



Reflections

From the Chaplain ~ April, 2017

ENOUGH ALREADY!

Over the past almost four years of living in the area, my family and I have absolutely fallen in love with the great Pacific Northwest! The beautiful mountains, trees, waterways and fauna have made us at times feel we are living in a postcard. That said, one of the biggest challenges has been trying to adapt to what feels like incessant rains, and even many snows, particularly this year. The rainfall has most assuredly set several records this year and at times when it seems it has gone on forever, I have wanted to lift my eyes to the heavens and shout, ***Enough Already!***



In my work as a chaplain, I have even had many people come to me, especially this year, who are actually struggling emotionally with the rain and dreary weather. It can give a person the feeling that it will never let up; it will never change. That the way things are now, will be the same forever and those thoughts can pull a person into feelings of hopelessness and helplessness, which is not the best state of mind to be in. This is true not only of the weather, but in life in general. When we go through very difficult times for a long period of time, we can start convincing ourselves that the sun will never come out again, whether it be with nature itself, or metaphorically speaking with life in general. In a sense, if we are not careful, we can give up on the sun.

The reality is, the rains do eventually subside, the clouds start pulling away and the sun shows its shiny face once again. And when it does, especially for those who have not seen it in such a long time, it is more bright, warm and beautiful than ever before! We get a new perspective on life that gives us hope and we realize the dreariness was but for a time, even if a long one. It's important for us to understand that life is sometimes like that. Yes, we will go through difficult times, maybe for what seems like forever, but that the sun will come back out and we can make it. We need to watch out for and help those around us who might be struggling as well. And when we see the clouds hanging over one of our Shipmate's heads rather than ours, let's encourage them that they too can make it through the season, walking alongside them in those challenging times. It's what we do. Life is good and Spring is on its way! *Semper Paratus!*

Food 4 Thought: "No matter how long the winter, spring is sure to follow." —Proverb

A Second Helping: "April is a promise that May is bound to keep." —Hal Borland

Dessert with a Smile: "When you come to the end of your rope, tie a knot and hang on."
—Franklin D. Roosevelt

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, Sectors Chaplain ~ Anthony.D.Stallings@uscg.mil
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All communication with chaplains is strictly confidential!

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!



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! All materials provided free!

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 Enrichment Retreats: Call for the current schedule and to register!

Marriage Enrichment Workshop: MAY 19-20 @ NB Kitsap Olympic Lodge in Bremerton, WA

Family Enrichment Retreats: 9-11 JUN and 7-9 JUL @ Jim Creek Recreation (NS Everett, WA)

ASIST 2-Day Suicide Intervention Workshops: 9-10 MAY, NAS Whidbey Island; 27-28 JUN, NB Kitsap

safeTALK Suicide Prevention Awareness: safeTALK classes are regularly taught by CREDO at Naval Base Kitsap in Bremerton, Naval Air Station Whidbey Island and Naval Station Everett at the Smokey Point Chapel. Call for dates, more information or to sign up.

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!

