

Lending Library

The chapel has a library of modern religious, parenting, and self-help DVD's and videotapes available for check out. Please feel free to help yourself to the pamphlets just outside the chapel doors. The materials cover a wide range of issues such as ways to deal with stress, coping with change, and loss of loved ones and family.

Religious Services

Your chaplain can provide many religious services to both individuals and groups. The Yard chapel holds services open to all personnel on drill weekends (3rd full weekends) as well as Holiday services. Arrangements may be requested for bible studies, communion, marriage, baptism, retirement, memorial, and funeral services.

How to contact Chaplain Ulven

Your chaplain is available to you as a resource to support your spiritual and emotional well being. The chapel is located in Building 33, just down the hall from the exchange. You may stop by anytime or call 410-636-7715 for an appointment.



Chaplain Jason Ulven

LT USN

2401 Hawkins Point Road
Bldg 33 M/S 3
Curtis Bay, MD 21226
Office: (410) 636-7715
Cell: (443) 433-8253
jason.p.ulven@uscg.mil

What Your Chaplain Can Do For You

*Spirituality*Leadership*Humanity*

Facilitate

Provide

Care

Advise





- Crisis response (CISM, Suicide, Violence or Assault)
- Confidential Counseling- personal, spiritual, marriage, career
- Training
- Religious sacraments and rites
- Home and Hospital Visitations
- Modern Resource Library

What Do Coast Guard Chaplains Do?

Chaplains are tasked to advise the command on all matters pertaining to the religious, ethical and moral needs of the command. They provide religious ministry to their own faith groups through religious services and education. They facilitate and accommodate religious ministry for other faith groups represented in the command as needs arise. And finally, chaplains extend pastoral care to all members regardless of religious background or interest. Every Coastie has a chaplain!

Where Your Chaplain Came From

All chaplains in the Coast Guard come from the Navy Chaplain Corps and each of them are endorsed by a specific denomination or religious body. Chaplain Ulven is endorsed and licensed by the Evangelical Covenant Church and is most recently from Chicago where he graduated from

seminary. Prior to grad school, Chaplain Ulven served as a pastor for 8 years in Oregon and California and also served a 4 year enlistment as a Navy Operations Specialist.

What Your Chaplain Has To Offer

Counseling

Life is full of unexpected challenges and we are not always naturally equipped with the tools to successfully navigate the obstacles. Counseling can be a highly beneficial component to getting through life's challenges. Your chaplain can offer fully confidential counseling to you or members of your command for a full range of issues including pre-marriage, marriage enrichment, divorce prevention, suicidal ideation and prevention, addiction recovery, physical and emotional abuse, and all forms of stress due to life transition. Additionally, as a minister, Chaplain Ulven can provide spiritual counseling and direction, bereavement aid, and guidance through faith confusion or doubt.

Training

Your chaplain can provide personal, small group, or command-wide training on many diverse topics. Training can include, but is not limited to suicide prevention, stress management, anger management, domestic violence, critical incident stress management (CISM), conflict resolution, and core values training. If there is a topic that you feel your command needs, Chaplain Ulven can develop and lead a creative presentation to sharpen the skills and mission readiness of your command.

Crisis Response

In the unfortunate occurrence of a crisis, your chaplain is a key player in the response team. Whether your command is dealing with a completed suicide, attempted suicide, domestic violence, sexual assault, or other traumatic events such as a body recovery or an unsuccessful SAR,

your Chaplain can be an instrumental aid in rebuilding individuals and putting the team back together.

Ministry of Presence

Sometimes individuals simply need a friendly face that is not part of their chain of command. Good chaplains serve as a source of morality, hope, and values that bring out the best in each person. Even when things seem to be going smoothly, having your chaplain present for a routine visitation can enhance the caliber and capacity of a command. Chaplain Ulven is available to make hospital or home visits for pastoral care.

Chapel Programs for the People

The following is a list of some of the programs available through the chapel. Many of these programs partner with the Spouses' Association and Work Life programs. Please call for more information or if you would like to participate as a volunteer or recipient.

Angel Tree: Children of Coast Guard personnel can be added to our Angel Tree and be matched with a sponsor who will provide additional gifts for Christmas. You can nominate your own children or those of your USCG co-workers.

Helping Our Own For The Holidays (HOOFTH): Provides Thanksgiving and Christmas meals to Coast Guard families at no cost. You can nominate your own family or other USCG co-workers.

Nate's Open Door: A baby pantry operated by our Spouses providing: infant & toddler items newborn to school aged, diapers, clothes, furniture & more. Contact the Spouse Association. www.coastguardspouseassociation.com

Summer Day Camp: A 5-day summer camp for Coast Guard kids age 6 to 13. Kids will have a great week of fun and learn about the Coast Guard while getting a glimpse of what their parents do each day at work.