

CHAPLAIN'S CORNER

Breaking the worry habit...

By **CHAPLAIN (LT. COL.) RAMSEY COUTTA**
CSJFTC Installation Chaplain

All of us worry at one time or another and some even worry about things most of the time. When we worry pretty much about everything our worry has become a habit. Such worry can drain our energies and take the joy out of life.

There is a better way.
Philippians 4: 6-7 states, *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding,*

will guard your hearts and minds in Jesus Christ."

Let me offer three suggestions to help you break the worry habit.

The first is to **lean on the Lord trustingly**. Many of us depend on our own physical and intellectual resources and fail. We are not all powerful like God and what power we do possess is often inadequate for the problems we face.

We need God's infinite power. Sometimes we also lean on others. But they have little more resources than we do and as a result they end up disappointing us. Assistance from others is to be appreciated, but is often deficient and wanting. The right answer is to

lean on the Lord fully. He never fails! His power is sufficient for our needs. Proverbs 3: 5 says, "Trust in the Lord with all your heart; and lean not on your own understanding."

We must also **live one day at a time**. Often we try to live tomorrow today. This is impossible to do, for we can only live in the now, the present, today. Yesterday is past and tomorrow is not guaranteed to come to us.

We should live today – worry free. God has promised strength for this day only, this moment in time. We must accept the past and trust God for the future.

Break the worry habit—live one day at a time. Matthew 6: 34 reminds us, *"Take*

therefore no thought for the morrow..."

Finally, we will be blessed by **lifting another's burden today**. By being so focused on our own concerns we often fail to lift the burdens of others. Selfishness only increases our own load.

Paradoxically, the weight decreases as we shoulder the burden of others (Psalm 11:17). Lend a helping hand. Give a smile and a word of encouragement to the downcast. Break the worry habit—lift another's burden today.

As James 2:15-16 states, *"If a brother or sister...be destitute of...food, And...ye give them not these things...what doth it profit?"*

CAMP SHELBY AREA WORSHIP OPPORTUNITIES

The following worship opportunities are available through Camp Shelby Joint Forces Training Center.

ON POST
General Protestant
Sunday, 9 a.m., Greer Chapel
Sunday, 12:30 p.m., Greer Chapel

Catholic Mass
Saturday, 2 p.m., Greer Chapel

(Confessions at 1:30 p.m.)
Sunday, 2 p.m., Greer Chapel
(Confessions at 1:30 p.m.)

For Jewish, Latter-day Saints and Muslim services, please contact the Post Chaplain for assistance at 558-2378.

Lutheran
Sunday, 8 a.m., St. John Lutheran

Church, 2001 Hardy Street, 601-583-4898.

OFF POST
*Transportation provided for Jewish, Episcopal, Lutheran, Muslim services **ONLY** (due to time scheduling) Units are responsible for arranging transportation by calling 601-558-2622.

Latter-day Saints
Sunday, 9 a.m., Latter-day Saints Meeting House, 1618 Broadway Dr., 601-268-2438/ Hall: 601-268-9706. Contact the Post Chaplain.

Episcopal
Sunday, 8 a.m., Trinity Episcopal, 509 West Pine St., 601-544-5551

Jewish
Friday at Temple B'Nai Israel at 801

Mamie Street, 601-545-3871. Every Friday at 6 p.m.

Muslim
Contact Post Chaplain

Others
Church of God at Bellevue, Hwy. 589, Hattiesburg
Jesus Christ of LDS, 2215 Broadway Drive, Hattiesburg

Serving Soldiers with a smile...

By **DANA ELISE SMITH**
CSJFTC Public Affairs

Quanithia Reuben-Chestnut is a sales associate at the Exchange store at Camp Shelby Joint Forces Training Center.



Chestnut

"My job is to help and serve each customer to the best of my abilities and do it with a smile," said Reuben-Chestnut.

The Hattiesburg native and "Army brat" had a father who served in the Army for 22 years. Reuben-Chestnut attended Forrest

County Agricultural High School and received her GED at the Hattiesburg Adult Education Center. She later earned a Certificate of Phlebotomy at the Adult Education Center in Laurel. She is currently attending Pearl River Community College in Hattiesburg. Her goal is to receive a degree in nursing.

She enjoys spending quality time at home with her husband, Demario, who is a carpenter, and her three children Quincy, 7, Quentin, 5, and Quavaughn, 4 who are all active in the Upward sports

program at Temple Baptist Church in Oak Grove.

"Most of my time is spent being the number one fan to all the many different sports my children play," she said. "I love

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bowling, outdoor activities, and trying to beat my husband in dominoes, but mostly

I love being a good wife and mother to my little men."

In her spare time, she enjoys watching "Law and Order: Special Victims Unit," "NCIS" and her favorite movie, "16 Blocks" starring Bruce Willis.

OCS Golf tournament

Help support Mississippi National Guard OCS Class 55 by participating in the 4 -Man Scramble Golf Tournament which will be held at 8 a.m. March 23 at the Pine Creek Golf Club in Purvis.

Cost per player is \$60 each or \$240 per foursome. You can select your own team or they will place individual golfers together with players at their same skill level.

There will be \$5 mulligans (limit of 4 per person). Each mulligan bought gets you a chance to win a door prize.

There will be "Use a 5 iron on Hole 7". This event gives the player a free shot on Hole 7 if they use a 5 iron for their first shot which is purchased at the price of \$5.

For more information, call Andreas Moffett at 601-441-6730.

"My story began to change when I realized that being good was just not good enough."

My story has changed for the better. And yours can, too!

CHANGE YOUR STORY

Join us every weekend in March

Four worship experiences to choose from:
6pm Saturday • 9:30am • 11am • 12:30pm Sunday



4142 Lincoln Rd • www.FirstHattiesburg.com

