



Reflections

From the Chaplain ~ March, 2017

SEMPER PARATUS! A FRESH SET OF EYES

Over the years, I have learned a very important lesson when it comes to seeing if I am on the right track on something, or not. I learned it from writing papers to be turned in for my various academic degrees. When I started to instruct students in higher ed, I told them the same thing. I explained that if you really want to turn in a great product, you need to have at least one other person, a very frank and honest person, take a look at it who has never seen it before; you need *a fresh set of eyes!*



I am Chaplain Bill Stewart, your new D13 chaplain and to be frank, I have never served in the Coast Guard before. I have always been impressed with what I have seen when I have had opportunities to work along side you, but this is my very first tour, and honor as a Navy chaplain, to actually be put in a billet that supports the great Coast Guard of the United States! I believe this has allowed me, more than most, to look at what you do objectively with those, fresh set of eyes. To say I have been impressed by what I have observed would simply be an understatement. I have been amazed and if I could have your thoughts for just a few moments more, I would like to explain why.

On Semper Paratus (Always Ready), I have always been impressed when I see a group of folks tackle something well that they have been training on for a great deal of time. But what honestly impresses me most, is when I see how a group of folks handle a situation they have *not* expected. It reveals so many things about them, like their knowledge, resilience, care for others, and integrity; all of those things that define a true and mature ... Professional!

D13 Coasties, yes, every one of you, I am here to tell you that I must be one of the proudest chaplains out there today, and it's all because of you! I have seen how you operate, and I am nothing short of impressed. I have seen with my own two eyes, how you have reacted to one of the most difficult things we could ever face in our careers, and that is the loss of another Coastie. Just stepping into this job, we lost two incredible men, LTjg Devin Hepner and MK2 Andrew Hennen. Neither of these gentlemen leaving us were in our plan of the day, yet it happened. How you reacted ... how you pulled together as a USCG family ... how you loved their families and supported them ... that told me more about you than you can ever imagine!

Yes, always ready my friends, and I am honored to be your D13 Chaplain. ***Semper Paratus!***

Food 4 Thought: *"Luck can often mean simply taking advantage of a situation at the right moment. It is possible to make your luck by being always prepared."* —Michael Korda

A Second Helping: *"There is always a part of my mind that is preparing for the worst, and another part of my mind that believes if I prepare enough for it, the worst won't happen."*
—Kay Redfield Jamison

Dessert with a Smile: *"Prepare and prevent, don't repair and repent!"* —Author Unknown

D13 RESOURCES & OPPORTUNITIES

DISTRICT THIRTEEN Chaplains ~ Always Ready  Called to Serve



LCDR Bill Stewart, District Chaplain ~ William.M.Stewart@uscg.mil
Office: (206) 217-6995 Cell: (206) 850-3426

LT Tony Stallings, Sector Chaplain ~ AnthonyStallings@uscg.mil
Office: (503) 861-6225 Cell: (503) 791-3733



All communication with chaplains is strictly confidential!

Religious Growth & Fellowship Opportunities

Bible Studies / Fellowships each Wednesday:

Base Seattle – Breakfast Bible Study & Fellowship – Cutterman Dining Hall - 0645-0745
- For more info, contact Mr. Vic Primeaux, cmfvic@wavecable.com

D13 / Jackson Federal Bldg – Noontime Bible Study & Fellowship – Rm 3408 – 1200-1300
- For more info, contact Mr. Clifford Bates, clifford.s.bates@uscg.mil

Ripples



Would you like a Christian based inspirational writing each month from us chaplains? If so, please sign up for our email distribution at William.M.Stewart@uscg.mil and we'll get you on the list! **Ripples will start next month (April) and we would love to have you join us!**



safeTALK Suicide alertness training can be offered by your D13 Chaplains – Get a group of 10 or more together and we'll come to you and teach it ... it's an incredible training to help our fellow Shipmates stay safe!!!

Upcoming CREDO Northwest Events These Events are Incredible ... and FREE!

Registration is required for all events!

Call 360-476-3793 or email: CREDO@navy.mil

They fill up fast so register now!

Like them on Facebook.com/CREDO.Northwest for event updates



Marriage Retreats & Workshops: Currently all filled – we will list more when available.

Personal Resilience Workshops: 30 MAR 2017: NBK, Silverdale, Island Lake, WA

ASIST 2-Day Suicide Intervention Workshops: 21-22 MAR: NS Everett, Smokey Point Chapel, WA

safeTALK Suicide Prevention Awareness:

08 MAR: Naval Air Station, Whidbey Island Chapel, WA

23 MAR: Naval Base Kitsap, Bremerton, Bldg 491

29 MAR: Naval Station Everett, Smokey Point Chapel, WA

Care and Emergency Resources

HSWL (Health, Safety and Work/Life) Seattle – 1-800-872-4957 ext. 313

Coast Guard CG Support – 1-855-CGSUPRT (247-8778) ~ www.CGSUPRT.com

American Red Cross for Military – 1-877-272-7337

EMERGENCY – Please dial 911 immediately if you feel there is a life or death situation!

