

**Children & YOUTH**

**AWANA**

(Ages 4 years –12th grade)

WED 1715 Family Meal MPC  
1810 Program

**Youth Ministry**

THU 1830 MPC

**Adults**

**Protestant Women of the Chapel  
(PWOC)**

TUE 0900 MPC  
CHILDCARE PROVIDED

THU 1145 MPC

For female Soldiers and Working Women

**Catholic Women of the Chapel  
(CWOC)**

WED 0900 MPC

**Connections**

**(Single Soldier Ministry)**

FRI 1900 Glory Chapel



**When you are hurting**



**Silence is not golden**

Asking for help is a sign of strength...not weakness.

Call a Chaplain at:

**(337) 531-2669**

**(337) 531-4916**

**A** **Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

**C** **Care for your buddy**

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

**E** **Escort your buddy**

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

**National Suicide Prevention Lifeline:**  
1-800-273-8255 (TALK)

**USAPHC** <http://phc.amedd.army.mil/>

TA - 095 - 0510




**Suicide Prevention is Everyone's Responsibility!**

**FORT POLK & JRTC**

**GUIDE TO SPIRITUAL RESILIENCY**

“Our greatest glory is not in never falling, but in rising every time we fall.”

—Confucius



A guide on how to embrace the power of spirituality in order to overcome the inevitable challenges of being human.

For more information on

Chaplain services call:

**337-531-2669**



# SPIRITUAL RESILIENCY

Resiliency is the capacity to persevere. In military terms, it's the ability to "drive on." In practical terms, it's the ability to have more resources at work *FOR you on the inside* than circumstances at work *AGAINST you on the outside*. That's where spirituality, and in particular, the timeless strength of religion comes in.



"Up-Armor" yourself by going deep spiritually and taking advantage of all Fort Polk has to offer to you, through its vibrant religious support program!

**NEED EMERGENCY CARE?  
CALL (337) 531-4916**

Developing your model of spiritual resilience will greatly depend on your personal beliefs. However, there are some spiritual concepts that may be useful when developing your personal model of spiritual resilience.

- Faith
- Hope
- Generosity
- Forgiveness
- Love
- Acceptance
- Patience

However you may incorporate these and other spiritual concepts into your model of spiritual resiliency, the one thing to be aware of is this: your ability to draw strength, peace, and comfort from a power that transcends both you and others. Relying on the transcendent is what spirituality is mostly about.

Spirituality is diversified widely throughout the world. Realizing this, it is very important that we all respect the inherent human right to develop personal spirituality. With this in mind, what is stressed in this brochure is that spirituality as a whole can help you build strength. Spirituality can also provide for personal growth. Finally, it can also develop much needed resilience in the face of life's difficulties.

## WORSHIP SERVICES AND POST-WIDE GROUPS

### Catholic

SUN	0900	Mass	MPC
MON/TUE	1145	Mass	MPC
WED	0900	Mass	MPC
THU	1130	Mass	BJACH
SAT	1630	Confession	MPC
	1700	Mass	MPC

### CCD/RCIA

SUN	0800	MPC
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### Protestant — Sunday

0900	Liturgical	Glory
1000	Chapel Next	Bldg. 701 (CDC)
1030	Gospel	Glory
1100	Traditional Protestant	MPC

### Bible Study

WED	1830	MPC
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Updated: 2014/02/01