Where do you get your inspiration?

By Chaplain Michael Chaney

Just this morning I was asked if I would join a fellow congregant for a cup of coffee. The next question was to the choice of which company I preferred. Of course there was Starbucks, and then Seattle's Best, or maybe McDonalds. Or, if I would only wait then maybe what I might prefer would simply be a cup of Folgers back at the office. Decisions, decisions: which were only exacerbated by my deep need for a caffeine hit to keep me awake and ready for the next challenge I might face.

Many of us find the daily journey to the coffee pot a basic requirement. We don't move out of the bed without the primal understanding that our first step into reality is a cup of coffee. We often find time to prep for it the night before, and even then we will not make any daily decision without a quick jolt of "Joe" to make sure that we are fully awake and aware.

While I prefer coffee, others have vices that keep their motor running. Some folks prefer cigarettes, or cigars, or even a few drinks at the end of the day. On occasion we might even find that we are transfixed by the occasional shopping spree to give us the high that we all seek against the lows of daily life.

Yet that is why Christ came for us – to show us that we have reason to live life to the fullest, no matter how often the vices we have here on earth fail us. People think that Christmas is the most important day for us Christians, but from the earliest days of the Church, Easter has been considered the central Christian feast.

Paul wrote in First Corinthians 15:14, "If Christ has not been raised, then our preaching is in vain and your faith is in vain." Without Easter – without the resurrection of Christ – there would be no Christian faith. Christ's resurrection is the proof of his divinity.

Lent, which began Feb. 26, is the 40 days designed before Easter to allow us to dwell upon our faith and the many obstacles in our way to discovering a closer walk with God. Jesus Christ shows us a clear example of how to do without, and even rise above, the need for the material helps of this world. The challenge now is, of course, to follow his lead.

Head's Up Yokosuka!

Community Announcements

Compass Program Night Class – The next available class will be held March 24 – 26 starting at 5 p.m. in the Take Room at the Fleet and Family Support Center Annex. Compass is a peer-to-peer mentorship program designed to help Navy spouses adapt to military life. Visit the Web site www.gocompass.org or contact Shelle at 264-7270 for more information or to register for the class.

Housing Multi-purpose Room Revised Policy – All military family housing residents may make reservations 60 days in advance. The function must remain in the room. Use of the common areas such as the lobby, hallways, stairwells, elevator and etc., are prohibited. Children 10 years of age and younger must be supervised by an adult at all times. All windows and doors must be kept closed to reduce the noise levels that may disturb the residents. Excessive disturbances and noise will not be tolerated at any time. Band practices or live musical entertainment is not permitted. Sponsors and their guests must use the overflow parking. Consumption of alcoholic beverages is permitted. Requestor assumes full responsibility for party alcohol beverage consumption. Smoking inside and use of barbeque is prohibited. Pets are not authorized. Contact the Housing Facilities Office at 243-9067 for more information.

Phishing e-mails – Recent reports of phishing attacks trying to entice users into providing personal login information have been noted. In addition, unsolicited e-mails asking users to click an embedded link that connects their computer to a hostile domain or malicious Web sites have shown up on Department of Defense networks. Navy Systems Administrators or legitimate businesses will never send you an e-mail message asking for your personal information. If you receive an e-mail such as the kind just described, do not reply providing the requested information, open any attachments or click on any links. Delete the e-mail and contact your network administrator immediately.

American Red Cross Community Courses and Training – If you'd like to become a volunteer, register to attend one of our volunteer orientations held the first and third Wednesday of every month at 10 a.m. Call 243-7490 for more information or come and register in our office located on the 2nd floor of the Community Center.