Score keeping

By Chaplain Allen Vaughan

As the year draws to an end, we are entering into a football fan's paradise, which is known as "bowl season." Some of us pay attention only to the big games, or the game in which our favorite team is playing. But there are some folks (and you know who you are) who will follow every single score of every game and will even order the sports packages from your satellite TV provider that will allow you to never miss a single game. If you don't care for football, then the NBA season is getting into full swing; college basketball is heating up; and baseball spring training is just around the corner.

Keeping score and following statistics seems to be very much a part of our lives and culture. We keep track of these, because we want to know who the better team is. A whole page in the newspaper is dedicated to sports scores and television networks broadcast 24 hours a day so we can follow our favorite teams. Sporting activities are not the only area in life in which we keep score. For instance, how many republicans or democrats are in Congress? What is your credit score? How did you score on your advancement exam, college entrance test or job evaluation?

As I said, score keeping is a part of nearly every facet of our lives. We want to know who is better, who is right, who is a winner, and who is a loser. However, there is one part of our lives in which score keeping does more harm than good. It is in our relationships. Think about how we keep score every day in our significant relationships, either with our loved ones or our colleagues at work.

For example, have you ever found yourself asking the following questions: "How many times has he cleaned the dishes? When was the last time he took me out? Why does she spend more time with her friends than she does with me? I always remember to get something for him on his birthday, but he never remembers mine. She's never supported any of my interests, so I'm not going to support hers. I'm never going to forget what he's done, and I'll remind him every chance I get."

These are just a few examples of how score keeping occurs in our relationships. The reason why it is so harmful to a relationship is because someone has to be declared a winner and the other a loser. Conflict in a relationship is normal, whether it is in a family setting or at work. However, score keeping only serves to separate us and widen the divide caused by conflict. If we focus too much on who is right and who is wrong, who is going to win the argument and who will lose, then we perpetuate the conflict without ever really working toward resolution.

Keeping score may be good for football, but it is bad for our relationships, especially if we want to heal old wounds or hurt feelings, and restore what is broken by conflict. So, enjoy all of the holiday sports on TV, but leave the score keeping on the field and out of your relationships.

Heads Up Yokosuka

Community Announcements

Chapel of Hope Holiday Worship Schedule – The following is the Chapel of Hope Holiday Worship Service and Catholic Mass schedules:

Protestant Worship Schedule
- Dec. 24, 7 p.m. - Christmas Eve Candlelight Service
- Dec. 31, 10 p.m. - Watch Night Celebration, Gospel Praise Service

Catholic Mass Schedule
- Dec. 16-23, 5:30 p.m. - Simbang Gabi
- Dec. 24, 5 p.m. - Children's Mass
- Dec. 24, midnight - Midnight Mass
- Dec. 25, 9 a.m. - Christmas Day Mass
- Jan. 1, 9 and 11 a.m. - Holy Day Mass

Contact the Chapel of Hope at 243-6773 for more information.

National Military Family Association (NMFA) Scholarship Fund – NMFA scholarship funds are awarded only to military ID card carrying uniformed services' spouses of active duty, retiree, reserve, National Guard and, or survivor. Scholarships of up to $10,000 are awarded to obtain professional certification or to attend post-secondary or graduate school. The scholarship funds may be used for tuition, fees and school room and board for: GED or ESL; vocational training; professional certification; post-secondary school; graduate school; in class or on line; and - full time or part time. To apply for the NMFA scholarship fund, submit your online application at www.militaryfamily.org/our-programs/military-spouse-scholarships/ between now and Jan. 31, 2010. Contact Navy College Office Senior Education Technician Cynthia Cross by e-mail to cynthia.cross@fe.navy.mil or call 243-3255 for more information.

Navy College Office (NCO) Tuition Assistance (TA) – NCO TA/Electronic TA (ETA) Briefs are conducted on the first and third Thursday of each month at 11 a.m. Command TA/ETA Briefs are provided for groups of eight or more at your location. Contact the Navy College Office at 243-8131 or by e-mail to navycollege_yokosuka@fe.navy.mil for more information.

CFAY Channel 15 Submission Update – Slide submissions to CFAY Channel 15 must be submitted as a *jpg* image or as a PowerPoint *ppt* file type not the new *pptx* type. Contact MCC(SW/AW) Eric Hannah at 243-5974 for more information.