

ISSUE 01 | SPRING QUARTER | APRIL 2021

THE RISING SUN

AEAONIMIS

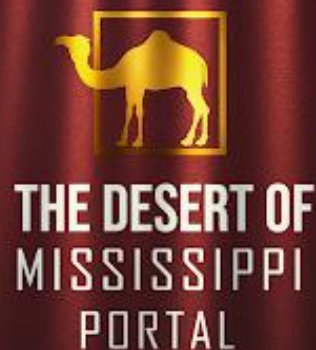


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THE
DESERT OF MISSISSIPPI

ONE DESERT - ONE TEAM



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You will received an email.
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The Rising Sun welcomes you to the official newsletter for the Desert of Mississippi AEONMS Temples and Courts. The purpose of this Quarterly published newsletter is to shine a light upon the temples and courts of the Prince Hall Shriners, and Daughters of the Imperial Court in the Desert of Mississippi; to highlight their accomplishments, events, inspirational stories, and their commitment to serve their communities and State. The Rising Sun accepts submissions of articles in Microsoft Word or Google Doc editable formats, and pictures in JPEG format, that are of general interest throughout the State of Mississippi. Temples and Courts should send submissions to newsletter@desertofms.org

Letter from the Editor



Greeting and welcome to the Desert of Mississippi,

I've been thinking a lot lately about how lucky the State of Mississippi community is, I know that's a tricky thing to say after the devastating year we've had, and given the enormous challenges still ahead. But as 2020 drew to a close, I kept coming back to how fortunate we are to be in a profession filled organization with such resilient, thoughtful, dedicated, talented, and intelligent people.

For instance, I'm continually awed by the brilliance of people like our Imperial, State, Temple and Court leaders, who illuminated the intersection of the desire to serve and the restrictions of the pandemic in mind-blowing ways. I'm encouraged by the care so many have taken to make sure this organization survives, whether that means reimagining institutional systems to make our community more inclusive or building creative alternatives when mainstays—like the traditional Imperial Session, Gala Day or, annual Potentate and Commandress Balls—proved impossible.

As we strive to achieve some degree of normalcy, The Rising Sun will serve as a source of light that will highlight the role that the Desert of Mississippi AEONMS will play in giving ourselves back to our community.

As we ring in the new year, I think it's worth taking a moment to remember the Nobles, Daughters, and loved one's that we lost during the year 2020, we will forever cherish their memories. Together we will get through to the other end of this crisis—and build back stronger than ever.

Thank you,
Noble Shadon Rollins
(Chief Editing Director)

Deputy's Corner



To: Nobles and Daughters

From: Henry A.M. Coffiel
Imperial Deputy of the Desert of Mississippi

Aleikum Es Salaam Desert of Mississippi,

I bring you fraternal greetings as the sixth Imperial Deputy of the Desert of Mississippi. Since taking over the reins of the Desert in August 2020, I have had the honor of interacting with some of the most gifted and talented Nobles and Daughters in the Imperial Domain. I want to personally thank each and every Noble and Daughter that I have encountered for their kindness and hospitality. It is with your continued love and support that we will continue to move the Desert of Mississippi forward.

Since taking office, the Desert of Mississippi has bought in to the vision and leadership of the 44th Imperial Potentate, John T. Chapman and that of the Imperial Council by lifting the Imperial programs to a new height in the Desert. We are looking to be fully engaged with Imperial programs, such as Shriners as Mentors, Community Health Initiative, Voter Registration, and Membership/Group Supervision to name a few. Implementing these

programs will allow us to fulfill my dream of One Desert, One Team! I, along with the Desert Divan seek to assist you and your

Temples/Courts anyway we can, to ensure successful program outcomes.

According to the 44th Imperial Potentate, "Probably the greatest internal challenge we face is membership (Chapman, 2020, pg. 6)." It is with that backdrop, that I am calling on each Noble and Daughter to look among your closest peers and should you find one so worthy of our Nobility, invite them to take part in this great Organization. I am aware that our current world is filled with uncertainty as we continue to struggle with the global COVID-19 pandemic. It is up to the Nobles and Daughters to be creative and resourceful when finding ways to attract new members to our Order. Also, let us not forget about our fellow Nobles and Daughters who were once counted among our ranks, that may have fell by the wayside. Let us find ways to pull these Nobles and Daughters back into our fold. This year, the Desert of Mississippi will actively be engaged in recruiting, reclaiming, and retaining Nobles and Daughters.

In closing, I would like to echo the charge as given to us by one of our forefathers, John H. Murphy, Sr., "...Let us stand for all that is best in manhood and in Masonry (Walkes, Jr., 1993, pg. 78). I pray that each and every one of you will have much continued success in your current and future endeavors.

Fraternally,

Henry A.M. Coffiel

**Henry AM Coffiel
Imperial Deputy of the Desert
A.E.A.O.N.M.S., INC.**

Deputy's Corner



THEME: TEAMWORK MAKES THE DREAM WORK

MOTTO: "WE ARE FAMILY" ONE DESERT" "ONE TEAM"

Greetings Desert of Mississippi!

We extend our heartfelt blessed wishes for good health, happiness, and safety of all Nobles, Daughters, Families, and Friends around the Domain.

We also want to assure you that despite the challenges presented by this unprecedented crisis, the Desert of Mississippi stands strong in our ability to meet your organizational business needs with the utmost levels of efficiency, diligence, and commitment. Accordingly, our support is available 24/7 — without disruption — whenever you may need us.

An eventful year has passed with us playing defense against the Novel Coronavirus. During the COVID-19 pandemic, the speed with which our organization have been able to adapt to the new, social media platform environment has been remarkable, with the Desert tuning into virtual meetings, trainings, workshops, prayer calls and webinars. Social media use has accelerated to the point of becoming a ubiquitous part and integral role in our daily lives, the way we communicate, engage in community service activities,

presentations, and donations has dramatically changed thanks to the Directives and Guidelines provided by the Imperial Potentate John T. Chapman, PP #1.

We beseech your best foot forward. We want you to embark on a joyful journey but also to build a connection and level of trust that will carry us through the years. The second suggestion, we want to make to all of the Desert of Mississippi members is to work as "One Team" in a cooperative mode rather than competing against each other with a confrontational approach. Thirdly, the 5 D's are our expectations from the Desert of Mississippi - Determination, Dedication, Discipline, Diversity and Direction. These five basic qualities will lead to the success of the Desert of Mississippi.

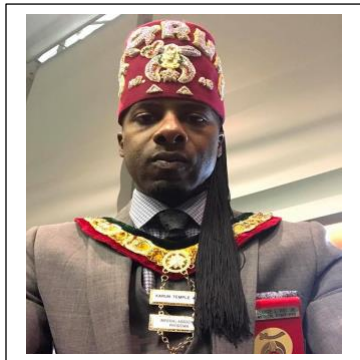
On my part, I assume complete transparency assure complete transparency and unbiased approach in the decisions taken. Rest assured of my unstinted support and encouragement. So, let us get engaged together and take the Desert of Mississippi to newer levels of excellence for its benefit and our organization benefit. I am sure that with the support of our "One Desert" "One Team" the Desert of Mississippi members with mutual faith and respect, we shall be able to overcome all challenges and take the Desert of Mississippi to new heights. This is a great business made up of great people, with real expertise and I am confident that together we can succeed. We know we can count on your support, and we're looking forward to working with you.

1 Thessalonians 5:18 teaches us to give thanks in all circumstance; for this is the will of God in Christ Jesus for you. We are forever grateful for the selfless act by you and your loved one. You have been a blessing to us and we pray God's continued blessings for you and your families.

"One Desert" "One Team"

Yours in the Faith,
Dt. Sondra Love-Magee, PC (89)
Imperial Deputy for the Desert

Noble of the Quarter



Illustrious Potentate Dr. George E. Ray Jr. is a premier medical professional, speaker, consultant and mentor who vales dedication, service and excellence.

Dr. Ray learned the value of dedication at an early age growing up in Ocean Springs, MS, as the third of three children. His inspiration for effective communication, hard work and servant leadership is evident taking after the work ethic of his parents one of which is still employed for 48 years in corporate human resources. He stated that his parent's determination to avoid a life of mediocrity and upbringing in poverty inspired him to follow in their footsteps securing an undergraduate scholarship at Jackson State University, with baccalaureate degree honors, a professional scholarship as a resident in medical school; which has led to an accomplished medical career as an acclaimed Podiatrist in New Orleans and formerly in the Los Angeles Metro areas.

Dr. Ray stated that "Excellence in life is a journey, not simply a destination" and this has been a defining principle throughout his life. Dr. Ray brings this same dedication in performing his officer duties as working with business leaders and organization heads as they strive to empower their teams and achieve greater success.

In addition to independent consulting Dr. Ray continues to serve as a mentor to high school, college STEM students, post-graduate students and medical residents in training. Dr. Ray resides on the Mississippi Gulf Coast, with his wife Nicklya (#89) and their son.

¹Dr. Ray's personal accomplishments includes a

Doctor of Podiatric Medicine (D.P.M.) from Kent.

State University School of Podiatric Medicine- Director of Podiatry Clinic – LCMC Health – UMC New Orleans – Musculoskeletal Clinics, LSU – HSC Physician Staff – New Orleans, LA, Principal – SONAS AI Analytics Insight – Quality Assurance/Peer Review – Consulting, Partner – Gr8ter Green Holdings LLC – Agriculture.

Dr. Ray's masonic affiliations includes Progressive Lodge No. 421 – Past Master, Biloxi Chapter No. 39 Holy Royal Arch Masons, Karun Temple No. 48 – Illustrious Potentate (2019-Present), Imperial Associate Physician, Ancient Egyptian Arabic Order Nobles of the Mystic Shrine (A.E.A.O.N.M.S) Imperial Medical Department, Bennet-Johnson Consistory No.342 – 33°, Fellow – Phylaxis Society Honorary (FPS-H) – MFL Chapter of Phylaxis Society. Dr. Ray was also the A.E.A.O.N.M.S Recorder of the Year in 2017 and the Noble of the Year in 2016 at Karun Temple No. 48.

Dr. Ray is a Fall 1997 initiate of the Delta Phi Chapter, Xi Zeta Lambda Alumni Chapter, and Life Member of Alpha Phi Alpha Fraternity Incorporated. He is also a member of the Urban League of New Orleans YP and NAACP. Dr Ray serves as the Health Committee Assistant Chair for the Zulu Social Aid and Pleasure Club, Athletic Committee for the Queen Charge D'Affaires, Toys-for-Tots Committee, and Province Prince Lieutenant.

Daughter of the Quarter



The Daughter/Noble of the quarter was established to honor the achievements, community service and leadership of Daughters and Nobles in the Desert of Mississippi. This quarter we recognize Dt. Margaretta Webb Campbell who is native of Meridian Mississippi, and has worked to become a respected and admired Daughter serving as 1st Lieutenant Commandress of Taj Mahal court #88 oasis of Meridian, Mississippi. This being her second term as 1st Lieutenant Commandress after previously serving as High Priestess. Taj Mahal Court works diligently in the Meridian community. The Court and Temple jointly donated 42 cases of water to the Salvation Army, supplies during the Back-to-School Bash and toys to Wesley House during Christmas. The Court has an adopted class at Carver Middle School where they donate goody bags and supplies, monthly.

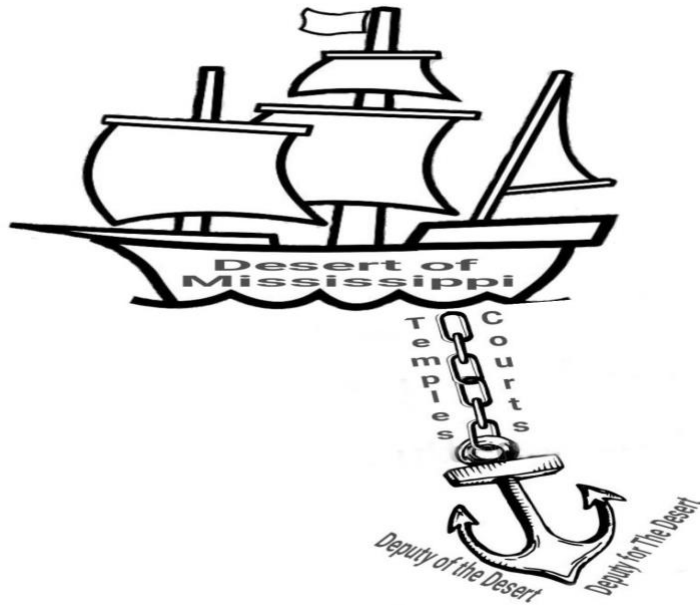
Margaretta is employed by East Mississippi Community College as a Librarian Assistant, and is graduate of Mississippi State University with a Bachelor of Healthcare Services degree received on May 1, 2020, and is now currently enrolled in Grad School pursuing a Masters Degree in Community College Education with a concentration in History, she is on track to graduate in the Fall 2021. Margaretta is a proud single mother of 2 children, Mark and Markenzie Campbell. When asked to express in her own words about her proud moments and commitment to serve, she is quoted saying...

"One of my proudest moments of 2020 was November 22, is when I crossed over as a member of Zeta Phi Beta Sorority, Incorporated. I went from Light Blue to Royal Blue. I consider myself as a Servant Leader. I love volunteering and helping others. Service is my main goal of any chapter or organization that I'm a member". Margaretta also became one of seven chartered members of Amicae of DeKalb on February 3, 2017, and served as secretary from 2017-2020.

Here's a list of other chapters and organizations that she is affiliated with:

- *Mississippi Collegiate DECA- Vice President
- *Mississippi State University-Meridian CDECA member and Past Event Coordinator
- *Mississippi State University- Graduate Student Association- Service & Outreach Coordinator
- *Stevenson Court #440 Heroines of Jericho
- *Louise Chapter #624 OES- Associate Conductress
- * Genesis One Court #1 Ladies Circle of Perfection
- *H.M. Thompson Assembly #17 Order of the Golden Circle

We proudly present our Daughter Of The Quarter of the Desert Of Mississippi, Margaretta Webb Campbell of Taj Mahal Court #88.



The History of Gala Day

Just like most families, there is that unique time in which we all come together to bond, break bread, recreation and to have discussions. For Nobles and Daughters in the desert, that day is Gala Day.

Gala Day was first conceived and presented to the Imperial Council in 1944. The original idea was not conceived as Gala Day, but as Deputy's Day and was given the name "Gala Day" by the Imperial Council. Gala Day was the brainchild of Noble Claude Watkins and Daughter Flora Watkins of the Desert of Indiana. He approached the Imperial Potentate and Imperial Council with the idea of declaring a day to honor the Deputies of the Deserts throughout the Imperial Domain. The idea was first met with many objections in the Council by a very conservative block of officers of the Shrine. The Imperial Potentate, Noble Raymond W. Jackson #61 (1939-1955), "A Man for the Hour," embraced the thought that the Deputies worked for the Council all year and deserved the tribute. He also reasoned that local Temples could make money for charity.

Upon giving the idea its approval, the Imperial Council decreed that the event should be known as "Gala Day", and that the Deputy of the Desert must be in charge of all arrangements and business pertaining to the events. The Council ruled that each Temple in the Desert would be allowed the opportunity to serve as hosts, with the initial event to be held in 1945.

Gala Day as we know it today is a joint celebration between the Nobles of the Mystic Shrine and the Daughters. This is why we celebrate "Gala Day."

Imperial Deputies of the Oasis

Oasis of Gulfport



PP Jeffrey Knight
Karun Temple No. 48

Oasis of McComb



PP William Handy
Hegira Temple No. 57

Oasis of Grenada



PP John Edget
Al Harraan Temple No.
112

Oasis of Jackson



PP Timothy Crisler
Rissah Temple No. 130

Oasis of Clarksdale



PP Louis Fuqua
Hira Temple No. 131



Oasis of Waynesboro



PP Scott Frost
Arabesque Temple No. 136

Oasis of Meridian



PP Robert Williams
Taj Mahal Temple No. 137

Oasis of Greenville



PP Cyrus Vance
Al Borak Temple No. 138

Oasis of Columbus



PP Stephen Buchanan
Cazimi Temple No. 198

Oasis of Hattiesburg



PP Lorenzo Buckley
Chenzira Temple No. 235



Temple Potentates

III Potentate



Dr George E. Ray Jr
Karun Temple No. 48

III Potentate



Sheldon Jolliff
Hegira Temple No. 57

III Potentate



Roshawn Daniels
Al Haraan Temple No. 112

III Potentate



John Morris II
Rissah Temple No. 130

III Potentate



Cedric Watson
Hira Temple No. 131



III Potentate



Ike McCormick
Arabesque Temple No. 136

III Potentate



John Lewis
Taj Mahal Temple No. 137

III Potentate



Eddie Lewis
Al Borak Temple No. 138

III Potentate



Billy Tynes
Cazimi Temple No. 198

III Potentate



Donte Sutton
Chenzira Temple No. 235



Imperial Deputies for the Oasis

Oasis of Jackson



Dt. Patricia Bryant, PC
Rissah Court No. 80

Dt. Sondra Love-Magee, DfD



**Deputy for the following
Oases:**
Arabesque Court No. 85
Taj Mahal Court No. 88
Hegira Court No. 107
Cazimi Court No. 187

Oasis of Gulfport



Dt. Helen Jones, PC
Karun Court No. 89

Oasis of Greenville



Dt. Deloise Hill, PC
Al Borak Court No. 102

Oasis of Clarksdale



Dt. Vivian Burnett, PC
Hira Court No. 183



Court Commandresses

III Commandress



**Dt. Venetrese H.
Gathrite**
Rissah Court No. 80

III Commandress



Dt. Marquette Hill
Arabesque Court No. 85

III Commandress



Dt. Cynthia Harris
Taj Mahal Court No. 88

III Commandress



Dt. LaSonya Woodard
Karun Court No. 89

III Commandress



Dt. Alma Harris
Al Borak Court No. 102

III Commandress



Dt. Kimberly Simmons
Hira Court No. 183

III Commandress



Dt. Arlillian Danner
Cazimi Court No. 187



Congratulations to the First Virtual Exaltation Class of 2021-1 Official Past Potentates of the Desert of Mississippi



Karun #48 Temple No. 48
P.P. Donald Knox

Hegira Temple No. 57
P.P. Sheldon Joliff

Al Haraan Temple No. 112
P.P. Jerry Brooks
P.P. Roshawn Daniels
DoO P.P. John Edget Jr.

Rissah Temple No. 130
P.P. Fredrick Wilson

Hira Temple No. 131
P.P. Christopher Carpenter
P.P. Roosevelt Greenwood

Arabesque Temple No. 136
P.P. Leonard Frost
DoO P.P. Scott Frost
PDoO P.P. Greg Harris
P.P. Ike McCormick
P.P. Scotland Nixon

Al Borak Temple No. 138
P.P. Eddie Lewis

Cazimi Temple NO. 198
DoO P.P. Stephen Buchanan
P.P. Spence Eacholes
P.P. Paul Richardson

Chenzira Temple No. 235
P.P. Derrick Beasley
P.P. Wilbert Bolton
DoO P.P. Lorenzo Buckley
P.P. Steve Collins



Congratulations to the First Virtual 2021 Official Past Commandress Class of the Desert of Mississippi

Rissah Court No. 80 of Jackson

Dt. Jacqueline Davis

Dt. Alice Jordan

Dt. Jacqueline Thigpen

Karun Court No. 89 Oasis of Gulfport

Dt. Vanessa Duncombe, MD

Dt. Felice Knox

Hegira Court No. 107 Oasis of McComb

Dt. Emily Rembert

Cazimi Court No. 187 Oasis of Columbus

Dt. Kimberly W. Lenoir

Dt. Mildred Monroe

Dt. Cecily Smith

Dt. Gwendolyn B. Ware

Arabesque Court No. 85 Court of Waynesboro

Dt. Cathy Witherspoon

Al Borak Court No. 102 Oasis of Greenville

Dt. Henrine Lovett

Hira Court No. 183 Oasis of Clarksdale

Dt. Kesimda Thomas



The Desert of Mississippi: A Shriners Perspective

As we all know, the desert is a harsh and unforgiving environment. The trials that one would have to endure in order to exist within it would be almost impossible if it were not for one thing...

The Oasis. An oasis is the stronghold of human existence in such a land. In most vast deserts, there are several oases. By traveling between them,, they have become important stops along trade routes. Merchants and traders who travel along these routes must stop at oases to replenish food and water supplies.

Symbolically, Nobles and Daughters refer to the state in the domain as the Desert, and the city in which the temples and courts reside, as the Oasis.

From our perspective, life is no easier. The State of Mississippi is one of the poorest in the country.

The Desert of Mississippi currently has 10 oases that are dedicated to making life in this desert a little better and a little easier by their commitment to serve not only their local communities, but the State as a whole. Under the leadership of The Deputy of the Desert and The Deputy for The Desert, we've put into action the incorporation of their motto, "One Desert, One Team". That motto spearheaded and established a level of service that provides everything from educational scholarships, food, water, youth mentoring, health and wellness initiatives, voters registration and education, and numerous other facets of charity and service. The Temples and Courts in these oases love nothing more than the feeling that we get from serving our communities, and they are as follows:

Temples in the Desert of Mississippi

Karun #48 (Oasis- Gulfport)
Hegira #57 (Oasis- McComb)
Al Haraan #112 (Oasis- Grenada)
Rissah #130 (Oasis- Jackson)
Hira #131 (Oasis- Clarksdale)
Arabesque #136 (Oasis- Waynesboro)
Taj Mahal #137 (Oasis- Meridian)
Al Borak #138 (Oasis- Greenville)
Cazimi #198 (Oasis Columbus)
Chenzira #235 (Oasis- Hattiesburg)

Courts in the Desert of Mississippi

Rissah #80 (Oasis- Jackson)
Arabesque #85 (Oasis- Waynesboro)
Taj Mahal #88 (Oasis- Meridian)
Karun #89 (Oasis- Gulfport)
Al Borak #102 (Oasis- Greenville)
Hegira #107 (Oasis- McComb)
Hira #183 (Oasis- Clarksdale)
Cazimi #187 (Oasis Columbus)

We are proud to be, The Desert of Mississippi.

Noble Shadon Rollins

Chief Editor and Director
(The Rising Sun)



The Desert Health Initiative

Tips on Boosting Your Immunity and Wellness During the COVID-19 Pandemic:

Greetings Nobles, Daughters and Supporters,

3/20/2021

The COVID-19 pandemic has affected every aspect of our lives and daily routines. Besides exercising regularly, eating right, and getting enough sleep, here are some daily tips to stay healthy while you are avoiding, under quarantine or actively battling COVID-19 through the pandemic.

STAY ACTIVE:

Find something to get your body moving and your immune system in tip-top shape. Clinical research has shown that exercise improves metabolism and can improve the response of your immune system. Regular exercise increases your body's production of Lymphocytes and antibodies. Even sweating is good for immune health it helps expel toxins from your body, which can energize your metabolism and that gives your immune system added strength. Spend at least 30 minutes per day outdoors. According to a recent study, people who spend at least 2 hours per week outdoors are more likely to report that they are in good health both physically and psychologically. Take a walk or go for a run just be sure to maintain that 6-foot distance.

EAT RIGHT:

Eat right. Healthy nutritional status may support immune function and prevent the onset of a severe infection. The Mediterranean diet, for example, may be one of the healthiest diets in the world. In a recent National Institutes of Health study, following a Mediterranean diet plus taking a daily vitamin D supplement (400 IU) for 1 year led to small increases in the number of circulating immune cells like T-cells. Most national dietary guidelines follow similar principals to the Mediterranean diet by promoting the intake of fruit and vegetables and advise that people limit their intake of processed foods.

One of the keys to a healthy immune system is eating right. The gut and the immune system are inextricably and symbiotically connected. So, it should come as no surprise that eating healthy foods leads to a healthy microbiome, which leads to a healthy immune system that can help fight off infection faster. Eat healthy and whole foods when you can and try to include a "rainbow" of colors, which is a good way to ensure that you're getting key vitamins and nutrients in your diet. It's also a good idea to include fermented foods like sauerkraut, miso, yogurt, and kefir in your diet. These are probiotic foods that "feed" the good bacteria in your gut. On the flip side, aim to limit your intake of meats, processed foods, like cortisol and adrenaline.



HYDRATE:

Drink lots of water and avoid excessive alcohol consumption. This can act as a diuretic and reduce hydration. If you contract the virus COVID-19 can present a variety of symptoms, but one potentially dangerous symptom may be diarrhea. An estimated 20% of COVID-19 patients are likely to experience diarrhea soon after contracting the disease. The CDC notes that people with compromised immune systems, like those recovering from COVID-19, are at the greatest risk of developing diarrhea. Drinking enough water every day is good for overall health averaging about 11.5 cups (2.7 liters) a day for women 15.5 cups (3.7 liters) a day for men. Plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda.

ADEQUATE SLEEP:

Get enough sleep. Sleep and the immune system are inextricably linked. Sleep reboots your mind and your body, so it's no surprise that it also reboots your immune system. Not getting enough sleep causes your body to increase its production of stress hormones, like cortisol and adrenaline. The elevation in stress hormones can make you restless and puts stress on the immune system. How much sleep you need varies according to your age, The Sleep Foundation recommends 7 to 9 hours of sleep for young adults and adults (18-64 years) and 7 to 8 hours of sleep for older adults (≥ 65 years).

HYGIENE:

Practice good hygiene. Follow the quarantine protocols put into effect in your city and locale. Wear (PPE) personal protective equipment such as masks hand sanitizer as directed by the CDC and other health organizations, especially if you're working or participating in a group or social setting but please don't be afraid to STAY AT HOME if leaving your residence is not necessary. Hand washing and use of hand sanitizers may offer a benefit. Hand washing alone with at least an 11% relative reduction in the sp of respiratory illness.

STRESS:

Please make sure you are up to the challenges to come, both physically and mentally. Elevation in stress hormones doesn't just keep you awake it also puts stress on the immune system. Consider these steps to help keep a healthy immune system and it can help better manage life through during this crisis.



GET VACCINATED!:

Please do your research and check local outlets for vaccine availability. Millions of people in the United States have received COVID-19 vaccines, and these vaccines have undergone the most intensive safety monitoring in U.S. history. This includes using both established and new monitoring systems to make sure that COVID-19 vaccines are safe. These vaccines cannot give you COVID-19! I will include extensive detailed information on the vaccination protocols in a upcoming separate newsletter release.

Stay Safe,

Dr. George E. Ray Jr., *Desert of Mississippi Health Committee*

- Illustrious Potentate, Karun Temple No. 48 - Physician, Imperial Medical Department

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Credits

Cover page and header graphics design

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Content graphics and design

Noble Shadon Rollins (130)

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Ill Potentate Dr. George E. Ray Jr (48)



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