



Military Outreach USA

Stand By Me Heroes

3020 Milwaukee Avenue, Northbrook, IL 60062

July 2021

OUR MISSION

Military Outreach USA is a faith-based Judeo-Christian organization focused on Veterans and First-Responder Communities, regardless of their denomination or beliefs, demonstrating the compassion, love and healing of Christ our Lord



WHEN YOU CAN'T RUN YOU WALK,
WHEN YOU CAN'T WALK YOU CRAWL
AND WHEN YOU CAN'T CRAWL
WE WILL CARRY YOU.



A message from the General

MG (Ret) James H. Mukoyama
President & CEO

The month of July brings a spirit of pride and patriotism with the celebration of our nation's birth and remembrances of the epic Battle of Gettysburg which was key to our eventually maintaining "one nation under God."

The lessening of COVID restrictions has permitted us to renew our participation in several in-person events, including Memorial Day, our full-day outdoor event highlighting PTSD and Moral Injury and a Veterans Stand Down event hosted by one of our network churches to include my keynote speaker presentation on *Moral Injury: The Most Insidious Invisible Wound of War*. The latter two events included partnership with numerous Veteran Service Organizations, state

and federal Veterans program representatives, community and religious Veterans' programs. Hope and healing abounded and many Veterans and family members took advantage of the serving opportunities being offered. Food and entertainment were available and good times were had by all.

We continue to be encouraged daily by serving opportunities and volunteers inquiring about working with us in our mission to serve our military community. Zoeie Kreiner, the founder of Support Over Stigma, who created, coordinated, and supervised the successful Veterans and Family Members event at the Cantigny Museum in Wheaton, IL, is a stellar example. We look forward to our continued and expanded relationship in the future.

We would encourage your comments about our programs and the articles that are included in our newsletter. We would especially appreciate hearing stories from you about any positive effects and successes regarding your efforts in your local communities. Photos are especially welcome. We want to share best practices throughout the country as well as improve our communications and programs whenever possible.

We are most grateful for your continued prayers and support.



A message from Chappy

Chappy Ferrer
Executive Director & Operations

Our operations are focused on our Military, Veterans and First Responders who are guarding the gates of our freedom. No matter your faith, race, color, religion, sex, national origin, disability or age we honor your service as a grateful nation. Military Outreach USA serves our communities through its Veterans Exiting Homelessness Program (VEHP) and Stand-by-me Heroes (SBMH) local chapters operating in 100% unanimity as servant-leaders or not at all. Visit our webpage, read our newsletter and join our mission.

Veterans Existing Homelessness Programs includes Our Beds-for-Vets program. Since our effort began through June of this year we have purchased 1,909 beds, ensuring our heroes are not sleeping on the floor. 1,955 basic household items valued at \$1,282,016 have also been provided as move-in-essentials (MIE) to Veterans moving from homelessness into housing. WOW!

So far this year through June, 280 beds have been provided to Veterans.

Stand-by-me Heroes Chapters. Despite COVID our chapters in AZ, FL, HI, IL, MO, NC, NJ and UT are pressing forward. Our Foxhole Soul Counselors provide a framework to restore lives of those struggling with Moral Injury and Post Traumatic Stress Syndrome. Our focus is on mind, body and soul: leave out one of these elements and it feeds into the 22+ suicide rate. Therefore, we are focused on the total person.

Free Training. We offer Foxhole Soul Counselor training, via Zoom, to Veterans, businesses houses of worship and individuals to reach all communities. Half of our newsletter contains training materials with a framework of recovery and continued success in this life. Our mission remains to reduce the dark number of 22+ Veteran suicides per day. Our grass-roots approach with 1:1 engagement continues to have life-saving impact. We will not lose this battle that affects all communities across our nation. Trainers include Dr. Sawtelle, Dr. Beeman (Marine), Leah McCool's (Air Force) *Worth While Women* and more.

Recruitment. We seek folks with a calling to serve our Military, Veterans and First Responders. Our volunteers provide 4-10 hours a month and include civilians and Veterans. Our best practices and grass-roots approach have proven effective as our volunteers are people of action not words.

Send us an email, visit our website and volunteer in a most challenging area to change and save lives. We have optimized plans and processes and ready to mentor. <https://www.militaryoutreachusa.org/>

We are blessed!

Chappy

Experienced GRANT WRITER wanted on a contract or volunteer basis to help us identify potential sources of funding for our 501(c)3 non-profit organization and apply for grants to enable us to help even more Veterans make a successful transition from homelessness to independent living. With the easing of Covid restrictions, more and more VA caseworkers are referring qualified Veterans to us to receive bedding. We project we will need increasing funding to satisfy these requests. Please contact Sue.Brown@militaryoutreachusa.org if you might be interested in helping. You will be instrumental in meeting the needs of these worthy men and women who have served our country and now deserve a hand up!

Veterans Exiting Homelessness Program (VEHP)



We partner with Veterans Administration (VA) HUD-VASH Program and other organizations and individuals to supply new beds, pillows & linen as no hero should move from homelessness into a residence and sleep on the floor. Certain SBMH chapters include a Move-in-Essentials (MIE) sub-program supplying household fundamentals needed to more successfully move into a residence.



Lucky 100!

Here's the happy Veteran who received the 100th bed we provided in June. So many are feeling more at home in their new apartments thanks to all of you who support this effort to honor those who served our country.

BEDS-for-VETS Program



143 Veterans Are Resting More Easily Since Our May Newsletter

We proudly passed a milestone by providing 100 beds to Veterans transitioning from homelessness into subsidized housing during the month of June. Because of donations from people like you, we were able to supply 143 Veterans with a bed frame, mattress, sheets and pillows since our May newsletter.

We receive requests from caseworkers from VA facilities across the country who want to recognize the effort their Veterans have made to qualify for housing under the HUD/VASH program. We are usually able to supply the items within one to ten days from the date of request. Some VAs are able to store the items in their facilities so they are immediately available when the housing is approved and are able to set up the beds to greet the Veteran on move-in-day.

To welcome Veterans into the second phase of placement in the newly renovated Old Main building which was originally built to house disabled Civil War Veterans, we were able to provide another 30 beds including sheets and pillows in June. (We previously supplied 40 beds for the initial group of Veterans who moved into the building in April through June of this year.) This magnificent renovation on the grounds of the VA in Milwaukee, Wisconsin will eventually house 101 Veterans, some with families. For more information click on [Old Main reconstruction](#) and [Old Soldiers Home](#)

Thank you to all who encourage our effort through your financial contributions and prayer support. You have made a difference over the years by enabling us to supply 1,909 beds including sheets and pillows to deserving men and women who have served our country so well. They will not be forgotten!

Move-in-Essentials Collections

Nine local Girls Scouts, recent 8th grade graduates of St. Mary School in Buffalo Grove IL, made many bright and colorful quilts to distribute to Veterans through Jesse Brown, Edward Hines and James Lovell VAs in the greater Chicago area. Thanks to the troop for honoring the Veterans in this practical and welcome way.



Girl Scouts help Veterans!



Houses of Worship and other organizations and groups provide hope and encouragement to local Veterans transitioning from homelessness into subsidized housing through a program called Move-in-Essentials (MIE) coordinated by Jim Dunne's team of volunteers for Military Outreach USA. To date, we have distributed

items valued at \$1,282,016 to Veterans with the help of Jesse Brown, Edward J. Hines and James Lovell VAs in the greater Chicago area.

Project Hope assisted the homeless Veteran community in the greater Chicago area with the help of parishioners from St. Anne's Catholic Church in Barrington IL. When approached by local Palatine Veterans about organizing a drive to collect basic household essentials for Veterans transitioning into housing using a process developed by Military Outreach USA called Move-in-Essentials (MIE), Mary Bottie organized the parish volunteers and directed the project to completion.



This effort demonstrates how small communities/organizations can make a BIG difference in the lives of our heroes who are making efforts to live more successfully off the streets and shelters.



They assembled 50 individual "Bins of Hope", each filled with a variety of useful tools that made up a true "move-in starter kit" to welcome Veterans into their new home. Each of these containers was filled with a cooking pot, a fry pan, dishes, bowls, silverware, measuring cups and various kitchen tools that enabled recipients to set up a truly functional apartment.

The bins also contained specific meals the Veterans could easily prepare including pasta, pasta sauce, soups, beef stew/chili, mac and cheese, tuna, peanut butter and jelly, cereal, nuts, crackers and instant coffee. What a gift of hope to honor Veterans for their service and to encourage them in their new lifestyle of independent living!

A Hero's Story



United States Marine Veteran Brandon

Ketchum, 33, killed himself only a few hours after being turned down at the Iowa City VA Medical Center on July 7th, 2018. His father, William Ketchum was also a veteran.

“I requested that I get admitted to 9W (psychiatric ward) and get things straightened out,” he wrote on Facebook. “I truly felt my safety and health were in jeopardy, as I discussed with the doc. Not only did I get a NO, but three reasons of no based on me being not suicidal enough. At this point I said, ‘why even try anymore?’ They gave up on me, so why shouldn’t I give up on myself? Right now, that is the only viable option given my circumstances and frame of mind.”

~ Brandon Ketchum.

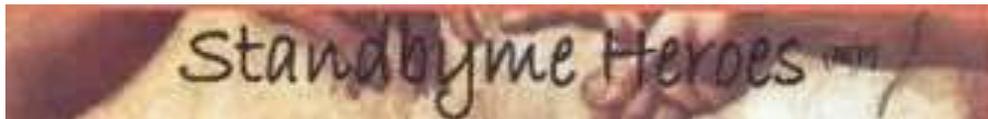
Why Foxhole Soul Counselors will never give up battling Moral Injuries and Post Traumatic Syndrome (PTS).

Why Foxhole Soul Counselors? When I accepted my calling focused on Veterans suffering with Moral Injury and Post Traumatic Stress, I struggled with saying yes. However, the Airborne are given a mission and we simply do. The 82nd and Marines trained for years at 29 Palms. We have always been fierce competitors and respected each other. Never could I have imagined this number of 22+ or the impacts our heroes faced and continue to face.

To my brothers and sisters struggling with Moral Injury and/or Post Traumatic Syndrome (PTS) there is HOPE! There is a framework, with the help of the Crosswinds Foundation, that works toward restoring mind, body and soul. Though, many have been rejected by the VA, we will continue to win this struggle providing HOPE. We hear the call of many, calling out from within for someone to Stand-by-me, and we have answered this call. Our teams consist of Veterans and civilians who are now managing our injuries through small groups.

I call on my Marine comrades to join us and become trained Foxhole Soul Counselors. Know that Marines face these issues in greater numbers than others. Call the Stand-by-me Heroes helpline (847) 378-8262. Go onto our website Militaryoutreachusa.org Review the training materials in our newsletter and begin to understand with greater clarity, our issues and our victories. Join us and change a nation.

~ Chappy Ferrer, Executive Director



This monument, honoring our Vietnam Veterans, has become 'The WALL of HEALING' as Veterans from WWII to present and our heroes serving today, come to D.C. or where the moving version is temporarily installed for a special event. Our passed heroes continue to look for us to bring them home and honor our heroes today in service.



Our Foxhole Soul Counselors (FSC) from our SBMH Chapters attend events and engage any who ask for 1:1 Soul Counseling. Not only are those who lost comrades continuing to hurt, but we must not forget the families and friends. We hear souls crying out for someone to 'Stand-by-me.' Our Foxhole Soul Counselors are there to speak with anyone suffering from a soul pain, moral injury or

PTSD.

Foxhole Soul Counselors focus on faith, not religion, to restore one's whole person and to walk with them as friend, as family. Help Line (847) 378 – 8262. Conversations are private, names are never released and you can use call sign.

How you can reach us!

SBMH Help line - 847-378-8262

For additional information please email us at Info@militaryoutreach.org or leave us a message on our website by [clicking here](#).

Stand by me Heroes (SBMH) Chapters

SBMH Northern Illinois



We've enjoyed lots of activity since our last newsletter. Parks are open and folks were anxious to get together and celebrate the great weather and the Fourth of July! It's great to see Veterans and their families meeting with others who share their experiences and struggles and victories.



Major General Mukoyama delivered the keynote speech at the **Vets for Veteran Families** event on June 26 on the grounds of Immanuel Lutheran Church in Crystal Lake IL which was coordinated by American



On June 19, Military Outreach USA and Support Over Stigma co-hosted *PTSD vs Moral Injury ~ Unmasking the Truth* at Cantigny Park in Wheaton IL. This powerful program was open to the public and drew about 100 people to the event. Speakers included Major General (Ret) Mukoyama, Chappy Ferrer and Zoeie Kreiner, founder of Support Over Stigma. The thirty

Legion Post 171 for about 300 attendees. Many have never heard of Moral Injury but they readily identify with it whenever the General talks about it to groups. It is a relief to learn that there is a name for the feelings and reactions so many Veterans experience and to learn that there is HOPE!

The General is pictured here with his friend and fellow Veteran USMC Col (Ret) Bob Hashimoto who volunteered to help with the Military Outreach table at the stand down

plus Veteran-owned businesses and organizations that provide resources and services for our Veterans were thrilled to be able to network with each other,. Several Veterans and spouses reached out to share how the event opened their eyes because they had never heard of Moral Injury.

Pictured here with General Mukoyama is Vietnam Veteran Father Ed McKenzie from St. Peter's Church in Chicago and Vietnam Vet Allan Ayers board member of the Allen J Lynch Foundation.

Support Over Stigma is one of our partners, founded by Zoeie Kreiner whose son lost several military buddies within a period of days to suicide. Her team of volunteers provides care packages to deployed troops, socks, gifts, Valentines and more to our Veterans to remind them that they are not alone and give Squad Snacks to local First Responders. Each care package, gift, snack and visit includes cards and letters of encouragement and resources on where to find help if they or someone they know is struggling .

If you or someone you love is struggling with the War that followed them Home, please reach out to Support for Stigma. They will connect you to a Battle Buddy, provide resources that might interest you and remind you that you DO NOT fight alone! They are here! [Visit their website](#)

UPCOMING EVENTS

Here are links to some events you might like to attend in the Chicago area:

Chicago Summer Stand-down, Thursday and Friday **August 26 & 27** for Jesse Brown and Hines Veterans at General Jones Armory. Looking for volunteers to help with the event 8/26-8/28. Click here for registration to the event and for more information: [Chicago Summer Stand-down](#)

Swingin' for the Vets Golf Outing hosted by the Allen J. Lynch Medal of Honor Veterans Foundation to provide assistance and relief to Veterans of the US armed forces and their immediate family members at White Deer Run Golf Club in Vernon Hills on **Friday, August 13.**, Click here for more information [Allen J Lynch Foundation](#)

Tee Off for Veterans Classic at the Veterans Memorial Golf Course, Great Lakes IL on Friday, August 13, hosted by Friends of Fisher House helping military familie . Co-chaired by Captain James A Lovell USN/NASA (Ret) and Major General Mukoyama US Army (Ret). Click for more information [Friends of Fisher House IL](#)

SOUL Harbour Ranch Animal Therapy Veterans and their families are invited to the Veteran's Weekend at the Soul Harbour Ranch 10:30 AM to Noon on July 25 and August 29 in Barrington. For more information, click here [SOUL Harbour Ranch](#)

Mission: Warrior Hope, Sept 17 - Sept 19 at VFW Post 8081 Warrenville, IL co-hosted by MOUSA/SBMH and Support Over Stigma. Learn Moral Injury and Post Traumatic Stress Survival Skills - Join fellow Veterans from the Great Lakes region and find HOPE (Healing, Opportunity, Peace and Empowerment). Facilitators include Chappy Ferrer, Doc Beeman and Zoeie Kreiner. Click here for more information and registration [Mission Warrior HOPE](#)



Salutes SBMH Chapter founder Toni Wineinger, a civilian never serving in uniform, full of heart, compassion and action, is transforming the lives of veterans in West Plains, Missouri (Howell county) and surrounding communities.



The Salutes SBMH Wall in West Plains where all visiting Veterans record their names.

Representatives from the Illinois SBMH chapter traveled to West Plains, MO to experience the Salutes SBMH facility in June. This team included



Rod Craig who is the Mayor of Hanover Park and an SBMH Director, as well as Zoeie and Paul Kreiner from Support over Stigma and Chappy and Chris Ferrer from Military Outreach USA/Stand-by-me Heroes.

The goals were to spend a weekend observing the operation, meeting the Veteran residents and the founders/directors Toni and Ben Wineinger. Chappy wanted the team to experience the operation, ask any unfettered questions and follow Toni to witness the reality and dedication behind such a facility. Our ultimate goal is to open a Salutes SBMH chapter in Illinois to support homeless Veterans.

The Missouri facility is nearing completion of all its construction goals. Completed is the Thrift Store, a new kitchen, dining area, library and paving at the front of the facility. A volunteer team of carpenters are working to complete the expansion of the bathrooms and showers and other rooms still need to be completed. We are expecting the computer lab room to be completed soon which will allow training of the Pifer

Communication Project Management fundamentals certification program which we hope will start in 4Q2021.

Toni and Ben are managing and directing Veterans toward working on recovery, obtaining training, maintaining a job and eventually moving into their own residences. They have an Advisory Board of Community Leaders to not only impact the lives of local Veterans, but also to collaborate to improve the lives of Veterans across Howell and surrounding counties. This ongoing story only confirms that we are a blessed and grateful nation.

If you would like to sponsor a Salutes SBMH project in your state, please contact us via the [the Military Outreach website](#). To start a Salutes SBMH Chapter we estimate we would need to raise \$75K. The facility would include a Thrift Store to create a constant revenue stream, a rented or donated warehouse facility, community support to build-up the facility with a kitchen, dining area, food pantry, training room, as well as male and female bedrooms and bathrooms. Why do we know this will work? Toni and Ben used their own social security checks to start the Salutes SBMH Chapter and they are retired civilians.

Sponsors interested in a Salutes SBMH project within their state, please contact Chappy Ferrer at Military Outreach USA via our website, or email Chappy.Ferrer@militaryoutreachusa.org. Join us and let's begin to plan and change lives. As we are blessed, so let us share that blessing collectively with our heroes.

Contact Salutes SBMH by phone at (417) 861-6967. Follow Salutes SBMH on Facebook for announcements, donations and needs.

SBMH Florida



Chapter directors: Phil Jelen is in Englewood; Rick and Leah (Gwen) McCool are in Seminole FL



Phil Jelen received a Purple Heart for his service in Vietnam with the Fourth Infantry Division and worked with Veterans at Jesse Brown and Hines VAs in Chicago for 33 years. He has been with Stand-by-me Heroes since its founding. Now a full-time resident of Englewood, FL, Phil enjoys his retirement by visiting with Veterans in Florida state prison, in the homeless communities nearby, and through his VFW Post and the Knights of Columbus in Grove City FL.

Phil was recently installed as Grand Knight at St. Francis Parish on June 14.

Rick McCool, Master Sergeant, USMC 1972-1993, Retired. Hello, Great Americans, from the Tampa Bay area in Florida! As a retired USMC Master Sgt/E-8, I am also active in many other organizations. The Major B.F. Hickey Marine Corps League Detachment 57 in St. Petersburg, the local Gideons International St. Pete West Camp as current VP, President of our homeowners association in Seminole. My wife, Gwen (Leah) organized the Seminole Military Outreach/Stand-by-me Heroes small group at our local Seminole Assembly of God church which has hosted clothing drives for Veterans at the VA Bay Pines and other Vet organizations in our area.

The Chaplain's Corner

A Message of HOPE from Chappy Ferrer, founder of Stand-by-Me Heroes

The purpose of the Chaplains Corner is to challenge, to restore and endure the outcomes of our experiences. There is HOPE! We consist of mind, body and soul; there is a framework to restore all three parts of our person. We incorporate a faith-based approach that has worked for millennia eliminating religiosity and academic theories. We are fearfully and wonderfully made, uniquely gifted by our God and capable of overcoming all obstacles seen and unseen. Many Veterans and First Responders suffer from Moral Injury, PTS and TBI. Through a faith-based framework, and a little help from our Foxhole Soul Counselors, our grass-roots approach will continue to provide help to those struggling to restore body, mind and soul.

Mentally, physically and spiritually we have celebrated another year of this great nation. On July 4th, 1776 a most important and spiritual document was signed by the

founding fathers of our United States, traversing a mountain of opposition. When I ride my motorcycle (Gloria) I meet so many American patriots of every race, citizens and non-citizens, who are thankful and blessed to live in the USA. However, our freedom now, as in days past, requires blood, sweat and plenty of tears. From sea to shining sea, from the Gulf of Mexico to Canada, we remain a shining light of freedom thanks to our Veterans and First Responders. Therefore, disregard the minor loud voices that are contrary to our freedom as they only confirm the truth of this nation strengthening us all! July 4th is about freedom!

Many have served in past and continuing wars knowing we do not live in a perfect country. But, as visionaries, we know America is growing and becoming better with each passing celebration. Our actions of mercy, love, empathy and war are required to combat evil. We are willing to pay the price, to ensure others live. STOP listening to voices that say otherwise, as we are blessed by your sacrifices and continued patriotism. YOU ARE NOT ALONE! Part of our healing rests on taking to heart this next paragraph.

There is a story about four individuals named everybody, somebody, anybody and nobody. There was an important job to be done and everybody was sure that somebody would do it. Anybody could have done it but nobody did it. Somebody got angry because it was everybody's job. Everybody thought anybody could do it. It ended up that everybody blamed somebody when nobody did what anybody could have done. We need somebody to volunteer and help everybody to do what nobody was asked or was afraid that anybody would think they were pushing somebody. The author of this story is somebody who thought that anybody would do it. (Author unknown)

Stand too! Healing for the wounded begins with action. If you are struggling with Moral Injury and/or PTS and want to talk, our combat Veterans, aka Foxhole Soul Counselors, are available. We will guard your private information and use call signs to identify each other. These injuries will never go away, but our team of Veterans and civilians can assist you to a path and framework of recovery to help manage these pains. We remain focused on body, mind and soul: treat all but one and there is no long-term recovery.

We are Blessed!

**Contact us via email at info@militaryoutreachusa.org or
call our Helpline (847) 378-8262. There is HOPE!**

Leave a short message and let a Veteran return your call.

Foxhole Soul Counseling

Mission: Warrior Hope, Sept 17 - Sept 19 at VFW Post 8081 Warrenville, IL co-hosted by MOUSA/SBMH and Support Over Stigma. Learn Moral Injury and Post Traumatic Stress Survival Skills - Join fellow Veterans from the Great Lakes region and find HOPE (Healing, Opportunity, Peace and Empowerment). Facilitators include Chappy Ferrer, Doc Beeman and Zoeie Kreiner. Click here for more information and registration [Mission Warrior HOPE](#)



Francis "Doc" Beeman

Doc Beeman is an SBMH director in the greater Chicago area and provides pro bono biblical counsel and soul care to active military, veterans, first responders and their families. His professional education includes general and surgical medicine, clinical psychology, neuropsychology, and group & individual therapy. Serving with the MACV-SOG in Vietnam as

U.S. Navy Combat Corpsman, he experienced firsthand the impact combat has on a person.

Called to Counsel

"For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another." (Galatians 5:13 ESV)

It is sometimes said that you have to be one to know one. Those of us who have taken the opportunity to serve our country in battle, bring a perspective to our relationship with a brother or sister who has walked a similar path. Can I ask a bold question, "Are you called to counsel"?

I can assume that if you're reading this newsletter you have an interest in the wellbeing of our military Veteran and his, or her, loved ones. You may have felt called to participate in the mission of Military Outreach USA and Stand By Me Heroes in various ways. Thank you for your contribution. If you have ever considered participating in the role of Foxhole Soul Counselor, this message is for you.

I believe God has blessed and gifted all of His children. I believe He has called us to love one another sacrificially (Eph 5:2). Loving one another can be a challenge. Reaching out to a stranger, especially one who is in turmoil or despondency, can seem a daunting task. It is hard work and is many times a thankless task; we do it nevertheless. I want to share three reasons why I have been doing this duty for over 30

years, and invite you to join me on the adventure.

First, there is a need. The world, and the souls who inhabit it, are full of needs. Are we, are you, in some way accountable to respond to this need? Although it may be natural to ask the question “What’s in it for me?”, is it ever excusable to answer “no”? I honestly do not believe that everyone is equipped emotionally and spiritually to counsel another (1 Cor 12) and we have many opportunities to serve our Veterans and families in numerous ways. But, have you been called to counsel? If I had waited until I was superbly equipped and certified, I would never had begun the journey.

Second, I (you) feel called to serve. Becoming equipped for the mission is important. A rifleman or combat medic needs to learn their craft and use of their armament. This is true of the Foxhole Soul Counselor too. Many of us who serve in Military Outreach USA are combat veterans. We have deployed in battle, armed and equipped for the mission. We were briefed, and had a “vague” expectation of what we would encounter - then reality set in. If you are hearing your spirit prompting you to engage in this challenge, can you sit on the sidelines and not shout “Here I am, Lord. Send me.” Training and equipping is available when you’re ready to take the challenge.

Third, I (you) want to help change lives. Confession time: I have never changed a person’s life. I have however, seen many lives changed (and saved) through the power of God’s Word, and the love of His people. Wanting to help someone in need is a God-honoring desire. Thinking that you are the saving grace is a huge overstatement of your role in the process. The role of the Foxhole Soul Counselor is remarkably different than the world’s (secular) approach to guidance and Soulcare. As a classically trained psychologist and physician, I had to learn this. I had to learn to think differently, and call upon another and a more powerful source of wisdom. I learned to refer to God’s Bible rather than seeking man’s wisdom and diagnostical observations, and inferring the motives and attitudes underlying the behaviors I was observing.

What hard thing is God calling you to?

Clearly, we are all called in various ways according to our gifts, the other responsibilities of life and numerous variables of our personal story. If directly caring for the Veteran and their loved ones is on your heart, perhaps we need to talk about getting equipped as a Foxhole Soul Counselor. No gift is wasted when you honor the giver of the gift. Thanking a Veteran family for their service to our country by financially supporting our efforts is valuable too. Please contact us to discuss ways in which you might share your time, talents and treasures to bless and care for someone in need. Stepping up to serve is an honor. You will be blessed – sometimes in ways in which you never would have expected.



Leah Gwen McCool
*SBMH Director Florida Chapter,
Veteran Sergeant U.S. Air Force,
M.A. in education from Liberty University*

Worthwhile Women: Meant to Be

Recently, while scanning *Psychology Today*, a wealth of good advice for health and productivity caught my eye. When you look into the mirror, whom do you see? What gains your attention as you view your reflection? Do you take a glance in the mirror before leaving home to ensure you did not hurriedly put on the blouse with the wrong side out? The mirror can be a great tool, but often we glance, make an adjustment and move on because there is much work to be done. Reflection can be the external or outward appearance given by a mirror, but the reflection from within (intrinsic) is of the utmost importance.

Congratulations if you are reading this article, because you are an incredible individual with purpose! Women continue to inspire and motivate through difficult trials, but the ability to persevere will not blossom overnight. Much like muscles requiring strengthening, perseverance requires focus and determination. On occasion, the mirror on the wall seems like an enemy; it has been a device for villains in animation and an item striking fear in the superstitious. Notably, the mirror was part of a popular number one song about change in 1988 (Hits). Full-length, hand-held, or mounted on the wall, this tool can reveal truth, but whatever the circumstance, the reflection in the mirror is subject to change.

Honest evaluation is necessary. Women can be tenacious, sensitive, and compassionate in relating to others, but women can be harsh critics of self. Take the challenge, and find at least one good feature about yourself when looking in the mirror. In a world lacking kindness, being kind to yourself is a prerequisite for being kind to others. Forgiving one's self may be necessary, and forgiving others will be instrumental in healing. Healing is a process, but the rewards place you in the Very Important Person (VIP) position, in high demand. Hold on to the good. Good thoughts, good words, good habits, and good relationships are indicators that progress is occurring. Physical and emotional healing can help you recognize and empathize with the struggles of others.

Years ago, while at the beach with our family, I found a sand dollar. Our youngest daughter noticed chipped edges, and thought a sand dollar with rounded edges would be a great find. I kept the sand dollar with chipped edges as a reminder that imperfections are meant to be. Challenges and trials do not define people, but these events can be effective in relating to others with similar needs.

Broken but beautiful
Resilient and recovering, marching ...
Onward to demonstrate
Kindness and
Empathy to those in
Need of
Extraordinary
Strength and
Support

Works Cited: Hits. Number One Song in the US on March 28th, 1988. *Man In the Mirror*, Michael Jackson.
Retrieved July 1, 2021 from www.MyBirthdayHits.com

Need Help?

SBMH Help line - 847-378-8262

For additional information please contact us at
Info@militaryoutreach.org or email us on our website by [clicking here](#).

To receive our newsletter, click on the Newsletter box on our website at
www.militaryoutreachusa.org.

If you're interested in helping out, **[DONATE HERE](#)**