A Commencing Word ...

This article is a portion of the final message of Chaplain (Colonel) Beale at his retirement event (15 Aug) at Fort Dix, NJ ... after 25-years of devoted service to God and Country ... in the U.S. Army Chaplain Corps.

In 1 Corinthians 16:13 we read – "Be on your guard; stand firm in the faith; be men of courage; be strong." This text offers a series of imperatives or commands. The words come in the concluding chapter of a letter addressed to a church wrestling with numerous problems. Suffice it say, the congregation struggled with doctrinal confusion and moral uncertainty ... all compounded by a bunch of people who couldn’t get along with one another. Arguments and quarrels paralyzed the church. Instead of dealing with the problems, they wasted effort and energy fighting with one another. What always happens when such distractions take over was happening in Corinth. Evil triumphed. The lost remained in darkness. And maybe worst of all, the church’s own young continued down the wrong path.

This verse is a call to arms, a challenge for the church to stand up and deal with the issues they faced. Many of the words are military terms; and, therefore, relate to those of us in the profession of arms. The verse contains four commands. Each spotlights a part of what godly persons do.

I. Be on Your Guard

The literal translation is Watch! or Be watchful or even Pay close attention. It is a one-word imperative. It’s the picture of a military sentry posted at the perimeter of the FOB. They take turns watching (standing guard) so the others can sleep in safety.

Remember that the church in Corinth had a host of problems related to spiritual immaturity and misunderstanding, as well as tolerance of sin. Throughout the letter known as 1 Corinthians, Paul has dealt with these issues specifically – arrogance of those who were in leadership positions; factions within the church (which caused arguments and strife that weakened the church, and threatened to destroy it); tolerance of a member who was living openly in sexual sin; gluttony and drunkenness at fellowship meals; pride in spiritual giftedness and misuse of spiritual gifts; etc. [Mind you: I’m describing the church at Corinth, not the U.S. military!] Paul is reminding them to be on their guard spiritually. He did not want them to treat merely the symptoms, but to cure the cause; to wake up; to pay attention to their spiritual lives; and their knowledge and devotion to God. He’s talking of spiritual watchfulness ... as opposed to spiritual ignorance, apathy, and indifference. He’s talking about the firm foundation of God ... as opposed to the Corinthians’ devotion to a culture of competing philosophies. He’s talking about being devoted to the only God and His spiritual truth ... as opposed to the spiritual pluralism that was socially acceptable. Their lack of spiritual watchfulness was the foundation of the Corinthian church’s sinful condition. And unless this simple one-word instruction was followed, everything Paul has told them would have no effect. It is not a need to merely know the facts and having the right behaviors. The Corinthians (and we) need more than merely changing behavior; we must be on our guard.

II. Stand Firm in the Faith

The second phrase is – stand firm in the faith. Paul is telling the Corinthians literally to stand fast, persevere, do not deviate (in their faith and trust). It, too, is a military

(Continued ... on page three)
President's Corner

As I prepared this article, I gave thought about the upcoming Fall season and three dates that have a very special meaning to all of us.

The first date that will be forever engrained in our hearts and minds is the event that took place on September 11, 2001 ... placing our nation in the center of the Global War on Terrorism. I for one, along with probably everyone who is reading this article, will never forget where we were when we received the first reports of the terrorist attacks on our soil. The first thought was of disbelief, then anger and despair. As we all looked for a radio or TV to get the information we needed to understand what was happening, our thoughts turned to those that we knew in the Twin Towers or to those that had family or friends that worked in the Twin Towers. Prayers were being said for the victims and for all the rescue workers who were placing their lives in danger to save others. The prayers continued as news came in about attacks on the Pentagon and the brave men that took action on board the United Airlines flight that prevented it from attacking our Nation's Capital. As a reminder of those that perished in the attack, those that lost their lives trying to save others, and for the families of all these victims, this date will forever haunt our memories. Our prayers are with all of you.

The second date is September 16th, POW/MIA Sunday. For some in our congregation, this date has special meaning as they experienced, first hand, what it is like to be a Prisoner of War. As we remember this day, our thoughts and prayers go out to all those families whose military member has not returned home. May these military members never be forgotten; and we pray that those dedicated individuals who continue to look for all MIAs are successful in locating the wreckages and remains ... so family members can finally come to closure on their lost loved ones. Please join me in the continuation of prayers until we have all of our missing service members at home on US soil, where they belong.

The third date is September 30th, Gold Star Mother's (Family) Day. As with POW/MIA day, this day also has special meaning to members of our congregation and families everywhere. Shortly after WWII, the American Gold Star Mothers organization was formed in the United States to provide support for mothers who have sacrificed their sons or daughters in the fight for freedom. Since that time, Gold Star Mothers have been very active in the support of others who share in this grief. It is their willingness to share their own experiences and become involved that has helped numerous mothers to cope with the losses they have endured. My thoughts and prayers are with all mothers and family members who have lost a son or daughter in time of war. My thanks to the American Gold Star Mothers for the help and support you have been providing to others for almost a century.

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The Board welcomes input from members. If you have an idea or suggestion, please feel welcome to contact the appropriate Board person.

Scheduled Board Meeting in 2012:
Saturdays ... @ Richfield Am Leg Post
15 Sept (9:00 a.m.)
17 Nov (9:00 a.m.)
Sunday ... @ the Chapel
16 Dec (1:00 p.m.)

If you would like a copy of the 2011 Annual Report, please secure one in the Fellowship Hall or call the Foundation Office at (651) 456-4410 and leave your name/mailing address that we may send you a copy of this impressive report.
metaphor. A sentry stays alert to anticipate an attack. Once the battle is engaged, soldiers must hold their positions. Their orders are to hold back the enemy and keep their ground.

Like the Corinthians, we live in a culture in which truth is regarded as relative. Our society waffles at the concept of objective, unyielding spiritual truth. It is dedicated to spiritual and ethical pluralism. The same environment is becoming increasingly the case in our Armed Forces.

Standing firm requires knowing what you believe, refusing to be easily shaken or moved by outside pressures or shifting opinions. That’s not always easy. Sometimes we can get labeled old-fashioned or mired in tradition if we try to mentor our subordinates about the dangers of following whatever trend that comes along. To that, I say – So be it! We know that some things are worth standing firm for; and wise leaders know the difference. It requires inner strength and conviction.

If we are to fulfill the call and the commission on our lives and be the witnesses God wants us to be; if we are to have the relationship with God that He wants for us; then we must follow Paul’s admonition to stand firm in the faith.

III. Be of Good Courage

The third command is to be of good courage. This phrase literally translates Act like men. God wants us, in the midst of our spiritual watchfulness and our commitment to stand firm in the truth of the faith, to act courageously as Christians.

The cultural reference (here) is of an experienced soldier (of the first century); a picture of courage gained from being proven on the battlefield. A soldier knows when to be afraid; to not know fear is to risk recklessness. But the soldier doesn’t let the fear paralyze him.

The admonition to be courageous as Christians spoke volumes to the Corinthians ... because Paul is telling them to forget the strong expectations of the culture around them; to accept or acknowledge the cultural pluralism of the society. To be men of courage spiritually would be unpopular ... perhaps even unacceptable, behavior in first century Corinth. It could mean loss of stature in society; perhaps loss of jobs and economic opportunities; and loss of friends among the pagans. Yet, Paul wants them to achieve the standard that God has set. He is telling them they know the truth; and now they must do the truth courageously. This is consistent with his earlier instruction to them not to be children in their thinking, but to be mature (1 Cor. 14:20). Spiritual maturity demands courageous application of the truth; unencumbered support of what we know is spiritually true (and the standards that are true); and bold opposition to what we know is false.

The old hymn voices the sentiment of this verse:

Rise up, O men of God!  
Have done with lesser things.  
Give heart and mind and soul and strength  
to serve the King of kings.  
That hymn goes on to say:  
Lift high the cross of Christ!  
Tread where His feet have trod.  
As brothers of the Son of Man,  
rise up, O men of God!

IV. Be Strong

The fourth imperative is also a military term – "Be strong" (and I’ll add – Army Strong)! The emphasis (here) is on keeping up the fight as long as needed. Battles, whether on land, sea or in the air (as well as spiritual battles), are seldom won in a day. Perseverance is what wins battles. Interestingly, this literally is translated be strengthened. It is in the passive voice ... as opposed to the first three admonitions of the passage. When Paul tells his readers to be on guard, to stand firm, and to be people of courage, he is telling them things they are to do. When he tells them to be strong, however, he is referring to a willingness to allow God to strengthen them – something God does to them and for them ... not something they can do for themselves. This means our strength is not something we do or generate out of our own ability; it is something we receive from outside. Clearly this is the emphasis in all of Scripture. The spiritual strength needed to stay the course for the Lord is not our own, but His. Without God’s help and strength, our task is hopeless. The instruction is to submit to the strengthening power and work of our Savior.

And what is the strength He gives us? In the immediate Corinthian context, it is the strength to stand firm in spiritual knowledge and truth, and to courageously apply spiritual truths in our lives. And it’s the same context for us in 21st century America – In the face of spiritual and ethical pluralism in the extreme; we must stand firm in spiritual knowledge and truth,
Special
Patriotic/
Veterans
Events . . .


Sun, 16 Sept 12 — POW/MIA Remembrance — remembering those who are prisoners of war and those missing in action.

Sun, 30 Sept 12 — Gold Star Family’s Day — honoring those family members who have offered up their loved ones on the altar of liberty.

Sun, 11 Nov 12 — Veterans Day Remembrance — recognizing U.S. veterans of all branches of the armed forces.

Sun, 2 Dec 12 — Pearl Harbor Remembrance — recognizing survivors . . . with the tolling of the ship bell for those who have passed away since last year.

Mark your calendar with these dates . . . and join us at 11:00 a.m.

9/11—God is Also for “Good Times”

When the fear and/or anxiety of 9/11 began, people flocked to churches seeking reassurance and comfort. It was a time that proved to me that people realized in their minds and hearts there is a higher being . . . we Christians call God. But after the crisis had passed, people then returned to business-as-usual . . . putting their self-interests ahead of any search for God. And as a result, church attendance took a dive . . . until the next crisis.

Recently, I listened to an 18 year old from Colorado on the news talking about the fear and devastation he experienced while attending the movie at the theater in Aurora, CO. He said “we need to pray for all those injured and the families of those who died.” Instantly, I thought people truly do have knowledge of God’s existence. Even a TV reporters made reference to “this is a day to pray.” Why is it that we only call upon God in crisis rather than continuously? What would happen if those who called out to God, in crisis, would continue to call out to God when they are in their “good times” as well? Would all these horrific things still happen? Probably yes, because there is still evil in this world. We, who are Christians, should continue to realize that God is in control of our lives and events; and when evil befalls us, we need to cling to His Word and realize that the calamities that come into our lives should awaken us and remind us that the Lord is in control. Plan to join us in worship at 11:00 a.m. on 9 Sep as we remember that tragic day and those whose lives were lost.

American Gold Star Mothers, Inc. was incorporated in 1929 obtaining a federal charter from the US Congress. A gold star symbolizes a family member who has died in the line of duty serving the United States. It is right and honorable for us to honor these “families,” and acknowledge their heart breaking sacrifice. While we cannot mend a broken heart we can lift them up in prayer. Please join us on Sun 30 Sep (11:00 a.m.) as we express our sorrow and love towards Gold Star Mothers and their families. Our special music will be Mr. Luke Spehar, he is the brother of Nick Spehar, a fallen Navy Seal.

— Kay Tennison

Many people who have visited the Chapel . . . whether for worship, a wedding or a funeral . . . have noticed a seat of honor and a candle in the pew next to the lectern. This unoccupied seat is a reminder of those who have served the country and have either been captured or whereabouts unknown. While their situation may be in some way similar, POW’s have been identified as being alive. The fate of MIA’s is unknown.

Many of you remember the late Karen Johnson from our congregation and her courageous efforts involved in MIA Hunters. Karen shared pictures of her MIA expedition and the finding of those sites where MIA’s remains have been located after many years. While we may not know the fate of these individuals, be assured God does! Join us in remembering our nation’s POW/MIs on Sun 16 Sep (11:00 a.m.).

— Kay Tennison
Worship Committee Chair
From the Flag Line

The flag line set out on a five-day fellowship riding having no idea what lay ahead. This is a story that only those that experienced it can appreciate.

4 July: Linda and I woke up to hail in Eagan. We met up with the Lyle & Marlene Willock and Gary & Laura Meyers at 0800 in Woodbury. Everything seems to be going good. We proceeded to Eau Claire, WI to meet with John & Carol Vacho (a Gold Star family). This was the first indication it was going to get hot. As we drove south it was necessary to stop many times to cool off. Each stop was an adventure as we were obviously from out of town and many questions were asked of us. At the end of day, we finally made it to the Blue Highway Motorcycle Lodge, Hillsboro, WI. (hot)

5 July: We started the day in a small café in downtown Hillsboro, WI. Hillsboro is a town so small that if you blink, you will miss downtown. Upon entering the café everyone stopped what they were doing to look at the “city folk.” They cottoned up to us pretty quick and we all had a great time and the food was very good. We headed for Baraboo to catch a ferry boat; again our ride included many stops with more interesting folks. It is getting hotter with no break in temperature in sight. Two of the four bikes headed for the motorcycle lodge and two headed for the Wisconsin Dells. At the Dells we rode the army ducks for some relief from the heat. We headed back for our last dinner with the Vacho’s; after dinner as the sun was setting we went back to the motorcycle lodge for some cooling off. (hotter)

6 July: After wishing the Vacho’s a hearty farewell the three remaining bikes headed towards Galena, IL. We were stopping every 30 minutes to cool off. It seemed kind of odd that every stop we made, in the smallest of towns, Lyle Willock seemed to know someone. I could swear in one town I heard banjo music, might have been the heat. The fields were really dry as they claim there has not been rain for 40 days/ nights. We finally arrived at Galena by mid-afternoon; found our lodging and settled in for some rest and relaxation until dinner. Our hosts made reservations at a local ski lodge overlooking the Mississippi River. It seemed that today we were in a struggle with Satan as with each minute it grew hotter. We were tested all day and into the night. The tar on the road surface had turned liquid as our patience was getting tested. We had a wonderful dinner as the sun set while the temps still seemed to climb. (104)

7 July: It is now day four and it felt as if we had entered the belly of the beast. No air moving and our will to ride was broken. We went to historic downtown to shop. Lyle found a bench to sit on, the girls went their way, and Gary and I went our way. We decided a bus tour of the entire town was in order, of course in keeping with our luck there was no air conditioning on the bus. The tour again tested our patience. It was decided at the end of this day Satan needed to be confronted. One person stood up and said — “I’ll deal with this! I’ve had enough of this!” We wished Marlene our best. We never were told what happened, but as you can see it must have been quite a struggle. (104+)

8 July: We awoke to a very pleasant morning (68°), left for home 0700 wearing long sleeves. It is my opinion and belief that Marlene brought Satan to his knees. We were all indebted to Marlene as we had a very enjoyable trip up highway 52. The fields looked like quilts with healthy well watered crops. We made just a few stops; however, it still seems strange that Lyle knows someone or has a story at every stop. We arrived home safe and sound 1400.

We are very grateful for our friends from the Chapel. We shared a pray at each meal thanking the Lord for the fellowship we enjoyed. God bless America … and the 1% that protect the remaining 99%. — Les Hanson

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and apply them with courage. Our part is to be on guard, to recognize and know what is spiritually right and wrong, and to act with courage. God’s part is to strengthen us.

Well, we’ve witnessed yet another retirement ceremony … in the rich traditions of the Army. The time for speeches has ceased; the honors have been rendered; the pomp and pageantry is complete. The tasks that were unfinished fall to you. As you confront them and endeavor to solve them, you would be wise to follow Paul’s admonition: “Be on your guard; stand firm in the faith; be men of courage; be strong.”

Serving God and Country,
Rev. Dr. Kenneth L. Beale, Jr.
Chaplain
(612) 747-1059
E-mail: kenneth.beale@us.army.mil

Getting to Know You...

Think back to a time when children watched trains go by for entertainment, when red savings bonds were collected for the war effort, and a different sort of suicide went on in soda shops. This was the era that Ginger Carter grew up in.

Nestled in a South Minneapolis neighborhood only three miles from the Chapel, Ginger learned the value of friends, funniness, and faith.

While Ginger was growing up, Fort Snelling was an active Army post; soldiers could be seen doing maneuvers in the streets and Ginger would climb a hill, while settled on a sled, to wave at the trains full of ready GIs heading off for war. When she was in fourth grade, her class was required to write an essay about how they were

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Benevolent Giving...

One of the definitions in the dictionary for benevolence is “A gift given out of generosity.”

I found this quote by an unknown author, “The true source of cheerfulness is benevolence.”

On 17 July, 200 pounds of benevolence were sent to our Soldiers in Bagram, Afghanistan. The items had been donated by the members and friends of the Chapel Foundation. The items included: an assortment of personal hygiene products for our Soldiers; beanies babies for the Afghan children; and many other needed items.

At the last Benevolence Committee meeting, the following non-profit organizations were granted much needed help: Daniel Drevnick Memorial Fund; Joseph’s Coat Inc.; The Tree House; St. Stephen’s Human Services; Minnesota Historical Society; Salvation Army; Biblica; Loaves & Fishes; Union Gospel Mission; Bryan McDonough Military Heroes Fund; and the Minnesota Military Appreciation Fund.

The Benevolence Committee would like to express its appreciation for the confidence shown by the members of this congregation in allowing the Committee to make the decisions on their behalf. The Benevolence Committee is open to anyone that would like to join us.

God Bless the 1% that protect the remaining 99%!

— Submitted by Les Hanson, Benevolence Committee

This congregation tithes (10%) from its plate offerings. If you know of an organization/ministry...that is in keeping with our purpose... please feel free to secure an application to submit for financial support in 2012. Simply call the Foundation Office at 651/456-4410... and provide a name and mailing address.

Photos: Some of the 200 lbs shipment to our troops abroad.

World-Wide Communion Sunday

Do you remember the song “Jesus Loves the Little Children”? Now imagine all those hands across the world as they join in the Lord’s Supper known as World-wide Communion Sunday. Red and Yellow, Black and White we are ALL precious in HIS sight! People of the Christian faith, all

Join us as we partake in Holy Communion on World-Wide Communion Sunday (7 Oct). Pray for the safety of those around the world risking their lives to join in this special event.

— Kay Tennison

All-Saints Sunday

John 3:16 — “For God so loved the world He sent His only begotten Son. Whosoever believeth in Him shall not perish but have everlasting life.”

Christian Education

Every Sunday in Worship our Chapel family reads, out loud, a Creed. It is a time of affirming our faith before God and our fellow believers. It is very important that we do this, especially as we live in an age when the historic faith of Christ is being fractured by assaults from within and without. Are we wrong in "holding fast to our confession?" We are being told that God is doing something new and, therefore, the old creeds are no longer valid. Is that so? How do we respond when confronted with this kind of thinking?

Everyone is invited to come every Sunday morning at 10:00 a.m. (beginning 9 Sep), to explore historic Christianity in regards to our faith, our history, and our heroes. Our lessons will be guided by Dr. D. James Kennedy's book, Foundations and Your Faith, with a view to affirming our faith in Christ and His Word, the Bible. The class will be team taught by Chaplains Ken and Mike, and will involve a variety of media to help underscore the importance of each lesson. Again, all are welcome. This is essential information for all who want to know the foundations of the faith of God in

We are comforted in knowing that our loved ones who died receiving Christ as their Savior are now with Him...enjoying eternal life. What a glorious thought! While some are gone from this earth they remain in our hearts. Join us on All-Saint’s Day Sunday (28 Oct) when our Chapel Singers will be lifting their voices with music to our Lord.

— Kay Tennison
Worship Committee Chair
helping the war effort. Ginger was one of the winners, and had the privilege to read her essay over the radio WLB. Her family was incredibly patriotic and she recalls crushing cans, collecting newspapers, and accumulating red savings bonds for the war effort.

Ginger was a "Daddy's girl", and took after her dad's quiet ways; while her brother, Don, was outgoing like her mother. Their house was always full of her parents' friends, and they were the only family out of Ginger's group of friends that attended church regularly. She never remembers her dad swearing, raising his voice, or being anything but calm. The man worked at General Mills for forty-four years and only missed one day in all that time — the day of the Armistice Day blizzard.

Ginger took up fishing with her dad, packing lunches and spending the day together out on the water. When she was fourteen, there was a day when she had an immense amount of luck and the fish seemed incredibly drawn to her. Unfortunately, it started pouring rain. Her dad asked her if she was ready to go, and she replied that she wasn't. Ginger insisted on staying, and each time that she would catch another fish, her dad would ask the same question, getting more and more soaked by the minute. By the time Ginger was satisfied with her catch, her dad got up and stated that he was just "a little wet." Ginger's liking of fishing continued many years afterwards although when she went ice fishing with her husband in later years, she went along for the sake of the food and would read and eat, only checking the bobber every once in a while.

Perhaps the most important piece of advice that Ginger received was to "treasure your friends." While in high school, in addition to being chased around by boys throwing snowballs, Ginger was in the Roosevelt High dance line and several different bands. And although she says that you "don't have to be a rocket scientist to know that you weren't in the 'in-crowd' when you made it through all of high school without a date," Ginger had a tight knit group of 11 girlfriends. They would go to the drug store for a drink known as "suicide" in which one shot of every beverage was mixed together. Ginger and her closest friend, Bev, who she met in the third grade, wrote stories about their lives without including their names and knew that only three people would ever know who the stories were about: each other and God. Together they learned to laugh and tried to drink and smoke. All these women were in each other's weddings and planned each other's baby showers. Seventy years later, they still get together every six weeks for lunch. The group's strong connection to each other was furthered even more when they realized that in combination, their mothers had had thirty-four children and that they had the same number as well. In addition, while their mothers had borne twenty-one girls and thirteen boys total, they had just the opposite with thirteen girls and twenty-one boys within their group. It was only eight years ago that her best friend, Bev, passed away after sixty-six years of friendship, something that I cannot even begin to fathom.

So, the years went by, and Ginger graduated from high school. She worked at an insurance company as a receptionist and a switchboard operator, giving up her childhood dream to become a flight attendant ... because she was one inch too tall. After that, she switched roles and became a stay at home mom for eleven years. Her first two children, Tere and Bruce, came along, and then when she was pregnant with her third child, Ginger's life abruptly changed. In one week, Ginger had a stroke, a cerebral hemorrhage, and an exploded blood vessel. Her family was told that

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there was nothing that could be done. Fortunately, a family doctor approached them and said that he knew a brain surgeon that owed him a favor. So, the surgeon operated that week, cutting her head open entirely. This same week, she gave birth to her third child, Brian. She wasn’t conscious at that time, but was told that after the birth she awoke briefly enough to ask about the baby before going unconscious again. It was two weeks before she saw her new baby for the first time.

One thing about Ginger though, is that she maintains her sense of humor in dire situations. The first thing that she said, seven days later, when she became fully conscious was: “when do they eat around this place?” When the doctors suggested therapy, she looked at them, thinking that they “might as well have asked her to go to the moon” with 3 small children needing her care at home. Eventually, she regained the feeling in her left leg and the only lasting effect of the stroke has been that she no longer has vision on the left side of her eyes. She even jokes about her trips to the emergency room because of this semi lack of vision. One time she walked right in front of a car having forgotten to turn her head, and another time, she swiveled around in Target and hit a post that she didn’t notice was there. She ended up completely cracking her head and needing eight stitches. The young employees who had seen her only offered to get a Kleenex and a Bandaid. No doubt she had a witty crack for them as she still finds the story amusing.

After Brian started school, Ginger decided to start work at Unisys for a couple of months. She ended up staying for thirty years and in 1989, she was cleared of her colon cancer. In 2003, Ginger fully retired and took up the life of a tremendous traveler. Along with her Kindergarten friend, Margie, she travelled across the U.S. to places like Montana and Hawaii. For ten years they did this, and grew so close that they could finish each other’s sentences and give the same answers to questions. Margie, in fact, was the one who got Ginger going to the Fort Snelling Chapel — the place that Ginger used to dream of getting married in when she was a little girl. It was after Janet Brautigan called her for Sharing & Caring Hearts, that Ginger met Gloria Doyle who she has been carpooling with for the last six years. Ginger now has six grandchildren, a great grandchild, and another soon to arrive great grandchild.

Ginger Carter has an incredible amount of humor and strength. She made it through trial after trial and didn’t lose her faith. Her advice to the next generation was to believe in God and to treasure your friends all your life. I hope that I find it as easy as she makes it appear to be.

— Submitted by: Megan Michaelis

Reflecting on the Anniversary of 9/11

We will never forget that terrible day...
When hatred attacked our U S A!
Like Pearl Harbor of years gone by...
The attack came during the morning sky.
So many watched in shock and horror...
As “Evil” struck at our front “door”!
The “Twin Towers” took the largest blow...
With thousands killed in the final toll.
But that’s not all I’m sad to say...
Two more attacks occurred that day!
All America was stunned to know...
That our old ways just had to go!
Our freedoms were tested and we had failed...
To protect what others had always hailed!
Are we truly safer from another attack...
Or are we complacent and refuse to look back!
One lesson we learned on that fateful day...
Freedom’s not free; there’s a price to pay!
We must never forget and I’m sure we’ll agree...
It’s a gift to us from our defenders you see!
A watchful attitude is now a must...
And we must have good friends to trust!
Though years have past since that dreadful day...
We must stay alert and never stray!

God Bless America!
By Bob Beskar...Vietnam Veteran
Spiritual Vitamins A-Z

Anxious? Take Vitamin A
“All things work together for good for those who love God, who are called according to His purpose.” (Romans 8:28)

Blue? Take Vitamin B
“Bless the Lord, O my soul, and all that is within me, bless His holy name.” (Psalm 103:1)

Crushed? Take Vitamin C
“Cast all your anxiety on Him, because He cares for you.” (1 Peter 5:7)

Depressed? Take Vitamin D
“Draw near to God, and He will draw near to you.” (James 4:8)

Empty? Take Vitamin E
“Enter His gates with thanksgiving, and His courts with praise. Give thanks to Him, bless His name.” (Psalm 100:4)

Fearful? Take Vitamin F
“Fear not, for I am with you, do not be afraid, for I am your God.” (Isaiah 41:10)

Greedy? Take Vitamin G
“Give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put unto your lap: for the measure you give will be the measure you get back.” (Luke 6:38)

Hesitant? Take Vitamin H
“How beautiful upon the mountains are the feet of the messenger who announces peace, who brings good news, who announces salvation, who says to Zion, ‘Your God reigns.’” (Isaiah 52:7)

Insecure? Take Vitamin I
“I can do all things through Christ who strengthens me.” (Philippians 4:13)

Jittery? Take Vitamin J
“Jesus Christ is the same yesterday and today and forever.” (Hebrews 13:8)

Know nothing? Take Vitamin K
“Know this that the Lord is God, it is He that made us and not we ourselves.” (Psalm 100:3)

Lonely? Take Vitamin L
“Lo, I am with you always, even to the end of the age.” (Matthew 28:20)

Mortgaged? Take Vitamin M
“My grace is sufficient for you, for power is made perfect in weakness.” (2 Corinthians 12:9)

Nervous? Take Vitamin N
“Never, no never will I leave you nor forsake you.” (Hebrews 13:5)

Overwhelmed? Take Vitamin O
“Overcome evil with good.” (Romans 12:21)

Perplexed or puzzled? Take Vitamin P
“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.” (John 14:27)

Quitting? Take Vitamin Q
“Quit you like men, be strong.” (1 Corinthians 16:13)

Restless? Take Vitamin R
“Rest in the Lord, and wait patiently for Him.” (Psalm 37:7)

Scared? Take Vitamin S
“Stay with Me, and do not be afraid; for the one who seeks My life seeks your life; you will be safe with Me.” (1 Samuel 22:23)

Tired? Take Vitamin T
“Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” (Isaiah 40:31)

Uncertain? Take Vitamin U
“Understand that I am (the Lord). Before Me no god was formed, nor shall there be any after Me.” (Isaiah 43:10)

Vain? Take Vitamin V
“Vexed with unclean spirits; and they were healed every one.” (Acts 5:16)

Wondering what to do? Take Vitamin W
“What does the Lord require of you but to do justice, and to love kindness, and to walk humble with your God?” (Micah 6:8)

Exhausted? Take Vitamin X
“Exercise thyself rather unto godliness.” (1 Timothy 4:7)

Yearning for hope? Take Vitamin Y
“Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You art with me; Your rod and Your staff, they comfort me.” (Psalm 23:4)

Zapped? Take Vitamin Z
“Zealous for good deeds.” (Titus 2:14)

Remember to take your vitamins every day!
The Year of our Lord 2012 marks the 45th Anniversary of the establishment of the Fort Snelling Memorial Chapel Foundation in 1967.

Fort Snelling Memorial Chapel Foundation
This is a non-denominational Christian church founded in 1967. We invite you to join us for worship each Sunday at 11:00 a.m. at this historic Chapel.

The Fort Snelling Veterans Memorial Chapel is a unique Minnesota memorial—a splendid monument to the patriotism, the moral earnestness and the convictions of the people of this state—a shrine to commemorate those who have died for their country. Weekly Sunday worship is sponsored by the Fort Snelling Memorial Chapel Foundation and is not subsidized by the state.

For Fort Snelling Memorial Chapel Foundation
information call the Foundation Office at (651) 456-4410,
or write to the
Fort Snelling Memorial Chapel Foundation
P.O. Box 211283
Eagan, MN
55121-2783
or e-mail to info@fortsnellingmcf.org
or check our web site at www.fortsnellingmcf.org

Ft. Snelling Memorial Chapel Foundation Staff
Rev. Dr. Kenneth L. Beale, Jr., Chaplain
Rev. Michael Wallman, Associate Chaplain
Craig Tennison, Minister of Music
Leila Campbell, Office Manager
Ruth Fardig, Minister of Music Emeritus

The Snelling Spirit Staff:
The Snelling Spirit is a bimonthly publication of the Fort Snelling Memorial Chapel Foundation. We welcome your input, your letters and your suggestions.

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Leland Granberg
Layout/Design/Printing:
Leila Campbell
<table>
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<th>Sun</th>
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</table>
| 30  | 18th Sunday after Pentecost  
      Gold Star Family’s Day  
      11:00 a.m. Worship Service  
      Sermon: "The Ultimate Sacrifice"  
      Music: Luke Spehar | Fort Snelling Memorial Chapel Foundation Staff  
      Chaplain: Rev. Dr. Kenneth L. Beale, Jr. — Phone: 612/747-1059 — E-mail: kenneth.beale@us.army.mil  
      Assoc Chaplain: Rev. Michael Wallman — Phone: 651/702-1031 — E-mail: michaelwallman@man.com  
      Minister of Music: Craig Tennison — Phone: 651/468-1416 — E-mail: craigtennison@usfamily.net  
      Office Manager: Leila Campbell — Phone: 651/466-4410 — E-mail: info@fortsnellingmcf.org  
      Website: www.fortsnellingmcf.org — Fax: 651/466-4411 | | | | | 1 |
| 2   | 14th Sunday after Pentecost  
      Labor Day Sunday  
      11:00 a.m. Holy Communion  
      Sermon: "Your Place in the I.B.C.W. Labor Union"  
      Music: Singleton Street Band  
      12:15 p.m. Root Beer Floats Social | 3 | 4 | 5 | 6 | 7 | 8 |
| 9   | 15th Sunday after Pentecost  
      9/11 Remembrance  
      10:00 a.m. Christian Education Class  
      11:00 a.m. Worship Service  
      Sermon: "As We Remember ..."  
      Music: Miriam Bawden | 10 | 11 | Patriot Day | 12 | 13 | 14 | 15 |
| 16  | 16th Sunday after Pentecost  
      POW/MIA Sunday  
      10:00 a.m. Christian Education Class  
      11:00 a.m. Worship Service  
      Sermon: "God's Lost and Found"  
      Music: Eagan Men's Chorus | 17 | 18 | 19 | 20 | 21 | 22 | Autumn Begins |
| 23  | 17th Sunday after Pentecost  
      10:00 a.m. Christian Education Class  
      11:00 a.m. Worship Service  
      Sermon: "There Is No Such Thing As A Post-Christian World"  
      Music: Rod & Connie Lindberg | 24 | 25 | 26 | 27 | 28 | 29 |
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<td>Sermon: &quot;2 Communion Participants: Judgment and Salvation&quot;</td>
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<td>Chaplain Ken's B-day</td>
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<td>Music: Concordia Academy Choir</td>
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<td>Sermon: &quot;The Sure Hope of Christ's Return&quot;</td>
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<td>Music: Mary's &amp; Martha's</td>
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<td>Music: Gloryland Gospel Band</td>
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<td>22nd Sunday after Pentecost</td>
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<td>All Saints' Sunday</td>
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<td>Chaplain (COL) Beale's Last Day in U.S. Army</td>
<td>Fort Snelling Memorial Chapel Foundation Staff</td>
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<td>10:00 a.m. Christian Education Class</td>
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<td>Chaplain: Rev. Dr. Kenneth L. Beale, Jr. — Phone: 612/747-1059 —</td>
<td>E-mail: <a href="mailto:kenneth.beale@us.army.mil">kenneth.beale@us.army.mil</a></td>
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<td>Assoc Chaplain: Rev. Michael Wallman — Phone: 651/702-1031 —</td>
<td>E-mail: <a href="mailto:michael.wallman@mmn.com">michael.wallman@mmn.com</a></td>
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<td>Sermon: &quot;I Believe in the Communion of Saints&quot;</td>
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<td>Minister of Music: Craig Tennison — Phone: 651/481-1416 —</td>
<td>E-mail: <a href="mailto:craig.tennison@usfamily.net">craig.tennison@usfamily.net</a></td>
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<td>Music: Chapel Singers</td>
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<td>Office Manager: Leila Campbell — Phone: 651/485-4410 —</td>
<td>E-mail: <a href="mailto:info@fortsnellingmcf.org">info@fortsnellingmcf.org</a></td>
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