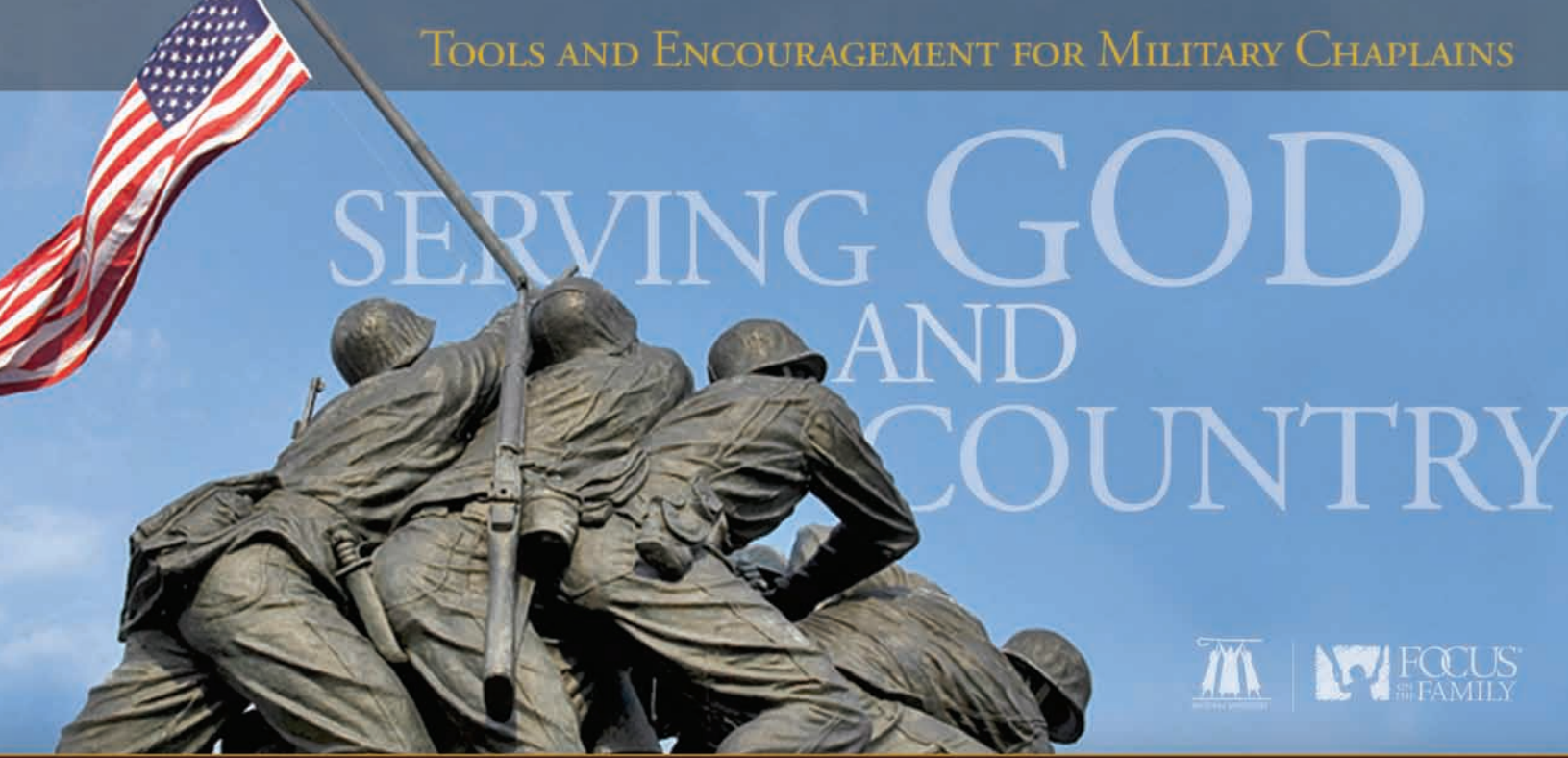
TOOLS AND ENCOURAGEMENT FOR MILITARY CHAPLAINS

SERVING GOD AND COUNTRY



Every Moses needs an Aaron

"When Moses' hands grew tired . . . Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady."

–Exodus 17:12, NIV

This is the verse that drives our philosophy for our military chaplains ministry. It's our goal to be your faithful "Aaron," someone to whom you and your family can turn for support as you go forth in ministry. For as much as you serve others, eventually you'll need someone to serve you. Whether you're a military chaplain serving at home or abroad, we want to come alongside as you navigate the challenges of military life.

Serving You

We strengthen chaplains and their families through encouragement support and restoration to fulfill the demands of military life. Being a chaplain in the military is a 24 x 7, thrilling and exhausting assignment directly given by God. We want to come along side you as you navigate the challenges of military life.

It is a privilege to honor those who provide spiritual care for all of the members of our armed forces. At Focus on the Family, we take pride in saying thank you to the men and women in the chaplaincy. It does not matter to us which branch of service you represent or your current duty station, we simply thank you for serving. We are also aware of the awesome responsibility you bear in ensuring that the religious needs of those placed in your care are met with humility and integrity.

With the high ops tempo, our goal is to support active duty, guard and reserve chaplains. You can connect with us if you are interested in articles on parenting, marriage, ministry, etc., we hope you will give us permission to serve with you.

Pastoral Care Line

Our support and crisis phone line for pastors and their families features a professional staff of pastors-to-pastors who can provide an understanding ear, a word of advice, a timely referral or a simple prayer . . . because we've all been in your shoes.

E-mail us at pastors@family.org
Call toll-free: 877-233-4455
9:00 a.m. to 4:00 p.m.

What We Offer

Relevant books, CDs, subscriptions, etc.
Every pastor's family needs proven resources to encourage them along the way, to help them avoid the common pitfalls of ministry, or to guide them through recovery from a crisis. Visit us online and be sure to look at our special selections in this booklet.

Chaplain leadership gatherings
Chaplains and their spouses face as much stress as any of the highest executives in America. Now, more than ever, those in ministry must find times of refreshment and renewal.

Pastor to Pastor® Audio Series
Through informal and intimate interviews, leading Christian pastors, authors and experts join host Rev. H.B. London Jr. to discuss subjects that touch the personal and professional lives of Christian leaders.

***The Pastor's Weekly Briefing* e-newsletter**
Created to keep busy pastors up-to-date on the latest issues affecting the family. This complimentary newsletter can be downloaded via the Web or received by e-mail.

The Shepherd's Covenant® integrity and accountability commitment
Focus on the Family's The Shepherd's Covenant is a simple concept that calls spiritual leaders to a new level of accountability and commitment to the call of God on their lives. This complimentary e-mail is sent to you as a weekly encouragement.

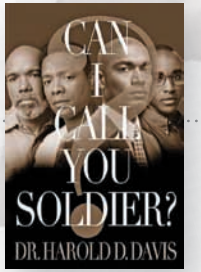
Parsonage.org
Consider this your online home for tips on balancing work and family, coping with the unique stresses of being a pastor, updates on issues facing families, unique resources for pastors and their spouses and all-around encouragement as you live out your calling.

Clergy Appreciation Month
Clergy Appreciation Month rallies congregations to recognize and affirm their pastoral church leaders and their families. We want to honor the hardworking servants who tirelessly lead and teach.

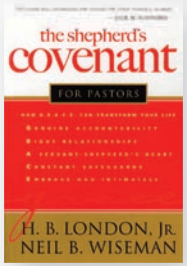
African-American Outreach
Family has always been a valuable legacy for African Americans, and we're working to establish community partnerships to help pastors, their families and their communities.

Must-have Web bookmarks
Africanamericanfocus.org
Parsonage.org
Troubledwith.com
U.S. Air Force Chaplain Service: usafhc.af.mil/
U.S. Army Office of Chief of Chaplains: chapnet.army.mil/contact.htm
U.S. Navy Chaplain Corps: chaplain.navy.mil/

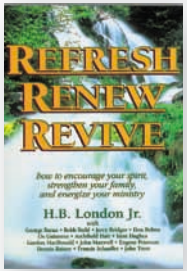
Relevant Resources



Can I Call You Soldier? / Harold Davis, D.Min. / Paperback
Author Dr. Harold Davis provides mentorship for African-American men—men of every race and background, actually—to step up to their God-given roles as husbands, fathers and leaders in the family. Moreover, it's a call for men to become mentors themselves to the next generation and stem the tide of staggering negative statistics. *Can I Call You Soldier?* enlists the hearts and spirits of men to godliness and encourages an investment in the men of tomorrow. **Item # P00530B / Suggested Donation: $10.00**

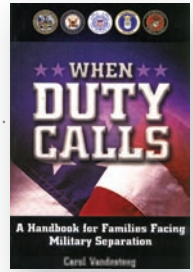


The Shepherd's Covenant for Pastors / H.B. London Jr. and Neil B. Wiseman / Hardcover
The Shepherd's Covenant for Pastors calls pastors to transcend "theological differences, denominational connections and local congregational constraints" in order to focus on a mission of grace in the context of mutual accountability. GRACE = Genuine accountability, Right relationships, A servant shepherd's heart, Constant safeguards and Embrace God intimately. **Item # P00355B / Suggested Donation: $15.00**



Refresh, Renew, Revive *How to Encourage Your Spirit, Strengthen Your Family, and Energize Your Ministry* / H.B. London Jr. / Paperback
Words of encouragement for pastors, missionaries or anyone in ministry who recognizes the need to rejuvenate themselves and their families. They'll embrace the support and sound counsel on the importance of time management, delegation and priorities from respected ministry leaders like John Maxwell, John Trent, George Barna and others. **Item # BF311 / Suggested Donation: $11.00**

Relevant Resources

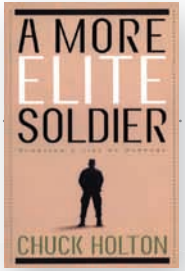


When Duty Calls *A Handbook for Families Facing Military Separation* / Carol Vandesteeg / Paperback
A must for all military families, this resource walks through what to expect when your loved one faces deployment. Suddenly, it's a single-parent experience. And, as a military wife of 20 years, author Carol Vandesteeg is able to empathize and help you prepare for the practical issues of long-distance communication, maintaining an efficient household, keeping expectations of life realistic plus much more. It's a transition that can go smoothly, and by having this guidebook, you'll be ready for when duty calls. **Item # P00557B / Suggested Donation: $15.00**

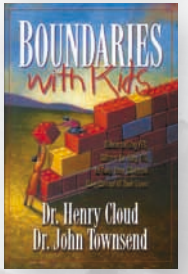
Faith on the Frontlines Kit / Hear firsthand accounts of inexplicable suffering, yet amazing reminders of God's sovereignty in this kit we've assembled just for our heroes on the frontlines. It's a collection of two inspirational books, a pocket-size NIV camouflage Bible and a CD from the Focus on the Family broadcast featuring Oliver North. Each resource offers tremendous hope for a firm faith for our troops and a reminder of the true victory that comes from a solid faith in Jesus. **Item # K00014k / Suggested Donation: $33.00**

Heroes at Home *Help & Hope for America's Military Families* / Ellie Kay / Paperback
Liberally sprinkled with humor and true stories of everyday military life, the military family will learn smarter ways to handle the complexities of their lives—moving, deployments, stress busters, budgets and more. The civilian family will discover the unique, challenging lifestyle of the American military family and ways they can help. It's a book for all patriotic Americans. **Item # BD701 / Suggested Donation: $12.00**

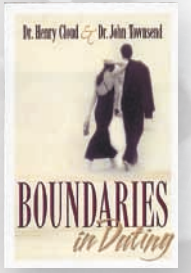
Relevant Resources



A More Elite Soldier *Pursuing a Life of Purpose* / Chuck Holton / Paperback
Life is combat. The apostle Paul compared our spiritual walk to that of a soldier. Chuck Holton does a masterful job of putting the reader in the heat of the battle. You'll get an inside look at the rigorous demands of training and battle and God's hand at work through it all. Be encouraged by this book as it demonstrates grit, commitment, determination and perseverance—traits that today's Christian needs in order to be a more elite soldier for God. **Item # BH012 / Suggested Donation: $12.00**

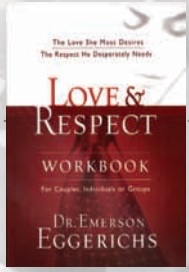


Boundaries With Kids / Henry Cloud, Ph.D. and John Townsend, Ph.D. / Paperback
Here's the help you need to raise kids who take responsibility for their lives and attitudes. Parents will learn how to set loving limits, bring control to an out-of-control life, define appropriate boundaries and consequences for children, and much more. **Item # BD515 / Suggested Donation: $15.00**

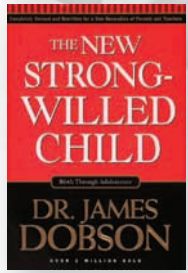


Boundaries in Dating / John Townsend, Ph.D., and Henry Cloud, Ph.D. / Paperback
Dating doesn't have to be a guessing game when you play by the rules of boundaries. *Boundaries in Dating*, from best-selling authors and psychologists Dr. Henry Cloud and Dr. John Townsend, takes the principles of their popular release *Boundaries* and applies them to the dating game. If you've failed at relationships before and find yourself repeating the same cycle—and don't even understand what you're doing wrong—give yourself a new opportunity to succeed. Request this wonderful, skills-building manual and start working today on becoming the you that attracts and maintains healthy relationships. **Item # BD056 / Suggested Donation: $15.00**

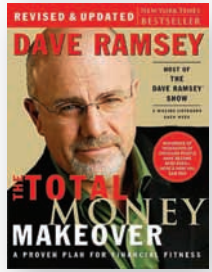
Relevant Resources



Love & Respect / Emerson Eggerichs, Ph.D. / Hardcover
In this groundbreaking book, Dr. Emerson Eggerichs introduces the revolutionary message of biblical respect from Ephesians 5:33 that has revived and energized marriages across the country.
Item # F00044B / Suggested Donation: $23.00



The New Strong-Willed Child / James C. Dobson, Ph. D. / Hardcover
Dr. James Dobson, America's foremost parenting expert, shares advice on shaping the will of the strong-willed child. Learn the strategies that succeed, those that fail, and the encouragement of knowing how that headstrong child can become a man or woman of great character. **Item # D00003B / Suggested Donation: $25.00**



The Total Money Makeover *A Proven Plan for Financial Fitness* / Dave Ramsey / Hardcover
Get through all the myths and misconceptions of obtaining wealth and financial stability. Dave Ramsey takes readers through a nuts and bolts tactic to getting rid of debt and finding financial well-being. Gain hope and expose the ruse of the "American dream." Uncover the pitfalls of cash advances and even debt consolidation. It's a must-have guidebook for any family wanting to stay financially fit. The success stories speak for themselves, and you'll be one of them with an approach that works every time. **Item # P00542B / Suggested Donation: $25.00**

Relevant Resources

But Mom, I Don't Want to Move! *Easing the Impact of Moving on Your Children* / Susan Miller / Paperback
Excitement and anticipation, or anxiety and anger? Moving can be an adventure or a nightmare. Susan Miller gives mothers practical guidance for making a smooth transition to a new home, school and community.
Item # BL530 / **Suggested Donation: $14.00**

After the Boxes Are Unpacked / Susan Miller / Paperback
The furniture fits—but what about you? Relocating can be especially traumatic for women. With true stories and ingenious insights, Susan Miller reminds women they're not alone. Penned by a veteran of 14 moves, this book will help even the most reluctant relocatee move on after moving in. **Item # BL294 / Suggested Donation: $13.00**

Four-Eyed Blonde / Chonda Pierce / DVD
Chonda Pierce presents her classic comedy act on stage before a live audience. Whether she's joking about her childhood, her family or just the way she sees things, her transparency and vulnerability will charm you and help you enjoy one of life's greatest gifts: laughter! **Item # P00248V / Suggested Donation: $8.00**

Relevant Resources

The Pastor's Advocate Series / A series of booklets just for congregations that will help them to better understand and care for their pastoral families and to join them in ministry. Pastoral Restoration: The Path to Recovery will guide those church leaders faced with facilitating the healing and recovery of a minister and the church after a moral failure. (F00827T) Enriching Life in the Fishbowl provides assistance to congregations in properly caring for a pastor and his family in order to make their lives rich and their ministries effective. (PC063) Living in the Pastor's Home is a unique experience. Join four adult PKs as they look back with new insight that would benefit any congregation. (PC064) Working Together to Impact Your Community will direct you in forming a community impact committee to benefit your congregation and pastor alike. (PC065) / **Suggested Donation: $1.00**

Pastor to Pastor® / A complimentary bimonthly audio series featuring interviews with experts in many fields addressing a number of the issues of interest to pastoral families. Through informal and intimate interviews, leading Christian pastors, authors and experts join host Rev. H.B. London Jr. to discuss subjects that touch the daily personal and professional lives of pastors, other Christian leaders and their families. Review all available editions at Parsonage.org.

Culture and Media

How to Drug Proof Your Kids®

Did you know that half of all 12th graders have been drunk in the past month and almost half of all teens have used marijuana—not to mention that one out of three teens have ridden in a car with someone who has been drinking? Thankfully, as a concerned parent and community leader, there is something you can do about these facts.

It's called *How to Drug Proof Your Kids*, and it's one of the best drug prevention curriculums around. In this values-based program led by trained facilitators, you'll learn communication strategies, how to identify warning signs, how to deal with current drug use and gain knowledge about the most important drug use deterrent of all: building stronger relationships with your kids. Go to **drugproofyourkids.com**

Plugged In®

You are becoming what you are watching, plain and simple. That's why we provide content reviews on the latest movies, music, games and TV shows so you can help your family make wise entertainment decisions. It's an extra step so that "no one takes you captive through hollow or deceptive philosophy" (Colossians 2:8, NIV). Go to **pluggedinonline.com**

Culture and Media

Focus on the Family's The Truth Project®

In a recent study, the Barna Research Group revealed a stunning statistic that continues to reverberate throughout the evangelical world—only 9 percent of professing Christians have a biblical worldview.

Because of this, today's believers live very similarly to non-believers. A personal sense of significance is rarely experienced, we spend our money and time on things that fail to satisfy, and we begin to wonder what life's ultimate purpose really is. We are, in short, losing our bearings as a people and a nation.

To counter this slide within the body of Christ, we are launching one of the most ambitious and powerful projects in the history of our ministry—Focus on the Family's The Truth Project.

The Truth Project is a DVD-based small-group curriculum comprised of 12 one-hour lessons taught by Del Tackett, D.Min. This home study is the starting point for looking at life from a biblical perspective. Each lesson discusses in great detail the relevance and importance of living the Christian worldview in daily life. **thetruthproject.org**

Inspiration & Encouragement

Serve and Surrender

by Alex Person

"He giveth power to the faint; and to them that have no might he increaseth strength." —Isaiah 40:29, KJV

There is a place in God where we can find renewable strength. We may find strength to live a life that is worthy of the high calling He has given us as clergy or chaplains. The most important thing is to know Him and serve Him. Members of the clergy feel a sense of calling to do the will of God and to give hope in desperate circumstances.

A soldier in wartime dreads the moment when he is surrounded by the enemy and forced to surrender. He, unfortunately, gives up all his personal rights and freedoms. The soldier is placed in a position of total vulnerability to his captor. And this is what God desires of us . . . to totally surrender to Him. He asks us to give up all our personal rights and freedoms and be submitted to the power of His Holy Spirit. He wants to captivate us with His love and grace.

Both chaplains and other members of the clergy preach similar messages of "surrender" to God. When our might and our strength to do things our own way are surrendered to Him, we lay down our will and lose it in the will of the Father. This action gives God the opportunity to increase His strength in us and empower us for service in the army of the Lord! His power is endless and consistent. As we decrease He increases. " To them that have no might he increaseth strength." Have you surrendered completely to the One who has called you to serve? Have you come to understand as a chaplain or believer that our power is finite and His power is infinite? Examine yourself today, and make a decision to surrender your will to Him so that in your weaknesses His strength will be made perfect in you. After all, we are soldiers in His army and not our army.

Inspiration & Encouragement

Deploying My Faith / *As a military spouse, I have a hard time letting my husband go.* / by Crystal Kupper

"Today might be one of your I-hate-the-military days," my husband of three months said uneasily.

I snapped to attention, temporarily forgetting the vegetables I was chopping. "Why? Switching shifts?" I asked, knowing he wasn't.

"No, I'm deploying."

I practically pureed the onion. Then came my tears and venom. I realized it wasn't his fault but didn't care. He was leaving me.

This reality failed to cross my mind when I fell in love with Nick. He was the first military man I knew, and the romance swept me away. I had envisioned worldwide adventures with my groom.

Instead, we were stuck in the ugly Idaho desert, an hour away from the closest town and hundreds of miles from home. We had no friends and were just settling into a church. Now Nick was deploying to Asia, unsure of his return date but positive he would miss our first anniversary.

All about me

A year earlier, Nick had given me an Air Force sweat shirt. Bursting with pride for my military man, I wore it everywhere and treasured that garment like a gold medal. Now, I peeled it off and stuffed it in the closet. I didn't want anything to do with the Air Force. Those

feelings only intensified as his departure date drew near. I cried over everything, bewildering my poor husband. Even though his job as a fighter jet electrician nearly guaranteed his safety, I remained unsatisfied. Nightmares convinced me he wasn't coming home.

"I just don't understand," he said one afternoon. "I'm not going to die. What's wrong?"

"I don't trust the Air Force with you," I said. He was mine, and they were taking him away.

Nick pulled me close and spoke softly. "Crystal, please understand where I'm coming from. Not only am I deploying, but I'm worrying about you, too. I can't take care of myself because I'm taking care of you. I'm not allowed to cry because you're doing it all for me."

I knew he was right; I hadn't considered how he felt. My husband had been hiding his anxieties to protect me, but my selfish actions had left him without any support. All my energies were going toward me instead of us.

Despite that realization, I still felt bitter when Nick left. Depression engulfed me. I had been a Christian my entire life, practically raised in a pew, but now I couldn't even fake a smile, especially in church. I resented the sickly sweet people who greeted me with a smile but never called me during the week. Most of all, I despised the God who gave me this man. Didn't He realize how much I had given up to be Nick's wife?

Deeper and deeper into my closet went the Air Force sweat shirt.

Inspiration & Encouragement

All about Him

A steaming-hot August morning found me in church again, lonely and tired. I was taking 18 college credits, trying to stay busy, but the schedule was exhausting. The choir sang, "All of You is more than enough for all of me/For every thirst and every need." Inwardly blushing, I realized my problem: I didn't think God could satisfy my needs. I had been substituting my husband for my Savior, and the results had been almost disastrous. If I trusted God to save my soul, shouldn't I trust Him with my life and marriage? I reluctantly answered yes. Shedding my pride, I called some other Air Force wives. Over tea, I confessed my feelings of anger and anxiety. To my surprise, they smiled knowingly. From then after, we met regularly to discuss our marriages.

Once my attention switched from myself to others, I felt energized and valuable. I also worked toward a personal goal by training for a competitive 10K race. As a result, my phone conversations with Nick grew more upbeat as my friendships deepened and interests widened, freeing him to concentrate on staying healthy and safe.

Nick eventually returned with a sunburn and souvenirs. And though I hate the thought of more deployments, I know they will come. I have to forfeit the right to plan our lives my way.

Giving our future to God is still scary sometimes, but I'm making progress. That sweat shirt now has its own hanger.

Crystal Kupper lives in Mountain Home, Idaho, where she and her husband are anticipating the arrival of their first child this winter.

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