

8MCD Family,

Thank you for letting me address you from a chaplain's perspective--a chaplain who has seen and been through a lot (though not more than our ancestors have).

With extended spring break, the children home, missing work or figuring out how to work while juggling everything you all do on a daily basis, this can be a challenging or stressful time. I (and I bet you) have found in the past that acknowledging the positive (what we do have and the good news coming out) makes our daily living more productive and powerful. With that said, venting also helps as long as it is to a person who will not become distressed by the venting. I am always ready to listen, 24/7 at 817-360-0899, and there's nothing you can say to me that I would not want to hear (and it's confidential!).

There are two things I do that have gotten me through many a trial, and maybe they will work for you. For one, I stay rooted and grounded in my higher power. Do you have a higher power which helps you transcend your circumstances? Sometimes it's even the love of your children and family that helps you rise above it all.

The second is that in a crisis, I focus on helping others. Every time I do that, my perspective becomes more manageable and ceases to overwhelm me. Check with those around you: Is there a family that needs something that you can help with? A supply? A break from the kids to run and do errands? Someone to bring over some groceries or a meal? Or even simply a friendly phone call just to check in? We can do those things safely according to the current CDC guidance and do follow all safety protocols. If you or a team of you becomes that helping force, a peace that comes from loving and caring for others will bless you and inspire them to attain your confidence. And it will grow in everyone in the community.

You are not alone, and you can become the person who helps others manage their feelings so they won't be alone, either. God bless you, and may we be shocked and amazed at how quickly this time passes until it is but a memory. May God protect you from all illnesses and strife. And when illness does come as it does in this fallen world, may your fiercely and wonderfully made immune system quickly heal you.

God bless & V/r,

Chaplain Chappell

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Suicide Hotline 800-273-TALK (8255)
<https://suicidepreventionlifeline.org/chat/>
Sexual Assault Safe Helpline 877-995-5247
Military One Source Counseling 800-342-9647

Distress Line: 24/7 talk anonymously to someone trained to listen and help by phone, live chat, or skype:

1-877-476-7734

<https://usmc-mccs.org/services/support/dstress-line/>