

## Military Mail Trinity's Military Outreach

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NEWSLETTER

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I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one nation under God indivisible with liberty and justice for all.

### Our Prayer of Hope

*Return them safely to fulfill dreams unrealized so that they bless Your name through the lives they live. May their efforts further the cause of Peace throughout the world and bring us closer to the day when "Nation shall not lift up sword against nation."*

### Military Outreach Questions?

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## THE AMERICAN FLAG – Part 1

Did you know that at military funerals, the 21 gun salute actually stands for the sum of the numbers in the year 1776?

I hope you have noticed the honor guard pays meticulous attention to correctly folding the American Flag 13 times. You probably thought it was to symbolize the original 13 colonies, but we learn something new every day! Be surprised at the following only because "they" quit teaching this around 1955 in public schools...some of you might remember.

The 1<sup>st</sup> fold of our flag is a symbol of life. The 2<sup>nd</sup> fold is a symbol of our belief in eternal life. The 3<sup>rd</sup> fold is made in honor and remembrance of the veterans who have

departed our ranks.

The 4<sup>th</sup> fold represents our weaker nature.

The 5<sup>th</sup> fold is a tribute to our country. The 6<sup>th</sup> fold is for where our hearts lie. The 7<sup>th</sup> fold is a tribute to the Armed Forces.

The 8<sup>th</sup> fold is a tribute to the one who entered the valley of shadow of death. The 9<sup>th</sup> fold is a tribute to womanhood and Mothers.

The 10<sup>th</sup> fold is a tribute to Fathers. The 11<sup>th</sup> fold represents the lower portion of the seal of King David and King Solomon.

The 12<sup>th</sup> fold represents an emblem of eternity – the Father, Son and Holy Spirit.

The 13<sup>th</sup> fold reminds us our nation's motto, "In God We Trust."

## MILITARY PROFILE

### Lt. Mitchell Hall – United States Navy

At the time of the Newsletter, Mitchell is a helicopter pilot in the final stages of his second deployment. Mitchell has spent the past 7 months on the USS Sterett which is attached to the Navy's 5<sup>th</sup> Fleet.

Mitchell began his military experience while at Northwestern University in Evanston, Illinois. Utilizing the Navy ROTC program, he was able to complete his engineering degree and at

the same time, fulfill his commitment for military service. Mitchell has been stationed at North Island in San Diego where he will be finishing up his first 3 year assignment this summer. Speaking of summer, Mitchell will be getting married in July to his "California Girl" Jill!

Mitchell is the son of Steve and Joanne Hall who are members of Trinity.



### VETERAN FACTS

Since 9/11, of the 1.9 million Americans who have been deployed, **876,000** are parents, **245,000** have been away twice, **91,000** three times and **48,000** four or more times.

Source: Dept. of Defense

### UPCOMING EVENTS

#### Potluck Meetings

(following 2<sup>nd</sup> service)

**April 17**

**May 15**

**June 19**

#### **3<sup>rd</sup> Annual Veterans'**

#### **Appreciation Dinner**

**Friday, November 11, 2011**

We welcome your comments.

Please send your feedback

and suggestions to:

[trinitymilitaryoutreach@gmail.com](mailto:trinitymilitaryoutreach@gmail.com)

## Becoming a Couple Again

Coping together as a couple after war deployment isn't always easy or something that happens naturally. It requires effort, and an understanding that each person has grown and changed during the separation. A positive way to think about this is that both of you, service person and spouse, have developed your own sense of purpose coping with new experiences while apart. What's important now is to come together and create a "shared" sense of purpose" that is essential for your well-being as a couple, that of your children, and your life in the community. This won't happen overnight; it will take time, mutual compassion and a desire to do so. Here are four steps to help you create a "shared sense of purpose."

*Step 1:* Understand each other's sense of purpose during separation.

*Step 2:* Recognize that the following concerns upon return are common, often shared or felt indirectly, and will require mutual adjustment and time:

Home	Children
Relationships	Public

*Step 3:* Relationship Breakers. Most couples argue about three things: sex, money and children. Understanding the potential of these issues to divide rather than unite is key to reestablishing a shared sense of purpose.

*Step 4:* Relationship Makers.

Expectations	Enjoy Life
Give Thanks	Communicate
Be Positive	Time
Know when to seek Help	

(The Wounded Warrior Handbook by Don Philpott and Janelle Hill.)

## The American Flag – Part 2

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers, sailors and marines who served under General George Washington and Captain John Paul Jones.

The Stars and Stripes originated as a result of a resolution adopted by the Marine Committee of the Second Continental Congress at Philadelphia on June 14, 1777.

During the Revolutionary War, several patriots made flags for our new Nation. Among them were Cornelia Bridges, Elizabeth (Betsy) Ross and Rebecca Young. Although Betsy Ross, the best known of these persons, made flags for

50 years, there is no proof that she made the first Stars and Stripes.

Our flag of the United States today has 13 horizontal stripes – 7 red and 6 white - the red and white stripes alternating, and a union which consists of white stars of 5 points on a blue field placed in the upper quarter next to the staff and extending to the lower edge of the fourth red stripe from the top. The number of stars equals the number of States in the Union.

In 1916, President Wilson issued a proclamation calling for a nationwide observance of Flag Day on June 14. It was not until 1949 that Congress made this day permanent.