

Coast Guard Chapel Newsletter

USCG Base Elizabeth City- Wings of Faith Aviation Memorial Chapel- Bldg 10

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<https://cgportal2.uscg.mil/units/dol/dol-3/BEC/SitePages/Chaplain.aspx>

July 2015

Faith • Relationships • Service

Chaplain's Corner: *Freedom Isn't Free*



"It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows." Galatians 5:13 (MSG)

During this holiday season of celebrating our nation's independence and those that gave their lives to secure it, we are reminded that our current freedoms are a gift passed on to us from past generations. Yet, our freedoms are a stewardship we have to ensure for the next generation. The Scriptures reminds us often that freedom is not something that comes easily nor is its purpose simply to provide a self-focused and self-absorbed life. Freedom is a community gift to enrich one another's strengths and encourage one another in times of need. Let us take a few moments this season to think about how our freedoms empower us towards our responsibility and care for others.

-Chaplain Mabus

Chapel Events

Christian Worship Service

Sundays- 1000

Children's Church provided during Sermon. Potluck Lunch is held on the third Sunday of each month.

Student Bible Study Fellowship

Sundays, 2000-2100

Thrun Hall Barracks, 3rd Deck Rec Room- Starting August 2nd

Military Wives Fellowship

Tuesdays, 1000-1130

Beginning again September 8th

Lunch Time Bible Study Fellowships

Tuesdays, 1145-1215

ALC Bldg 75 SRR Conference Room- Come join this Bible discussion group as we study the Book of Hebrews. Bring your lunch and join the conversation.

Thursdays, 1200-1245

Chapel- Join the discussion as we discuss and study growing in our faith and the essentials of being a follower of Jesus. Starting 30 July.

S.O.U.L.S. Meals Ministry to the Homeless

Friday, 17 July, 1645-1800

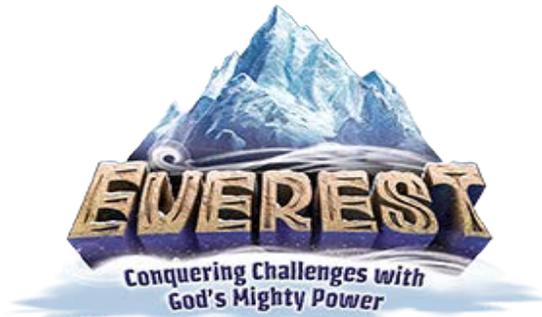
The Chapel Community provides and serves meals on the 3rd Friday of the month for the S.O.U.L.S ministry. Volunteers are needed to prepare and serve meals. If you are interested in preparing part of a meal or serving contact Chaplain Mabus- john.m.mabus@uscg.mil

Adoption Encouragement Group

Tuesday, 28 July, 1700-1900

Dinner and discussion to support families who have adopted or in the adoption or foster care process. Contact Chaplain to sign up.

Vacation Bible School



10-14 August, 0830-1130

At Everest, kids discover what it means to hold on to God's mighty power in everyday life.

Kids participate in memorable Bible-learning activities, sing catchy songs, play teamwork-building games, make and dig into yummy treats, experience one-of-a-kind Bible adventures, collect Bible Memory Buddies to remind them of God's love, and test out Sciency-Fun Gizmos they'll take home and play with all summer long.

Plus, kids will learn to look for evidence of God all around them through something called God Sightings. Each day concludes with a Summit Celebration that gets everyone involved in living what they've learned. Family members and friends are encouraged to join in daily for this special time at 1105.

Kids at Everest VBS will join an international missions effort to provide Thai-language children's Bibles to kids in Thailand.

Everest is for kids from 4 to 12.

Children must be a dependent of a government employee or be sponsored by someone with base access.

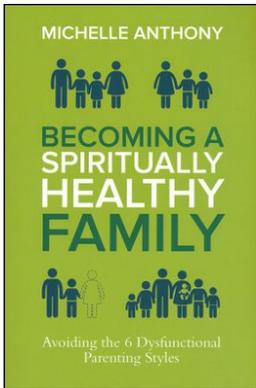
To sign up go to:

<https://einvitations.afit.edu/inv/anim.cfm?i=251997&k=006443007250>

or for more information contact or to volunteer

Chaplain Mabus- john.m.mabus@uscg.mil

Chapel Resource of the Month



Has striving to achieve more and be successful damaged your family's relationships? Focusing on seven common parenting dysfunctions including being permissive, critical, or self-indulgent - family ministry expert Dr. Michelle Anthony offers fresh insights, reflection questions, and Scripture verses to help you pursue the abundant family life God created us for.

*Pick up a free copy today
at the Chapel Resource Table in July*

Resources for Spiritual Growth

Resources for Family Life:

20 Ideas for Busy Parents:

Here are some tips for bringing balance to the hectic pace of life.

<http://www.familylife.com/articles/topics/parenting/challenges/frazzled-family/20-ideas-for-busy-parents>

A Parent's Daily Prayer Guide:

Daily suggestions on how to protect your children in prayer:

<http://www.familylife.com/articles/topics/parenting/essentials/praying-for-your-children/a-parents-daily-prayer-guide>

3 Weeds to Pull from Your Marriage Garden:

It's important to deal with these threats to your marriage immediately, ruthlessly, and consistently.

<http://www.familylife.com/articles/topics/marriage/challenges/drifting-apart/3-weeds-to-pull-from-your-marriage-garden>

Resources for Blended Families:

Helpful articles on life in blended families:

<http://familylifeblended.com/articles/>

Step Parenting Wisdom-

Feeling like step-parenting is just not your thing? Laura Petherbridge, and Gordon Taylor are here to offer hope. Laura and Gordon tell their stories and offer advice for blended families. Some stepchildren are also here to tell you about their blended experience. Josh and Emily Gangl and Jenifer Thigpen tell their stories.

<http://familylifetoday.com/series/step-parenting-wisdom-2/>

CREDO Mid-Atlantic Retreat Opportunities

Chaplains Religious Enrichment Development Operation (CREDO) Retreats are weekend retreats free to DOD/Coast Guard Active Duty and Government Employees. They run from a Friday evening to Sunday afternoon.

Marriage Enrichment Retreats (MER) - MERs focus on deepening married couple's commitment and self-understanding of each other while ensuring space for individual couple time. MERs help enrich marriages and are not a substitute for marital or individual counseling. Topics that are addressed include communication, personality type preferences (MBTI®), intimacy, forgiveness, and conflict resolution. Couples are responsible for arranging their own childcare.

Virginia Beach- 28-30 August; 18-20 September
For more information or to register please call:
CREDO Norfolk at 757-444-7654

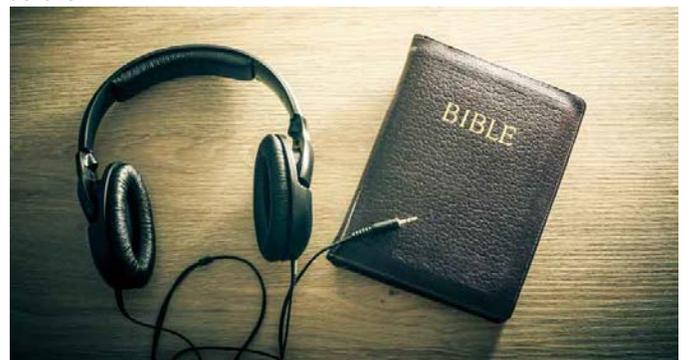
Audio Bible Resource

<http://www.bible.is/>

READ: With a catalog of 1640 Languages, Bible.is makes it easy for you to read, study, and share God's Word with friends and family around the globe.

LISTEN: Hear the Bible brought to life in high quality, dramatized audio in hundreds of languages at home, church, or on the go.

SEE: With JESUS Film integration, seeing Scripture come to life gives you a truly immersive Bible experience like never before.



Listen to CG Chapel Recent Sermons:

You can listen to recent Coast Guard Chapel Sermons at the Base Elizabeth City Chaplain's Portal:
<https://cgportal2.uscg.mil/units/dol/dol-3/BEC/SitePages/Chaplain.aspx>