



# *Thanksgiving is an attitude of the heart*

*Gratitude is the  
inward feeling of  
kindness received.  
Thankfulness  
is the natural impulse  
to express that feeling.  
Thanksgiving  
is following that  
impulse.*

Thanksgiving is a most special and personal holiday to many people. Like all the other holidays, it is not immune to the commercialization of the times. Many look forward to celebrating a four day weekend that usually includes family and friends gathering around a table of turkey and more food than one can possibly eat. Others look forward to football, parades on TV or perhaps the beginning of shopping for the upcoming holiday season. Some families have a more traditional view of family; reunion, prayer and time for reflection regarding the bounty and blessings received.

We all should know the historical basis for this holiday involving the Pilgrims of the Mayflower and the life-saving assistance provided by the native-American Indians in 1620 that gave forth this holiday of Thanksgiving. Without that help, aid and assistance offered so freely, our nation might have been set on another course. Brother and President George Washington proclaimed it a National holiday in 1789, President Abraham Lincoln proclaimed the last Thursday for celebrating in November, 1863 and Congress made it a legal holiday in 1941.

The meaning of Thanksgiving has evolved and blurred over the years. Families have their respective traditions and reasons for giving thanks through common purposes. Whether it is healing differences, overcoming struggles such as poor health, we collectively find this holiday as one of strength and hope. It is a time to discuss family heritage and legacies shared over the dinner table; a moment for family photographs or videos. It is also a time to dismiss piques and quarrels and to think of the greater good.

Last but certainly not least, is giving thanks for what we have and choosing to share our bounty with those less fortunate. The ability to give of our time, spirit, or finances to help others transcends time, space, ethnicity, age or gender. Thanksgiving is an attitude of the heart that reinforces an intimate relationship with the great architect and one of the principle tenets of Freemasonry that of charity.

During this season of hope and charity, take a moment to count your blessings and act today to help the Masonic Medical Research Laboratory (MMRL) make the promise of medical treatments and cures a reality that benefits all. All gifts are tax deductible. We are grateful beyond words for the support we have received and continue to receive from our growing family of friends.

Please visit [www.mmrl.edu](http://www.mmrl.edu) to learn more about our heart research or to make a secure gift online. If you prefer, you may make your check payable to the Masonic Medical Research Laboratory and send via the US mail. Be sure to include your lodge and district if you wish Masonic Brotherhood Fund credit.



*We wish peace and  
continued good health  
for you, your loved  
ones and friends.*

## *Ways to support the MMRL*

The ability of any medical research institute to forge new frontiers in the fight against disease is in direct proportion to the resources that are made available. We invite you to invest in the development of future treatments and cures through one or more of the avenues listed below. For more information, please contact the Development Office at 1-888-888-MMRL.

- **Gifts of Cash** provide immediate benefit to the research programs as well as a charitable deduction.
- **Gifts of Securities** when appreciated can offer attractive tax benefits.
- **Gifts of Real Estate** provide an excellent opportunity to make a substantial gift.
- **Gifts via IRA and Annuities** simply require that you name the Masonic Medical Research Laboratory as the final beneficiary to your IRA or Annuity account.
- **Gifts of Life Insurance**, often overlooked as a way to make a charitable contribution, is easy and allows you to give more than otherwise possible.
- **Charitable Remainder Annuity Trusts and Charitable Remainder Unitrusts** pay you and your beneficiary fixed income for life. In addition to income tax benefits, the asset(s) are removed from your estate, which saves on estate and gift taxes.
- **Charitable Gift Annuity** provides a guaranteed fixed income for life for you and your spouse. Designating the MMRL as a remainder beneficiary helps further the mission of the MMRL and may provide you with long term tax benefit.
- **Wills and Bequests** provide a means for you to leave a lasting legacy from which your children and grandchildren can benefit. Because these funds are designated as endowment, they establish a foundation upon which the future can be built. This is one of the most important charitable acts that you can perform for the purpose of ensuring a healthier tomorrow for all humankind.

## *You or your spouse can designate Contributions to MMRL via*

- **Employer Matching Grants** provide a unique opportunity to make your employer match your contribution with tax benefits to both. Check with the Human Resources Department where you are employed for more details.
- **United Way or State Employees Federated Appeal (SEFA) Designated Gifts** provide you an additional opportunity to give to our medical research by simply designating your gift for the Masonic Medical Research Laboratory under the donor designated option. Our SEFA identification number is 999-00766.
- **Combined Federal Campaign** provides another way to give if you are a Federal Government employee and live in the Syracuse, Albany or the Utica/Rome area. Please refer to your CFC brochure for our identification number is unique to your campaign area.
- **Combined Municipal Campaign of NYC** allows you to designate the MMRL as a recipient of your gift if you work in the metropolitan area.

*Money spent  
on treatment  
helps the patient;  
money spent on research  
benefits humanity*

Raymond C. Ellis  
Past Grand Master  
MMRL Founder



2150 Bleecker Street • Utica, NY 13501-1787  
Tel: (315) 735-2217 • Fax: (315) 735-5648  
development@mmrl.edu • www.mmrl.edu

Not-for-profit corporation  
Tax exempt under section 501 (c)(3)  
of the IRS Code

Incorporated in NY in October, 1947,  
as Masonic Foundation for Medical Research  
and Human Welfare

Federal Tax ID Number: 13-5648611 • New York  
State Charities Registration Number: 037227  
Founded by the Grand Lodge of Free  
and Accepted Masons of the State of New York