



Reflections

From the Chaps ~ April, 2020

INCONVENIENT OPPORTUNITIES

I don't know about you, but throughout my life on this good planet Earth, I have had many challenging situations occur that I did not plan on, and quite honestly, did not appreciate at the time. Things that were put upon me and that threw me and my life routine totally out of wack. They were events that either nature or humankind thrust upon me that took me out of my normal way of life, and quite frankly if I am to be toally honest here, sometimes put my ability to cope, to the test. I



could go through my personal list of these times, but I am confident you could give me your list as well. And, if you are just beginning in life as a young adult and haven't started that list, well stand by, because you and I are both going through a huge one together right now, aren't we; that little thing called COVID-19! All that said though, one thing I have also noticed is that during this one and those other challenging times, there were most always opportunities that came about that I would have never, ever thought of if the challenge had not presented itself. They were in a very real sense, **inconvenient opportunities!**

Interestingly, and depending on the behaviors involved, many experts state it takes around three weeks to start forming a new habit, or at least the foundation of such. Oftentimes, new habits and routines will use the same time where others, possibly poor ones, existed. So there might be no better opportunity while our routines are already in disarray from this unexpected situation, to replace them with others that are more productive for our lives; maybe those that can help us become more healthy, mentally, physically and spiritually. Unfortunately, there is another side to our lives being disrupted that can be very dangerous. If not vigilant, we could fall into the trap of dealing with all the stresses created from the disruption and unknown, by starting unhealthy habits; things like alcohol or drug abuse, various vices and addictions or fighting with those we love and care about the most. One of our greatest past presidents, John F. Kennedy, actually spoke about this. He said "When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity." Don't you find it rather ironic that President Kennedy, who was assassinated over 56 years ago, would make such a pertinent statement of truth, using a Chinese character illustration, that fits so vividly well in our crisis today?!

WHEN WRITTEN IN CHINESE, THE WORD

CRISIS

IS COMPOSED OF TWO CHARACTERS

ONE REPRESENTS

DANGER

AND THE OTHER REPRESENTS

OPPORTUNITY

John F. Kennedy

危

机

This indeed is one of the most severe times of crisis I have ever witnessed the U.S. and world endure. We once again have the choice, both as individuals and the whole, to choose paths that either support danger, or opportunity. Shipmates and families, we *must* take the path of opportunity! That of realizing how precious the gift of life is ... spending time with our loved ones with smart practices and social distancing (for now), reflecting on just how incredible our nation is, along with all of its bounty and opening our eyes to the beauty of humankind. I pray that we all, will choose wisely. God bless you and remember to, **Be Smart and Do Your Part!**



Food 4 Thought: *"In the middle of difficulty lies opportunity."* —Albert Einstein

A Second Helping: *"Expect change. Analyze the landscape. Take the opportunities. Stop being the chess piece; become the player. It's your move."* —Tony Robbins

Dessert with a Smile: *"Opportunities are usually disguised as hard work, so most people don't recognize them."* —Ann Landers

Back for More: *"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."* —Winston Churchill

RESOURCES & OPPORTUNITIES

Your USS JOHN C. STENNIS Religious Ministry Team

Called to Serve  **Looking Ahead!**



CDR Bill Stewart ~ Cmd Chaplain ~ William.Stewart@cvn74.navy.mil
LCDR Dave Duprey ~ PA ~ David.Duprey@cvn74.navy.mil
LT Jim Hinkle ~ DIVO ~ James.Hinkle@cvn74.navy.mil
RPC Tim Cambiado ~ DLCPO ~ Timothy.Cambiado@cvn74.navy.mil
RP2 Che'lese Bowman ~ LPO ~ Chelese.Bowman@cvn74.navy.mil
RP3 Bennett ~ RP3 Hogan ~ ABE3 Tyson ~ OS3 Martin ~ SN Horne

Contact us for info or to set up an appointment at: J-7463 or 757-444-3258 or visit us at 03-128-14-L

Note: All communications with any Chaplain or RP is strictly confidential!

Other Care & Emergency Resources

*If you or a dependent has questions or concerns regarding the COVID-19 Virus, call:
NMCP COVID-19 Hotline (24 hours/day) at 757-953-6200*

For Sailors Onboard JCS: Medical ~ 757-444-7966 / J-7424 and Mental Health J-4202

FFSC (Fleet & Family Support Center) ~ 757-444-2102 ~ FFSC@NavStaNorfolk

Military OneSource ~ 1-800-342-9647 ~ www.militaryonesource.mil

American Red Cross for Military (+AMCROSS) ~ 1-877-272-7337

EMERGENCY: Call 911 immediately if you feel there is a life or death situation!

