



Chaplain's Corner

April 2024

Resiliency Resources

TMD Counseling 512-782-5069

One Source 800-342-9647

Suicide Lifeline 988

TXMF Sexual Assault Support
512-565-4410

DoD Safe Helpline 877-955-5247

Substance Abuse 512-782-6091

EO/EEO 512-782-5118

Soldier Family Readiness Specialist
512-782-1472

Financial Assistance 800-252-8032

Financial Planning 512-595-9138

YOUR UNIT CHAPLAIN

TXMF Chaplain 512-782-5522

36 ID DIV Chaplain 903-714-5519

Veterans Retreats

Project Sanctuary

veteransfamiliesunited.org

vettix.org

Upcoming Building Strong and
Ready Teams Events
512-426-9288

TBD

Other Training/Classes

Speed of Trust: TBD

Financial Resiliency: TBD

ASIST: TBD

“There are three truths I hope you always remember when going through tough times. You’re loved ... You’re never alone ... You have a home.”

CH(LTC) Pat Maae – 36 ID DIV CH



CHANGE

I had an old coach who said, "We never stay the same. We're either getting better or getting worse." Sometimes I have a problem with being offered only 2 options, but he was right about one thing --- we face change each day. The way we deal with it says a lot.

How do you handle change? Ignore it; run from it; worry about it; embrace it? Change naturally creates tension. It creates stress. However, all stress isn't bad stress. Sometimes what initially appears as intimidating or problematic, is actually a necessary component to building something better. There's an old English poem/proverb that says, "April showers bring May flowers."

Obviously not all thunderstorms are simple April showers, but we do have a choice on how to view and understand life's storms. We have a choice to use or allow the stress of those storms to mold us into something better or erode us into something worse.

My wife recently chose to get back into working with pottery. Watching someone use a pottery wheel to mold a lump of clay is quite a process. The pulling, pushing, pressing, spinning, and cutting must be unbearable if

you're that lump of clay ... But the work of art that's produced --- Beautiful!

Unfortunately, I don't know the stresses and changes you're dealing with, and can't describe what the bigger picture may look like in your life. Ultimately there are bigger things going on in the world that we'll never quite be able to touch, grasp, or understand. However, while change is happening around us, we can hold fast to truths, standards, and values that are timeless.

In my faith background, the stress of change is mitigated by knowing and believing there is One whose love, justice, mercy, and grace never change --- while He's creating His masterpiece. Two things I focus on in the midst of change is, looking forward to what the final masterpiece will look like, and trusting in the skill and faithful intent of the Artist.

Prayers and encouragement for what He's doing in your masterpiece.

CH Maae

Prayer requests may be emailed to your unit Chaplain or to me at: patrick.v.maae.mil@army.mil

