

# SERVICES

For more Information on Spiritual and community resources, please visit the following:

## Installation Religious Support Offices

**Phone:** (270) 798-6124 or **Care Line:** (270) 798-2273

**Location:** 3101 Indiana Ave

**Hours of Operation:** 0900-1700 Mon-Fri. In case of emergency, call the Care Line on after hours and weekends.

### **Services Provided:**

- Distinctive faith group worship
- Religious education
- Youth ministry
- Counseling
- Marriage Preparation & Marriage Counseling
- Strong Bonds Marriage & Singles Relationship Training

## Chaplain Family Life Center

**Phone:** (270) 798- 3316

**Location:** 2402 Indiana Ave

**Hours of Operation:** 0900-1700 Mon-Fri

### **Services Provided:**

- Parenting Skills
- Grief Counseling
- Combat Stress Counseling
- Marriage Counseling & Marriage Preparation
- Marriage 101 is required to use installation Chapels
- Family Wellness Program

## Chaplains' Activities Office Religious Education

**Phone:** (270) 798-3185

**Location:** Religious Education Center

2207 Indiana between 15 & 16th Streets

**Hours of Operation:** 0900-1630 Mon-Thu

**Services Provided:** Catholic, Jewish, Muslim and Protestant Religious Education programs. Catholic, Jewish, and Protestant Scripture studies

- Sacramental Preparation (Catholic)
- Baptism Classes (Catholic)
- Adult Education programs
- Summer Vacation Bible Schools
- Volunteer Teacher Training Classes

## Club Beyond Youth Ministries

**Phone:** (270) 798-6124 or (615) 738-0822

**Location:** 3112 Indiana Ave

**Hours of Operation:** Appointment (270) 798-6124

### **Services Provided:**

- Weekly campus Bible Study/Weekly prayer
- Weekly Chapel Youth meetings
- Dance Ministry
- Discipleship Class
- Volunteer & Leadership Training
- Ethnic Celebrations
- Retreats/ Summer Camps
- Service Projects

# RESOURCES

**NOT SURE WHOM TO CALL?  
CALL THE CARE LINE (270) 798-2273  
AND ASK FOR A CHAPLAIN**

Please call or visit for [www.campbell.army.mil/campbell/chaplain](http://www.campbell.army.mil/campbell/chaplain) for times and days of services.

## Adults

Religious Education Center.....	270-798-3185
Chaplain Family Life Center.....	270-798-3316
(Marital and Family Services Support)	
Installation Chaplain Service.....	270-798-6124
Protestant Services .....	270-798-4311
Chapel Next.....	270-798-2066
Grace Chapel.....	270-798-3446
Community Chapel.....	270-798-0464
Soldiers Chapel.....	270-798-4311
Hope Chapel.....	270-798-7551
Peace Chapel.....	270-798-6124
Catholic Services.....	270-798-2352
Greek Orthodox.....	270-798-6124
Samoan Pentecostal.....	270-798-6124
Liturgical Protestant.....	270-798-6124
Gospel.....	270-798-0464
Jewish Service.....	270-648-0851
Jumah.....	270-798-3185
Muslim.....	270-798-6124
Pagan Services.....	931-494-3185

## Religious Services Directory

Installation Senior Catholic Priest.....	270-798-3840
101st Division Chaplain.....	270-798-6913
5th Special Forces Chaplain.....	270-798-3306
160th Chaplain.....	270-798-9212

## Children

Club Beyond (Youth Ministries).....	270-798-6124
Catholic Youth .....	270-798-2352
AWANA (Ages 4-6th grade).....	270-798-3185

## Women's Program

Military Council of Catholic Women*.....	270-798-6124
Mothers of Preschoolers (MOPS)*.....	270-798-6124
Protestant Women of the Chapel*.....	270-798-6124

\* Childcare Provided

## Blanchfield Army Community Hospital

Hospital Chaplain.....	270-798-8464
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# PERSONAL RESILIENCY

## The Validity of Employing Spirituality in the Development of Personal Resiliency

For the spiritual dimension, research shows consistently that when faced with difficulty, people who rely on their personal sense of spirituality fare better than those who elect to go it alone.

### *What is it about developing and relying on spirituality that helps people to become resilient?*

Part of this answer can be found in believing in something greater than yourself that not only exists, but as Fowler said, *confers value on us and desires to help provide motivation for us to continue in the face of adversity. Also, people who employ spirituality during difficult times have discovered the reality that humans are limited in every way. As humans we are fallible and we cannot accomplish everything alone. What is more, there are times of difficulty when even other humans aren't, for various reasons, much help to us. It is during such times that we tend to have faith in, and rely upon, a power greater than ourselves and others without relying on fate or mere luck. It's comforting to know that we are not alone.*

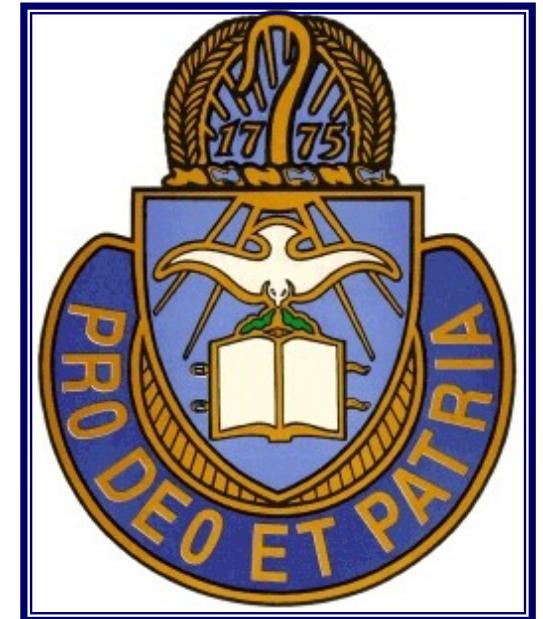


# FORT CAMPBELL

## A Personal Guide to Building Spiritual Resiliency

*"Our greatest glory is not in never falling, but in rising every time we fall."*

— Confucius



A guide on how to embrace the power of spirituality in order to overcome the inevitable challenges of being human.

For more information on Chaplain services visit

[www.campbell.army.mil/campbell/chaplain](http://www.campbell.army.mil/campbell/chaplain)



## “KEEP IT REAL”

Questions and Answers that Address Issues Surrounding Spiritual Resilience and the Realities of Being Human

### Q. WHAT IS RESILIENCE?

Q. Resilience is your ability to bounce back from a difficult situation or circumstance and be able to thrive and fulfill your potential in spite of adversity. When we are resilient we are somehow able to recover even after great difficulty. However, resiliency is a learned behavior and to either gain or increase personal resiliency skills takes time, effort, patience, and coaching.



### Q. IS HAVING PROBLEMS STRICTLY A HUMAN CONCERN?

Q. No. Most living things have at least some problems; it's just that being human, along with possessing a highly complex brain necessitates our having a more complex life, which in turn allows for tougher problems. But just having problems isn't the real issue; as psychiatrist Dr. Theodore Isaac Rubin explains, "The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem." So, the reality is that we must have problems because we are not only complex, but also because we are fallible humans.



### Q. WHAT DOES IT MEAN TO BE SPIRITUAL?

Q. The dictionary defines spirituality as "The state or quality of being dedicated to God, religion, or spiritual things or values, especially as contrasted with material or temporal ones." So to be spiritual means that we dedicate, devote or invest ourselves in that which has a far greater quality than our temporal surroundings.

In his book "[Stages of Faith](#)" religious psychology expert James Fowler explains, in part, why we make spiritual investments: "We do not commit ourselves—"rest our hearts upon"—persons, causes, institutions or "gods" because we "ought to". We invest or devote ourselves because the other to which we commit has, for us, an intrinsic excellence or worth and because it promises to confer value on us." This *other* can mean the object of our spirituality that we understand to have placed us as valuable, worthy; and to which we look for help and strength during times of challenge.

We can say that through our spirituality we even draw energy, peace, comfort, hope and the ability to share these qualities with others. By developing our own personal spirituality we build on our foundations of faith, hope, generosity, forgiveness, love, acceptance and patience.

## SPIRITUAL RESILIENCY

### Components to Increase Spiritual Resiliency

Anytime we see the need for change there are at least two components that are necessary if we are to be successful:

#### 1. Change the Way You Think!

Fatalistic thinking never accomplishes success because it robs the mind of the creativity necessary for the formulation of a plan that might work to solve a problem. The late minister Dr. Norman Peale in his book, *The Power of Positive Thinking* writes, "Always think the best; never think the worst, and if the worst enters your mind, think about how you can make it better. What you think habitually tends to happen." Dr. Peale goes on to encourage us to revamp our thinking so that we can have a relaxed attitude and accept God's gift of peace—if only we will.

#### 2. Change Behavior!

During difficult times it's helpful to examine what it is you are doing because if what you are doing isn't working, then the only rational thing to do is to try something different. Of course, doing something different requires that this something provides better insurance for success. By adding spiritual thinking and doing behaviors we can find comfort in believing that not only are we not alone in our troubles, but that we can draw on the power of a divine presence that can provide peace, strength, and comfort in the face of great difficulty.

### — Worry & Anger —

Employing spirituality helps combat worry and anger. When we worry or become angry we achieve nothing. Both worry and anger block the mind's ability to be creative during problem solving. By building spiritual resiliency we can combat our useless propensity toward worry and the destructive effects of anger.

## CREATE YOUR PATH

### Develop Your Spiritual Resiliency Model

Developing your model of spiritual resilience will greatly depend on your personal beliefs. However, there are some spiritual concepts that may be useful when developing your personal model of spiritual resilience.

- ◆ Faith
- ◆ Hope
- ◆ Generosity
- ◆ Forgiveness
- ◆ Love
- ◆ Acceptance
- ◆ Patience

However you may incorporate these and other spiritual concepts into your model of spiritual resiliency, the one thing to be aware of is this: your ability to draw strength, peace, and comfort from a power that transcends both you and others. Relying on the transcendent is what spirituality is mostly about.

In conclusion: spirituality is diversified widely throughout the world. Realizing this, it is very important that we all respect the inherent human right to develop personal spirituality. With this in mind, what is stressed in this brochure is that spirituality as a whole can help you build strength; spirituality can also provide for personal growth; finally, it can also develop much needed resilience in the face of life's difficulties.

