

CHAPLAIN'S CORNER

Standing out in the crowd...

By **CHAPLAIN (MAJ.) TERRY PARTIN**
Deputy Installation Chaplain, CSJFTC

“Do everything without grumbling or arguing, so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky as you hold firmly to the word of life. Philippians 2:14-15 NIV

He strutted down the mall sticking out like a peacock in the prairie. His bright purple hair stood six inches higher than his head. His face was studded with a variety of ornaments, stuck in places that made me wince even to look. His dress complimented his appearance complete with black leather with studs and chains. He was without a doubt going to be noticed by everyone who passed near him! If his goal was to stick out in the crowd, he had accomplished his mission.

He would be the topic of many conversations around the food court.

Because of the military’s, demand for conformity. Sticking out in the crowd can be taxing and demanding. Being different often works itself out by being the strongest, the fastest, the sharpest or the one with the most knowledge. This one-up-manship can be costly to the body and to the mind. But, it doesn’t have to be. God’s word offers us an opportunity to shine in a green grey conformed world.

Though it goes against the norm, our shining begins when we get up in the morning before we even meet the first person. God’s word reminds us that we wake up in a “warped and crooked generation.” Translated to our day to day language that means that we wake up in a world that will naturally be hard to live with and selfish. It will be self-centered and self-focused. Other

bible translations use words like; twisted and perverse. We wake behind the curve. Knowing and accepting that the rest of the world will be for the most part all about themselves lets us prepare ourselves to respond differently to the day ahead. Much like putting batteries in a flashlight, our attitude fuels the light for the day ahead of us.

Next, we must decide not to join the grumblers and complainers. We know we will face those who “must” get somewhere “immediately.” We will meet those whose “problem” is greater than anything we have faced or conceived. Often our first answer is to begin to whine, gripe and complain how our day is worse than theirs. When we do not complain back but offer a smile and a word of encouragement, we, like the sun that begins to break through the clouds, offer a ray of sunshine.

Choosing not to argue also begins to clear

the clouds that hide our light. A superior officer once demanded that we not argue that we could not do something but that we try and only then bring back real reasons why the task could not be completed. He offered us the opportunity to try before we defeated ourselves with negative arguments. The completion of tasks that at first seem arguable brings a tremendous sense of satisfaction and encouragement. Again, the light shines!

We all learn early in our military career that standing out above the crowd can get you in trouble. Just ask any soldier in the middle of basic training. As we mature we learn that there is a right way to stand out. When we determine to “shine like stars” in a dark and grumbling world, we will find ourselves and our co-workers in a better and brighter light!

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

The art of weightlifting....

By **1st LT. RODNEY HALL**
CSJFTC Installation Safety Office

In the combat arms profession, many Soldiers engage in competitive activities. Based on my experience, one of the most common competitions is the art of “pushing weights”. When I say pushing weight, I mean working out in the gym using free weights as a means to test one’s strength and ability. No

service member wants the notoriety of being the weakest individual in his or her group, and since many Soldiers work out together, it’s common to push each other to, and even past, their physical capabilities.

One day after duty, a group of battle buddies and I went to the gym to get our daily “pump” on. We had been working out together for quite some time and were accustomed to each other’s strengths and weak-

nesses. When it came to dumbbells, I excelled; in fact, I was the strongest in the group. However, I still wanted to improve my strength through other exercises and equipment.

After everyone finished, I decided to hang back to lift a little more weight. My intent was to increase my strength faster than my buddies. I decided to attack the dip machine with free weights. Initially, I

mounted the machine with low weight to judge my capabilities. After two sets in, I realized I was able to do a lot more weight than I predicted. A few sets of light weights snowballed into me attempting to determine my absolute limit. Before I knew it, I was lifting too much weight. Suddenly, I felt a “POP!” and nearly fell onto the floor. At first, I thought I was just sore; however, I later realized I had injured a muscle in my chest.

My injury took months to heal. I was non-mission capable, unable to work out with my buddies and lost

my weightlifting progress during my recovery. I strongly recommend everyone heed the following guidance when it comes to weight lifting ... take it from a guy who learned the hard way!

When lifting weights, it is best to do it in a buddy team. I also learned you cannot push yourself past your limits safely. You should always use proper lifting techniques and make sure the equipment you’re using is in good condition. Fortunately, I did not cause any chronic pain that put my future as a Soldier in jeopardy.

My story began to change when I was in a fire that burned over 80% of my body

...but it 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



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