What a secret!

By Chaplain William Stewart

As our modern world seems to spin faster and faster, year after year, I find that it is often times very difficult to achieve good quality time with people. In fact, I find that many times, it's even a challenge to get people's attention.

Everyone is running here or there, glued to the television or computer, or b-bopping to some kind of music on the MP3 player; new distractions changing daily.

There is one thing that hasn't changed though, and that's the ability to get someone's attention with a mere secret. Instead of screaming at the top of your lungs, one just has to let someone know they have a secret and then a simple whisper becomes more powerful than a yell. All ears are standing by!

I really like movies such as "*National Treasure*" and its sequel, and I'm as much game for a good secret or code as anyone. Maybe there is some hidden message that will give me unrivaled superpowers! Maybe there's something hidden that will make me filthy rich, beyond imagination. It's just fun to ponder the possibilities knowing deep down that it's just fantasy.

To discover the magical attraction to secrets is just finding out something that is normally, unknown. And the fun part is finding that many secrets are right in front of us; we just can't see them. Maybe that's why so many people spend many enjoyable hours, just looking for hidden objects in puzzle pictures these days.

One of the greatest secrets I have found during my life thus far was described by the Apostle Paul in the Bible. I say "found" because I don't know that I always let its full power rule my life, even though it easily could if I would just let it. The secret is to be content in any situation. Interestingly, Paul did not say he found this secret, he said he learned it.

In Philippians 4:11b-13, Paul said *"I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength."*

Although this secret is so powerful for one's life, it is not just a matter of being aware of it that allows someone to actually tap into its benefit. One has to learn how to access the true power of this secret, many times through life's difficult experiences, trials and tribulations.

In going through both good times and hard times, we start realizing that God is right there with us. We realize we can grow through challenging times knowing that our strength comes not through the things of this world, but through our creator and sustainer who loves us dearly.

It is usually quite easy to be happy when things are going great. Conversely, it is so easy to allow ourselves to become distraught or even depressed when life deals us challenges that are beyond our control.

To realize there is really someone out there who cares so much for us; to realize there is someone out there who will never leave us nor forsake us, even during the most difficult times; to realize there is an all-powerful God watching over us 24-7 and is in control, even when we feel we are not; and to realize we will always have our needs provided for both here on earth and ultimately in eternity... these are the clues to learning the power of the secret of being content in life. Paul learned this secret well. You and I can as well when we learn to trust in the Lord through difficult struggles.

May God bless each of you as you explore one of the greatest treasures of life... learning to be content.

The Chief says:

"Did you know the U.S. Navy Supply Corps Museum, which is located in the center of the campus of U.S. Navy Supply Corps School, Athens, Ga., is listed in the National Register of Historic Places?

"The Supply Corps School is dedicated to providing the Navy with professionally trained business managers capable of overseeing the large and complex system that distributes supplies and materials throughout the world. The museum, which opened to the public in June 1974, stands as a tribute to these men and women of the Navy in recognition of their unheralded service to the nation.

"Exhibits trace the Supply Corps' growth and development, explain its many and varied functions in supplying today's Navy, and commemorates noteworthy individuals associated with the corps. Displays include models of namesake ships *USS Supply*, both past and present; a 12-foot model of *USS Neptune*, a World War I-era collier; artifacts recovered from *USS Maine* of Spanish-American War fame; an 1841 purser's uniform; World War II galley gear and messing equipment; miscellaneous uniforms; disbursing materials; and personal memorabilia.

"Researchers visiting the museum archives will find vintage manuals and cookbooks, photographs, newsletters, scrapbooks, command histories, curriculum materials, directories and yearbooks.

"If you didn't know, now you know." – MCC(SW/AW) Eric Hannah, CFAY Public Affairs

Yokosuka junior Sailors take lead, discuss forming coalition

By MC3 Dominique Pineiro, CNFJ Public Affairs

It was an example of "looking out for our own."

Junior Sailors at Commander U.S. Naval Forces Japan (CNFJ) gathered Feb. 9 to discuss the formation of a chapter of the Coalition of Sailors against Destructive Decisions (CSADD).

CSADD was established in April 2009 by Navy Region Mid-Atlantic to address alcohol abuse and the accompanying problems. Their charter is "to provide military members of all branches with the best prevention and intervention tools possible to deal with the issues of drinking, reckless driving and other destructive decisions while maintaining good order and discipline, to assist sailors in making life decisions that will maintain positive lifestyles in keeping with the Navy's core values."

Each CSADD chapter is comprised of Sailors age 18-25 years. All are volunteers dedicated to preserving the Navy ethos by maintaining professionalism, discipline and teamwork. Members will develop messages and presentations for peers to encourage sound decision making and good judgment.

Culinary Specialist 1st Class (SW) Chad Shiflett, who volunteered to lead the CSADD chapter for Navy Region Japan, will hold monthly group meetings.

"We're going to brainstorm ideas of recreational stuff to do as alternative activities so we can dramatically cut any incidents in this area," said Shiflett. "This gives us a way to put our heads together and come up with ideas to give to senior leadership."

Yeoman 2nd Class (SW) Matthew Herndon said CSADD is a great way for Sailors the same age to influence peers with messages to steer them from making bad decisions. According to alcoholalert.com, "one of the paramount causes of driving drunk is peer pressure."

"I think we need to take responsibility among ourselves and relieve our chain of command of that burden. We're all adults, and this is a leadership opportunity," said Herndon.

Shiflett said he would eventually like to see a chapter at each base across the region.

"We want everybody to contribute ideas so we can solve problems in our Navy and make it better for the next guy coming up," he said. "It's one Navy, one fight."

For tips on setting up your own CSADD chapter please visit https://www.cnic.navy.mil/cnrma/Programs/CSADD/CreateaChapter/index.htm.

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