



Naval District Washington

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Chaplains' Spiritual Guidance Needed During COVID-19 Response

By: Naval District Washington Public Affairs

WASHINGTON (NNS) – Naval District Washington (NDW) chapels are closed on all installations throughout the national capital region to mitigate the spread of COVID-19, but chaplains are proving their worth by continuing to offer spiritual guidance in non-traditional ways.

Since the closure, personnel throughout the region have contacted chaplains seeking guidance and resources during the global COVID-19 pandemic. Despite places of worship being closed, chaplains remain available for counseling over the phone.

“I’ve had more than a few people reach out to me,” said Cmdr. Matthew Stevens, NDW deputy chaplain. “I’ve been listening and collecting information from other chaplains in the region and we are all having regular contact from our folks. We’ve had people ask general resiliency questions and a lot of them are searching for peace amidst anxiety related to their well-being and the well-being of those who they love. People we come across are in similar situations and come to us for a listening ear and voice of counsel.”

Much like the people calling them for

Continued on page 2



Although Navy chapels, like the one pictured above at the Washington Navy Yard, are closed due to COVID-19, military chaplains continue to provide vital spiritual guidance and support to the military community in the National Capital Region.

DEFEATING COVID-19

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CNO Message to the Fleet

By Chief of Naval Operations Adm. Mike Gilday

WASHINGTON (NNS) -- The events of the past week have been difficult for our Navy and our nation. We will learn from them. But make no mistake, we are moving forward. The Navy has our orders and we are executing them.

As I write, we have thousands of Sailors on mission, above, under, and on the seas as well as here at home on the front lines of the coronavirus crisis. We’re operating far forward on 90 ships, including three aircraft carriers and two big deck amphibious ships. Navy Cyber teams are defending our networks. Seabees are converting commercial buildings into medical facilities across six states. Three thousand Navy doctors, nurses and corpsmen, including hundreds of reservists, are caring for our fellow Americans on USNS MERCY, COMFORT, in New York City’s Javits Center, and in civilian hospitals. Hundreds more deployed to treat the sick in Dallas and New Orleans. The NIMITZ carrier strike group and her air wing at Lemoore are in 14 day Restriction

of Movement (ROM) as they ramp up to deploy. Same for our SSBN crews. Countless more Sailors are leaning in to support them – across our fleet staffs, intelligence centers, training facilities, and supply depots. More than six thousand recruits at Great lakes are preparing to head to the fleet.

Given this, I have three priorities for us right now. First, our health and safety. Second, ongoing fleet operations and our support to the coronavirus effort. Third, continuing to generate the enormous amount of support required to keep #1 and #2 on track. I know much of that effort is behind the scenes and out of the limelight – but every bit of it is critical.

We must ensure the health of the force. And we must be laser-focused on the Fleet – from manning to maintenance, and from training to warfighting.

Operational readiness is our job... and every one of us has a role. Nobody sits the bench.

Continued on page 2



In This Issue

01 Chaplains — Taking care of spiritual needs during COVID-19

02 CNO — Message to the Fleet

03 Working from Home — Here is another tip to help you be successful

04 NCIS — Continues warning of COVID-19 scams

Chaplains from page 1

advice on how to cope with it, the chaplains themselves are dealing with the effects of their lives being disrupted by the need for physical distancing.

“As a married person with a family, what I’m experiencing during this is multiple rooflines converging. When I think about my life, I think about my work life within NDW, I’m a doctoral student and I do counseling working outside the Navy. I have my identity as a stepparent, my identity as a husband, as a son and as a brother. Before COVID-19, I had a buffer between each one of things. In a telework environment, all these rooflines are smashed together. When I come out of my office in my house, I’ll just deal with a religious ministries issue in the region and I got into being a parent to my special-needs

CNO from page 1

Everyone must pull together. And in this new environment of coronavirus, we’re all learning, adapting, and improving by the hour. There is no better example of this than USS THEODORE ROOSEVELT – staring down

adult son. Or I come out of a call with my mom and jump back into working on the Crisis Action Team within NDW. I’m going through what everybody else is going through and it’s not easy,” said Stevens.

With heavy coverage of the pandemic and death tolls on television, radio and social media, Joint Base Anacostia-Bolling deputy chaplain Maj. Brandon Parker says it is important to find positives in the negative.

“I’m challenging people to get back to some of the basics,” said Maj. Brandon Parker, Joint Base Anacostia-Bolling deputy chaplain. “I’m really big on things that are praiseworthy. I encourage people to find out what’s going on in the world, but only through quality news sources and not just opinions. I think people should look for the good things even in bad situations. Maybe they’re getting to spend

an invisible enemy – dedicated in their efforts – making phenomenal progress, and providing lessons for the Navy and beyond.

America. Has. A. Great. Navy. Our nation counts on you and so do I. Never more proud to be your CNO.

more time with family or read more books than they’re accustomed. People need to look at some positive news stories as well to create a sense of balance.”

Religious holidays Ramadan, Passover and Easter all take place in April and due to COVID-19, people will have to forego gathering in large groups in celebration.

“Physical distancing is keeping us from coming together and doing these sorts of things together in the same space. We have to find new ways of connecting and participating so that we can maintain that connection. Whether it’s a daily email, text message or a nod across the fence line, we need to maintain our connectedness with each other,” said Stevens.



A Tip For Working At Home

Practice Self-Care



Self-care is any proactive activity that we do to take care of our mental, emotional and physical health. Good self-care is the key to improved mood, reduced anxiety and a good relationship with yourself and others. While so many normal activities are disrupted, take some time to

practice gratitude, eat healthy, get enough sleep and maintain or start an exercise program. You will feel better for it.

Use Official News Sources

Monitor official news resources and public health updates regularly to stay informed. Navy Region Naval District Washington will continue to provide weekly (or more frequently as needed) updates.



See Navy-specific updates for the Navy family on the NDW FaceBook Page

NCIS: Sailors, Marines, Civilians Beware of Card-Cracking Scams

From Naval Criminal Investigative Service Public Affairs

QUANTICO, Virginia (NNS) -- NCIS has recently observed increased reporting from service members facing severe financial losses after falling victims to card-cracking scams initiated via social media with promises of getting out of debt and making extra money.

There are two primary methods used to establish contact with potential victims. One version involves a social media post or message sent by a purported debt consolidator or business owner to lure service members into responding; the other involves the service member receiving a friend request from a person who presumably shares many friends in common. After establishing contact, the service member receives a message from the scammer offering grant money as a “thank you” for their service or offering to pay money for their “debt relief.”

Both methods involve requesting the service member provide online bank account login information; service members may also be asked to answer security questions established through their online bank account. Victims have reported that after the money is deposited directly into their accounts, the scammer then asks the victim to send a portion of the money via wire or cash to a third party. Victims then discover that loans have been opened in their name with the same financial institution. Any attempts to further contact the scammer are unsuccessful, leaving the victim to pay off the loan.

NCIS urges service members to never provide bank account login information or personally identifiable details to anyone. Reputable financial institutions and organizations will not contact you and request personally identifiable information.

If you suspect you’ve been targeted with this scam:

Immediately discontinue correspondence with the suspected scammer.

Notify your bank or financial institution and attempt to have your accounts locked.

Change all account passwords and seek additional security steps by your financial institution.

Consider a credit lock through one or all three of the major credit bureaus (Equifax, Experian, and Transunion).

Notify your respective command, NCIS office, and/or respective law enforcement authorities. You may submit tips to NCIS using the NCIS Tips app or at www.ncis.navy.mil.