

RELIGIOUS EDUCATION JBSA-FORT SAM HOUSTON

Garrison Chaplain's Office

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Greetings from "Safe-at-Home"

Wow! How our day-to-day has significantly changed. Knowing this, we're reaching out to remind and assure you — we are still here, and you are not alone.

Bear with us, as everything is coming together slowly. We are striving to do our best to continue providing religious support as together, we discover a new normal.

Q: What's going on in RE?

For starters, so much!!! So much, that it's difficult to keep up with all the great ways people are reaching out, staying connected, and making religious education and chapel-life their priority.

A: Our youth ministers, Alicia and Phillip, never skipped a beat!!!

They've hosted virtual youth meetings on zoom.us and are piecing together new and exciting measures to connect with our young people. Receive updates through the Remind app

@ignitefshE for 1st - 5th grades
@ignitefshM for 6th - 8th grades
@ignitefshH for 9th - 12th grades

or reach them by e-mail:

Alicia: aboone.ctr@gmail.com

Phillip: pmusick.ctr@gmail.com

A: Our women of the Chapel are also staying connected?

PWOC and CWOC are finding ways to "fellowship" and engage in faith formation.

reach them by e-mail:

CWOC: caechanis@aol.com

PWOC: fortsampwoc@gmail.com

A: Jesse Faught, of the 1100 Main Post Chapel community, has been sending out Lenten Daily Devotionals. Joining Jesse is the Gospel Service's very own, Norman Jones, who has sent out his weekly *Keeping In Touch*

I pray their e-ministries continue through the Easter season and beyond.

Nudge Nudge

A: This little newsletter.

Our list serve is pieced together from here, there, and the next place. If you know someone who'd like to be included, have them contact me, or simply forward this on to them. On the flip side, if your mailbox is already full, request to be removed from our list. We'd hate to see you go, but we understand. *my e-mail is:* reynaldo.gustamente.civ@mail.mil



Pandemic by Lynn Unger

What if you thought of it as the Jews consider the Sabbath—the most sacred of times?

Cease from travel.
Cease from buying and selling.

Give up, just for now,
on trying to make the world different than it is.

Sing.
Pray.
Touch only those to whom you commit your life.

Center down.

Read full poem at: www.lynnungar.com/poems/pandemic/

10 April 2020

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We need your input

It's safe to say, that Vacation Bible School won't look the same this year. We welcome your thoughts.

<https://www.surveymonkey.com/r/KFS25P2>



Free Online eCourse

Last week, I received an invitation from Terry Hershey to a free eCourse, *How to Harness the Power of Pause*.

His e-mail reads

"I hope you are safe and well, and finding ways to connect with people you love.

While our physical immune system is vital during this pandemic, it is important that we do not forget our emotional and spiritual immune system. To honor ways that we can be present.

To practice the Power of Pause...

I want to make this eCourse available to help do just that...

Renewal. Replenishment. Sanity.

This isn't a technique or program. It is not for a select few.

It is simple invitation to set down the load we carry. And Lord knows it's heavy these days...

To rest.

To breathe.

To refuel.

To pay attention.

Pausing isn't a contest or a race.

This is the permission to let our souls catch up with our bodies."

Terry Hershey is an ordained minister and personal favorite of mine. His preaching and teaching seem to make simple sense out of our complex world. He has authored numerous books including one on this very topic. *The Power of Pause* was recently used as a study by the Catholic Women of the Chapel, so there's something here for everyone. Please join me for this intentional time to "let your soul catch up with your body".

Video Invite: <https://youtu.be/hkftHLTPz9Y>

Sign up for the course at:

<https://www.terryhershey.com/harness-the-power-of-pause-ecourse-free/>