

# Build relationships by being a friend, helper, listener to others

CHAP. (LT. COL)  
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*"One standing alone can be attacked and defeated, but two can stand back-to-back and conquer; three is even better, for a triple braided cord is not easily broken"*  
Ecclesiastes 4:12.

During these days of war and deployments, building relationships is

vital. The following scenario is far too common: The doctor in the Emergency Room says, "Mrs. Brown, you need inpatient treatment for your depression and anxiety. I noticed you brought your three children with you to the ER. You should call someone, now, to come get your children."

Mrs. Brown becomes more stressed and emotional and says, "I have no one. My spouse is deployed to Iraq

and will not be back for seven more months. My only family is a sister in New York, but she cannot come here and stay. None of my neighbors care, and I don't know them at all. I have no contact with the unit support group. I don't attend a church or a chapel. I have no one to turn to."

Many units now have strong readiness groups prepared to step in and care for children in the above scenario, but how sad and desperate must this feeling be, alone with no one. Emergency measures must be used when this situation presents itself in the ER, but preparing for long term survival and positive health is vital.

The long term solution is building relationships and friendships. You need these relationships in good times and in stressful times. Relationships make life richer and more complete. Making it alone will never work in the Army or any other setting.

A first line of defense is family ties. As much as possible stay in touch with and build on the good family relationships of the past. Many can't go to a parent or a sibling, but they have someone who filled those roles in their lives. These ties are vital for giving children a sense of connectedness and stability in all circumstances, but especially during crises. Start building a sense of family right where you are with those around you.

A second opportunity for building relationships is in the workplace. Spouses working outside the home spend many hours with other people and can build fast friendships. Also, the unit Family Readiness Groups are very good places to build friendships. The Soldier builds strong friendships in the unit with other Soldiers, spouses knowing spouses can start friend-

ships. The word "family" in Family Readiness Group includes you in a larger family, the Army and post family.

A third place to build relationships is by getting involved in social groups and charitable organizations. These groups offer outside interaction and an opportunity to help others. Signing up for a craft class or another class you are interested in help you meet others with the same skills and interests.

Also, one can build relationships through a chapel, church or a religious group. Most religious groups are structured so individuals can get involved with and get to know a small group through a Sunday school Bible study, women's group or men's fellowship. Church or chapel involvement has spiritual and eternal value, but it also has the very practical value of building quality friends and relationships.

Involvement with others in community settings help all of us. We as human beings, are designed to be in a community. It's the healthy thing to do. We all need supportive relationships and others need us.

"Bearing one another's burdens" and "loving one another" are basic Christian qualities, as they are with most religious groups. The greatest work a Christian can do is to be a friend and caring neighbor. God's work in the world is through God's people in simple and practical ways.

Build relationships by being a friend, helper, listener and encourager to others. An anonymous poet said:

*I went out to find a friend,  
But couldn't find one there.  
I went out to be a friend,  
And friends were everywhere.*

## Religious Schedule

### PROTESTANT WORSHIP SERVICES

**Center Chapel One**  
**Sunday**  
Protestant Service ..... 10 a.m.

**Center Chapel Two**  
**Sunday**  
Lutheran Service ..... 9 a.m.

**Center Chapel Three**  
**Sunday**  
Latter Day Saints ..... 1:30 p.m.

**Center Chapel Four**  
**Sunday**  
H.O.P.E. Service ..... 9 a.m.

**Center Chapel Five**  
**Sunday**  
Protestant Service (German) ..... 9:15 a.m.

**Sage Hall**  
**Sunday**  
Centurion Gospel Service ..... 8:45 a.m.

**Biggs Army Airfield Chapel**  
**Sunday**  
Protestant Service ..... 9 a.m.

**WBAMC Hospital Chapel**  
**Sunday**  
Protestant Service ..... 10 a.m.

### CATHOLIC MASS

**Center Chapel One**  
**Daily**  
Daily Mass (Mon-Fri) ..... 11:35 a.m.

**Sunday**  
Sunday Mass ..... 8 a.m.

**Center Chapel Two**  
**Saturday**  
Confession ..... 3 p.m.  
Saturday Mass ..... 4 p.m.

**Sunday**  
Sunday Mass ..... 11 a.m.

**Center Chapel Five**  
Sunday Mass (German) ..... 10:30 a.m.

**WBAMC Hospital Chapel**  
Daily Mass ..... 12 p.m.  
Saturday Mass ..... 5 p.m.  
Sunday Mass ..... 8:30 a.m.  
Sunday Mass ..... 11:30 a.m.

### ISLAMIC/ JEWISH SERVICES

Bldg. 442

JUMMUH (Islamic Service) Fridays 12:30 p.m. during standard time 1:30 p.m. during daylight savings time  
TA'ALEEM (Islamic Teaching)  
Tuesdays ..... 6:30 p.m.  
Bldg 442 is open for daily Islamic Prayer during duty hours

**Center Chapel Three**  
Friday Jewish Service ..... 8 p.m.

### RELIGIOUS ACTIVITIES CATHOLIC

**Sunday**  
Religious Formation

(Pre K-Sr. High) Bldg 449 ..... 9:15 a.m.  
RCIA (Bldg 449) ..... 9:15 a.m.  
Adult Bible Study ..... 9:15 a.m.  
Adult Confirmation (Bldg 443) 9:15 a.m.  
Liturgy of the Word for Children (CC2) .. 11 a.m.

**Monday**  
Catholic Choir Rehearsal (CC2) ..... 6 p.m.

**Tuesday**  
Catholic Choir Rehearsal (CC2) ..... 7 p.m.

**Friday**  
MCCW ..... 9:30 a.m.  
(Bldg 449) (First Friday of every month) For information call 568-4334

**Saturday**  
Catholic Choir Rehearsal (CC1) ..... 10 p.m.  
Religious Education Office ..... 568-0363/0361  
Holy Anointing ..... 568-4334/0362/6222  
Pre-Baptism (Catholic) ..... 568-6222/0362/4334  
Call to Coordinate Pre-Marriage Counseling . 568-4334/0362 (Call six months in advance)

### RELIGIOUS ACTIVITIES PROTESTANT

**Sunday**  
Sunday School (CC4) ..... 10:30 a.m.  
Sunday School (Biggs Chapel) ..... 10:45 a.m.  
Sunday School (Bldg 449) ..... 11:15 a.m.

**Monday**  
Handbell Choir (Bldg 444) ..... 7 p.m.

**Tuesday**  
CC1 Adult Bible Study (Bldg 449) ..... 9:30 a.m.  
WBAMC Bible Study ..... 12 p.m.  
(Chap. Conf. Rm.) 1/56 Bible Study (Bldg 2498) ..5:30 p.m.

**Wednesday**  
PWOC (Bldg 449) ..... 9:30 a.m.  
Biggs Adult Bible Study ..... 7 p.m.  
Center Chapel One Choir (Bldg 449) ..... 7 p.m.  
Coffee House Ministry (Bldg 2409) ..... 6 p.m.  
LDS Bible Study (Bldg 1441) ..... 6:30 p.m.

**Thursday**  
Gospel Bible Study (Sage Hall) ..... 7 p.m.  
Choir Rehearsal (Bldg 1542) ..... 7 p.m.

**Saturday**  
Protestant Men of the Chapel  
Breakfast and Bible Study (Bldg 440)(first Sat of the Month) ..... 8 a.m.

**CHAPEL INFORMATION**  
Center Staff Chaplain's Office ..... 568-1519  
Center Chapel One ..... 568-0362  
Center Chapel Two ..... 568-1519  
Center Chapel Three ..... 568-1519  
Center Chapel Four ..... 568-1519  
Biggs Chapel ..... 568-8108  
Religious Activity Center ..... 568-0362  
WBAMC ..... 569-2235  
Religious Education Office ..... 568-0360 or 568-0363



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