commitment: The lodge upholds the virtues of honesty, trustworthiness, and ethical conduct, instilling these values in its members as they navigate their personal and professional lives.

Dignity: Quinta Essentia Lodge No. 500 recognizes the importance of treating every individual with respect and dignity, celebrating the unique qualities and contributions of each member.

Enlightenment: The pursuit of knowledge and wisdom is central to the lodge's mission. Members are encouraged to engage in intellectual exploration and share their insights with others.

Excellence: Quinta Essentia Lodge No. 500 strives for excellence in all aspects of its operations and encourages its members to do the same in their personal and professional lives.

THE QUINTESSENTIAL LODGE

Through its unique fusion of ancient traditions and modern sensibilities, Quinta Essentia Lodge No. 500 has carved out a distinct identity within the Freemasonry community. Its emphasis on intellectual inquiry, personal growth, and charitable outreach has attracted a diverse and dedicated membership. As the lodge continues to grow and evolve, it remains true to its founding principles, providing a haven for those in search of the quintessential essence that lies at the heart of human experience.



THE QUINTESSENTIAL LODGE

A Meeting of Minds: Suffolk Lodge No. 60 Visits Quinta Essentia Lodge No. 500



On Feb. 20th, 2023 W. . Christopher Connolly, W. . Jason Intardonato, W. . Gary Gudzik and W. . Tom Pace traveled to New Haven, Connecticut to visit with the brethren of Quinta Essentia Lodge No. 500.

Four past masters from Suffolk Lodge No. 60 recently visited Quinta Essentia Lodge No. 500 in New Haven, Connecticut. The meeting, held at the prestigious Yale Graduate Club, brought together two lodges with rich histories and distinct identities, fostering a unique exchange of ideas and camaraderie.

The Yale Graduate Club's private dining room served as an elegant and intimate setting for this special event. Notably, Quinta Essentia Lodge No. 500 does not possess a permanent temple, opting instead for unique and meaningful locations for their meetings. This unconventional approach is just one aspect of the lodge's unique character.

Quinta Essentia Lodge No. 500, with a current membership of only 14 individuals, sets itself apart by meeting just six times a year for formal stated communications. Despite the limited number of official gatherings, the lodge maintains a vibrant sense of community through informal social events and activities. Originally, the founders set a cap of 35 members, emphasizing the importance of close-knit relationships and thoughtful engagement with prospective candidates.

THE QUINTESSENTIAL LODGE

A Meeting of Minds: Suffolk Lodge No. 60 Visits Quinta Essentia Lodge No. 500

The process of initiation at Quinta Essentia Lodge No. 500 is deliberately slower than at most contemporary American lodges, with candidates advancing no more than one degree per year. As part of this measured approach, candidates are required to deliver a lecture on a topic of their choosing before progressing to the next degree. These presentations serve as opportunities for personal growth and the enrichment of the lodge's collective wisdom.

The visiting brethren from Suffolk Lodge No. 60 were fortunate to attend one such presentation during their visit. The evening's topic, Mentorship, was introduced by an Entered Apprentice brother in a heartfelt and poignant manner. As the floor opened for discussion, the brethren from both lodges engaged in a spirited and insightful conversation that lasted well over an hour. The exchange of perspectives and experiences not only demonstrated the value of mentorship but the particular challenges it entails.

The visiting brethren were also struck by the distinct style of work exhibited by the brethren of Quinta Essentia Lodge No. 500. Embodying the essence of their name, the lodge's approach was essentialist in nature, eschewing the pomp and circumstance often associated with grand lodge openings. Lengthy introductions and titles were set aside in favor of a more streamlined, yet warm and personal, experience.

The business meeting, which was both brief and intimate, showcased the unique character of Quinta Essentia Lodge No. 500. In under 25 minutes, the brethren opened, conducted their meeting, and closed with a genuine sense of camaraderie and connection. The efficiency of their proceedings allowed the brethren to swiftly transition to the agape feast that followed.

The agape feast is another testament to the lodge's distinct approach to Masonic gatherings. It featured a delicious three course meal, accompanied by a continuation of the evening's lecture and discussion. Furthermore, the feast included six ritual toasts to the core principles of Quinta Essentia Lodge No. 500: Fellowship, Service, Commitment, Dignity, Enlightenment, and Excellence. These toasts served to reaffirm the brethren's dedication to their guiding tenets and strengthen the bonds of brotherhood.

THE QUINTESSENTIAL LODGE

A Meeting of Minds: Suffolk Lodge No. 60 Visits Quinta Essentia Lodge No. 500

The brethren of Suffolk Lodge No. 60 left the gathering with a deep appreciation for the unique character and approach of Quinta Essentia Lodge No. 500. The essentialist nature of their meetings, combined with the intimate and personal atmosphere, offered a refreshing and memorable experience. The emphasis on connection and camaraderie, both within the lodge and with visiting brethren, left a lasting impression on all who attended.

As the Masonic community continues to evolve and adapt, lodges like Quinta Essentia Lodge No. 500 demonstrate the value of embracing new approaches and perspectives while staying true to core principles. By fostering a spirit of brotherhood, warmth, and personal growth, they ensure that the essence of Freemasonry remains strong and vibrant for generations to come.



TRESTLEBOARD

THURSDAY, MAR 23

SUFFOLK LODGE - SOCIAL NIGHT

MM Rehearsal, Fellowcraft Study, Fellowship, Brother Bring a Friend

Where: Port Jefferson Masonic Temple 312 Main St. Port Jefferson, NY

When: Mar. 23, 2023 from 7:30-9:30 PM

Attire: Casual

SATURDAY, MAR 25

ALYCONE LODGE - GRAND LECTURER'S CONVENTION

MAGLA Competition, Dinner to follow after the meeting

Where: Alcyone Masonic Temple Northport NY

When: Mar. 25, 2023 from 2 PM

Attire: Business Attire

[Click here for more info](#)

MONDAY, MAR 27

SUFFOLK LODGE - MM DEGREE REHEARSAL

All brothers with parts in the degree are required to attend. This includes conductors.

Where: Port Jefferson Masonic Temple 312 Main St. Port Jefferson, NY

When: Mar. 27, 2023 from 7:30-8:30 PM

Attire: Casual

TRESTLEBOARD

THURSDAY, MAR 30

SUFFOLK LODGE - SOCIAL NIGHT

MM Rehearsal, Fellowcraft Study, Fellowship & Preparation for DD Visit

Where: Port Jefferson Masonic Temple 312 Main St. Port Jefferson, NY

When: Mar. 30, 2023 from 7:30-9:30 PM

Attire: Casual

THURSDAY, APRIL 6

SUFFOLK LODGE - DISTRICT DEPUTY VISIT

Business Meeting, Education on the Middle Chamber Lecture

Where: Port Jefferson Masonic Temple 312 Main St. Port Jefferson, NY

When: April 6, 2023 from 7:30-9:30 PM

Attire: Officers wear Tuxedos, brothers Black or Dark Suits

Collation: **RSVP FOR DINNER STRICTLY REQUIRED!**

RSVP to secretary@suffolk60.com

THURSDAY, APR 13

SUFFOLK LODGE - SOCIAL NIGHT

MM Rehearsal, Fellowcraft Study, Fellowship

Where: Port Jefferson Masonic Temple 312 Main St. Port Jefferson, NY

When: April 13, 2023 from 7:30-9:30 PM

Attire: Casual

TRESTLEBOARD

FRIDAY, APR 14

DISTRICT DINNER - BRENTWOOD COUNTRY CLUB

This Year's Suffolk Masonic District Dinner will be held at the Brentwood Country Club. All Brothers are invited, EA, FC, MM! Friday, April 14th, 2023, at 6 PM. Tickets are \$65/pp for the dinner. The Dinner will be a buffet and there will be a cash bar. To purchase a table, select 10 tickets and please provide the name and email of all attendees. Tickets will be sent individually to each listed attendee. Tickets are limited so first come first served, once tickets are gone no more will be sold.

Where: Brentwood Country Club 100 Pennsylvania Ave, Brentwood, NY

When: April 14, 2023 6:00 PM -

Tickets: <https://suffolkmasons.com/event/2023-suffolk-masonic-district-dinner/>

MONDAY, APR 17

SUFFOLK LODGE - MM DEGREE REHEARSAL

All brothers with parts in the degree are required to attend. This includes conductors.

Where: Port Jefferson Masonic Temple 312 Main St. Port Jefferson, NY

When: April 17, 2023 from 7:30-8:30 PM

Attire: Casual

THURSDAY, APR 20

SUFFOLK LODGE - STATED COMMUNICATION

Master Mason Degree

Where: Port Jefferson Masonic Temple 312 Main St. Port Jefferson, NY

When: Apr. 20, 2023 from 7:30-9:30 PM

Attire: Casual

TRESTLEBOARD

CANCELLATIONS: The March 18th March, and 1st April sessions of the Road to the East (RTE) in Riverhead have been cancelled. Brothers needing this course must attend the Wednesday sessions at Babylon Lodge

ALSO IN MARCH...

Wednesday, Mar 22, 2023: <i>Debate Pros & Cons of Traditional Observance Masonry</i> with W. Gary Gudizk, DSA & Bro. Frank Ida @ Smithtown Lodge - Dinner at 6:30 PM, Meeting at 7:30 PM - send debate questions to scottparry@gmail.com for debate team consideration

Thursday, Mar 23, 2023: Brother Bring A Friend Table Lodge @ Smithtown Lodge

Saturday, Mar 25, 2023: Suffolk District Grand Lecturer's Convention
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Sunday, Mar 26, 2023: Order of the Eastern Star & Masonic Family Breakfast with Easter Bunny @ Amityville Lodge

Tuesday, Mar 28, 2023: Adah Chapter #52 Order of the Eastern Star Annual Once Upon a Tea
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Wednesday, Mar 29, 2023: RTE Course 3 – Babylon Lodge

Suffolk Lodge No. 60 F&AM

BUSINESS

FROM THE SECRETARY'S DESK

2023 DUES

Dues are payable by January 1st of the new year.

Brothers, your lodge depends upon timely remittance of dues to operate and maintain our beautiful temple, which is our sanctuary. Please pay your dues on time or better yet, in advance. Dues can be paid by check, cash or credit.

Regular Member Dues: \$400/year

35 Year Member Dues: \$220/year

Please make checks payable to:

Suffolk Lodge No. 60 F&AM

and remit to:

Suffolk Lodge No. 60 F&AM

312 Main St.

Port Jefferson, NY 11777

To pay by credit or debit card you may either pay at the bar register at the temple or pay online by going to: <https://store.suffolk60.com>

Credit transactions incur a service charge.

STORE

SHOPPING

SUFFOLK 60 LAPEL PIN



Item: Suffolk #60 Lapel Button

Description: Show your Lodge pride with this handsome Suffolk 60 200th Anniversary Lapel pin. A sharp addition to any Masonic ensemble.

Cost: \$ 10:00 - [available online](#)

SUFFOLK 60 WINDOW DECAL



Item: Suffolk #60 Window Decal

Description: Deck out your ride and be the talk of the town with a nifty Suffolk 60 200th Anniversary window decal

Cost: \$ 5:00 - [available online](#)

SUFFOLK 60 CHALLENGE COIN



Item: Suffolk #60 Challenge Coin

Description: Suffolk Lodge is the oldest masonic lodge on Long Island. Now proudly display your membership with a Suffolk 60 200th Anniversary Challenge Coin

Cost: \$ 20.00 - [available online](#)

SUFFOLK 60 2022 POLO SHIRT



Item: Suffolk #60 2022 Polo Shirt

Description: The 2022 Suffolk Lodge #60 Polo Shirts are now available. This year's version is in a handsome navy blue with gold lettering.

Contact W: Chris Connolly for additional details.

Cost: \$ 25.00

REFERENCE

HELPFUL RESOURCES

SUFFOLK60 WEBSITE

<https://www.suffolk60.com>

SUFFOLK 60 FACEBOOK (PUBLIC)

<https://www.facebook.com/Suffolk60/>

SUFFOLK MASONIC DISTRICT WEBSITE

<https://suffolkmasons.com>

SUFFOLK MASONIC DISTRICT BAND

<https://band.us/band/70497133>

The **Going Forward** Weekly Newsletter is edited by W.⦿ Frank Miranda and W.⦿ Jason Intardonato under the direction of W.⦿ Christopher Connolly, Master of Suffolk Lodge No. 60 AYM, F&AM. Please submit any questions, corrections, announcements, or other suggested content to secretary@suffolk60.com.