



Ancient, Free and Accepted Masons

The Grand Lodge of Saskatchewan

To be the Fraternal Organization of choice for men in the Province of Saskatchewan

Grand Master's Monthly Reflections



"It Starts with Me"

MW Bro. Michael Keogan, Grand Master, 2026-27

November is a month that invites us to pause and reflect. Across Saskatchewan, the fields and trees settle into the quiet of late autumn, and our thoughts turn toward the sacrifices made by those who came before us. On November 11, Canadians gather to observe Remembrance Day—a time to honour the men and women who gave their lives in service to our country, and to remember the freedoms and opportunities their sacrifice helped preserve.

When we think of those who made the ultimate sacrifice, it is difficult not to feel a deep sense of gratitude. The freedoms we enjoy today—the freedom to gather, to speak, to worship according to our conscience, and to live in peace—were not simply given to us. They were defended by people who answered a call to serve, often at tremendous personal cost. Many never returned home to the families and communities that loved them.

Remembrance asks something of us. It asks us not only to recall the past, but to consider how we honour that sacrifice in our own lives. A moment of silence, a wreath laid, or a service attended is meaningful. But remembrance can also be reflected in the choices we make every day: how we care for our neighbours, how we support those in need, and how we protect the dignity and freedom of others.

The freedoms we remember are closely connected to the respect we show one another. To value freedom is to recognize the worth and dignity of every person, even when we differ in our opinions, experiences, or beliefs. We honour those who sacrificed for our country when we refuse to diminish another person, when we stand against cruelty or intimidation, and when we treat others with the consideration and respect that we ourselves hope to receive.

As Masons, we are taught to value Brotherly Love, Relief, and Truth. These principles remind us that freedom carries responsibility, and that gratitude should find expression in our actions. Respect and dignity must not be reserved for those who hold a title, share our views, or have already become members of our fraternity. They are qualities we should demonstrate to every person we encounter.

This brings me back to my theme for the year, *It Starts With Me*. I cannot honour the sacrifices of others through words alone. I must ask myself what I am doing with the freedoms they helped secure. Am I using them wisely? Am I treating others with fairness and respect? Am I making a positive contribution to my family, my Lodge, and my community? And when I witness someone being treated without dignity, am I willing to speak up?

These are questions each of us can answer only for ourselves. The legacy of those we remember is not upheld by ceremony alone, but by the values we choose to live. Each act of kindness, each effort to serve, and each decision to stand up for what is right is a small but meaningful way of honouring those who gave so much.

As we approach Remembrance Day, I encourage each of us to take time to remember—not only those whose names are inscribed on memorials, but also the families who carried on, the communities that mourned, and the generations who worked to build a better future from the cost of war. May our remembrance be sincere, our gratitude enduring, and our actions worthy of the freedoms we enjoy.

Thank you, Brethren, for the many ways you serve your Lodges and communities. May we continue to demonstrate, in our own lives, the principles that make our fraternity meaningful and that help strengthen the country we are privileged to call home.

Fraternally,

Mike Keogan

Grand Master, Grand Lodge of Saskatchewan



Until next month, may we each remember that the work of Freemasonry always begins with one Brother. It starts with me.