



The Receiver



March 2023

But be doers of the word, and not hearers only.... James 1:22

Vol 6 No 3

A person has to be tough to live in the Rocky Mountain Region. It is a land of extremes. Rain, snow, wind, heat, and/or cold. Sometimes all in one day. Unless you are flexible and tough, it can break you. It is also unpredictable. So, one always has to be prepared. This is why many of us don't put away our winter clothes and equipment.

Life can be as difficult, imposing, and unexpected as the West's weather. The question is, "Are you prepared?" The Boy Scouts' motto is "Be Prepared." Are you? Do we have the tools necessary to meet the difficulties and challenges life will throw our way?

For Civil Air Patrol, we have the " **Five-Pillars of Wellness and Resilience.**"

We need to develop and strengthen these Five-Pillars when life is easy and peaceful - then when storms do come, we are ready for them. It's similar to having one's 24 Hour or 72 Hour backpack. As a ground team member, with those tools, we are ready to face the unexpected and survive.

The Five-Pillars are: **Mind, Body, Relationships, Spirit, and Family.** Each Pillar is an aspect or facet of our lives. It is important to keep each one vibrant, healthy and balanced. Three are focused on strengthening ourselves - Mind, Body, and Spirit. Two are focused on others - Relationships and Family. Each Pillar has four aspects. Let's briefly look at each.

First, **Mind.** With this Pillar, we are emotionally aware, learning, adapting, and making decisions. Do we understand how we emotionally respond to various challenges in our lives? Do we have the commitment and desire to continually learn new things? Do we have the ability to adjust to changing circumstances without compromising CAP's Core Values?

Have we developed the processes necessary to make wise decisions?

Second, **Body.** This Pillar focuses on fitness, rest, nutrition, and recreation. Are we taking care of ourselves to stay healthy and able to serve others? Do we maintain our physical strength? Do we get the proper sleep for our age? Are we eating a balanced diet? Do we schedule time just to have fun?

Third, **Relationships.** Areas covered by this Pillar are communication, connectedness, social support, and teamwork. Social Media is wonderful, but it doesn't replace face-to-face, in-person contact with others. How are our verbal and writing skills? Can we connect with others beyond having a long list of Facebook "FRIENDS", without getting to know the people in our lives? Are we willing to receive and give support to others, especially when we or they are in need?

Fourth, **Spirit.** Our values system – this includes the ability to push through difficulties to reach our goal, to consider various points of view, and see our purpose in life.

Fifth, **Family.** This Pillar should provide us with our identity and heritage. Family offers us affection, love, encouragement, etc. We also have the opportunity to know and continue our family's legacy. Family should be the priority of our lives.

The Five Pillars are our support system. Are your Pillars strong enough to weather the coming storms?

There is more I could write. Instead, I recommend you take the opportunity to read CAPP 80-4 where the Pillars are all detailed.

Chaplain, Major David Knight
RMR Chaplain